

Campeonato Nacional Juvenis e Absolutos de Portugal-OPEN
Coimbra, 29.7. - 1.8.2010

Event 22 Women, 200m Backstroke Open
30-07-2010 - 12:00 Results Prelim

| | | | | | |
|---------------|---------|--------------------------|-----|-----------------|------------|
| Rec Nac Open | 2:16.28 | Ana Antas Barros | FPN | Sheffield (GBR) | 08-08-1993 |
| Rec Nac Inf B | 2:33.03 | Keissy Joselin Sousa | FCP | Famalicão | 27-07-1997 |
| Rec Nac Inf A | 2:24.42 | Catia Raquel Martinheira | LDC | Madrid (ESP) | 04-07-2008 |
| Rec Nac Juv | 2:22.84 | Tatiana Filipa Santos | GCF | Póvoa de Varzim | 15-03-2009 |
| Rec Nac Jun | 2:19.60 | Petra Quintela Chaves | FPN | Barcelona (ESP) | 15-06-1994 |
| Rec Nac Sen | 2:16.28 | Ana Antas Barros | FPN | Sheffield (GBR) | 08-08-1993 |

TAC SENJUN2 Fem 16 +: 2:33.50 / TAC JUN1 Fem 15: 2:34.10 / TAC JUV Fem Juv: 2:41.50

