

Prova 24 Femin., 400m Estilos Juvenis A  
24-03-2018 - 10:40 Resultados Elimin

RN Absoluto 4:40.11 KAMINSKAYA Victoria POR Pontevedra (ESP) 09-04-2017  
RN Juv A 4:58.08 DURAES Diana Margarida FOCA Póvoa de Varzim 05-08-2011

Pre-Jun\_Fem Juv: 5:04.74 / CEJun\_Fem 14 - 17: 4:55.87 / CEPL Abs: 4:44.49

Pontos: FINA 2018

| Lugar | Nome                          | Ano                 | Clube               | Tempo Final         | TReac | Pts FINA | Pts |
|-------|-------------------------------|---------------------|---------------------|---------------------|-------|----------|-----|
| 1.    | REBELO Maria Carlota          | 03                  | Uniao Coimbra       | <b>5:12.04</b>      | +0,78 | 621      |     |
|       | 50m: 32.24 32.24              | 150m: 1:50.04 40.75 | 250m: 3:15.24 44.84 | 350m: 4:36.85 36.10 |       |          |     |
|       | 100m: 1:09.29 37.05           | 200m: 2:30.40 40.36 | 300m: 4:00.75 45.51 | 400m: 5:12.04 35.19 |       |          |     |
| 2.    | AMORIM Maria Leonor           | 03                  | Porto               | <b>5:18.73</b>      | +0,68 | 583      |     |
|       | 50m: 34.17 34.17              | 150m: 1:55.53 40.41 | 250m: 3:20.13 45.02 | 350m: 4:42.01 36.68 |       |          |     |
|       | 100m: 1:15.12 40.95           | 200m: 2:35.11 39.58 | 300m: 4:05.33 45.20 | 400m: 5:18.73 36.72 |       |          |     |
| 3.    | DOMINGUES Luana Pinto         | 03                  | Ba/Bomcar           | <b>5:22.41</b>      | +0,66 | 563      |     |
|       | 50m: 33.02 33.02              | 150m: 1:54.76 43.20 | 250m: 3:22.20 44.54 | 350m: 4:45.35 37.56 |       |          |     |
|       | 100m: 1:11.56 38.54           | 200m: 2:37.66 42.90 | 300m: 4:07.79 45.59 | 400m: 5:22.41 37.06 |       |          |     |
| 4.    | CASTRO Maria Freitas          | 03                  | Fafe                | <b>5:25.00</b>      | +0,78 | 550      |     |
|       | 50m: 31.85 31.85              | 150m: 1:55.55 44.89 | 250m: 3:24.86 43.60 | 350m: 4:50.07 39.47 |       |          |     |
|       | 100m: 1:10.66 38.81           | 200m: 2:41.26 45.71 | 300m: 4:10.60 45.74 | 400m: 5:25.00 34.93 |       |          |     |
| 5.    | NEVES Sara Dias               | 03                  | Miranda do Corvo    | <b>5:26.54</b>      | +0,72 | 542      |     |
|       | 50m: 34.46 34.46              | 150m: 1:56.72 42.48 | 250m: 3:25.23 46.63 | 350m: 4:49.67 37.89 |       |          |     |
|       | 100m: 1:14.24 39.78           | 200m: 2:38.60 41.88 | 300m: 4:11.78 46.55 | 400m: 5:26.54 36.87 |       |          |     |
| 6.    | ROCHA Ines Freitas            | 03                  | Aquatico Pacense    | <b>5:29.36</b>      | +0,99 | 528      |     |
|       | 50m: 33.80 33.80              | 150m: 1:56.27 43.40 | 250m: 3:26.26 47.90 | 350m: 4:51.68 37.87 |       |          |     |
