

Prova 16
02-04-2015 - 9:35

Femin., 400m Estilos
SOMAGUE

Absolutos
Resultados Elimin

Rec Nac Absoluto	4:45.69	Victoria Kaminskaya	FPN	Malaga (ESP)	29-03-2015
Rec Nac Juv B	5:01.04	Susana Patricia Miguel	SFUAP	Lisboa	08-07-2004
Rec Nac Juv A	4:58.08	Diana Margarida Duraes	FOCA	Póvoa de Varzim	05-08-2011
Rec Nac Jun16	4:57.84	Victoria Kaminskaya	PIMP	Oeiras	19-02-2011
Rec Nac Jun17	4:52.12	Victoria Kaminskaya	PIMP	Oeiras	27-07-2012
Rec Nac Sen	4:45.69	Victoria Kaminskaya	FPN	Malaga (ESP)	29-03-2015

TAC JUN16 Fem Jun16: 5:21.31 / TAC JUN17 Fem Jun17: 5:18.19 / TAC JUV14 Fem Juv B: 5:36.91 / TAC JUV15 Fem Juv A: 5:27.55 /
TAC SEN18Fem Sen18: 5:16.63 / TAC SEN19Fem Sen19: 5:16.63 / TAC SEN20+V Fem Sen20+: 5:16.63

Pontos: FINA 2015

Lugar	Nome do nadador	Ano	Classes	Clube	T.R.	Tempo final	Pts
1.	Angelica Maria Andre	94		Fluvial Portuense	+0,77	5:02.25	700 A
	50m: 31.58 31.58	150m: 1:46.79 40.12	250m: 3:09.66 43.71	350m: 4:27.94 35.14			
	100m: 1:06.67 35.09	200m: 2:25.95 39.16	300m: 3:52.80 43.14	400m: 5:02.25 34.31			
2.	Madalena Gomes Azevedo	99		Alges	+0,75	5:03.35	692 A
	50m: 31.81 31.81	150m: 1:49.27 39.45	250m: 3:11.42 43.96	350m: 4:30.90 33.85			
	100m: 1:09.82 38.01	200m: 2:27.46 38.19	300m: 3:57.05 45.63	400m: 5:03.35 32.45			
3.	Maria Francisca Cabral	00		Porto	+0,79	5:05.80	676 A
	50m: 32.17 32.17	150m: 1:47.90 39.28	250m: 3:11.76 44.72	350m: 4:32.48 34.81			
	100m: 1:08.62 36.45	200m: 2:27.04 39.14	300m: 3:57.67 45.91	400m: 5:05.80 33.32			
4.	Ana Beatriz Martins	99		Famalicao	+0,79	5:06.34	672 A
	50m: 32.51 32.51	150m: 1:50.29 40.78	250m: 3:14.80 44.46	350m: 4:33.20 34.54			
	100m: 1:09.51 37.00	200m: 2:30.34 40.05	300m: 3:58.66 43.86	400m: 5:06.34 33.14			
5.	Giovanna Vaz Vargas	00		Nautico da Marinha Grande	+0,73	5:07.38	665 A
