

Prova 43
04-04-2015 - 10:00

Femin., 200m Estilos
SOMAGUE

Absolutos
Resultados Elimin

Rec Nac Absoluto	2:15.47	Victoria Kaminskaya	PIMP	Coimbra	25-05-2013
Rec Nac Juv B	2:23.60	Diana Margarida Duraes	FOCA	Coimbra	01-08-2010
Rec Nac Juv A	2:22.00	Diana Margarida Duraes	FOCA	Rio Maior	03-04-2011
Rec Nac Jun16	2:20.61	Diana Margarida Duraes	FOCA	Porto	03-06-2012
Rec Nac Jun17	2:17.47	Victoria Kaminskaya	PIMP	Oeiras	29-07-2012
Rec Nac Sen	2:15.47	Victoria Kaminskaya	PIMP	Coimbra	25-05-2013

TAC JUN16 Fem Jun16: 2:31.52 / TAC JUN17 Fem Jun17: 2:30.05 / TAC JUV14 Fem Juv B: 2:38.88 / TAC JUV15 Fem Juv A: 2:34.46 / TAC SEN18Fem Sen18: 2:29.31 / TAC SEN19Fem Sen19: 2:29.31 / TAC SEN20+V Fem Sen20+: 2:29.31

Pontos: FINA 2015

Lugar	Nome do nadador	Ano	Classes	Clube	T.R.	Tempo final	Pts
1.	Victoria Kaminskaya	95		Pimpoes/Cimai	+0,71	2:21.20	713 A
	50m: 29.94 29.94	100m: 1:06.79	36.85	150m: 1:46.57	39.78	200m: 2:21.20	34.63
2.	Madalena Gomes Azevedo	99		Alges	+0,71	2:22.11	699 A
	50m: 31.28 31.28	100m: 1:07.95	36.67	150m: 1:50.76	42.81	200m: 2:22.11	31.35
3.	Raquel Gomes Pereira	00		Alges	+0,68	2:22.29	696 A
	50m: 31.02 31.02	100m: 1:10.45	39.43	150m: 1:49.47	39.02	200m: 2:22.29	32.82
4.	Marta Pereira Abreu	92		Porto	+0,78	2:24.50	665 A
	50m: 31.08 31.08	100m: 1:06.97	35.89	150m: 1:49.42	42.45	200m: 2:24.50	35.08
5.	Mafalda Gomes Beleza	94		Sporting	+0,64	2:24.61	663 A
	50m: 30.82 30.82	100m: 1:07.77	36.95	150m: 1:50.86	43.09	200m: 2:24.61	33.75
6.	Ines Neto Rocha	01		Aquatico Pacense	+0,85	2:26.62	636 A
	50m: 31.68 31.68	100m: 1:09.41	37.73	150m: 1:51.19	41.78	200m: 2:26.62	35.43
7.	Maria Francisca Cabral	00		Porto	+0,74	2:26.88	633 A
	50m: 31.45 31.45	100m: 1:09.91	38.46	150m: 1:53.56	43.65	200m: 2:26.88	33.32
8.	Ana Beatriz Martins	99		Famalicao	+0,77	2:28.43	613 A
	50m: 31.69 31.69	100m: 1:10.70	39.01	150m: 1:54.66	43.96	200m: 2:28.43	33.77
9.	Giovanna Vaz Vargas	00		Nautico da Marinha Grande	+0,66	2:28.74	610 A
	50m: 31.84 31.84	100m: 1:10.76	38.92	150m: 1:54.55	43.79	200m: 2:28.74	34.19
10.	Maria Madalena Silva	98		Nautico Abrantes	+0,72	2:29.01	606 A
	50m: 31.39 31.39	100m: 1:10.62	39.23	150m: 1:54.37	43.75	200m: 2:29.01	34.64
11.	Barbara Sofia Barata	97		Alges	+0,77	2:29.29	603 B
	50m: 31.14 31.14	100m: 1:11.46	40.32	150m: 1:54.74	43.28	200m: 2:29.29	34.55
12.	Demi Ferreira Lopes	98		Portinado	+0,66	2:29.68	598 B
	50m: 31.71 31.71	100m: 1:10.39	38.68	150m: 1:56.18	45.79	200m: 2:29.68	33.50
13.	Rita Costa Amador	99		Galitos	+0,68	2:30.26	591 B
	50m: 31.50 31.50	100m: 1:09.41	37.91	150m: 1:54.40	44.99	200m: 2:30.26	35.86
14.	Ana Marta Miranda FTL	96		Uniao Piedense	+0,74	2:30.42	589 B
	50m: 31.77 31.77	100m: 1:09.17	37.40	150m: 1:54.49	45.32	200m: 2:30.42	35.93
15.	Teresa Miguel Veloso	00		Nautico /Urgicentro-Sanfil	+0,71	2:30.73	586 B
	50m: 31.66 31.66	100m: 1:10.50	38.84	150m: 1:55.48	44.98	200m: 2:30.73	35.25
16.	Ines Rocha Silva	00		Alcobaca	+0,65	2:31.47	577 B
	50m: 33.82 33.82	100m: 1:12.77	38.95	150m: 1:56.43	43.66	200m: 2:31.47	35.04

