

Event 35 Women, 400m Freestyle Open
26-07-2014 - 11:40 Results Prelim

Rec Nac Open	4:19.75	Ana Goncalves Neto	FPN	Luxembourg (LUX)	29-06-2013
Rec Nac Inf B	4:43.70	Alexandra Maria Silva	FCP	Funchal	27-07-1979
Rec Nac Inf A	4:31.53	Alexandra Maria Silva	FPN	Skovde (SWE)	08-08-1980
Rec Nac Juv B	4:28.67	Alexandra Maria Silva	FPN	Guadalupe (FRA)	24-04-1981
Rec Nac Juv A	4:20.78	Tamila Hryhorivna Holub	POR	Porto	07-06-2014
Rec Nac Jun16	4:20.37	Marta Andreia Ferreira	FPN	Berlim (GER)	04-08-2002
Rec Nac Jun17	4:19.98	Florbela Cavaco Machado	ASSSCC	Coimbra	26-05-2013
Rec Nac Sen	4:19.75	Ana Goncalves Neto	FPN	Luxembourg (LUX)	29-06-2013

TAC-JUN1F Jun16: 4:46.14 / TAC-JUN2F Jun17: 4:43.33 / TAC-JUVAF Juv A: 4:51.75 / TAC-JUVBF Juv B: 5:00.17 / TAC-SEN Sen: 4:40.53

Points: FINA 2014

Rank	Nome	YB	Clube	Tempo Final	RT	Pts FINA	Pts
1.	Chloe Finch	98	Great Britain	4:19.01	+0,74	787	
	50m: 30.97 30.97	150m: 1:37.27 33.33	250m: 2:42.77 32.27	350m: 3:47.74 32.43			
	100m: 1:03.94 32.97	200m: 2:10.50 33.23	300m: 3:15.31 32.54	400m: 4:19.01 31.27			
2.	Isobel Griffiths	99	Great Britain	4:19.77	+0,71	780	
	50m: 30.60 30.60	150m: 1:35.98 32.79	250m: 2:41.91 32.97	350m: 3:47.83 32.70			
	100m: 1:03.19 32.59	200m: 2:08.94 32.96	300m: 3:15.13 33.22	400m: 4:19.77 31.94			
3.	Georgia Darwent	98	Great Britain	4:20.54	+0,83	773	
	50m: 30.28 30.28	150m: 1:35.53 32.98	250m: 2:41.77 32.95	350m: 3:48.27 33.46			
	100m: 1:02.55 32.27	200m: 2:08.82 33.29	300m: 3:14.81 33.04	400m: 4:20.54 32.27			
4.	Filipa Vilas Ruivo	97	Nautico Marinha Grande	4:25.90	+0,91	727	
	50m: 31.22 31.22	150m: 1:37.62 33.37	250m: 2:44.74 33.62	350m: 3:52.37 33.84			
	100m: 1:04.25 33.03	200m: 2:11.12 33.50	300m: 3:18.53 33.79	400m: 4:25.90 33.53			
5.	Madeleine Crompton	00	Great Britain	4:25.91	+0,74	727	
	50m: 30.26 30.26	150m: 1:36.81 33.27	250m: 2:43.49 33.66	350m: 3:51.67 33.50			
	100m: 1:03.54 33.28	200m: 2:09.83 33.02	300m: 3:18.17 34.68	400m: 4:25.91 34.24			
6.	Florbela Cavaco Machado	96	Columbofila Cantanhedense	4:26.18	+0,88	725	
	50m: 32.34 32.34	150m: 1:39.45 33.92	250m: 2:47.14 33.92	350m: 3:54.48 33.41			
	100m: 1:05.53 33.19	200m: 2:13.22 33.77	300m: 3:21.07 33.93	400m: 4:26.18 31.70			
7.	Abigail Humphreys	98	Great Britain	4:26.90	+0,73	719	
	50m: 31.20 31.20	150m: 1:38.57 33.81	250m: 2:46.33 34.00	350m: 3:54.23 33.96			
	100m: 1:04.76 33.56	200m: 2:12.33 33.76	300m: 3:20.27 33.94	400m: 4:26.90 32.67			
8.	Vania Soares Neves	90	Leixoes	4:27.22	+0,84	716	
	50m: 31.68 31.68	150m: 1:39.20 33.96	250m: 2:46.79 33.63	350m: 3:54.66 33.79			
	100m: 1:05.24 33.56	200m: 2:13.16 33.96	300m: 3:20.87 34.08	400m: 4:27.22 32.56			
9.	Ana Goncalves Neto	95	Individual ANNP	4:27.77	+0,97	712	
	50m: 30.98 30.98	150m: 1:37.45 33.41	250m: 2:45.40 33.99	350m: 3:54.66 34.43			
	100m: 1:04.04 33.06	200m: 2:11.41 33.96	300m: 3:20.23 34.83	400m: 4:27.77 33.11			
10.	Tamila Hryhorivna Holub	99	Braga	4:27.97	+0,96	710	
	50m: 31.89 31.89	150m: 1:39.83 34.01	250m: 2:48.43 34.07	350m: 3:56.28 33.81			
	100m: 1:05.82 33.93	200m: 2:14.36 34.53	300m: 3:22.47 34.04	400m: 4:27.97 31.69			
11.	Irene Andrea Lope	96	C.N. Moscardo	4:28.53	+0,69	706	
	50m: 30.57 30.57	150m: 1:37.98 34.35	250m: 2:46.26 34.21	350m: 3:55.00 34.22			
	100m: 1:03.63 33.06	200m: 2:12.05 34.07	300m: 3:20.78 34.52	400m: 4:28.53 33.53			

WDR - Retirado, DSQ - Desqualificado, DNF - Não terminou a prova, DNS - Faltou, EXH - extra-competição

Event 35, Women, 400m Freestyle, Prelim, Open

Rank	Nome	YB	Clube	Tempo Final	RT	Pts FINA	Pts
12.	Darcy Deakin	99	Great Britain	4:30.43	+0,76	691	
	50m: 31.03 31.03	150m: 1:39.52 34.45	250m: 2:47.85 34.15	350m: 3:56.62 34.44			
	100m: 1:05.07 34.04	200m: 2:13.70 34.18	300m: 3:22.18 34.33	400m: 4:30.43 33.81			
13.	Federica Vaccaro	97	Pol Lib Invicta - Potenza	4:31.36	+0,78	684	
	50m: 31.59 31.59	150m: 1:40.21 34.54	250m: 2:49.45 34.74	350m: 3:58.09 34.30			
	100m: 1:05.67 34.08	200m: 2:14.71 34.50	300m: 3:23.79 34.34	400m: 4:31.36 33.27			
	Mafalda Gomes Beleza	94	Sporting	4:31.36	+0,70	684	
	50m: 31.76 31.76	150m: 1:40.34 34.52	250m: 2:49.24 34.30	350m: 3:58.68 34.49			
	100m: 1:05.82 34.06	200m: 2:14.94 34.60	300m: 3:24.19 34.95	400m: 4:31.36 32.68			
15.	Maria Francisca Cabral	00	Porto	4:31.37	+0,82	684	
	50m: 31.04 31.04	150m: 1:38.97 34.22	250m: 2:48.64 34.98	350m: 3:57.85 34.34			
	100m: 1:04.75 33.71	200m: 2:13.66 34.69	300m: 3:23.51 34.87	400m: 4:31.37 33.52			
16.	Joana Aguiar Rodrigues	93	Porto	4:31.97	+0,90	679	
	50m: 30.62 30.62	150m: 1:38.60 34.28	250m: 2:47.72 34.59	350m: 3:57.82 35.19			
	100m: 1:04.32 33.70	200m: 2:13.13 34.53	300m: 3:22.63 34.91	400m: 4:31.97 34.15			
17.	Angelica Maria Andre	94	Fluvial Portuense	4:33.61	+0,77	667	
	50m: 31.54 31.54	150m: 1:39.58 34.65	250m: 2:49.54 34.99	350m: 4:00.25 35.40			
	100m: 1:04.93 33.39	200m: 2:14.55 34.97	300m: 3:24.85 35.31	400m: 4:33.61 33.36			
18.	Barbara Marques Rodrigues	97	Alges	4:33.88	+0,94	665	
	50m: 31.24 31.24	150m: 1:40.04 34.75	250m: 2:49.82 34.97	350m: 3:59.64 34.93			
	100m: 1:05.29 34.05	200m: 2:14.85 34.81	300m: 3:24.71 34.89	400m: 4:33.88 34.24			
19.	Carolina Mantua Guedes	98	Sporting	4:34.04	+0,76	664	
	50m: 31.03 31.03	150m: 1:39.57 34.61	250m: 2:49.00 34.09	350m: 3:59.41 34.73			
	100m: 1:04.96 33.93	200m: 2:14.91 35.34	300m: 3:24.68 35.68	400m: 4:34.04 34.63			
20.	Lucia Quero Calzado	97	C.N. Moscardo	4:34.05	+0,71	664	
	50m: 31.44 31.44	150m: 1:40.28 34.77	250m: 2:50.13 35.02	350m: 4:00.36 35.04			
	100m: 1:05.51 34.07	200m: 2:15.11 34.83	300m: 3:25.32 35.19	400m: 4:34.05 33.69			
21.	Ana Monica Eloi	96	Nautico Marinha Grande	4:34.38	+0,83	662	
	50m: 31.53 31.53	150m: 1:40.48 34.85	250m: 2:50.24 35.09	350m: 4:00.31 34.66			
	100m: 1:05.63 34.10	200m: 2:15.15 34.67	300m: 3:25.65 35.41	400m: 4:34.38 34.07			
22.	Maria Luis Amorim	95	Porto	4:34.73	+0,86	659	
	50m: 31.39 31.39	150m: 1:40.23 34.90	250m: 2:50.31 34.78	350m: 4:00.28 34.93			
	100m: 1:05.33 33.94	200m: 2:15.53 35.30	300m: 3:25.35 35.04	400m: 4:34.73 34.45			
23.	Helena Paula Carvalho	95	Uniao Piedense	4:34.79	+0,77	659	
	50m: 31.90 31.90	150m: 1:41.76 35.27	250m: 2:51.51 34.65	350m: 4:01.52 35.00			
	100m: 1:06.49 34.59	200m: 2:16.86 35.10	300m: 3:26.52 35.01	400m: 4:34.79 33.27			
24.	Maria Teresa Amorim	97	Porto	4:35.77	+0,87	652	
	50m: 31.21 31.21	150m: 1:39.25 34.40	250m: 2:49.74 35.40	350m: 4:00.95 35.67			
	100m: 1:04.85 33.64	200m: 2:14.34 35.09	300m: 3:25.28 35.54	400m: 4:35.77 34.82			
25.	Ana Silva Costa	98	Famalicao	4:37.37	+0,81	640	
	50m: 31.88 31.88	150m: 1:41.11 34.86	250m: 2:51.07 35.55	350m: 4:02.54 36.16			
	100m: 1:06.25 34.37	200m: 2:15.52 34.41	300m: 3:26.38 35.31	400m: 4:37.37 34.83			
26.	Madalena Amaro Machado	98	Academico Viseu	4:37.66	+0,90	638	
	50m: 31.93 31.93	150m: 1:42.54 35.53	250m: 2:53.72 35.74	350m: 4:04.28 34.63			
	100m: 1:07.01 35.08	200m: 2:17.98 35.44	300m: 3:29.65 35.93	400m: 4:37.66 33.38			