	50m: 31.98 31.98	150m: 1:48.47 40.74	250m: 3:12.63 44.76	350m: 4:32.78 35.34			
	100m: 1:07.73 35.75	200m: 2:27.87 39.40	300m: 3:57.44 44.81	400m: 5:07.38 34.60			
6.	Ines Neto Rocha	01		Aquatico Pacense	+0,83	5:10.36	646 A
	50m: 31.86 31.86	150m: 1:49.62 40.39	250m: 3:12.18 43.72	350m: 4:33.70 37.02			
	100m: 1:09.23 37.37	200m: 2:28.46 38.84	300m: 3:56.68 44.50	400m: 5:10.36 36.66			
7.	Rita Costa Amador	99		Galitos	+0,67	5:11.34	640 A
	50m: 32.73 32.73	150m: 1:51.12 40.08	250m: 3:15.90 45.20	350m: 4:36.95 35.42			
	100m: 1:11.04 38.31	200m: 2:30.70 39.58	300m: 4:01.53 45.63	400m: 5:11.34 34.39			
8.	Filipa Vilas Ruivo	97		Ba/Bomcar	+0,79	5:12.11	636 A
	50m: 32.17 32.17	150m: 1:50.53 41.68	250m: 3:16.75 45.75	350m: 4:37.97 35.79			
	100m: 1:08.85 36.68	200m: 2:31.00 40.47	300m: 4:02.18 45.43	400m: 5:12.11 34.14			
9.	Teresa Miguel Veloso	00		Nautico /Urgicentro-Sanfil	+0,73	5:12.72	632 A
	50m: 32.78 32.78	150m: 1:52.22 41.32	250m: 3:16.89 43.83	350m: 4:38.19 35.41			
	100m: 1:10.90 38.12	200m: 2:33.06 40.84	300m: 4:02.78 45.89	400m: 5:12.72 34.53			
10.	Raquel Paulo Ranito	94		Colegio Vasco da Gama	+0,61	5:14.36	622 A
	50m: 32.35 32.35	150m: 1:51.42 40.72	250m: 3:16.89 45.20	350m: 4:39.15 36.92			
	100m: 1:10.70 38.35	200m: 2:31.69 40.27	300m: 4:02.23 45.34	400m: 5:14.36 35.21			
11.	Monica Seara Domingues	00		Nautico da Marinha Grande	+0,80	5:16.59	609 B
	50m: 33.25 33.25	150m: 1:51.75 40.55	250m: 3:17.35 46.69	350m: 4:41.21 37.14			
	100m: 1:11.20 37.95	200m: 2:30.66 38.91	300m: 4:04.07 46.72	400m: 5:16.59 35.38			
12.	Helena Paula Carvalho	95		Uniao Piedense	+0,63	5:16.87	607 B
	FTL						
	50m: 33.75 33.75	150m: 1:52.79 40.84	250m: 3:19.14 47.17	350m: 4:42.73 36.74			
	100m: 1:11.95 38.20	200m: 2:31.97 39.18	300m: 4:05.99 46.85	400m: 5:16.87 34.14			