Prova 43, Femin., 200m Estilos, Elimin, Absolutos

Lugar	Nome do nadador	Ano	Classes	Clube	T.R.	Tempo final	Pts
17.	Lisa Marisa Soares <i>FTL</i>	95		Belenenses	+0,69	2:31.57	576 B
	50m: 31.74 31.74	100m: 1:10.25	38.51	150m: 1:56.29	46.04	200m: 2:31.57	35.28
18.	Raquel Antunes Tremoco <i>FTL</i>	01		Sporting	+0,75	2:31.67	575 B
	50m: 32.16 32.16	100m: 1:11.07	38.91	150m: 1:56.44	45.37	200m: 2:31.67	35.23
19.	Beatriz Santos Silva <i>FTL</i>	01		Porto	+0,80	2:32.04	571 B
	50m: 33.89 33.89	100m: 1:13.50	39.61	150m: 1:57.17	43.67	200m: 2:32.04	34.87
20.	Ana Monica Eloi <i>FTL</i>	96		Nautico da Marinha Grande	+0,77	2:32.61	564 B
	50m: 32.55 32.55	100m: 1:11.39	38.84	150m: 1:56.85	45.46	200m: 2:32.61	35.76
21.	Rute Margarida Marques <i>FTL</i>	94		Amadora	+0,75	2:32.74	563 R
	50m: 32.61 32.61	100m: 1:12.34	39.73	150m: 1:56.06	43.72	200m: 2:32.74	36.68
22.	Sofia Machado Dionisio <i>FTL</i>	98		Sporting	+0,80	2:33.04	560 R
	50m: 32.08 32.08	100m: 1:13.33	41.25	150m: 1:55.94	42.61	200m: 2:33.04	37.10
23.	Anais Ines Charro <i>FTL</i>	98		Individual ANL	+0,77	2:33.14	558
	50m: 32.75 32.75	100m: 1:12.99	40.24	150m: 1:57.56	44.57	200m: 2:33.14	35.58
24.	Carolina Rosa Marcelino <i>FTL</i>	01		Alges	+0,65	2:33.32	557
	50m: 31.84 31.84	100m: 1:10.74	38.90	150m: 1:57.59	46.85	200m: 2:33.32	35.73
25.	Filipa Serrano Rodrigues <i>FTL</i>	01		Uniao Piedense	+0,79	2:33.35	556
	50m: 33.56 33.56	100m: 1:11.86	38.30	150m: 1:59.18	47.32	200m: 2:33.35	34.17
26.	Ana Teresa Franco <i>FTL</i>	91		Sporting	+0,68	2:33.43	555
	50m: 32.23 32.23	100m: 1:13.25	41.02	150m: 1:55.10	41.85	200m: 2:33.43	38.33
27.	Sofia Filipa Goncalves <i>FTL</i>	01		Leixoes	+0,75	2:33.44	555
	50m: 32.85 32.85	100m: 1:16.37	43.52	150m: 1:58.38	42.01	200m: 2:33.44	35.06
28.	Beatriz Ribeiro Cunha <i>FTL</i>	01		Foca	+0,74	2:33.85	551
	50m: 32.10 32.10	100m: 1:11.41	39.31	150m: 1:55.31	43.90	200m: 2:33.85	38.54
29.	Matilde Pereira Martins <i>FTL</i>	99		Naval de Faro	+0,74	2:33.86	551
	50m: 33.46 33.46	100m: 1:12.73	39.27	150m: 1:57.95	45.22	200m: 2:33.86	35.91
30.	Luisa Maria Machado <i>FTL</i>	01		Uniao Piedense	+1,01	2:33.98	549
	50m: 33.85 33.85	100m: 1:14.76	40.91	150m: 1:58.72	43.96	200m: 2:33.98	35.26
31.	Monica Seara Domingues <i>FTL</i>	00		Nautico da Marinha Grande	+0,79	2:34.09	548
	50m: 33.25 33.25	100m: 1:11.87	38.62	150m: 1:57.74	45.87	200m: 2:34.09	36.35
32.	Catarina Martins Mestre <i>FTL</i>	00		Sporting	+0,76	2:34.19	547
	50m: 32.67 32.67	100m: 1:10.64	37.97	150m: 1:57.51	46.87	200m: 2:34.19	36.68
33.	Miriam Filipe Marcos <i>FTL</i>	01		Natacao Olhao	+0,71	2:34.39	545
	50m: 32.22 32.22	100m: 1:12.29	40.07	150m: 1:59.26	46.97	200m: 2:34.39	35.13