WDR - Retirado, DSQ - Desqualificado, DNF - Não terminou a prova, DNS - Faltou, EXH - extra-competição

Event 35, Women, 400m Freestyle, Prelim, Open

Rank	Nome	YB	Clube	Tempo Final	RT	Pts FINA	Pts
27.	Tatiana Filipa Santos	95	Ginasio Figueirense	4:40.02	+0,94	622	
	50m: 31.77 31.77	150m: 1:42.82 35.76	250m: 2:53.99 35.47	350m: 4:05.66 35.76			
	100m: 1:07.06 35.29	200m: 2:18.52 35.70	300m: 3:29.90 35.91	400m: 4:40.02 34.36			
28.	Demi Ferreira Lopes	98	Portinado	4:40.04	+0,70	622	
	50m: 31.96 31.96	150m: 1:43.08 35.72	250m: 2:53.91 35.42	350m: 4:05.81 35.79			
	100m: 1:07.36 35.40	200m: 2:18.49 35.41	300m: 3:30.02 36.11	400m: 4:40.04 34.23			
29.	Sofia Prates Silvestre	95	Naval Amorense	4:40.40	+0,67	620	
	50m: 31.85 31.85	150m: 1:42.00 35.11	250m: 2:53.35 36.11	350m: 4:05.51 36.12			
	100m: 1:06.89 35.04	200m: 2:17.24 35.24	300m: 3:29.39 36.04	400m: 4:40.40 34.89			
30.	Catarina Alexandra Jardim	98	Famalicao	4:40.92	+0,82	616	
	50m: 31.86 31.86	150m: 1:41.97 35.56	250m: 2:53.63 35.64	350m: 4:05.55 36.09			
	100m: 1:06.41 34.55	200m: 2:17.99 36.02	300m: 3:29.46 35.83	400m: 4:40.92 35.37			
31.	Maria Joao Fernandes	97	Vilacondense	4:40.97	+0,77	616	
	50m: 31.40 31.40	150m: 1:41.80 35.54	250m: 2:53.38 35.31	350m: 4:05.62 35.56			
	100m: 1:06.26 34.86	200m: 2:18.07 36.27	300m: 3:30.06 36.68	400m: 4:40.97 35.35			
32.	Ines Jacinto Henriques	00	Pimpoes/Cimai	4:41.82	+0,75	611	
	50m: 31.82 31.82	150m: 1:42.66 35.67	250m: 2:54.78 36.00	350m: 4:06.54 35.72			
	100m: 1:06.99 35.17	200m: 2:18.78 36.12	300m: 3:30.82 36.04	400m: 4:41.82 35.28			
33.	Carolina Silva Moreira	99	Natacao da Maia	4:42.17	+0,74	608	
	50m: 32.67 32.67	150m: 1:43.97 35.88	250m: 2:55.86 35.99	350m: 4:08.17 35.74			
	100m: 1:08.09 35.42	200m: 2:19.87 35.90	300m: 3:32.43 36.57	400m: 4:42.17 34.00			
34.	Ana Beatriz Martins	99	Famalicao	4:42.22	+0,82	608	
	50m: 32.54 32.54	150m: 1:43.98 36.10	250m: 2:56.28 36.29	350m: 4:08.24 35.83			
	100m: 1:07.88 35.34	200m: 2:19.99 36.01	300m: 3:32.41 36.13	400m: 4:42.22 33.98			
35.	Beatriz Paulo Ranito	99	Sporting	4:42.64	+0,75	605	
	50m: 32.08 32.08	150m: 1:43.48 36.17	250m: 2:55.57 35.87	350m: 4:06.85 35.36			
	100m: 1:07.31 35.23	200m: 2:19.70 36.22	300m: 3:31.49 35.92	400m: 4:42.64 35.79			
36.	Ines Figueira Santos	00	Uniao Piedense	4:42.89	+0,89	604	
	50m: 32.79 32.79	150m: 1:44.33 36.12	250m: 2:56.73 35.98	350m: 4:08.45 35.72			
	100m: 1:08.21 35.42	200m: 2:20.75 36.42	300m: 3:32.73 36.00	400m: 4:42.89 34.44			
37.	Teresa Miguel Veloso	00	Nautico /Urgicentro-Sanfil	4:43.70	+0,78	599	
	50m: 32.40 32.40	150m: 1:43.56 36.02	250m: 2:56.13 36.38	350m: 4:07.86 35.89			
	100m: 1:07.54 35.14	200m: 2:19.75 36.19	300m: 3:31.97 35.84	400m: 4:43.70 35.84			
38.	Beatriz Barros Carmo	99	Colegio Vasco da Gama	4:43.89	+0,71	597	
	50m: 32.16 32.16	150m: 1:44.35 35.63	250m: 2:56.56 36.24	350m: 4:08.83 35.95			
	100m: 1:08.72 36.56	200m: 2:20.32 35.97	300m: 3:32.88 36.32	400m: 4:43.89 35.06			
39.	Tania Cristina Mendes	99	Industrial Vieirense	4:44.82	+0,80	591	
	50m: 32.13 32.13	150m: 1:43.89 36.18	250m: 2:56.76 36.30	350m: 4:10.32 36.49			
	100m: 1:07.71 35.58	200m: 2:20.46 36.57	300m: 3:33.83 37.07	400m: 4:44.82 34.50			
40.	Rita Costa Amador	99	Galitos	4:45.01	+0,76	590	
	50m: 32.13 32.13	150m: 1:43.46 36.12	250m: 2:56.43 36.31	350m: 4:09.59 36.02			
	100m: 1:07.34 35.21	200m: 2:20.12 36.66	300m: 3:33.57 37.14	400m: 4:45.01 35.42			

WDR - Retirado, DSQ - Desqualificado, DNF - Não terminou a prova, DNS - Faltou, EXH - extra-competição