Prova 16, Femin., 400m Estilos, Elimin, Absolutos

Lugar	Nome do nadador	Ano	Classes	Clube	T.R.	Tempo final	Pts
13.	Demi Ferreira Lopes	98		Portinado	+0,67	5:17.23	605 B
	50m: 31.81 31.81	150m: 1:52.56	42.08	250m: 3:20.26	47.00	350m: 4:43.27	36.15
	100m: 1:10.48 38.67	200m: 2:33.26	40.70	300m: 4:07.12	46.86	400m: 5:17.23	33.96
14.	Carolina Rosa Marcelino	01		Alges	+0,72	5:20.66	586 B
	50m: 32.03 32.03	150m: 1:52.98	40.48	250m: 3:19.14	45.98	350m: 4:43.43	37.34
	100m: 1:12.50 40.47	200m: 2:33.16	40.18	300m: 4:06.09	46.95	400m: 5:20.66	37.23
15.	Raquel Antunes Tremoco	01		Sporting	+0,84	5:22.55	576 B
	50m: 32.93 32.93	150m: 1:53.72	41.98	250m: 3:20.95	46.13	350m: 4:45.26	37.19
	100m: 1:11.74 38.81	200m: 2:34.82	41.10	300m: 4:08.07	47.12	400m: 5:22.55	37.29
16.	Ines Rocha Silva	00		Alcobaca	+0,61	5:23.76	569 B
	50m: 34.26 34.26	150m: 1:58.11	41.75	250m: 3:22.52	43.90	350m: 4:45.77	38.55
	100m: 1:16.36 42.10	200m: 2:38.62	40.51	300m: 4:07.22	44.70	400m: 5:23.76	37.99
17.	Rita Teixeira Costa	97		Belenenses	+0,69	5:26.21	557 B
	<i>FTL</i>						
	50m: 32.55 32.55	150m: 1:52.88	41.77	250m: 3:21.37	47.45	350m: 4:48.45	38.32
	100m: 1:11.11 38.56	200m: 2:33.92	41.04	300m: 4:10.13	48.76	400m: 5:26.21	37.76
18.	Luisa Maria Machado	01		Uniao Piedense	+0,89	5:27.39	551 B
	50m: 34.04 34.04	150m: 1:57.50	42.67	250m: 3:25.65	45.41	350m: 4:50.75	37.69
	100m: 1:14.83 40.79	200m: 2:40.24	42.74	300m: 4:13.06	47.41	400m: 5:27.39	36.64
19.	Sara Sofia Alves	01		Columbofila Cantanhedense	+0,77	5:28.24	546 B
	50m: 33.81 33.81	150m: 1:57.81	45.32	250m: 3:28.67	48.13	350m: 4:54.05	36.65
	100m: 1:12.49 38.68	200m: 2:40.54	42.73	300m: 4:17.40	48.73	400m: 5:28.24	34.19
20.	Alice Maria Lopes	00		Uniao Piedense	+0,80	5:29.95	538 B
	<i>FTL</i>						
	50m: 34.40 34.40	150m: 1:56.99	43.17	250m: 3:26.54	48.31	350m: 4:53.44	37.56
	100m: 1:13.82 39.42	200m: 2:38.23	41.24	300m: 4:15.88	49.34	400m: 5:29.95	36.51
21.	Sofia Machado Dionisio	98		Sporting	+0,80	5:31.31	531 R
	<i>FTL</i>						
	50m: 33.31 33.31	150m: 1:58.70	45.10	250m: 3:28.20	46.40	350m: 4:54.13	38.76
	100m: 1:13.60 40.29	200m: 2:41.80	43.10	300m: 4:15.37	47.17	400m: 5:31.31	37.18
22.	Raquel Leao Monteiro	00		Aquatico Pacense	+0,93	5:31.69	530 R
	<i>FTL</i>						
	50m: 35.02 35.02	150m: 1:59.01	43.42	250m: 3:30.11	49.99	350m: 4:55.59	35.99
	100m: 1:15.59 40.57	200m: 2:40.12	41.11	300m: 4:19.60	49.49	400m: 5:31.69	36.10
23.	Lara Beatriz Matos	01		Famalicao	+0,78	5:33.33	522
	50m: 33.80 33.80	150m: 2:00.10	46.18	250m: 3:30.25	46.73	350m: 4:56.63	38.73
	100m: 1:13.92 40.12	200m: 2:43.52	43.42	300m: 4:17.90	47.65	400m: 5:33.33	36.70
24.	Mariana Sobral Galacha	01		Sporting	+0,75	5:34.46	516
	50m: 34.90 34.90	150m: 2:00.55	43.53	250m: 3:30.89	48.25	350m: 4:57.35	37.89
	100m: 1:17.02 42.12	200m: 2:42.64	42.09	300m: 4:19.46	48.57	400m: 5:34.46	37.11
25.	Mafalda Rato Monteiro	01		Naval Setubalense	+0,74	5:36.89	505
	50m: 34.67 34.67	150m: 1:58.71	43.63	250m: 3:29.00	47.75	350m: 4:57.80	41.04
	100m: 1:15.08 40.41	200m: 2:41.25	42.54	300m: 4:16.76	47.76	400m: 5:36.89	39.09
26.	Maria Esteves Martins	01		Galitos	+0,76	5:37.83	501
	<i>FTL</i>						
	50m: 35.37 35.37	150m: 1:59.47	42.26	250m: 3:31.91	51.88	350m: 5:01.64	37.88
	100m: 1:17.21 41.84	200m: 2:40.03	40.56	300m: 4:23.76	51.85	400m: 5:37.83	36.19