Prova 43, Femin., 200m Estilos, Elimin, Absolutos

Lugar	Nome do nadador	Ano	Classes	Clube	T.R.	Tempo final	Pts
34.	Rita Teixeira Costa <i>FTL</i>	97		Belenenses	+0,66	2:34.66	542
	50m: 31.34 31.34	100m: 1:10.50	39.16	150m: 1:57.59	47.09	200m: 2:34.66	37.07
35.	Mariana Sobral Galacha <i>FTL</i>	01		Sporting	+0,77	2:35.61	532
	50m: 33.36 33.36	100m: 1:14.01	40.65	150m: 2:01.06	47.05	200m: 2:35.61	34.55
36.	Mafalda Rato Monteiro <i>FTL</i>	01		Naval Setubalense	+0,70	2:35.80	530
	50m: 33.60 33.60	100m: 1:14.35	40.75	150m: 2:00.34	45.99	200m: 2:35.80	35.46
37.	Sara Kalinovicova Guerreiro <i>FTL</i>	00		FC Ferreiras	+0,83	2:37.76	511
	50m: 35.45 35.45	100m: 1:18.27	42.82	150m: 2:00.89	42.62	200m: 2:37.76	36.87
38.	Raquel Santos Sousa <i>FTL</i>	01		Belenenses	+0,72	2:39.41	495
	50m: 33.08 33.08	100m: 1:15.18	42.10	150m: 2:01.77	46.59	200m: 2:39.41	37.64
39.	Lara Beatriz Matos <i>FTL</i>	01		Famalicao	+0,86	2:39.57	494
	50m: 33.32 33.32	100m: 1:15.50	42.18	150m: 2:02.02	46.52	200m: 2:39.57	37.55
40.	Ines Ferreira Duarte <i>FTL</i>	01		Nautico Abrantes	+0,70	2:39.96	490
	50m: 34.69 34.69	100m: 1:14.39	39.70	150m: 2:02.12	47.73	200m: 2:39.96	37.84
41.	Bruna Andreia Simoes <i>FTL</i>	01		Industrial Vieirense	+0,78	2:39.97	490
	50m: 32.25 32.25	100m: 1:13.24	40.99	150m: 2:02.20	48.96	200m: 2:39.97	37.77
42.	Teresa Isabel Granjeia <i>FTL</i>	01		Galitos	+0,72	2:42.57	467
	50m: 36.13 36.13	100m: 1:15.58	39.45	150m: 2:04.18	48.60	200m: 2:42.57	38.39
43.	Carolina Maeiro Augusto <i>FTL</i>	00		Natacao Olhao	+0,71	2:44.05	454
	50m: 34.72 34.72	100m: 1:20.22	45.50	150m: 2:05.05	44.83	200m: 2:44.05	39.00
DNS	Ines Silva Bernardo	00		Colegio Monte Maior			
DNS	Joana Victorino Henriques	01		Condeixa Clube			
DNS	Julia Albuquerque Fraga	01		Aquatico Pacense			

Prova 43, Femin., 200m Estilos, Elimin

Prova 43	Femin., 200m Estilos				Seniores
04-04-2015 - 10:00	SOMAGUE				Resultados Elimin
Rec Nac Absoluto	2:15.47	Victoria Kaminskaya	PIMP	Coimbra	25-05-2013
Rec Nac Sen	2:15.47	Victoria Kaminskaya	PIMP	Coimbra	25-05-2013
TAC SEN18Fem Sen18: 2:29.31 / TAC SEN19Fem Sen19: 2:29.31 / TAC SEN20+V Fem Sen20+: 2:29.31					