| Rank | YB | | Time | | 50m | 100m | 150m | 200m | | |
|------|----|--------------------------|------|--------------------------------|----------------|------|-------|-------|-------|-------|
| Open | | | | | | | | | | |
| 1. | | Marta Vieira Marinho | 91 | Porto/Dolce Vita | 2:21.73 | A | 33.46 | 36.24 | 36.53 | 35.50 |
| 2. | | Catia Raquel Martinheira | 95 | Louletano/Loule Concelho | 2:22.42 | A | 33.63 | 35.84 | 36.74 | 36.21 |
| 3. | | Marta Pereira Abreu | 92 | Natacao de Faro | 2:22.90 | A | 33.62 | 35.89 | 37.09 | 36.30 |
| 4. | | Victoriya Kaminskaya | 95 | Pimpoes/Cimai | 2:23.67 | A | 33.55 | 36.32 | 37.10 | 36.70 |
| 5. | | Nadia Morais Vieira | 90 | GesLoures | 2:24.69 | A | 34.59 | 36.33 | 37.27 | 36.50 |
| 6. | | Filipa Mendes Pinheiro | 92 | Desportiva de Viana | 2:25.42 | A | 33.35 | 36.64 | 38.49 | 36.94 |
| 7. | | Mara Lisboa e Silva | 93 | Bairro dos Anjos | 2:25.44 | A | 34.23 | 36.41 | 37.93 | 36.87 |
| 8. | | Maria Ines Almeida | 96 | Nautico/Matobra | 2:25.96 | A | 34.70 | 36.98 | 38.02 | 36.26 |
| 9. | | Mafalda Gomes Beleza | 94 | Sporting | 2:26.46 | B | 33.87 | 37.57 | 38.45 | 36.57 |
| 10. | | Diana Patricia Ferreira | 94 | Gespacos | 2:26.89 | B | 33.56 | 36.90 | 37.83 | 38.60 |
| 11. | | Ana Sofia Leite | 93 | Ginasio de Vila Real | 2:27.20 | B | 32.79 | 37.30 | 38.86 | 38.25 |
| 12. | | Rafaela Marques Bodiao | 96 | Natacao de Olhao | 2:27.58 | B | 34.43 | 37.29 | 38.17 | 37.69 |
| 13. | | Adriana Correia Lopes | 95 | Nautico/Matobra | 2:27.68 | B | 34.17 | 36.35 | 38.53 | 38.63 |
| 14. | | Ana Filipa Goncalves | 92 | Ancorensis/Serralharia Ribeira | 2:28.92 | B | 34.31 | 37.90 | 39.10 | 37.61 |
| 15. | | Ana Sofia Simoes | 93 | Belenenses | 2:28.97 | B | 33.34 | 37.63 | 38.99 | 39.01 |
| 16. | | Patricia Isabel Oliveira | 94 | Leixoes | 2:29.00 | B | 34.61 | 38.00 | 38.18 | 38.21 |
| 17. | | Lisa Marisa Soares | 95 | Amadora | 2:29.34 | R | 34.99 | 37.94 | 39.33 | 37.08 |
| 18. | | Tatiana Filipa Santos | 95 | Ginasio Figueirense | 2:29.46 | R | 35.25 | 37.70 | 38.77 | 37.74 |
| 19. | | Ana Goncalves Neto | 95 | Porto/Dolce Vita | 2:30.17 | | 34.99 | 38.77 | 38.74 | 37.67 |
| 20. | | Andreia Silva Cruz | 88 | Lisnave | 2:30.47 | | 35.23 | 36.91 | 38.98 | 39.35 |
| 21. | | Maria Luis Amorim | 95 | Porto/Dolce Vita | 2:30.78 | | 35.41 | 37.94 | 39.04 | 38.39 |
| 22. | | Catia Andreia Clara | 95 | Nautico da Marinha Grande | 2:30.97 | | 35.75 | 37.74 | 39.09 | 38.39 |
| 23. | | Mariana Jesus Costa | 96 | Alcobaca | 2:31.30 | | 35.67 | 37.63 | 39.66 | 38.34 |
| 24. | | Ines Sofia Sampaio | 94 | Academico Viseu | 2:31.65 | | 35.30 | 38.63 | 39.37 | 38.35 |
| 25. | | Andreia Filipa Anjos | 92 | Bairro dos Anjos | 2:31.71 | | 34.42 | 37.97 | 40.17 | 39.15 |
| | | Carla Sofia Rodrigues | 93 | Amadora | 2:31.71 | | 34.75 | 38.49 | 39.31 | 39.16 |
| 27. | | Ines Catarina Agostinho | 94 | Sporting | 2:32.57 | | 36.80 | 38.83 | 39.34 | 37.60 |
| 28. | | Paula Cristina Yang | 95 | GesLoures | 2:33.27 | | 35.61 | 38.76 | 39.93 | 38.97 |
| 29. | | Ana Isabel Neves | 96 | Pimpoes/Cimai | 2:33.71 | | 36.94 | 39.16 | 39.82 | 37.79 |
| 30. | | Ana Raquel Miranda | 94 | Uniao Piedense | 2:34.11 | | 34.37 | 39.19 | 40.14 | 40.41 |
| | | FTL | | | | | | | | |
| 31. | | Ana Rita Alves | 96 | Colegio Vasco da Gama | 2:34.89 | | 36.20 | 38.74 | 39.95 | 40.00 |
| 32. | | Carolina Sofia Lopes | 96 | Louletano/Loule Concelho | 2:34.93 | | 36.04 | 39.17 | 40.35 | 39.37 |
| 33. | | Flavia Daniela Goncalves | 96 | Desportiva de Viana | 2:35.63 | | 35.67 | 39.86 | 40.61 | 39.49 |
| 34. | | Ana Joaquina Goncalves | 95 | Braga | 2:35.96 | | 36.94 | 39.59 | 40.53 | 38.90 |
| | | FTL | | | | | | | | |
| 35. | | Ines Brito Pereira | 96 | Sporting | 2:36.27 | | 37.03 | 39.55 | 40.40 | 39.29 |
| 36. | | Isa Morais Penas | 96 | Benedita | 2:37.24 | | 35.91 | 39.62 | 41.08 | 40.63 |
| 37. | | Leonor Rebelo Pereira | 96 | Desporto de Barcelos | 2:38.08 | | 36.96 | 40.86 | 41.42 | 38.84 |
| 38. | | Ana Isabel Cunha | 96 | Foca | 2:38.33 | | 38.20 | 39.86 | 41.51 | 38.76 |
| 39. | | Maria Joao Paixao | 96 | Ginasio Figueirense | 2:38.62 | | 36.88 | 40.78 | 41.08 | 39.88 |
| 40. | | Patricia Miguel Mendes | 96 | Naval Amorense | 2:38.68 | | 36.17 | 40.00 | 42.06 | 40.45 |