Event 35, Women, 400m Freestyle, Prelim, Open

Rank	Nome	YB	Clube	Tempo Final	RT	Pts FINA	Pts
41.	Luana Raquel Alves <i>FTL</i>	97	Desportiva de Viana	4:45.31	+0,83	588	
	50m: 31.41 31.41	150m: 1:42.31 36.02	250m: 2:55.07 36.47	350m: 4:08.88 36.88			
	100m: 1:06.29 34.88	200m: 2:18.60 36.29	300m: 3:32.00 36.93	400m: 4:45.31 36.43			
42.	Eva Guerreiro Carvalho	99	Uniao Piedense	4:45.34	+0,85	588	
	50m: 32.35 32.35	150m: 1:43.25 35.89	250m: 2:56.07 36.35	350m: 4:09.40 36.66			
	100m: 1:07.36 35.01	200m: 2:19.72 36.47	300m: 3:32.74 36.67	400m: 4:45.34 35.94			
43.	Filipa Sousa Pinheiro	99	Sporting	4:45.35	+0,98	588	
	50m: 32.19 32.19	150m: 1:44.29 36.64	250m: 2:57.15 36.39	350m: 4:09.91 36.79			
	100m: 1:07.65 35.46	200m: 2:20.76 36.47	300m: 3:33.12 35.97	400m: 4:45.35 35.44			
44.	Joana Miguel Alexandre	99	Amadora	4:45.68	+0,76	586	
	50m: 32.15 32.15	150m: 1:42.84 35.83	250m: 2:55.89 36.77	350m: 4:10.16 37.26			
	100m: 1:07.01 34.86	200m: 2:19.12 36.28	300m: 3:32.90 37.01	400m: 4:45.68 35.52			
45.	Carolina Madeira Santos <i>FTL</i>	96	Naval Amorense	4:45.78	+0,88	586	
	50m: 32.47 32.47	150m: 1:43.70 36.05	250m: 2:56.60 36.66	350m: 4:09.82 36.66			
	100m: 1:07.65 35.18	200m: 2:19.94 36.24	300m: 3:33.16 36.56	400m: 4:45.78 35.96			
46.	Ana Beatriz La Feria	99	Porto	4:45.88	+0,88	585	
	50m: 32.30 32.30	150m: 1:42.97 35.74	250m: 2:55.75 36.50	350m: 4:09.36 36.90			
	100m: 1:07.23 34.93	200m: 2:19.25 36.28	300m: 3:32.46 36.71	400m: 4:45.88 36.52			
47.	Sofia Isabel Gouveia	00	Uniao Piedense	4:45.98	+0,81	584	
	50m: 31.97 31.97	150m: 1:44.39 36.79	250m: 2:58.22 36.81	350m: 4:10.66 36.08			
	100m: 1:07.60 35.63	200m: 2:21.41 37.02	300m: 3:34.58 36.36	400m: 4:45.98 35.32			
48.	Ines Silva Oliveira	00	Leixoes	4:46.61	+0,87	580	
	50m: 32.56 32.56	150m: 1:45.41 36.71	250m: 2:59.60 36.99	350m: 4:12.86 36.69			
	100m: 1:08.70 36.14	200m: 2:22.61 37.20	300m: 3:36.17 36.57	400m: 4:46.61 33.75			
49.	Catarina Reis Silva	99	Braga	4:46.89	+0,88	579	
	50m: 32.38 32.38	150m: 1:45.66 37.09	250m: 2:58.78 35.90	350m: 4:12.25 36.07			
	100m: 1:08.57 36.19	200m: 2:22.88 37.22	300m: 3:36.18 37.40	400m: 4:46.89 34.64			
50.	Mariana Pinto Angelo	99	Academica de Coimbra	4:46.93	+0,83	579	
	50m: 33.13 33.13	150m: 1:44.51 36.01	250m: 2:57.78 36.66	350m: 4:11.03 36.61			
	100m: 1:08.50 35.37	200m: 2:21.12 36.61	300m: 3:34.42 36.64	400m: 4:46.93 35.90			
51.	Barbara Coimbra Teodosio	99	Nautico Marinha Grande	4:47.00	+0,97	578	
	50m: 34.48 34.48	150m: 1:46.08 36.40	250m: 2:59.48 36.77	350m: 4:12.69 36.73			
	100m: 1:09.68 35.20	200m: 2:22.71 36.63	300m: 3:35.96 36.48	400m: 4:47.00 34.31			
52.	Joana Beatriz Bernardo	99	Fundacao Beatriz Santos	4:47.27	+0,93	576	
	50m: 32.78 32.78	150m: 1:45.35 36.62	250m: 2:58.73 36.67	350m: 4:11.61 36.13			
	100m: 1:08.73 35.95	200m: 2:22.06 36.71	300m: 3:35.48 36.75	400m: 4:47.27 35.66			
53.	Giovanna Vaz Vargas	00	Nautico Marinha Grande	4:48.27	+0,88	570	
	50m: 32.41 32.41	150m: 1:44.23 36.03	250m: 2:57.98 36.73	350m: 4:12.22 37.01			
	100m: 1:08.20 35.79	200m: 2:21.25 37.02	300m: 3:35.21 37.23	400m: 4:48.27 36.05			
54.	Ana Pires Brito	99	Colegio Monte Maior	4:48.80	+0,88	567	
	50m: 32.22 32.22	150m: 1:44.39 36.41	250m: 2:57.76 36.45	350m: 4:11.88 37.35			
	100m: 1:07.98 35.76	200m: 2:21.31 36.92	300m: 3:34.53 36.77	400m: 4:48.80 36.92			

WDR - Retirado, DSQ - Desqualificado, DNF - Não terminou a prova, DNS - Faltou, EXH - extra-competição

Event 35, Women, 400m Freestyle, Prelim, Open

Rank	Nome	YB	Clube	Tempo Final	RT	Pts FINA	Pts
55.	Margarida Valente Orrico	00	Uniao Piedense	4:48.89	+0,92	567	
	50m: 32.48 32.48	150m: 1:44.81 36.50	250m: 2:58.34 36.60	350m: 4:12.69 37.05			
	100m: 1:08.31 35.83	200m: 2:21.74 36.93	300m: 3:35.64 37.30	400m: 4:48.89 36.20			
56.	Maria Beatriz Dias	99	Viver Santarem	4:48.94	+0,77	567	
	50m: 33.08 33.08	150m: 1:44.90 36.43	250m: 2:58.47 36.82	350m: 4:12.92 37.28			
	100m: 1:08.47 35.39	200m: 2:21.65 36.75	300m: 3:35.64 37.17	400m: 4:48.94 36.02			
57.	Patricia Palmeiro Baeta	00	Viver Santarem	4:49.27	+0,83	565	
	50m: 32.92 32.92	150m: 1:45.48 36.25	250m: 2:59.64 37.24	350m: 4:13.04 36.49			
	100m: 1:09.23 36.31	200m: 2:22.40 36.92	300m: 3:36.55 36.91	400m: 4:49.27 36.23			
58.	Rafaela Araujo Silva	00	Famalicao	4:49.49	+0,95	563	
	50m: 32.71 32.71	150m: 1:45.21 36.68	250m: 2:59.43 37.16	350m: 4:13.47 36.72			
	100m: 1:08.53 35.82	200m: 2:22.27 37.06	300m: 3:36.75 37.32	400m: 4:49.49 36.02			
59.	Mariana Soares Martinho	99	20Km de Almeirim	4:50.15	+0,72	559	
	50m: 33.27 33.27	150m: 1:46.03 36.59	250m: 2:59.67 36.94	350m: 4:14.38 37.40			
	100m: 1:09.44 36.17	200m: 2:22.73 36.70	300m: 3:36.98 37.31	400m: 4:50.15 35.77			
60.	Maria Santos Silva	99	Nautico Marinha Grande	4:50.17	+0,94	559	
	50m: 32.77 32.77	150m: 1:43.26 35.46	250m: 2:56.77 36.80	350m: 4:12.55 38.04			
	100m: 1:07.80 35.03	200m: 2:19.97 36.71	300m: 3:34.51 37.74	400m: 4:50.17 37.62			
61.	Beatriz Neves Cardoso	98	Colegio SMLamas	4:50.72	+0,87	556	
	<i>FTL</i>						
	50m: 32.69 32.69	150m: 1:44.45 35.93	250m: 2:57.72 36.64	350m: 4:13.11 37.70			
	100m: 1:08.52 35.83	200m: 2:21.08 36.63	300m: 3:35.41 37.69	400m: 4:50.72 37.61			
62.	Catarina Costa Fernandes	99	Colegio Bernardette Romeira	4:51.74	+0,83	550	
	50m: 32.48 32.48	150m: 1:45.43 36.71	250m: 2:59.98 37.32	350m: 4:15.41 37.61			
	100m: 1:08.72 36.24	200m: 2:22.66 37.23	300m: 3:37.80 37.82	400m: 4:51.74 36.33			
63.	Ana Carolina Mira	00	Naval Setubalense	4:51.90	+0,89	549	
	50m: 32.74 32.74	150m: 1:46.86 37.94	250m: 3:02.84 38.00	350m: 4:16.91 36.65			
	100m: 1:08.92 36.18	200m: 2:24.84 37.98	300m: 3:40.26 37.42	400m: 4:51.90 34.99			
64.	Ana Sofia Ramos	00	Porto	4:52.65	+0,97	545	
	50m: 33.67 33.67	150m: 1:47.36 37.42	250m: 3:01.75 36.86	350m: 4:16.02 37.06			
	100m: 1:09.94 36.27	200m: 2:24.89 37.53	300m: 3:38.96 37.21	400m: 4:52.65 36.63			
65.	Maria Leonor Valente	00	Fluvial Portuense	4:52.98	+0,80	543	
	50m: 34.01 34.01	150m: 1:47.32 36.43	250m: 3:01.98 36.85	350m: 4:16.67 37.03			
	100m: 1:10.89 36.88	200m: 2:25.13 37.81	300m: 3:39.64 37.66	400m: 4:52.98 36.31			
66.	Mariana Santos Ferreira	00	Miranda do Corvo	4:53.74	+0,90	539	
	50m: 34.08 34.08	150m: 1:47.08 36.88	250m: 3:02.32 37.67	350m: 4:17.61 37.88			
	100m: 1:10.20 36.12	200m: 2:24.65 37.57	300m: 3:39.73 37.41	400m: 4:53.74 36.13			
67.	Ana Catarina Oliveira	99	Gesloures	4:54.01	+0,84	538	
	<i>FTL</i>						
	50m: 34.41 34.41	150m: 1:49.28 37.09	250m: 3:03.90 36.91	350m: 4:18.01 37.05			
	100m: 1:12.19 37.78	200m: 2:26.99 37.71	300m: 3:40.96 37.06	400m: 4:54.01 36.00			
68.	Iris Cunha Santos	00	Porto	4:54.14	+1,04	537	
	50m: 33.71 33.71	150m: 1:47.43 37.35	250m: 3:02.80 37.51	350m: 4:17.88 37.75			
	100m: 1:10.08 36.37	200m: 2:25.29 37.86	300m: 3:40.13 37.33	400m: 4:54.14 36.26			

WDR - Retirado, DSQ - Desqualificado, DNF - Não terminou a prova, DNS - Faltou, EXH - extra-competição