Prova 16, Femin., 400m Estilos, Elimin, Absolutos

Lugar	Nome do nadador	Ano	Classes	Clube	T.R.	Tempo final	Pts
27.	Mariana Cardoso Costa	01		Natacao da Maia	+0,84	5:39.90	492
	<i>FTL</i>						
	50m: 35.53 35.53	150m: 2:04.45	45.84	250m: 3:34.79	46.28	350m: 5:01.32	39.90
	100m: 1:18.61 43.08	200m: 2:48.51	44.06	300m: 4:21.42	46.63	400m: 5:39.90	38.58
28.	Ines Alves Martins	01		Fluvial Portuense	+0,77	5:41.54	485
	<i>FTL</i>						
	50m: 34.47 34.47	150m: 2:03.84	46.38	250m: 3:36.15	48.71	350m: 5:04.28	38.62
	100m: 1:17.46 42.99	200m: 2:47.44	43.60	300m: 4:25.66	49.51	400m: 5:41.54	37.26
29.	Sara Kalinovicova Guerreiro	00		FC Ferreiras	+0,82	5:43.76	476
	<i>FTL</i>						
	50m: 35.01 35.01	150m: 2:04.99	46.90	250m: 3:34.43	44.10	350m: 5:03.55	41.99
	100m: 1:18.09 43.08	200m: 2:50.33	45.34	300m: 4:21.56	47.13	400m: 5:43.76	40.21
30.	Ana Margarida Branco	01		Sporting	+0,79	5:45.78	467
	<i>FTL</i>						
	50m: 33.43 33.43	150m: 1:58.57	46.65	250m: 3:36.52	53.86	350m: 5:08.10	38.66
	100m: 1:11.92 38.49	200m: 2:42.66	44.09	300m: 4:29.44	52.92	400m: 5:45.78	37.68
DSQ	Victoria Kaminskaya	95		Pimpoes/Cimai			
	<i>611 - Perdeu posição dorsal antes da viragem aos 200 metros SW 6.2</i>						

Prova 16
02-04-2015 - 9:35

Femin., 400m Estilos
SOMAGUE

Seniores
Resultados Elimin

Rec Nac Absoluto	4:45.69	Victoria Kaminskaya	FPN	Malaga (ESP)	29-03-2015
Rec Nac Sen	4:45.69	Victoria Kaminskaya	FPN	Malaga (ESP)	29-03-2015
TAC SEN18Fem Sen18: 5:16.63 / TAC SEN19Fem Sen19: 5:16.63 / TAC SEN20+V Fem Sen20+: 5:16.63					

Pontos: FINA 2015

Lugar	Nome do nadador	Ano	Classes	Clube	T.R.	Tempo final	Pts
1.	Angelica Maria Andre	94		Fluvial Portuense	+0,77	5:02.25	700 A
	50m: 31.58 31.58	150m: 1:46.79	40.12	250m: 3:09.66	43.71	350m: 4:27.94	35.14
	100m: 1:06.67 35.09	200m: 2:25.95	39.16	300m: 3:52.80	43.14	400m: 5:02.25	34.31
2.	Filipa Vilas Ruivo	97		Ba/Bomcar	+0,79	5:12.11	636 A
	50m: 32.17 32.17	150m: 1:50.53	41.68	250m: 3:16.75	45.75	350m: 4:37.97	35.79
	100m: 1:08.85 36.68	200m: 2:31.00	40.47	300m: 4:02.18	45.43	400m: 5:12.11	34.14
3.	Raquel Paulo Ranito	94		Colegio Vasco da Gama	+0,61	5:14.36	622 A
	50m: 32.35 32.35	150m: 1:51.42	40.72	250m: 3:16.89	45.20	350m: 4:39.15	36.92
	100m: 1:10.70 38.35	200m: 2:31.69	40.27	300m: 4:02.23	45.34	400m: 5:14.36	35.21
4.	Helena Paula Carvalho	95		Uniao Piedense	+0,63	5:16.87	607 B
	<i>FTL</i>						
	50m: 33.75 33.75	150m: 1:52.79	40.84	250m: 3:19.14	47.17	350m: 4:42.73	36.74
	100m: 1:11.95 38.20	200m: 2:31.97	39.18	300m: 4:05.99	46.85	400m: 5:16.87	34.14
5.	Rita Teixeira Costa	97		Belenenses	+0,69	5:26.21	557 B
	<i>FTL</i>						
	50m: 32.55 32.55	150m: 1:52.88	41.77	250m: 3:21.37	47.45	350m: 4:48.45	38.32
	100m: 1:11.11 38.56	200m: 2:33.92	41.04	300m: 4:10.13	48.76	400m: 5:26.21	37.76
DSQ	Victoria Kaminskaya	95		Pimpoes/Cimai			
	<i>611 - Perdeu posição dorsal antes da viragem aos 200 metros SW 6.2</i>						