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Event 22, Women, 200m Backstroke, Prelim, Open

| Rank | YB | | Time | 50m | 100m | 150m | 200m | |
|------|--------------------------|----|----------------------------|----------------|-------|-------|-------|-------|
| 41. | Ana Filipa Sousa | 96 | Natacao do Tejo | 2:39.18 | 37.07 | 40.77 | 40.89 | 40.45 |
| 42. | Ana Paula Araujo | 96 | Ginasio de Santo Tirso | 2:39.45 | 37.57 | 39.71 | 41.50 | 40.67 |
| 43. | Carla Sofia Cruz | 96 | Sporting de Espinho | 2:40.11 | 37.18 | 41.47 | 42.59 | 38.87 |
| 44. | Ana Beatriz Silva | 96 | Gafanha da Encarnacao | 2:40.14 | 37.46 | 40.72 | 41.03 | 40.93 |
| 45. | Joana Filipa Rodrigues | 95 | GesLoures | 2:41.24 | 36.79 | 40.04 | 42.79 | 41.62 |
| | <i>FTL</i> | | | | | | | |
| 46. | Petra Carolina Silva | 95 | Nacional | 2:41.29 | 37.25 | 40.45 | 41.78 | 41.81 |
| | <i>FTL</i> | | | | | | | |
| 47. | Catarina Dias Coutinho | 96 | Sporting | 2:41.51 | 38.34 | 41.13 | 41.15 | 40.89 |
| | <i>FTL</i> | | | | | | | |
| 48. | Patricia Monteiro Negroa | 96 | Bombeiros V. Caldas Rainha | 2:43.91 | 37.54 | 41.75 | 43.85 | 40.77 |
| | <i>FTL</i> | | | | | | | |
| 49. | Patricia Silva Ramos | 96 | Sporting | 2:45.07 | 39.62 | 42.01 | 42.19 | 41.25 |
| | <i>FTL</i> | | | | | | | |