Event 35, Women, 400m Freestyle, Prelim, Open

Rank	Nome	YB	Clube	Tempo Final	RT	Pts FINA	Pts
69.	Joana Martins Pereira	00	Porto	4:54.75	+0,87	534	
	50m: 34.25 34.25	150m: 1:47.93 37.07	250m: 3:03.39 37.87	350m: 4:18.69 37.57			
	100m: 1:10.86 36.61	200m: 2:25.52 37.59	300m: 3:41.12 37.73	400m: 4:54.75 36.06			
70.	Mariana Silva Ramos	00	Sporting	4:54.81	+0,79	533	
	50m: 32.71 32.71	150m: 1:45.86 36.89	250m: 3:01.89 38.06	350m: 4:17.88 37.97			
	100m: 1:08.97 36.26	200m: 2:23.83 37.97	300m: 3:39.91 38.02	400m: 4:54.81 36.93			
71.	Mariana Alexandre Oliveira	99	Individual ANNP	4:55.62	+0,72	529	
	<i>FTL</i>						
	50m: 32.21 32.21	150m: 1:45.37 37.11	250m: 3:00.97 37.86	350m: 4:17.63 38.56			
	100m: 1:08.26 36.05	200m: 2:23.11 37.74	300m: 3:39.07 38.10	400m: 4:55.62 37.99			
72.	Joana Mota Correia	00	Alcobaca	4:55.82	+0,91	528	
	50m: 32.49 32.49	150m: 1:45.88 36.98	250m: 3:01.17 38.06	350m: 4:18.00 38.39			
	100m: 1:08.90 36.41	200m: 2:23.11 37.23	300m: 3:39.61 38.44	400m: 4:55.82 37.82			
73.	Sara Filipa Santos	00	Porto	4:56.49	+0,88	524	
	50m: 34.22 34.22	150m: 1:48.32 37.37	250m: 3:03.64 37.73	350m: 4:19.36 37.82			
	100m: 1:10.95 36.73	200m: 2:25.91 37.59	300m: 3:41.54 37.90	400m: 4:56.49 37.13			
74.	Eliana Dirce Lourenco	00	Galitos	4:57.52	+0,80	519	
	50m: 33.12 33.12	150m: 1:47.71 37.84	250m: 3:03.73 38.09	350m: 4:20.37 37.63			
	100m: 1:09.87 36.75	200m: 2:25.64 37.93	300m: 3:42.74 39.01	400m: 4:57.52 37.15			
75.	Carolina Pastor Escada	00	Aminata	4:57.77	+0,79	518	
	50m: 32.49 32.49	150m: 1:45.88 37.15	250m: 3:02.40 38.71	350m: 4:20.74 38.91			
	100m: 1:08.73 36.24	200m: 2:23.69 37.81	300m: 3:41.83 39.43	400m: 4:57.77 37.03			
76.	Mariana Silva Navalho	00	Uniao Piedense	4:58.90	+0,80	512	
	50m: 34.09 34.09	150m: 1:49.32 38.48	250m: 3:05.90 38.23	350m: 4:21.92 38.08			
	100m: 1:10.84 36.75	200m: 2:27.67 38.35	300m: 3:43.84 37.94	400m: 4:58.90 36.98			
77.	Margarida Reconha Marques	00	Nautico Marinha Grande	4:59.21	+0,90	510	
	50m: 34.13 34.13	150m: 1:49.23 37.76	250m: 3:06.15 38.34	350m: 4:22.63 37.94			
	100m: 1:11.47 37.34	200m: 2:27.81 38.58	300m: 3:44.69 38.54	400m: 4:59.21 36.58			
78.	Sara Lopes Barbosa	00	Gespacos	5:00.68	+0,90	503	
	<i>FTL</i>						
	50m: 34.47 34.47	150m: 1:50.02 38.11	250m: 3:06.90 38.44	350m: 4:23.39 38.00			
	100m: 1:11.91 37.44	200m: 2:28.46 38.44	300m: 3:45.39 38.49	400m: 5:00.68 37.29			
79.	Alice Maria Lopes	00	Uniao Piedense	5:00.82	+0,87	502	
	<i>FTL</i>						
	50m: 33.92 33.92	150m: 1:49.54 37.61	250m: 3:06.47 38.58	350m: 4:23.53 38.23			
	100m: 1:11.93 38.01	200m: 2:27.89 38.35	300m: 3:45.30 38.83	400m: 5:00.82 37.29			
80.	Rita Filipa Paulino	00	Naval Setubalense	5:01.57	+0,84	498	
	<i>FTL</i>						
	50m: 33.94 33.94	150m: 1:50.14 38.57	250m: 3:07.87 39.01	350m: 4:24.69 38.20			
	100m: 1:11.57 37.63	200m: 2:28.86 38.72	300m: 3:46.49 38.62	400m: 5:01.57 36.88			
81.	Carla Laranjeira Marques	00	Sporting de Aveiro	5:01.58	+0,75	498	
	<i>FTL</i>						
	50m: 33.41 33.41	150m: 1:48.10 38.06	250m: 3:06.99 39.62	350m: 4:24.67 38.33			
	100m: 1:10.04 36.63	200m: 2:27.37 39.27	300m: 3:46.34 39.35	400m: 5:01.58 36.91			

WDR - Retirado, DSQ - Desqualificado, DNF - Não terminou a prova, DNS - Faltou, EXH - extra-competição

Event 35, Women, 400m Freestyle, Prelim, Open

Rank	Nome	YB	Clube	Tempo Final	RT	Pts FINA	Pts
82.	Andreia Brito Pereira <i>FTL</i>	00	Vigor da Mocidade	5:02.35	+1,02	494	
	50m: 33.26 33.26	150m: 1:48.95 38.77	250m: 3:05.74 38.48	350m: 4:24.27 39.12			
	100m: 1:10.18 36.92	200m: 2:27.26 38.31	300m: 3:45.15 39.41	400m: 5:02.35 38.08			
83.	Maria Tome Fialho <i>FTL</i>	00	Amadora	5:03.59	+0,71	488	
	50m: 33.83 33.83	150m: 1:50.24 38.64	250m: 3:07.99 39.09	350m: 4:25.74 38.89			
	100m: 1:11.60 37.77	200m: 2:28.90 38.66	300m: 3:46.85 38.86	400m: 5:03.59 37.85			
84.	Leonor Costa Tejo <i>FTL</i>	00	Academica de Coimbra	5:05.30	+0,91	480	
	50m: 33.57 33.57	150m: 1:49.96 38.55	250m: 3:07.62 38.41	350m: 4:26.87 39.49			
	100m: 1:11.41 37.84	200m: 2:29.21 39.25	300m: 3:47.38 39.76	400m: 5:05.30 38.43			
DNS	Connie Dean	98	Great Britain				
DNS	Clodagh Flood	97	Ireland				
DNS	Andreia Catarina Gomes	94	Fluvial Portuense				

Event 35 Women, 400m Freestyle Absolutos
26-07-2014 - 11:40 Results Prelim

Rec Nac Open	4:19.75	Ana Goncalves Neto	FPN	Luxembourg (LUX)	29-06-2013
Rec Nac Jun16	4:20.37	Marta Andreia Ferreira	FPN	Berlim (GER)	04-08-2002
Rec Nac Jun17	4:19.98	Florbela Cavaco Machado	ASSSCC	Coimbra	26-05-2013
Rec Nac Sen	4:19.75	Ana Goncalves Neto	FPN	Luxembourg (LUX)	29-06-2013

TAC-JUN1F Jun16: 4:46.14 / TAC-JUN2F Jun17: 4:43.33 / TAC-SENF Sen: 4:40.53

Points: FINA 2014

Rank	Nome	YB	Clube	Tempo Final	RT	Pts FINA	Pts
1.	Filipa Vilas Ruivo	97	Nautico Marinha Grande	4:25.90	+0,91	727	
	50m: 31.22 31.22	150m: 1:37.62 33.37	250m: 2:44.74 33.62	350m: 3:52.37 33.84			
	100m: 1:04.25 33.03	200m: 2:11.12 33.50	300m: 3:18.53 33.79	400m: 4:25.90 33.53			
2.	Florbela Cavaco Machado	96	Columbofila Cantanhedense	4:26.18	+0,88	725	
	50m: 32.34 32.34	150m: 1:39.45 33.92	250m: 2:47.14 33.92	350m: 3:54.48 33.41			
	100m: 1:05.53 33.19	200m: 2:13.22 33.77	300m: 3:21.07 33.93	400m: 4:26.18 31.70			
3.	Vania Soares Neves	90	Leixoes	4:27.22	+0,84	716	
	50m: 31.68 31.68	150m: 1:39.20 33.96	250m: 2:46.79 33.63	350m: 3:54.66 33.79			
	100m: 1:05.24 33.56	200m: 2:13.16 33.96	300m: 3:20.87 34.08	400m: 4:27.22 32.56			
4.	Ana Goncalves Neto	95	Individual ANNP	4:27.77	+0,97	712	
	50m: 30.98 30.98	150m: 1:37.45 33.41	250m: 2:45.40 33.99	350m: 3:54.66 34.43			
	100m: 1:04.04 33.06	200m: 2:11.41 33.96	300m: 3:20.23 34.83	400m: 4:27.77 33.11			
5.	Mafalda Gomes Beleza	94	Sporting	4:31.36	+0,70	684	
	50m: 31.76 31.76	150m: 1:40.34 34.52	250m: 2:49.24 34.30	350m: 3:58.68 34.49			
	100m: 1:05.82 34.06	200m: 2:14.94 34.60	300m: 3:24.19 34.95	400m: 4:31.36 32.68			
6.	Joana Aguiar Rodrigues	93	Porto	4:31.97	+0,90	679	
	50m: 30.62 30.62	150m: 1:38.60 34.28	250m: 2:47.72 34.59	350m: 3:57.82 35.19			
	100m: 1:04.32 33.70	200m: 2:13.13 34.53	300m: 3:22.63 34.91	400m: 4:31.97 34.15			

WDR - Retirado, DSQ - Desqualificado, DNF - Não terminou a prova, DNS - Faltou, EXH - extra-competição