Pontos: FINA 2015

Lugar	Nome do nadador	Ano	Classes	Clube	T.R.	Tempo final	Pts
1.	Victoria Kaminskaya	95		Pimpoes/Cimai	+0,71	2:21.20	713 A
	50m: 29.94 29.94	100m: 1:06.79		36.85	150m: 1:46.57	39.78	200m: 2:21.20 34.63
2.	Marta Pereira Abreu	92		Porto	+0,78	2:24.50	665 A
	50m: 31.08 31.08	100m: 1:06.97		35.89	150m: 1:49.42	42.45	200m: 2:24.50 35.08
3.	Mafalda Gomes Beleza	94		Sporting	+0,64	2:24.61	663 A
	50m: 30.82 30.82	100m: 1:07.77		36.95	150m: 1:50.86	43.09	200m: 2:24.61 33.75
4.	Barbara Sofia Barata	97		Alges	+0,77	2:29.29	603 B
	50m: 31.14 31.14	100m: 1:11.46		40.32	150m: 1:54.74	43.28	200m: 2:29.29 34.55
5.	Ana Marta Miranda	96		Uniao Piedense	+0,74	2:30.42	589 B
	FTL 50m: 31.77 31.77	100m: 1:09.17		37.40	150m: 1:54.49	45.32	200m: 2:30.42 35.93
6.	Lisa Marisa Soares	95		Belenenses	+0,69	2:31.57	576 B
	FTL 50m: 31.74 31.74	100m: 1:10.25		38.51	150m: 1:56.29	46.04	200m: 2:31.57 35.28
7.	Ana Monica Eloi	96		Nautico da Marinha Grande	+0,77	2:32.61	564 B
	FTL 50m: 32.55 32.55	100m: 1:11.39		38.84	150m: 1:56.85	45.46	200m: 2:32.61 35.76
8.	Rute Margarida Marques	94		Amadora	+0,75	2:32.74	563 R
	FTL 50m: 32.61 32.61	100m: 1:12.34		39.73	150m: 1:56.06	43.72	200m: 2:32.74 36.68
9.	Ana Teresa Franco	91		Sporting	+0,68	2:33.43	555
	FTL 50m: 32.23 32.23	100m: 1:13.25		41.02	150m: 1:55.10	41.85	200m: 2:33.43 38.33
10.	Rita Teixeira Costa	97		Belenenses	+0,66	2:34.66	542
	FTL 50m: 31.34 31.34	100m: 1:10.50		39.16	150m: 1:57.59	47.09	200m: 2:34.66 37.07

Prova 43, Femin., 200m Estilos, Elimin

Prova 43 04-04-2015 - 10:00	Femin., 200m Estilos SOMAGUE				Juniores Resultados Elimin
Rec Nac Absoluto	2:15.47	Victoria Kaminskaya	PIMP	Coimbra	25-05-2013
Rec Nac Jun16	2:20.61	Diana Margarida Duraes	FOCA	Porto	03-06-2012
Rec Nac Jun17	2:17.47	Victoria Kaminskaya	PIMP	Oeiras	29-07-2012
TAC JUN16 Fem Jun16: 2:31.52 / TAC JUN17 Fem Jun17: 2:30.05					