Prova 16, Femin., 400m Estilos, Elimin

Prova 16	Femin., 400m Estilos				Juniores
02-04-2015 - 9:35	SOMAGUE				Resultados Elimin
Rec Nac Absoluto	4:45.69	Victoria Kaminskaya	FPN	Malaga (ESP)	29-03-2015
Rec Nac Jun16	4:57.84	Victoria Kaminskaya	PIMP	Oeiras	19-02-2011
Rec Nac Jun17	4:52.12	Victoria Kaminskaya	PIMP	Oeiras	27-07-2012

TAC JUN16 Fem Jun16: 5:21.31 / TAC JUN17 Fem Jun17: 5:18.19

Pontos: FINA 2015

Lugar	Nome do nadador	Ano	Classes	Clube	T.R.	Tempo final	Pts
1.	Madalena Gomes Azevedo	99		Alges	+0,75	5:03.35	692 A
	50m: 31.81 31.81	150m: 1:49.27 39.45	250m: 3:11.42 43.96	350m: 4:30.90 33.85			
	100m: 1:09.82 38.01	200m: 2:27.46 38.19	300m: 3:57.05 45.63	400m: 5:03.35 32.45			
2.	Ana Beatriz Martins	99		Famalicao	+0,79	5:06.34	672 A
	50m: 32.51 32.51	150m: 1:50.29 40.78	250m: 3:14.80 44.46	350m: 4:33.20 34.54			
	100m: 1:09.51 37.00	200m: 2:30.34 40.05	300m: 3:58.66 43.86	400m: 5:06.34 33.14			
3.	Rita Costa Amador	99		Galitos	+0,67	5:11.34	640 A
	50m: 32.73 32.73	150m: 1:51.12 40.08	250m: 3:15.90 45.20	350m: 4:36.95 35.42			
	100m: 1:11.04 38.31	200m: 2:30.70 39.58	300m: 4:01.53 45.63	400m: 5:11.34 34.39			
4.	Demi Ferreira Lopes	98		Portinado	+0,67	5:17.23	605 B
	50m: 31.81 31.81	150m: 1:52.56 42.08	250m: 3:20.26 47.00	350m: 4:43.27 36.15			
	100m: 1:10.48 38.67	200m: 2:33.26 40.70	300m: 4:07.12 46.86	400m: 5:17.23 33.96			
5.	Sofia Machado Dionisio FTL	98		Sporting	+0,80	5:31.31	531 R
	50m: 33.31 33.31	150m: 1:58.70 45.10	250m: 3:28.20 46.40	350m: 4:54.13 38.76			
	100m: 1:13.60 40.29	200m: 2:41.80 43.10	300m: 4:15.37 47.17	400m: 5:31.31 37.18			

Prova 16	Femin., 400m Estilos				Juvenis A
02-04-2015 - 9:35	SOMAGUE				Resultados Elimin

Rec Nac Absoluto	4:45.69	Victoria Kaminskaya	FPN	Malaga (ESP)	29-03-2015
Rec Nac Juv A	4:58.08	Diana Margarida Duraes	FOCA	Póvoa de Varzim	05-08-2011