Event 35, Women, 400m Freestyle, Prelim, Absolutos

Rank	Nome	YB	Clube	Tempo Final	RT	Pts FINA	Pts
7.	Angelica Maria Andre	94	Fluvial Portuense	4:33.61	+0,77	667	
	50m: 31.54 31.54	150m: 1:39.58 34.65	250m: 2:49.54 34.99	350m: 4:00.25 35.40			
	100m: 1:04.93 33.39	200m: 2:14.55 34.97	300m: 3:24.85 35.31	400m: 4:33.61 33.36			
8.	Barbara Marques Rodrigues	97	Alges	4:33.88	+0,94	665	
	50m: 31.24 31.24	150m: 1:40.04 34.75	250m: 2:49.82 34.97	350m: 3:59.64 34.93			
	100m: 1:05.29 34.05	200m: 2:14.85 34.81	300m: 3:24.71 34.89	400m: 4:33.88 34.24			
9.	Carolina Mantua Guedes	98	Sporting	4:34.04	+0,76	664	
	50m: 31.03 31.03	150m: 1:39.57 34.61	250m: 2:49.00 34.09	350m: 3:59.41 34.73			
	100m: 1:04.96 33.93	200m: 2:14.91 35.34	300m: 3:24.68 35.68	400m: 4:34.04 34.63			
10.	Ana Monica Eloi	96	Nautico Marinha Grande	4:34.38	+0,83	662	
	50m: 31.53 31.53	150m: 1:40.48 34.85	250m: 2:50.24 35.09	350m: 4:00.31 34.66			
	100m: 1:05.63 34.10	200m: 2:15.15 34.67	300m: 3:25.65 35.41	400m: 4:34.38 34.07			
11.	Maria Luis Amorim	95	Porto	4:34.73	+0,86	659	
	50m: 31.39 31.39	150m: 1:40.23 34.90	250m: 2:50.31 34.78	350m: 4:00.28 34.93			
	100m: 1:05.33 33.94	200m: 2:15.53 35.30	300m: 3:25.35 35.04	400m: 4:34.73 34.45			
12.	Helena Paula Carvalho	95	Uniao Piedense	4:34.79	+0,77	659	
	50m: 31.90 31.90	150m: 1:41.76 35.27	250m: 2:51.51 34.65	350m: 4:01.52 35.00			
	100m: 1:06.49 34.59	200m: 2:16.86 35.10	300m: 3:26.52 35.01	400m: 4:34.79 33.27			
13.	Maria Teresa Amorim	97	Porto	4:35.77	+0,87	652	
	50m: 31.21 31.21	150m: 1:39.25 34.40	250m: 2:49.74 35.40	350m: 4:00.95 35.67			
	100m: 1:04.85 33.64	200m: 2:14.34 35.09	300m: 3:25.28 35.54	400m: 4:35.77 34.82			
14.	Ana Silva Costa	98	Famalicao	4:37.37	+0,81	640	
	50m: 31.88 31.88	150m: 1:41.11 34.86	250m: 2:51.07 35.55	350m: 4:02.54 36.16			
	100m: 1:06.25 34.37	200m: 2:15.52 34.41	300m: 3:26.38 35.31	400m: 4:37.37 34.83			
15.	Madalena Amaro Machado	98	Academico Viseu	4:37.66	+0,90	638	
	50m: 31.93 31.93	150m: 1:42.54 35.53	250m: 2:53.72 35.74	350m: 4:04.28 34.63			
	100m: 1:07.01 35.08	200m: 2:17.98 35.44	300m: 3:29.65 35.93	400m: 4:37.66 33.38			
16.	Tatiana Filipa Santos	95	Ginasio Figueirense	4:40.02	+0,94	622	
	50m: 31.77 31.77	150m: 1:42.82 35.76	250m: 2:53.99 35.47	350m: 4:05.66 35.76			
	100m: 1:07.06 35.29	200m: 2:18.52 35.70	300m: 3:29.90 35.91	400m: 4:40.02 34.36			
17.	Demi Ferreira Lopes	98	Portinado	4:40.04	+0,70	622	
	50m: 31.96 31.96	150m: 1:43.08 35.72	250m: 2:53.91 35.42	350m: 4:05.81 35.79			
	100m: 1:07.36 35.40	200m: 2:18.49 35.41	300m: 3:30.02 36.11	400m: 4:40.04 34.23			
18.	Sofia Prates Silvestre	95	Naval Amorense	4:40.40	+0,67	620	
	50m: 31.85 31.85	150m: 1:42.00 35.11	250m: 2:53.35 36.11	350m: 4:05.51 36.12			
	100m: 1:06.89 35.04	200m: 2:17.24 35.24	300m: 3:29.39 36.04	400m: 4:40.40 34.89			
19.	Catarina Alexandra Jardim	98	Famalicao	4:40.92	+0,82	616	
	50m: 31.86 31.86	150m: 1:41.97 35.56	250m: 2:53.63 35.64	350m: 4:05.55 36.09			
	100m: 1:06.41 34.55	200m: 2:17.99 36.02	300m: 3:29.46 35.83	400m: 4:40.92 35.37			
20.	Maria Joao Fernandes	97	Vilacondense	4:40.97	+0,77	616	
	50m: 31.40 31.40	150m: 1:41.80 35.54	250m: 2:53.38 35.31	350m: 4:05.62 35.56			
	100m: 1:06.26 34.86	200m: 2:18.07 36.27	300m: 3:30.06 36.68	400m: 4:40.97 35.35			

WDR - Retirado, DSQ - Desqualificado, DNF - Não terminou a prova, DNS - Faltou, EXH - extra-competição

Event 35, Women, 400m Freestyle, Prelim, Absolutos

Rank	Nome	YB	Clube	Tempo Final	RT	Pts FINA	Pts
21.	Luana Raquel Alves	97	Desportiva de Viana	4:45.31	+0,83	588	
	<i>FTL</i>						
	50m: 31.41 31.41	150m: 1:42.31 36.02	250m: 2:55.07 36.47	350m: 4:08.88 36.88			
	100m: 1:06.29 34.88	200m: 2:18.60 36.29	300m: 3:32.00 36.93	400m: 4:45.31 36.43			
22.	Carolina Madeira Santos	96	Naval Amorense	4:45.78	+0,88	586	
	<i>FTL</i>						
	50m: 32.47 32.47	150m: 1:43.70 36.05	250m: 2:56.60 36.66	350m: 4:09.82 36.66			
	100m: 1:07.65 35.18	200m: 2:19.94 36.24	300m: 3:33.16 36.56	400m: 4:45.78 35.96			
23.	Beatriz Neves Cardoso	98	Colegio SMLamas	4:50.72	+0,87	556	
	<i>FTL</i>						
	50m: 32.69 32.69	150m: 1:44.45 35.93	250m: 2:57.72 36.64	350m: 4:13.11 37.70			
	100m: 1:08.52 35.83	200m: 2:21.08 36.63	300m: 3:35.41 37.69	400m: 4:50.72 37.61			
DNS	Andreia Catarina Gomes	94	Fluvial Portuense				

Event 35
26-07-2014 - 11:40

Women, 400m Freestyle

Seniores
Results Prelim

Rec Nac Open	4:19.75	Ana Goncalves Neto	FPN	Luxembourg (LUX)	29-06-2013
Rec Nac Sen	4:19.75	Ana Goncalves Neto	FPN	Luxembourg (LUX)	29-06-2013

TAC-SENF : 4:40.53

Points: FINA 2014

Rank	Nome	YB	Clube	Tempo Final	RT	Pts FINA	Pts
1.	Florbela Cavaco Machado	96	Columbofila Cantanhedense	4:26.18	+0,88	725	
	50m: 32.34 32.34	150m: 1:39.45 33.92	250m: 2:47.14 33.92	350m: 3:54.48 33.41			
	100m: 1:05.53 33.19	200m: 2:13.22 33.77	300m: 3:21.07 33.93	400m: 4:26.18 31.70			
2.	Vania Soares Neves	90	Leixoes	4:27.22	+0,84	716	
	50m: 31.68 31.68	150m: 1:39.20 33.96	250m: 2:46.79 33.63	350m: 3:54.66 33.79			
	100m: 1:05.24 33.56	200m: 2:13.16 33.96	300m: 3:20.87 34.08	400m: 4:27.22 32.56			
3.	Ana Goncalves Neto	95	Individual ANNP	4:27.77	+0,97	712	
	50m: 30.98 30.98	150m: 1:37.45 33.41	250m: 2:45.40 33.99	350m: 3:54.66 34.43			
	100m: 1:04.04 33.06	200m: 2:11.41 33.96	300m: 3:20.23 34.83	400m: 4:27.77 33.11			
4.	Mafalda Gomes Beleza	94	Sporting	4:31.36	+0,70	684	
	50m: 31.76 31.76	150m: 1:40.34 34.52	250m: 2:49.24 34.30	350m: 3:58.68 34.49			
	100m: 1:05.82 34.06	200m: 2:14.94 34.60	300m: 3:24.19 34.95	400m: 4:31.36 32.68			
5.	Joana Aguiar Rodrigues	93	Porto	4:31.97	+0,90	679	
	50m: 30.62 30.62	150m: 1:38.60 34.28	250m: 2:47.72 34.59	350m: 3:57.82 35.19			
	100m: 1:04.32 33.70	200m: 2:13.13 34.53	300m: 3:22.63 34.91	400m: 4:31.97 34.15			
6.	Angelica Maria Andre	94	Fluvial Portuense	4:33.61	+0,77	667	
	50m: 31.54 31.54	150m: 1:39.58 34.65	250m: 2:49.54 34.99	350m: 4:00.25 35.40			
	100m: 1:04.93 33.39	200m: 2:14.55 34.97	300m: 3:24.85 35.31	400m: 4:33.61 33.36			
7.	Ana Monica Eloi	96	Nautico Marinha Grande	4:34.38	+0,83	662	
	50m: 31.53 31.53	150m: 1:40.48 34.85	250m: 2:50.24 35.09	350m: 4:00.31 34.66			
	100m: 1:05.63 34.10	200m: 2:15.15 34.67	300m: 3:25.65 35.41	400m: 4:34.38 34.07			
8.	Maria Luis Amorim	95	Porto	4:34.73	+0,86	659	
	50m: 31.39 31.39	150m: 1:40.23 34.90	250m: 2:50.31 34.78	350m: 4:00.28 34.93			
	100m: 1:05.33 33.94	200m: 2:15.53 35.30	300m: 3:25.35 35.04	400m: 4:34.73 34.45			