Juvenis

| | | | | | | | | |
|-----|--------------------------|----|----------------------------|------------------|-------|-------|-------|-------|
| 1. | Maria Ines Almeida | 96 | Nautico/Matobra | 2:25.96 A | 34.70 | 36.98 | 38.02 | 36.26 |
| 2. | Rafaela Marques Bodiao | 96 | Natacao de Olhao | 2:27.58 B | 34.43 | 37.29 | 38.17 | 37.69 |
| 3. | Mariana Jesus Costa | 96 | Alcobaca | 2:31.30 | 35.67 | 37.63 | 39.66 | 38.34 |
| 4. | Ana Isabel Neves | 96 | Pimpoes/Cimai | 2:33.71 | 36.94 | 39.16 | 39.82 | 37.79 |
| 5. | Ana Rita Alves | 96 | Colegio Vasco da Gama | 2:34.89 | 36.20 | 38.74 | 39.95 | 40.00 |
| 6. | Carolina Sofia Lopes | 96 | Louletano/Loule Concelho | 2:34.93 | 36.04 | 39.17 | 40.35 | 39.37 |
| 7. | Flavia Daniela Goncalves | 96 | Desportiva de Viana | 2:35.63 | 35.67 | 39.86 | 40.61 | 39.49 |
| 8. | Ines Brito Pereira | 96 | Sporting | 2:36.27 | 37.03 | 39.55 | 40.40 | 39.29 |
| 9. | Isa Morais Penas | 96 | Benedita | 2:37.24 | 35.91 | 39.62 | 41.08 | 40.63 |
| 10. | Leonor Rebelo Pereira | 96 | Desporto de Barcelos | 2:38.08 | 36.96 | 40.86 | 41.42 | 38.84 |
| 11. | Ana Isabel Cunha | 96 | Foca | 2:38.33 | 38.20 | 39.86 | 41.51 | 38.76 |
| 12. | Maria Joao Paixao | 96 | Ginasio Figueirense | 2:38.62 | 36.88 | 40.78 | 41.08 | 39.88 |
| 13. | Patricia Miguel Mendes | 96 | Naval Amorense | 2:38.68 | 36.17 | 40.00 | 42.06 | 40.45 |
| 14. | Ana Filipa Sousa | 96 | Natacao do Tejo | 2:39.18 | 37.07 | 40.77 | 40.89 | 40.45 |
| 15. | Ana Paula Araujo | 96 | Ginasio de Santo Tirso | 2:39.45 | 37.57 | 39.71 | 41.50 | 40.67 |
| 16. | Carla Sofia Cruz | 96 | Sporting de Espinho | 2:40.11 | 37.18 | 41.47 | 42.59 | 38.87 |
| 17. | Ana Beatriz Silva | 96 | Gafanha da Encarnacao | 2:40.14 | 37.46 | 40.72 | 41.03 | 40.93 |
| 18. | Catarina Dias Coutinho | 96 | Sporting | 2:41.51 | 38.34 | 41.13 | 41.15 | 40.89 |
| | <i>FTL</i> | | | | | | | |
| 19. | Patricia Monteiro Negroa | 96 | Bombeiros V. Caldas Rainha | 2:43.91 | 37.54 | 41.75 | 43.85 | 40.77 |
| | <i>FTL</i> | | | | | | | |
| 20. | Patricia Silva Ramos | 96 | Sporting | 2:45.07 | 39.62 | 42.01 | 42.19 | 41.25 |
| | <i>FTL</i> | | | | | | | |

Absolutos

| | | | | | | | | |
|-----|--------------------------|----|--------------------------|------------------|-------|-------|-------|-------|
| 1. | Marta Vieira Marinho | 91 | Porto/Dolce Vita | 2:21.73 A | 33.46 | 36.24 | 36.53 | 35.50 |
| 2. | Catia Raquel Martinheira | 95 | Louletano/Loule Concelho | 2:22.42 A | 33.63 | 35.84 | 36.74 | 36.21 |
| 3. | Marta Pereira Abreu | 92 | Natacao de Faro | 2:22.90 A | 33.62 | 35.89 | 37.09 | 36.30 |
| 4. | Nadia Morais Vieira | 90 | GesLoures | 2:24.69 A | 34.59 | 36.33 | 37.27 | 36.50 |
| 5. | Filipa Mendes Pinheiro | 92 | Desportiva de Viana | 2:25.42 A | 33.35 | 36.64 | 38.49 | 36.94 |
| 6. | Mara Lisboa e Silva | 93 | Bairro dos Anjos | 2:25.44 A | 34.23 | 36.41 | 37.93 | 36.87 |
| 7. | Maria Ines Almeida | 96 | Nautico/Matobra | 2:25.96 A | 34.70 | 36.98 | 38.02 | 36.26 |
| 8. | Mafalda Gomes Beleza | 94 | Sporting | 2:26.46 B | 33.87 | 37.57 | 38.45 | 36.57 |
| 9. | Diana Patricia Ferreira | 94 | Gespacos | 2:26.89 B | 33.56 | 36.90 | 37.83 | 38.60 |
| 10. | Ana Sofia Leite | 93 | Ginasio de Vila Real | 2:27.20 B | 32.79 | 37.30 | 38.86 | 38.25 |