TAC JUV15 Fem : 5:27.55

Pontos: FINA 2015

Lugar	Nome do nadador	Ano	Classes	Clube	T.R.	Tempo final	Pts
1.	Maria Francisca Cabral	00		Porto	+0,79	5:05.80	676 A
	50m: 32.17 32.17	150m: 1:47.90 39.28	250m: 3:11.76 44.72	350m: 4:32.48 34.81			
	100m: 1:08.62 36.45	200m: 2:27.04 39.14	300m: 3:57.67 45.91	400m: 5:05.80 33.32			
2.	Giovanna Vaz Vargas	00		Nautico da Marinha Grande	+0,73	5:07.38	665 A
	50m: 31.98 31.98	150m: 1:48.47 40.74	250m: 3:12.63 44.76	350m: 4:32.78 35.34			
	100m: 1:07.73 35.75	200m: 2:27.87 39.40	300m: 3:57.44 44.81	400m: 5:07.38 34.60			
3.	Teresa Miguel Veloso	00		Nautico /Urgicentro-Sanfil	+0,73	5:12.72	632 A
	50m: 32.78 32.78	150m: 1:52.22 41.32	250m: 3:16.89 43.83	350m: 4:38.19 35.41			
	100m: 1:10.90 38.12	200m: 2:33.06 40.84	300m: 4:02.78 45.89	400m: 5:12.72 34.53			
4.	Monica Seara Domingues	00		Nautico da Marinha Grande	+0,80	5:16.59	609 B
	50m: 33.25 33.25	150m: 1:51.75 40.55	250m: 3:17.35 46.69	350m: 4:41.21 37.14			
	100m: 1:11.20 37.95	200m: 2:30.66 38.91	300m: 4:04.07 46.72	400m: 5:16.59 35.38			
5.	Ines Rocha Silva	00		Alcobaca	+0,61	5:23.76	569 B
	50m: 34.26 34.26	150m: 1:58.11 41.75	250m: 3:22.52 43.90	350m: 4:45.77 38.55			
	100m: 1:16.36 42.10	200m: 2:38.62 40.51	300m: 4:07.22 44.70	400m: 5:23.76 37.99			

Prova 16, Femin., 400m Estilos, Elimin, Juvenis A

Lugar	Nome do nadador	Ano	Classes	Clube	T.R.	Tempo final	Pts
6.	Alice Maria Lopes <i>FTL</i>	00		Uniao Piedense	+0,80	5:29.95	538 B
	50m: 34.40 34.40	150m: 1:56.99	43.17	250m: 3:26.54	48.31	350m: 4:53.44	37.56
	100m: 1:13.82 39.42	200m: 2:38.23	41.24	300m: 4:15.88	49.34	400m: 5:29.95	36.51
7.	Raquel Leao Monteiro <i>FTL</i>	00		Aquatico Pacense	+0,93	5:31.69	530 R
	50m: 35.02 35.02	150m: 1:59.01	43.42	250m: 3:30.11	49.99	350m: 4:55.59	35.99
	100m: 1:15.59 40.57	200m: 2:40.12	41.11	300m: 4:19.60	49.49	400m: 5:31.69	36.10
8.	Sara Kalinicova Guerreiro <i>FTL</i>	00		FC Ferreiras	+0,82	5:43.76	476
	50m: 35.01 35.01	150m: 2:04.99	46.90	250m: 3:34.43	44.10	350m: 5:03.55	41.99
	100m: 1:18.09 43.08	200m: 2:50.33	45.34	300m: 4:21.56	47.13	400m: 5:43.76	40.21

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02-04-2015 - 9:35

Femin., 400m Estilos
SOMAGUE

Juvenis B
Resultados Elimin

Rec Nac Absoluto	4:45.69	Victoria Kaminskaya	FPN	Malaga (ESP)	29-03-2015
Rec Nac Juv B	5:01.04	Susana Patricia Miguel	SFUAP	Lisboa	08-07-2004