WDR - Retirado, DSQ - Desqualificado, DNF - Não terminou a prova, DNS - Faltou, EXH - extra-competição

Event 35, Women, 400m Freestyle, Prelim, Seniores

Rank	Nome	YB	Clube	Tempo Final	RT	Pts FINA	Pts
9.	Helena Paula Carvalho	95	Uniao Piedense	4:34.79	+0,77	659	
	50m: 31.90 31.90	150m: 1:41.76 35.27	250m: 2:51.51 34.65	350m: 4:01.52 35.00	400m: 4:34.79 33.27		
	100m: 1:06.49 34.59	200m: 2:16.86 35.10	300m: 3:26.52 35.01				
10.	Tatiana Filipa Santos	95	Ginasio Figueirense	4:40.02	+0,94	622	
	50m: 31.77 31.77	150m: 1:42.82 35.76	250m: 2:53.99 35.47	350m: 4:05.66 35.76	400m: 4:40.02 34.36		
	100m: 1:07.06 35.29	200m: 2:18.52 35.70	300m: 3:29.90 35.91				
11.	Sofia Prates Silvestre	95	Naval Amorense	4:40.40	+0,67	620	
	50m: 31.85 31.85	150m: 1:42.00 35.11	250m: 2:53.35 36.11	350m: 4:05.51 36.12	400m: 4:40.40 34.89		
	100m: 1:06.89 35.04	200m: 2:17.24 35.24	300m: 3:29.39 36.04				
12.	Carolina Madeira Santos FTL	96	Naval Amorense	4:45.78	+0,88	586	
	50m: 32.47 32.47	150m: 1:43.70 36.05	250m: 2:56.60 36.66	350m: 4:09.82 36.66	400m: 4:45.78 35.96		
	100m: 1:07.65 35.18	200m: 2:19.94 36.24	300m: 3:33.16 36.56				
DNS	Andreia Catarina Gomes	94	Fluvial Portuense				

Event 35 Women, 400m Freestyle Junior 17
26-07-2014 - 11:40 Results Prelim

Rec Nac Open	4:19.75	Ana Goncalves Neto	FPN	Luxembourg (LUX)	29-06-2013
Rec Nac Jun17	4:19.98	Florbela Cavaco Machado	ASSSCC	Coimbra	26-05-2013

TAC-JUN2F : 4:43.33

Points: FINA 2014

Rank	Nome	YB	Clube	Tempo Final	RT	Pts FINA	Pts
1.	Filipa Vilas Ruivo	97	Nautico Marinha Grande	4:25.90	+0,91	727	
	50m: 31.22 31.22	150m: 1:37.62 33.37	250m: 2:44.74 33.62	350m: 3:52.37 33.84	400m: 4:25.90 33.53		
	100m: 1:04.25 33.03	200m: 2:11.12 33.50	300m: 3:18.53 33.79				
2.	Barbara Marques Rodrigues	97	Alges	4:33.88	+0,94	665	
	50m: 31.24 31.24	150m: 1:40.04 34.75	250m: 2:49.82 34.97	350m: 3:59.64 34.93	400m: 4:33.88 34.24		
	100m: 1:05.29 34.05	200m: 2:14.85 34.81	300m: 3:24.71 34.89				
3.	Maria Teresa Amorim	97	Porto	4:35.77	+0,87	652	
	50m: 31.21 31.21	150m: 1:39.25 34.40	250m: 2:49.74 35.40	350m: 4:00.95 35.67	400m: 4:35.77 34.82		
	100m: 1:04.85 33.64	200m: 2:14.34 35.09	300m: 3:25.28 35.54				
4.	Maria Joao Fernandes	97	Vilacondense	4:40.97	+0,77	616	
	50m: 31.40 31.40	150m: 1:41.80 35.54	250m: 2:53.38 35.31	350m: 4:05.62 35.56	400m: 4:40.97 35.35		
	100m: 1:06.26 34.86	200m: 2:18.07 36.27	300m: 3:30.06 36.68				
5.	Luana Raquel Alves FTL	97	Desportiva de Viana	4:45.31	+0,83	588	
	50m: 31.41 31.41	150m: 1:42.31 36.02	250m: 2:55.07 36.47	350m: 4:08.88 36.88	400m: 4:45.31 36.43		
	100m: 1:06.29 34.88	200m: 2:18.60 36.29	300m: 3:32.00 36.93				

WDR - Retirado, DSQ - Desqualificado, DNF - Não terminou a prova, DNS - Faltou, EXH - extra-competição

Event 35, Women, 400m Freestyle, Prelim

Event 35 Girls, 400m Freestyle Junior 16
26-07-2014 - 11:40 Results Prelim

Rec Nac Open	4:19.75	Ana Goncalves Neto	FPN	Luxembourg (LUX)	29-06-2013
Rec Nac Jun16	4:20.37	Marta Andreia Ferreira	FPN	Berlim (GER)	04-08-2002

TAC-JUN1F : 4:46.14

Points: FINA 2014

Rank	Nome	YB	Clube	Tempo Final	RT	Pts FINA	Pts
1.	Carolina Mantua Guedes	98	Sporting	4:34.04	+0,76	664	
	50m: 31.03 31.03	150m: 1:39.57 34.61	250m: 2:49.00 34.09	350m: 3:59.41 34.73			
	100m: 1:04.96 33.93	200m: 2:14.91 35.34	300m: 3:24.68 35.68	400m: 4:34.04 34.63			
2.	Ana Silva Costa	98	Famalicao	4:37.37	+0,81	640	
	50m: 31.88 31.88	150m: 1:41.11 34.86	250m: 2:51.07 35.55	350m: 4:02.54 36.16			
	100m: 1:06.25 34.37	200m: 2:15.52 34.41	300m: 3:26.38 35.31	400m: 4:37.37 34.83			
3.	Madalena Amaro Machado	98	Academico Viseu	4:37.66	+0,90	638	
	50m: 31.93 31.93	150m: 1:42.54 35.53	250m: 2:53.72 35.74	350m: 4:04.28 34.63			
	100m: 1:07.01 35.08	200m: 2:17.98 35.44	300m: 3:29.65 35.93	400m: 4:37.66 33.38			
4.	Demi Ferreira Lopes	98	Portinado	4:40.04	+0,70	622	
	50m: 31.96 31.96	150m: 1:43.08 35.72	250m: 2:53.91 35.42	350m: 4:05.81 35.79			
	100m: 1:07.36 35.40	200m: 2:18.49 35.41	300m: 3:30.02 36.11	400m: 4:40.04 34.23			
5.	Catarina Alexandra Jardim	98	Famalicao	4:40.92	+0,82	616	
	50m: 31.86 31.86	150m: 1:41.97 35.56	250m: 2:53.63 35.64	350m: 4:05.55 36.09			
	100m: 1:06.41 34.55	200m: 2:17.99 36.02	300m: 3:29.46 35.83	400m: 4:40.92 35.37			
6.	Beatriz Neves Cardoso	98	Colegio SMLamas	4:50.72	+0,87	556	
	<i>FTL</i>						
	50m: 32.69 32.69	150m: 1:44.45 35.93	250m: 2:57.72 36.64	350m: 4:13.11 37.70			
	100m: 1:08.52 35.83	200m: 2:21.08 36.63	300m: 3:35.41 37.69	400m: 4:50.72 37.61			

Event 35 Girls, 400m Freestyle Juvenis A
26-07-2014 - 11:40 Results Prelim

Rec Nac Open	4:19.75	Ana Goncalves Neto	FPN	Luxembourg (LUX)	29-06-2013
Rec Nac Juv A	4:20.78	Tamila Hryhorivna Holub	POR	Porto	07-06-2014

TAC-JUVAF : 4:51.75

Points: FINA 2014

Rank	Nome	YB	Clube	Tempo Final	RT	Pts FINA	Pts
1.	Tamila Hryhorivna Holub	99	Braga	4:27.97	+0,96	710	
	50m: 31.89 31.89	150m: 1:39.83 34.01	250m: 2:48.43 34.07	350m: 3:56.28 33.81			
	100m: 1:05.82 33.93	200m: 2:14.36 34.53	300m: 3:22.47 34.04	400m: 4:27.97 31.69			
2.	Carolina Silva Moreira	99	Natacao da Maia	4:42.17	+0,74	608	
	50m: 32.67 32.67	150m: 1:43.97 35.88	250m: 2:55.86 35.99	350m: 4:08.17 35.74			
	100m: 1:08.09 35.42	200m: 2:19.87 35.90	300m: 3:32.43 36.57	400m: 4:42.17 34.00			
3.	Ana Beatriz Martins	99	Famalicao	4:42.22	+0,82	608	
	50m: 32.54 32.54	150m: 1:43.98 36.10	250m: 2:56.28 36.29	350m: 4:08.24 35.83			
	100m: 1:07.88 35.34	200m: 2:19.99 36.01	300m: 3:32.41 36.13	400m: 4:42.22 33.98			
4.	Beatriz Paulo Ranito	99	Sporting	4:42.64	+0,75	605	
	50m: 32.08 32.08	150m: 1:43.48 36.17	250m: 2:55.57 35.87	350m: 4:06.85 35.36			
	100m: 1:07.31 35.23	200m: 2:19.70 36.22	300m: 3:31.49 35.92	400m: 4:42.64 35.79			

WDR - Retirado, DSQ - Desqualificado, DNF - Não terminou a prova, DNS - Faltou, EXH - extra-competição