|       | 100m: 1:12.87 39.07           | 200m: 2:38.36 42.09 | 300m: 4:13.81 47.55 | 400m: 5:29.36 37.68 |       |          |     |
| 7.    | FIAL Sofia Nunes              | 03                  | Estamos Juntos      | <b>5:30.15</b>      | +0,81 | 525      |     |
|       | 50m: 34.80 34.80              | 150m: 1:58.67 42.48 | 250m: 3:26.30 44.78 | 350m: 4:51.96 38.71 |       |          |     |
|       | 100m: 1:16.19 41.39           | 200m: 2:41.52 42.85 | 300m: 4:13.25 46.95 | 400m: 5:30.15 38.19 |       |          |     |
| 8.    | RAMOS Ines Asseiceira         | 03                  | Torres Novas        | <b>5:32.61</b>      | +0,76 | 513      |     |
|       | 50m: 34.48 34.48              | 150m: 1:58.32 42.19 | 250m: 3:28.68 48.86 | 350m: 4:55.27 36.96 |       |          |     |
|       | 100m: 1:16.13 41.65           | 200m: 2:39.82 41.50 | 300m: 4:18.31 49.63 | 400m: 5:32.61 37.34 |       |          |     |
| 9.    | SOARES Ines Apolinario        | 03                  | Pimpoes/Cimai       | <b>5:35.28</b>      | +0,90 | 501      |     |
|       | 50m: 34.77 34.77              | 150m: 1:58.64 44.17 | 250m: 3:30.88 49.32 | 350m: 5:01.14 40.01 |       |          |     |
|       | 100m: 1:14.47 39.70           | 200m: 2:41.56 42.92 | 300m: 4:21.13 50.25 | 400m: 5:35.28 34.14 |       |          |     |
| 10.   | MARQUES Mariana Nunes         | 03                  | Estarreja           | <b>5:35.68</b>      | +0,77 | 499      |     |
|       | 50m: 33.45 33.45              | 150m: 1:57.22 42.97 | 250m: 3:28.98 49.70 | 350m: 4:58.32 38.70 |       |          |     |
|       | 100m: 1:14.25 40.80           | 200m: 2:39.28 42.06 | 300m: 4:19.62 50.64 | 400m: 5:35.68 37.36 |       |          |     |
| 11.   | AMANTES Beatriz Quintao       | 03                  | Uniao Piedense      | <b>5:36.82</b>      | +0,77 | 494      |     |
|       | 50m: 34.05 34.05              | 150m: 1:58.95 44.23 | 250m: 3:31.57 49.85 | 350m: 5:00.32 38.49 |       |          |     |
|       | 100m: 1:14.72 40.67           | 200m: 2:41.72 42.77 | 300m: 4:21.83 50.26 | 400m: 5:36.82 36.50 |       |          |     |
| 12.   | MENDES Lea Alexandra          | 03                  | Gualdim Pais        | <b>5:36.93</b>      | +0,73 | 494      |     |
|       | 50m: 34.05 34.05              | 150m: 1:59.04 42.49 | 250m: 3:30.52 49.00 | 350m: 4:59.77 39.01 |       |          |     |
|       | 100m: 1:16.55 42.50           | 200m: 2:41.52 42.48 | 300m: 4:20.76 50.24 | 400m: 5:36.93 37.16 |       |          |     |
| 13.   | HENRIQUES Daniela Mascarenhas | 03                  | Gesloures           | <b>5:37.25</b>      | +0,78 | 492      |     |
|       | 50m: 34.08 34.08              | 150m: 2:00.85 46.36 | 250m: 3:33.20 46.72 | 350m: 5:00.29 39.52 |       |          |     |
|       | 100m: 1:14.49 40.41           | 200m: 2:46.48 45.63 | 300m: 4:20.77 47.57 | 400m: 5:37.25 36.96 |       |          |     |