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Event 22, Women, 200m Backstroke, Prelim, Absolutos

| Rank | YB | Time | 50m | 100m | 150m | 200m | |
|------|--------------------------|-----------------------------------|------------------|-------|-------|-------|-------|
| 11. | Rafaela Marques Bodiao | 96 Natacao de Olhao | 2:27.58 B | 34.43 | 37.29 | 38.17 | 37.69 |
| 12. | Adriana Correia Lopes | 95 Nautico/Matobra | 2:27.68 B | 34.17 | 36.35 | 38.53 | 38.63 |
| 13. | Ana Filipa Goncalves | 92 Ancorensis/Serralharia Ribeira | 2:28.92 B | 34.31 | 37.90 | 39.10 | 37.61 |
| 14. | Ana Sofia Simoes | 93 Belenenses | 2:28.97 B | 33.34 | 37.63 | 38.99 | 39.01 |
| 15. | Patricia Isabel Oliveira | 94 Leixoes | 2:29.00 B | 34.61 | 38.00 | 38.18 | 38.21 |
| 16. | Lisa Marisa Soares | 95 Amadora | 2:29.34 R | 34.99 | 37.94 | 39.33 | 37.08 |
| 17. | Tatiana Filipa Santos | 95 Ginasio Figueirense | 2:29.46 R | 35.25 | 37.70 | 38.77 | 37.74 |
| 18. | Ana Goncalves Neto | 95 Porto/Dolce Vita | 2:30.17 | 34.99 | 38.77 | 38.74 | 37.67 |
| 19. | Andreia Silva Cruz | 88 Lisnave | 2:30.47 | 35.23 | 36.91 | 38.98 | 39.35 |
| 20. | Maria Luis Amorim | 95 Porto/Dolce Vita | 2:30.78 | 35.41 | 37.94 | 39.04 | 38.39 |
| 21. | Catia Andreia Clara | 95 Nautico da Marinha Grande | 2:30.97 | 35.75 | 37.74 | 39.09 | 38.39 |
| 22. | Mariana Jesus Costa | 96 Alcobaca | 2:31.30 | 35.67 | 37.63 | 39.66 | 38.34 |
| 23. | Ines Sofia Sampaio | 94 Academico Viseu | 2:31.65 | 35.30 | 38.63 | 39.37 | 38.35 |
| 24. | Andreia Filipa Anjos | 92 Bairro dos Anjos | 2:31.71 | 34.42 | 37.97 | 40.17 | 39.15 |
| | Carla Sofia Rodrigues | 93 Amadora | 2:31.71 | 34.75 | 38.49 | 39.31 | 39.16 |
| 26. | Ines Catarina Agostinho | 94 Sporting | 2:32.57 | 36.80 | 38.83 | 39.34 | 37.60 |
| 27. | Paula Cristina Yang | 95 GesLoures | 2:33.27 | 35.61 | 38.76 | 39.93 | 38.97 |
| 28. | Ana Isabel Neves | 96 Pimpoes/Cimai | 2:33.71 | 36.94 | 39.16 | 39.82 | 37.79 |
| 29. | Ana Raquel Miranda | 94 Uniao Piedense | 2:34.11 | 34.37 | 39.19 | 40.14 | 40.41 |
| | <i>FTL</i> | | | | | | |
| 30. | Ana Rita Alves | 96 Colegio Vasco da Gama | 2:34.89 | 36.20 | 38.74 | 39.95 | 40.00 |
| 31. | Carolina Sofia Lopes | 96 Louletano/Loule Concelho | 2:34.93 | 36.04 | 39.17 | 40.35 | 39.37 |
| 32. | Flavia Daniela Goncalves | 96 Desportiva de Viana | 2:35.63 | 35.67 | 39.86 | 40.61 | 39.49 |
| 33. | Ana Joaquina Goncalves | 95 Braga | 2:35.96 | 36.94 | 39.59 | 40.53 | 38.90 |
| | <i>FTL</i> | | | | | | |
| 34. | Ines Brito Pereira | 96 Sporting | 2:36.27 | 37.03 | 39.55 | 40.40 | 39.29 |
| 35. | Isa Morais Penas | 96 Benedita | 2:37.24 | 35.91 | 39.62 | 41.08 | 40.63 |
| 36. | Leonor Rebelo Pereira | 96 Desporto de Barcelos | 2:38.08 | 36.96 | 40.86 | 41.42 | 38.84 |
| 37. | Ana Isabel Cunha | 96 Foca | 2:38.33 | 38.20 | 39.86 | 41.51 | 38.76 |
| 38. | Maria Joao Paixao | 96 Ginasio Figueirense | 2:38.62 | 36.88 | 40.78 | 41.08 | 39.88 |
| 39. | Patricia Miguel Mendes | 96 Naval Amorense | 2:38.68 | 36.17 | 40.00 | 42.06 | 40.45 |
| 40. | Ana Filipa Sousa | 96 Natacao do Tejo | 2:39.18 | 37.07 | 40.77 | 40.89 | 40.45 |
| 41. | Ana Paula Araujo | 96 Ginasio de Santo Tirso | 2:39.45 | 37.57 | 39.71 | 41.50 | 40.67 |
| 42. | Carla Sofia Cruz | 96 Sporting de Espinho | 2:40.11 | 37.18 | 41.47 | 42.59 | 38.87 |
| 43. | Ana Beatriz Silva | 96 Gafanha da Encarnacao | 2:40.14 | 37.46 | 40.72 | 41.03 | 40.93 |
| 44. | Joana Filipa Rodrigues | 95 GesLoures | 2:41.24 | 36.79 | 40.04 | 42.79 | 41.62 |
| | <i>FTL</i> | | | | | | |
| 45. | Petra Carolina Silva | 95 Nacional | 2:41.29 | 37.25 | 40.45 | 41.78 | 41.81 |
| | <i>FTL</i> | | | | | | |
| 46. | Catarina Dias Coutinho | 96 Sporting | 2:41.51 | 38.34 | 41.13 | 41.15 | 40.89 |
| | <i>FTL</i> | | | | | | |
| 47. | Patricia Monteiro Negroa | 96 Bombeiros V. Caldas Rainha | 2:43.91 | 37.54 | 41.75 | 43.85 | 40.77 |
| | <i>FTL</i> | | | | | | |
| 48. | Patricia Silva Ramos | 96 Sporting | 2:45.07 | 39.62 | 42.01 | 42.19 | 41.25 |
| | <i>FTL</i> | | | | | | |