Event 35, Girls, 400m Freestyle, Prelim, Juvenis A

Rank	Nome	YB	Clube	Tempo Final	RT	Pts FINA	Pts
5.	Beatriz Barros Carmo	99	Colegio Vasco da Gama	4:43.89	+0,71	597	
	50m: 32.16 32.16	150m: 1:44.35 35.63	250m: 2:56.56 36.24	350m: 4:08.83 35.95			
	100m: 1:08.72 36.56	200m: 2:20.32 35.97	300m: 3:32.88 36.32	400m: 4:43.89 35.06			
6.	Tania Cristina Mendes	99	Industrial Veiense	4:44.82	+0,80	591	
	50m: 32.13 32.13	150m: 1:43.89 36.18	250m: 2:56.76 36.30	350m: 4:10.32 36.49			
	100m: 1:07.71 35.58	200m: 2:20.46 36.57	300m: 3:33.83 37.07	400m: 4:44.82 34.50			
7.	Rita Costa Amador	99	Galitos	4:45.01	+0,76	590	
	50m: 32.13 32.13	150m: 1:43.46 36.12	250m: 2:56.43 36.31	350m: 4:09.59 36.02			
	100m: 1:07.34 35.21	200m: 2:20.12 36.66	300m: 3:33.57 37.14	400m: 4:45.01 35.42			
8.	Eva Guerreiro Carvalho	99	Uniao Piedense	4:45.34	+0,85	588	
	50m: 32.35 32.35	150m: 1:43.25 35.89	250m: 2:56.07 36.35	350m: 4:09.40 36.66			
	100m: 1:07.36 35.01	200m: 2:19.72 36.47	300m: 3:32.74 36.67	400m: 4:45.34 35.94			
9.	Filipa Sousa Pinheiro	99	Sporting	4:45.35	+0,98	588	
	50m: 32.19 32.19	150m: 1:44.29 36.64	250m: 2:57.15 36.39	350m: 4:09.91 36.79			
	100m: 1:07.65 35.46	200m: 2:20.76 36.47	300m: 3:33.12 35.97	400m: 4:45.35 35.44			
10.	Joana Miguel Alexandre	99	Amadora	4:45.68	+0,76	586	
	50m: 32.15 32.15	150m: 1:42.84 35.83	250m: 2:55.89 36.77	350m: 4:10.16 37.26			
	100m: 1:07.01 34.86	200m: 2:19.12 36.28	300m: 3:32.90 37.01	400m: 4:45.68 35.52			
11.	Ana Beatriz La Feria	99	Porto	4:45.88	+0,88	585	
	50m: 32.30 32.30	150m: 1:42.97 35.74	250m: 2:55.75 36.50	350m: 4:09.36 36.90			
	100m: 1:07.23 34.93	200m: 2:19.25 36.28	300m: 3:32.46 36.71	400m: 4:45.88 36.52			
12.	Catarina Reis Silva	99	Braga	4:46.89	+0,88	579	
	50m: 32.38 32.38	150m: 1:45.66 37.09	250m: 2:58.78 35.90	350m: 4:12.25 36.07			
	100m: 1:08.57 36.19	200m: 2:22.88 37.22	300m: 3:36.18 37.40	400m: 4:46.89 34.64			
13.	Mariana Pinto Angelo	99	Academica de Coimbra	4:46.93	+0,83	579	
	50m: 33.13 33.13	150m: 1:44.51 36.01	250m: 2:57.78 36.66	350m: 4:11.03 36.61			
	100m: 1:08.50 35.37	200m: 2:21.12 36.61	300m: 3:34.42 36.64	400m: 4:46.93 35.90			
14.	Barbara Coimbra Teodosio	99	Nautico Marinha Grande	4:47.00	+0,97	578	
	50m: 34.48 34.48	150m: 1:46.08 36.40	250m: 2:59.48 36.77	350m: 4:12.69 36.73			
	100m: 1:09.68 35.20	200m: 2:22.71 36.63	300m: 3:35.96 36.48	400m: 4:47.00 34.31			
15.	Joana Beatriz Bernardo	99	Fundacao Beatriz Santos	4:47.27	+0,93	576	
	50m: 32.78 32.78	150m: 1:45.35 36.62	250m: 2:58.73 36.67	350m: 4:11.61 36.13			
	100m: 1:08.73 35.95	200m: 2:22.06 36.71	300m: 3:35.48 36.75	400m: 4:47.27 35.66			
16.	Ana Pires Brito	99	Colegio Monte Maior	4:48.80	+0,88	567	
	50m: 32.22 32.22	150m: 1:44.39 36.41	250m: 2:57.76 36.45	350m: 4:11.88 37.35			
	100m: 1:07.98 35.76	200m: 2:21.31 36.92	300m: 3:34.53 36.77	400m: 4:48.80 36.92			
17.	Maria Beatriz Dias	99	Viver Santarem	4:48.94	+0,77	567	
	50m: 33.08 33.08	150m: 1:44.90 36.43	250m: 2:58.47 36.82	350m: 4:12.92 37.28			
	100m: 1:08.47 35.39	200m: 2:21.65 36.75	300m: 3:35.64 37.17	400m: 4:48.94 36.02			
18.	Mariana Soares Martinho	99	20Km de Almeirim	4:50.15	+0,72	559	
	50m: 33.27 33.27	150m: 1:46.03 36.59	250m: 2:59.67 36.94	350m: 4:14.38 37.40			
	100m: 1:09.44 36.17	200m: 2:22.73 36.70	300m: 3:36.98 37.31	400m: 4:50.15 35.77			
19.	Maria Santos Silva	99	Nautico Marinha Grande	4:50.17	+0,94	559	
	50m: 32.77 32.77	150m: 1:43.26 35.46	250m: 2:56.77 36.80	350m: 4:12.55 38.04			
	100m: 1:07.80 35.03	200m: 2:19.97 36.71	300m: 3:34.51 37.74	400m: 4:50.17 37.62			

WDR - Retirado, DSQ - Desqualificado, DNF - Não terminou a prova, DNS - Faltou, EXH - extra-competição

Event 35, Girls, 400m Freestyle, Prelim, Juvenis A

Rank	Nome	YB	Clube	Tempo Final	RT	Pts FINA	Pts
20.	Catarina Costa Fernandes	99	Colegio Bernardette Romeira	4:51.74	+0,83	550	
	50m: 32.48 32.48	150m: 1:45.43 36.71	250m: 2:59.98 37.32	350m: 4:15.41 37.61			
	100m: 1:08.72 36.24	200m: 2:22.66 37.23	300m: 3:37.80 37.82	400m: 4:51.74 36.33			
21.	Ana Catarina Oliveira	99	Gesloures	4:54.01	+0,84	538	
	<i>FTL</i>						
	50m: 34.41 34.41	150m: 1:49.28 37.09	250m: 3:03.90 36.91	350m: 4:18.01 37.05			
	100m: 1:12.19 37.78	200m: 2:26.99 37.71	300m: 3:40.96 37.06	400m: 4:54.01 36.00			
22.	Mariana Alexandre Oliveira	99	Individual ANNP	4:55.62	+0,72	529	
	<i>FTL</i>						
	50m: 32.21 32.21	150m: 1:45.37 37.11	250m: 3:00.97 37.86	350m: 4:17.63 38.56			
	100m: 1:08.26 36.05	200m: 2:23.11 37.74	300m: 3:39.07 38.10	400m: 4:55.62 37.99			

Event 35
26-07-2014 - 11:40

Girls, 400m Freestyle

Juvenis B
Results Prelim

Rec Nac Open	4:19.75	Ana Goncalves Neto	FPN	Luxembourg (LUX)	29-06-2013
Rec Nac Juv B	4:28.67	Alexandra Maria Silva	FPN	Guadalupe (FRA)	24-04-1981

TAC-JUVBF : 5:00.17

Points: FINA 2014

Rank	Nome	YB	Clube	Tempo Final	RT	Pts FINA	Pts
1.	Maria Francisca Cabral	00	Porto	4:31.37	+0,82	684	
	50m: 31.04 31.04	150m: 1:38.97 34.22	250m: 2:48.64 34.98	350m: 3:57.85 34.34			
	100m: 1:04.75 33.71	200m: 2:13.66 34.69	300m: 3:23.51 34.87	400m: 4:31.37 33.52			
2.	Ines Jacinto Henriques	00	Pimpoes/Cimai	4:41.82	+0,75	611	
	50m: 31.82 31.82	150m: 1:42.66 35.67	250m: 2:54.78 36.00	350m: 4:06.54 35.72			
	100m: 1:06.99 35.17	200m: 2:18.78 36.12	300m: 3:30.82 36.04	400m: 4:41.82 35.28			
3.	Ines Figueira Santos	00	Uniao Piedense	4:42.89	+0,89	604	
	50m: 32.79 32.79	150m: 1:44.33 36.12	250m: 2:56.73 35.98	350m: 4:08.45 35.72			
	100m: 1:08.21 35.42	200m: 2:20.75 36.42	300m: 3:32.73 36.00	400m: 4:42.89 34.44			
4.	Teresa Miguel Veloso	00	Nautico /Urgicentro-Sanfil	4:43.70	+0,78	599	
	50m: 32.40 32.40	150m: 1:43.56 36.02	250m: 2:56.13 36.38	350m: 4:07.86 35.89			
	100m: 1:07.54 35.14	200m: 2:19.75 36.19	300m: 3:31.97 35.84	400m: 4:43.70 35.84			
5.	Sofia Isabel Gouveia	00	Uniao Piedense	4:45.98	+0,81	584	
	50m: 31.97 31.97	150m: 1:44.39 36.79	250m: 2:58.22 36.81	350m: 4:10.66 36.08			
	100m: 1:07.60 35.63	200m: 2:21.41 37.02	300m: 3:34.58 36.36	400m: 4:45.98 35.32			
6.	Ines Silva Oliveira	00	Leixoes	4:46.61	+0,87	580	
	50m: 32.56 32.56	150m: 1:45.41 36.71	250m: 2:59.60 36.99	350m: 4:12.86 36.69			
	100m: 1:08.70 36.14	200m: 2:22.61 37.20	300m: 3:36.17 36.57	400m: 4:46.61 33.75			
7.	Giovanna Vaz Vargas	00	Nautico Marinha Grande	4:48.27	+0,88	570	
	50m: 32.41 32.41	150m: 1:44.23 36.03	250m: 2:57.98 36.73	350m: 4:12.22 37.01			
	100m: 1:08.20 35.79	200m: 2:21.25 37.02	300m: 3:35.21 37.23	400m: 4:48.27 36.05			
8.	Margarida Valente Orrico	00	Uniao Piedense	4:48.89	+0,92	567	
	50m: 32.48 32.48	150m: 1:44.81 36.50	250m: 2:58.34 36.60	350m: 4:12.69 37.05			
	100m: 1:08.31 35.83	200m: 2:21.74 36.93	300m: 3:35.64 37.30	400m: 4:48.89 36.20			