Pontos: FINA 2015

Lugar	Nome do nadador	Ano	Classes	Clube	T.R.	Tempo final	Pts
1.	Madalena Gomes Azevedo	99		Alges	+0,71	2:22.11	699 A
	50m: 31.28 31.28	100m: 1:07.95 36.67	150m: 1:50.76 42.81	200m: 2:22.11 31.35			
2.	Ana Beatriz Martins	99		Famalicao	+0,77	2:28.43	613 A
	50m: 31.69 31.69	100m: 1:10.70 39.01	150m: 1:54.66 43.96	200m: 2:28.43 33.77			
3.	Maria Madalena Silva	98		Nautico Abrantes	+0,72	2:29.01	606 A
	50m: 31.39 31.39	100m: 1:10.62 39.23	150m: 1:54.37 43.75	200m: 2:29.01 34.64			
4.	Demi Ferreira Lopes	98		Portinado	+0,66	2:29.68	598 B
	50m: 31.71 31.71	100m: 1:10.39 38.68	150m: 1:56.18 45.79	200m: 2:29.68 33.50			
5.	Rita Costa Amador	99		Galitos	+0,68	2:30.26	591 B
	50m: 31.50 31.50	100m: 1:09.41 37.91	150m: 1:54.40 44.99	200m: 2:30.26 35.86			
6.	Sofia Machado Dionisio FTL	98		Sporting	+0,80	2:33.04	560 R
	50m: 32.08 32.08	100m: 1:13.33 41.25	150m: 1:55.94 42.61	200m: 2:33.04 37.10			
7.	Anais Ines Charro FTL	98		Individual ANL	+0,77	2:33.14	558
	50m: 32.75 32.75	100m: 1:12.99 40.24	150m: 1:57.56 44.57	200m: 2:33.14 35.58			
8.	Matilde Pereira Martins FTL	99		Naval de Faro	+0,74	2:33.86	551
	50m: 33.46 33.46	100m: 1:12.73 39.27	150m: 1:57.95 45.22	200m: 2:33.86 35.91			

Prova 43 04-04-2015 - 10:00	Femin., 200m Estilos SOMAGUE				Juvenis A Resultados Elimin
Rec Nac Absoluto	2:15.47	Victoria Kaminskaya	PIMP	Coimbra	25-05-2013
Rec Nac Juv A	2:22.00	Diana Margarida Duraes	FOCA	Rio Maior	03-04-2011
TAC JUV15 Fem : 2:34.46					

Pontos: FINA 2015

Lugar	Nome do nadador	Ano	Classes	Clube	T.R.	Tempo final	Pts
1.	Raquel Gomes Pereira	00		Alges	+0,68	2:22.29	696 A
	50m: 31.02 31.02	100m: 1:10.45 39.43	150m: 1:49.47 39.02	200m: 2:22.29 32.82			
2.	Maria Francisca Cabral	00		Porto	+0,74	2:26.88	633 A
	50m: 31.45 31.45	100m: 1:09.91 38.46	150m: 1:53.56 43.65	200m: 2:26.88 33.32			
3.	Giovanna Vaz Vargas	00		Nautico da Marinha Grande	+0,66	2:28.74	610 A
	50m: 31.84 31.84	100m: 1:10.76 38.92	150m: 1:54.55 43.79	200m: 2:28.74 34.19			
4.	Teresa Miguel Veloso	00		Nautico/Urgicentro-Sanfil	+0,71	2:30.73	586 B
	50m: 31.66 31.66	100m: 1:10.50 38.84	150m: 1:55.48 44.98	200m: 2:30.73 35.25			
5.	Ines Rocha Silva	00		Alcobaca	+0,65	2:31.47	577 B
	50m: 33.82 33.82	100m: 1:12.77 38.95	150m: 1:56.43 43.66	200m: 2:31.47 35.04			

Prova 43, Femin., 200m Estilos, Elimin, Juvenis A

Lugar	Nome do nadador	Ano	Classes	Clube	T.R.	Tempo final	Pts
6.	Monica Seara Domingues	00		Nautico da Marinha Grande	+0,79	2:34.09	548
	50m: 33.25 33.25	100m: 1:11.87	38.62	150m: 1:57.74	45.87	200m: 2:34.09	36.35
7.	Catarina Martins Mestre	00		Sporting	+0,76	2:34.19	547
	50m: 32.67 32.67	100m: 1:10.64	37.97	150m: 1:57.51	46.87	200m: 2:34.19	36.68
8.	Sara Kalinicova Guerreiro	00		FC Ferreiras	+0,83	2:37.76	511
	FTL 50m: 35.45 35.45	100m: 1:18.27	42.82	150m: 2:00.89	42.62	200m: 2:37.76	36.87
9.	Carolina Maeiro Augusto	00		Natacao Olhao	+0,71	2:44.05	454
	FTL 50m: 34.72 34.72	100m: 1:20.22	45.50	150m: 2:05.05	44.83	200m: 2:44.05	39.00
DNS	Ines Silva Bernardo	00		Colegio Monte Maior			

Prova 43
04-04-2015 - 10:00

Femin., 200m Estilos
SOMAGUE

Juvenis B
Resultados Elimin

Rec Nac Absoluto	2:15.47	Victoria Kaminskaya	PIMP	Coimbra	25-05-2013
Rec Nac Juv B	2:23.60	Diana Margarida Duraes	FOCA	Coimbra	01-08-2010