Campeonato Nacional Juvenis e Absolutos de Portugal-OPEN
Coimbra, 29.7. - 1.8.2010

Event 22, Women, 200m Backstroke, Prelim

Seniores

| | | | | | | | | | |
|-----|------------------------|----|--------------------------------|----------------|---|-------|-------|-------|-------|
| 1. | Marta Vieira Marinho | 91 | Porto/Dolce Vita | 2:21.73 | A | 33.46 | 36.24 | 36.53 | 35.50 |
| 2. | Marta Pereira Abreu | 92 | Natacao de Faro | 2:22.90 | A | 33.62 | 35.89 | 37.09 | 36.30 |
| 3. | Nadia Morais Vieira | 90 | GesLoures | 2:24.69 | A | 34.59 | 36.33 | 37.27 | 36.50 |
| 4. | Filipa Mendes Pinheiro | 92 | Desportiva de Viana | 2:25.42 | A | 33.35 | 36.64 | 38.49 | 36.94 |
| 5. | Mara Lisboa e Silva | 93 | Bairro dos Anjos | 2:25.44 | A | 34.23 | 36.41 | 37.93 | 36.87 |
| 6. | Ana Sofia Leite | 93 | Ginasio de Vila Real | 2:27.20 | B | 32.79 | 37.30 | 38.86 | 38.25 |
| 7. | Ana Filipa Goncalves | 92 | Ancorensis/Serralharia Ribeira | 2:28.92 | B | 34.31 | 37.90 | 39.10 | 37.61 |
| 8. | Ana Sofia Simoes | 93 | Belenenses | 2:28.97 | B | 33.34 | 37.63 | 38.99 | 39.01 |
| 9. | Andreia Silva Cruz | 88 | Lisnave | 2:30.47 | | 35.23 | 36.91 | 38.98 | 39.35 |
| 10. | Andreia Filipa Anjos | 92 | Bairro dos Anjos | 2:31.71 | | 34.42 | 37.97 | 40.17 | 39.15 |
| | Carla Sofia Rodrigues | 93 | Amadora | 2:31.71 | | 34.75 | 38.49 | 39.31 | 39.16 |