WDR - Retirado, DSQ - Desqualificado, DNF - Não terminou a prova, DNS - Faltou, EXH - extra-competição

Event 35, Girls, 400m Freestyle, Prelim, Juvenis B

Rank	Nome	YB	Clube	Tempo Final	RT	Pts FINA	Pts
9.	Patricia Palmeiro Baeta	00	Viver Santarem	4:49.27	+0,83	565	
	50m: 32.92 32.92	150m: 1:45.48 36.25	250m: 2:59.64 37.24	350m: 4:13.04 36.49			
	100m: 1:09.23 36.31	200m: 2:22.40 36.92	300m: 3:36.55 36.91	400m: 4:49.27 36.23			
10.	Rafaela Araujo Silva	00	Famalicao	4:49.49	+0,95	563	
	50m: 32.71 32.71	150m: 1:45.21 36.68	250m: 2:59.43 37.16	350m: 4:13.47 36.72			
	100m: 1:08.53 35.82	200m: 2:22.27 37.06	300m: 3:36.75 37.32	400m: 4:49.49 36.02			
11.	Ana Carolina Mira	00	Naval Setubalense	4:51.90	+0,89	549	
	50m: 32.74 32.74	150m: 1:46.86 37.94	250m: 3:02.84 38.00	350m: 4:16.91 36.65			
	100m: 1:08.92 36.18	200m: 2:24.84 37.98	300m: 3:40.26 37.42	400m: 4:51.90 34.99			
12.	Ana Sofia Ramos	00	Porto	4:52.65	+0,97	545	
	50m: 33.67 33.67	150m: 1:47.36 37.42	250m: 3:01.75 36.86	350m: 4:16.02 37.06			
	100m: 1:09.94 36.27	200m: 2:24.89 37.53	300m: 3:38.96 37.21	400m: 4:52.65 36.63			
13.	Maria Leonor Valente	00	Fluvial Portuense	4:52.98	+0,80	543	
	50m: 34.01 34.01	150m: 1:47.32 36.43	250m: 3:01.98 36.85	350m: 4:16.67 37.03			
	100m: 1:10.89 36.88	200m: 2:25.13 37.81	300m: 3:39.64 37.66	400m: 4:52.98 36.31			
14.	Mariana Santos Ferreira	00	Miranda do Corvo	4:53.74	+0,90	539	
	50m: 34.08 34.08	150m: 1:47.08 36.88	250m: 3:02.32 37.67	350m: 4:17.61 37.88			
	100m: 1:10.20 36.12	200m: 2:24.65 37.57	300m: 3:39.73 37.41	400m: 4:53.74 36.13			
15.	Iris Cunha Santos	00	Porto	4:54.14	+1,04	537	
	50m: 33.71 33.71	150m: 1:47.43 37.35	250m: 3:02.80 37.51	350m: 4:17.88 37.75			
	100m: 1:10.08 36.37	200m: 2:25.29 37.86	300m: 3:40.13 37.33	400m: 4:54.14 36.26			
16.	Joana Martins Pereira	00	Porto	4:54.75	+0,87	534	
	50m: 34.25 34.25	150m: 1:47.93 37.07	250m: 3:03.39 37.87	350m: 4:18.69 37.57			
	100m: 1:10.86 36.61	200m: 2:25.52 37.59	300m: 3:41.12 37.73	400m: 4:54.75 36.06			
17.	Mariana Silva Ramos	00	Sporting	4:54.81	+0,79	533	
	50m: 32.71 32.71	150m: 1:45.86 36.89	250m: 3:01.89 38.06	350m: 4:17.88 37.97			
	100m: 1:08.97 36.26	200m: 2:23.83 37.97	300m: 3:39.91 38.02	400m: 4:54.81 36.93			
18.	Joana Mota Correia	00	Alcobaca	4:55.82	+0,91	528	
	50m: 32.49 32.49	150m: 1:45.88 36.98	250m: 3:01.17 38.06	350m: 4:18.00 38.39			
	100m: 1:08.90 36.41	200m: 2:23.11 37.23	300m: 3:39.61 38.44	400m: 4:55.82 37.82			
19.	Sara Filipa Santos	00	Porto	4:56.49	+0,88	524	
	50m: 34.22 34.22	150m: 1:48.32 37.37	250m: 3:03.64 37.73	350m: 4:19.36 37.82			
	100m: 1:10.95 36.73	200m: 2:25.91 37.59	300m: 3:41.54 37.90	400m: 4:56.49 37.13			
20.	Eliana Dirce Lourenco	00	Galitos	4:57.52	+0,80	519	
	50m: 33.12 33.12	150m: 1:47.71 37.84	250m: 3:03.73 38.09	350m: 4:20.37 37.63			
	100m: 1:09.87 36.75	200m: 2:25.64 37.93	300m: 3:42.74 39.01	400m: 4:57.52 37.15			
21.	Carolina Pastor Escada	00	Aminata	4:57.77	+0,79	518	
	50m: 32.49 32.49	150m: 1:45.88 37.15	250m: 3:02.40 38.71	350m: 4:20.74 38.91			
	100m: 1:08.73 36.24	200m: 2:23.69 37.81	300m: 3:41.83 39.43	400m: 4:57.77 37.03			
22.	Mariana Silva Navalho	00	Uniao Piedense	4:58.90	+0,80	512	
	50m: 34.09 34.09	150m: 1:49.32 38.48	250m: 3:05.90 38.23	350m: 4:21.92 38.08			
	100m: 1:10.84 36.75	200m: 2:27.67 38.35	300m: 3:43.84 37.94	400m: 4:58.90 36.98			
23.	Margarida Reconha Marques	00	Nautico Marinha Grande	4:59.21	+0,90	510	
	50m: 34.13 34.13	150m: 1:49.23 37.76	250m: 3:06.15 38.34	350m: 4:22.63 37.94			
	100m: 1:11.47 37.34	200m: 2:27.81 38.58	300m: 3:44.69 38.54	400m: 4:59.21 36.58			

WDR - Retirado, DSQ - Desqualificado, DNF - Não terminou a prova, DNS - Faltou, EXH - extra-competição

Event 35, Girls, 400m Freestyle, Prelim, Juvenis B

Rank	Nome	YB	Clube	Tempo Final	RT	Pts FINA	Pts
24.	Sara Lopes Barbosa <i>FTL</i>	00	Gespacos	5:00.68	+0,90	503	
	50m: 34.47 34.47	150m: 1:50.02 38.11	250m: 3:06.90 38.44	350m: 4:23.39 38.00			
	100m: 1:11.91 37.44	200m: 2:28.46 38.44	300m: 3:45.39 38.49	400m: 5:00.68 37.29			
25.	Alice Maria Lopes <i>FTL</i>	00	Uniao Piedense	5:00.82	+0,87	502	
	50m: 33.92 33.92	150m: 1:49.54 37.61	250m: 3:06.47 38.58	350m: 4:23.53 38.23			
	100m: 1:11.93 38.01	200m: 2:27.89 38.35	300m: 3:45.30 38.83	400m: 5:00.82 37.29			
26.	Rita Filipa Paulino <i>FTL</i>	00	Naval Setubalense	5:01.57	+0,84	498	
	50m: 33.94 33.94	150m: 1:50.14 38.57	250m: 3:07.87 39.01	350m: 4:24.69 38.20			
	100m: 1:11.57 37.63	200m: 2:28.86 38.72	300m: 3:46.49 38.62	400m: 5:01.57 36.88			
27.	Carla Laranjeira Marques <i>FTL</i>	00	Sporting de Aveiro	5:01.58	+0,75	498	
	50m: 33.41 33.41	150m: 1:48.10 38.06	250m: 3:06.99 39.62	350m: 4:24.67 38.33			
	100m: 1:10.04 36.63	200m: 2:27.37 39.27	300m: 3:46.34 39.35	400m: 5:01.58 36.91			
28.	Andreia Brito Pereira <i>FTL</i>	00	Vigor da Mocidade	5:02.35	+1,02	494	
	50m: 33.26 33.26	150m: 1:48.95 38.77	250m: 3:05.74 38.48	350m: 4:24.27 39.12			
	100m: 1:10.18 36.92	200m: 2:27.26 38.31	300m: 3:45.15 39.41	400m: 5:02.35 38.08			
29.	Maria Tome Fialho <i>FTL</i>	00	Amadora	5:03.59	+0,71	488	
	50m: 33.83 33.83	150m: 1:50.24 38.64	250m: 3:07.99 39.09	350m: 4:25.74 38.89			
	100m: 1:11.60 37.77	200m: 2:28.90 38.66	300m: 3:46.85 38.86	400m: 5:03.59 37.85			
30.	Leonor Costa Tejo <i>FTL</i>	00	Academica de Coimbra	5:05.30	+0,91	480	
	50m: 33.57 33.57	150m: 1:49.96 38.55	250m: 3:07.62 38.41	350m: 4:26.87 39.49			
	100m: 1:11.41 37.84	200m: 2:29.21 39.25	300m: 3:47.38 39.76	400m: 5:05.30 38.43			

WDR - Retirado, DSQ - Desqualificado, DNF - Não terminou a prova, DNS - Faltou, EXH - extra-competição