TAC JUV14 Fem : 2:38.88

Pontos: FINA 2015

Lugar	Nome do nadador	Ano	Classes	Clube	T.R.	Tempo final	Pts
1.	Ines Neto Rocha	01		Aquatico Pacense	+0,85	2:26.62	636 A
	50m: 31.68 31.68	100m: 1:09.41	37.73	150m: 1:51.19	41.78	200m: 2:26.62	35.43
2.	Raquel Antunes Tremoco	01		Sporting	+0,75	2:31.67	575 B
	50m: 32.16 32.16	100m: 1:11.07	38.91	150m: 1:56.44	45.37	200m: 2:31.67	35.23
3.	Beatriz Santos Silva	01		Porto	+0,80	2:32.04	571 B
	50m: 33.89 33.89	100m: 1:13.50	39.61	150m: 1:57.17	43.67	200m: 2:32.04	34.87
4.	Carolina Rosa Marcelino	01		Alges	+0,65	2:33.32	557
	50m: 31.84 31.84	100m: 1:10.74	38.90	150m: 1:57.59	46.85	200m: 2:33.32	35.73
5.	Filipa Serrano Rodrigues	01		Uniao Piedense	+0,79	2:33.35	556
	50m: 33.56 33.56	100m: 1:11.86	38.30	150m: 1:59.18	47.32	200m: 2:33.35	34.17
6.	Sofia Filipa Goncalves	01		Leixoes	+0,75	2:33.44	555
	50m: 32.85 32.85	100m: 1:16.37	43.52	150m: 1:58.38	42.01	200m: 2:33.44	35.06
7.	Beatriz Ribeiro Cunha	01		Foca	+0,74	2:33.85	551
	50m: 32.10 32.10	100m: 1:11.41	39.31	150m: 1:55.31	43.90	200m: 2:33.85	38.54
8.	Luisa Maria Machado	01		Uniao Piedense	+1,01	2:33.98	549
	50m: 33.85 33.85	100m: 1:14.76	40.91	150m: 1:58.72	43.96	200m: 2:33.98	35.26
9.	Miriam Filipe Marcos	01		Natacao Olhao	+0,71	2:34.39	545
	50m: 32.22 32.22	100m: 1:12.29	40.07	150m: 1:59.26	46.97	200m: 2:34.39	35.13
10.	Mariana Sobral Galacha	01		Sporting	+0,77	2:35.61	532
	50m: 33.36 33.36	100m: 1:14.01	40.65	150m: 2:01.06	47.05	200m: 2:35.61	34.55
11.	Mafalda Rato Monteiro	01		Naval Setubalense	+0,70	2:35.80	530
	50m: 33.60 33.60	100m: 1:14.35	40.75	150m: 2:00.34	45.99	200m: 2:35.80	35.46

Prova 43, Femin., 200m Estilos, Elimin, Juvenis B

Lugar	Nome do nadador	Ano	Classes	Clube	T.R.	Tempo final	Pts
12.	Raquel Santos Sousa <i>FTL</i>	01		Belenenses	+0,72	2:39.41	495
	50m: 33.08 33.08	100m: 1:15.18	42.10	150m: 2:01.77	46.59	200m: 2:39.41	37.64
13.	Lara Beatriz Matos <i>FTL</i>	01		Famalicao	+0,86	2:39.57	494
	50m: 33.32 33.32	100m: 1:15.50	42.18	150m: 2:02.02	46.52	200m: 2:39.57	37.55
14.	Ines Ferreira Duarte <i>FTL</i>	01		Nautico Abrantes	+0,70	2:39.96	490
	50m: 34.69 34.69	100m: 1:14.39	39.70	150m: 2:02.12	47.73	200m: 2:39.96	37.84
15.	Bruna Andreia Simoes <i>FTL</i>	01		Industrial Viegense	+0,78	2:39.97	490
	50m: 32.25 32.25	100m: 1:13.24	40.99	150m: 2:02.20	48.96	200m: 2:39.97	37.77
16.	Teresa Isabel Granjeira <i>FTL</i>	01		Galitos	+0,72	2:42.57	467
	50m: 36.13 36.13	100m: 1:15.58	39.45	150m: 2:04.18	48.60	200m: 2:42.57	38.39
DNS	Joana Victorino Henriques	01		Condeixa Clube			
DNS	Julia Albuquerque Fraga	01		Aquatico Pacense			