Juniores2

| | | | | | | | | | |
|----|--------------------------|----|-----------------|----------------|---|-------|-------|-------|-------|
| 1. | Mafalda Gomes Beleza | 94 | Sporting | 2:26.46 | B | 33.87 | 37.57 | 38.45 | 36.57 |
| 2. | Diana Patricia Ferreira | 94 | Gespacos | 2:26.89 | B | 33.56 | 36.90 | 37.83 | 38.60 |
| 3. | Patricia Isabel Oliveira | 94 | Leixoes | 2:29.00 | B | 34.61 | 38.00 | 38.18 | 38.21 |
| 4. | Ines Sofia Sampaio | 94 | Academico Viseu | 2:31.65 | | 35.30 | 38.63 | 39.37 | 38.35 |
| 5. | Ines Catarina Agostinho | 94 | Sporting | 2:32.57 | | 36.80 | 38.83 | 39.34 | 37.60 |
| 6. | Ana Raquel Miranda | 94 | Uniao Piedense | 2:34.11 | | 34.37 | 39.19 | 40.14 | 40.41 |
| | <i>FTL</i> | | | | | | | | |

Juniores1

| | | | | | | | | | |
|-----|--------------------------|----|---------------------------|----------------|---|-------|-------|-------|-------|
| 1. | Catia Raquel Martinheira | 95 | Louletano/Loule Concelho | 2:22.42 | A | 33.63 | 35.84 | 36.74 | 36.21 |
| 2. | Adriana Correia Lopes | 95 | Nautico/Matobra | 2:27.68 | B | 34.17 | 36.35 | 38.53 | 38.63 |
| 3. | Lisa Marisa Soares | 95 | Amadora | 2:29.34 | R | 34.99 | 37.94 | 39.33 | 37.08 |
| 4. | Tatiana Filipa Santos | 95 | Ginasio Figueirense | 2:29.46 | R | 35.25 | 37.70 | 38.77 | 37.74 |
| 5. | Ana Goncalves Neto | 95 | Porto/Dolce Vita | 2:30.17 | | 34.99 | 38.77 | 38.74 | 37.67 |
| 6. | Maria Luis Amorim | 95 | Porto/Dolce Vita | 2:30.78 | | 35.41 | 37.94 | 39.04 | 38.39 |
| 7. | Catia Andreia Clara | 95 | Nautico da Marinha Grande | 2:30.97 | | 35.75 | 37.74 | 39.09 | 38.39 |
| 8. | Paula Cristina Yang | 95 | GesLoures | 2:33.27 | | 35.61 | 38.76 | 39.93 | 38.97 |
| 9. | Ana Joaquina Goncalves | 95 | Braga | 2:35.96 | | 36.94 | 39.59 | 40.53 | 38.90 |
| | <i>FTL</i> | | | | | | | | |
| 10. | Joana Filipa Rodrigues | 95 | GesLoures | 2:41.24 | | 36.79 | 40.04 | 42.79 | 41.62 |
| | <i>FTL</i> | | | | | | | | |
| 11. | Petra Carolina Silva | 95 | Nacional | 2:41.29 | | 37.25 | 40.45 | 41.78 | 41.81 |
| | <i>FTL</i> | | | | | | | | |