TAC JUV14 Fem : 5:36.91

Pontos: FINA 2015

Lugar	Nome do nadador	Ano	Classes	Clube	T.R.	Tempo final	Pts
1.	Ines Neto Rocha	01		Aquatico Pacense	+0,83	5:10.36	646 A
	50m: 31.86 31.86	150m: 1:49.62	40.39	250m: 3:12.18	43.72	350m: 4:33.70	37.02
	100m: 1:09.23 37.37	200m: 2:28.46	38.84	300m: 3:56.68	44.50	400m: 5:10.36	36.66
2.	Carolina Rosa Marcelino	01		Alges	+0,72	5:20.66	586 B
	50m: 32.03 32.03	150m: 1:52.98	40.48	250m: 3:19.14	45.98	350m: 4:43.43	37.34
	100m: 1:12.50 40.47	200m: 2:33.16	40.18	300m: 4:06.09	46.95	400m: 5:20.66	37.23
3.	Raquel Antunes Tremoco	01		Sporting	+0,84	5:22.55	576 B
	50m: 32.93 32.93	150m: 1:53.72	41.98	250m: 3:20.95	46.13	350m: 4:45.26	37.19
	100m: 1:11.74 38.81	200m: 2:34.82	41.10	300m: 4:08.07	47.12	400m: 5:22.55	37.29
4.	Luisa Maria Machado	01		Uniao Piedense	+0,89	5:27.39	551 B
	50m: 34.04 34.04	150m: 1:57.50	42.67	250m: 3:25.65	45.41	350m: 4:50.75	37.69
	100m: 1:14.83 40.79	200m: 2:40.24	42.74	300m: 4:13.06	47.41	400m: 5:27.39	36.64
5.	Sara Sofia Alves	01		Columbofila Cantanhedense	+0,77	5:28.24	546 B
	50m: 33.81 33.81	150m: 1:57.81	45.32	250m: 3:28.67	48.13	350m: 4:54.05	36.65
	100m: 1:12.49 38.68	200m: 2:40.54	42.73	300m: 4:17.40	48.73	400m: 5:28.24	34.19
6.	Lara Beatriz Matos	01		Famalicao	+0,78	5:33.33	522
	50m: 33.80 33.80	150m: 2:00.10	46.18	250m: 3:30.25	46.73	350m: 4:56.63	38.73
	100m: 1:13.92 40.12	200m: 2:43.52	43.42	300m: 4:17.90	47.65	400m: 5:33.33	36.70
7.	Mariana Sobral Galacha	01		Sporting	+0,75	5:34.46	516
	50m: 34.90 34.90	150m: 2:00.55	43.53	250m: 3:30.89	48.25	350m: 4:57.35	37.89
	100m: 1:17.02 42.12	200m: 2:42.64	42.09	300m: 4:19.46	48.57	400m: 5:34.46	37.11
8.	Mafalda Rato Monteiro	01		Naval Setubalense	+0,74	5:36.89	505
	50m: 34.67 34.67	150m: 1:58.71	43.63	250m: 3:29.00	47.75	350m: 4:57.80	41.04
	100m: 1:15.08 40.41	200m: 2:41.25	42.54	300m: 4:16.76	47.76	400m: 5:36.89	39.09

Prova 16, Femin., 400m Estilos, Elimin, Juvenis B

Lugar	Nome do nadador	Ano	Classes	Clube	T.R.	Tempo final	Pts
9.	Maria Esteves Martins	01		Galitos	+0,76	5:37.83	501
	<i>FTL</i>						
	50m: 35.37 35.37	150m: 1:59.47	42.26	250m: 3:31.91	51.88	350m: 5:01.64	37.88
	100m: 1:17.21 41.84	200m: 2:40.03	40.56	300m: 4:23.76	51.85	400m: 5:37.83	36.19
10.	Mariana Cardoso Costa	01		Natacao da Maia	+0,84	5:39.90	492
	<i>FTL</i>						
	50m: 35.53 35.53	150m: 2:04.45	45.84	250m: 3:34.79	46.28	350m: 5:01.32	39.90
	100m: 1:18.61 43.08	200m: 2:48.51	44.06	300m: 4:21.42	46.63	400m: 5:39.90	38.58
11.	Ines Alves Martins	01		Fluvial Portuense	+0,77	5:41.54	485
	<i>FTL</i>						
	50m: 34.47 34.47	150m: 2:03.84	46.38	250m: 3:36.15	48.71	350m: 5:04.28	38.62
	100m: 1:17.46 42.99	200m: 2:47.44	43.60	300m: 4:25.66	49.51	400m: 5:41.54	37.26
12.	Ana Margarida Branco	01		Sporting	+0,79	5:45.78	467
	<i>FTL</i>						
	50m: 33.43 33.43	150m: 1:58.57	46.65	250m: 3:36.52	53.86	350m: 5:08.10	38.66
	100m: 1:11.92 38.49	200m: 2:42.66	44.09	300m: 4:29.44	52.92	400m: 5:45.78	37.68