Prova 24, Femin., 400m Estilos, Elimín, Juvenis A

| Lugar | Nome                   | Ano           | Clube                  | Tempo Final    | TReac | Pts FINA      | Pts   |
|-------|------------------------|---------------|------------------------|----------------|-------|---------------|-------|
| 14.   | JACINTO Ines Filipa    | 03            | Ba/Bomcar              | <b>5:38.33</b> | +0,75 | 487           |       |
|       | 50m: 34.18 34.18       | 150m: 2:02.20 | 47.34                  | 250m: 3:34.59  | 47.05 | 350m: 5:01.77 | 38.58 |
|       | 100m: 1:14.86 40.68    | 200m: 2:47.54 | 45.34                  | 300m: 4:23.19  | 48.60 | 400m: 5:38.33 | 36.56 |
| 15.   | RODRIGUES Ana Luisa    | 03            | Louzan Natacao         | <b>5:38.88</b> | +0,73 | 485           |       |
|       | 50m: 36.45 36.45       | 150m: 2:02.17 | 42.62                  | 250m: 3:33.78  | 49.66 | 350m: 5:02.27 | 38.11 |
|       | 100m: 1:19.55 43.10    | 200m: 2:44.12 | 41.95                  | 300m: 4:24.16  | 50.38 | 400m: 5:38.88 | 36.61 |
| 16.   | RATO Renata Simoes     | 03            | Nautico Marinha Grande | <b>5:40.32</b> | +0,80 | 479           |       |
|       | 50m: 35.51 35.51       | 150m: 2:03.25 | 46.40                  | 250m: 3:34.76  | 46.24 | 350m: 5:02.53 | 40.22 |
|       | 100m: 1:16.85 41.34    | 200m: 2:48.52 | 45.27                  | 300m: 4:22.31  | 47.55 | 400m: 5:40.32 | 37.79 |
| 17.   | OLIVEIRA Rita Malafaia | 03            | Porto                  | <b>5:40.38</b> | +0,84 | 479           |       |
|       | 50m: 36.17 36.17       | 150m: 2:05.10 | 45.77                  | 250m: 3:35.71  | 45.90 | 350m: 5:02.15 | 39.30 |
|       | 100m: 1:19.33 43.16    | 200m: 2:49.81 | 44.71                  | 300m: 4:22.85  | 47.14 | 400m: 5:40.38 | 38.23 |
| 18.   | CAXARIA Marta Sousa    | 03            | Natacao do Montijo     | <b>5:43.10</b> | +0,75 | 467           |       |
|       | 50m: 35.34 35.34       | 150m: 2:02.05 | 43.80                  | 250m: 3:35.64  | 50.25 | 350m: 5:04.43 | 39.17 |
|       | 100m: 1:18.25 42.91    | 200m: 2:45.39 | 43.34                  | 300m: 4:25.26  | 49.62 | 400m: 5:43.10 | 38.67 |
| 19.   | SILVA Ana Pereira      | 03            | Fafe                   | <b>5:50.76</b> | +0,76 | 437           |       |
|       | 50m: 36.25 36.25       | 150m: 2:04.61 | 45.22                  | 250m: 3:38.78  | 50.76 | 350m: 5:11.06 | 40.76 |
|       | 100m: 1:19.39 43.14    | 200m: 2:48.02 | 43.41                  | 300m: 4:30.30  | 51.52 | 400m: 5:50.76 | 39.70 |

DSQ SILVA Eduarda Reis 03 Famalicao  
608 - Não chegou na posição dorsal - SW 6.5, Não chegou na posição dorsal na chegada do percurso de costas

Prova 24 Femin., 400m Estilos Juvenis B  
24-03-2018 - 10:40 Resultados Elimin

|             |         |                     |     |                  |            |
|-------------|---------|---------------------|-----|------------------|------------|
| RN Absoluto | 4:40.11 | KAMINSKAYA Victoria | POR | Pontevedra (ESP) | 09-04-2017 |
| RN Juv B    | 5:01.00 | ROCHA Ines Neto     | CAP | Coimbra          | 24-07-2015 |
| RN Juv B    | 5:01.00 | ROCHA Ines Neto     | CAP | Coimbra          | 24-07-2015 |

Pre-Jun\_Fem Juv: 5:04.74 / CEJun\_Fem 14 - 17: 4:55.87 / CEPL Abs: 4:44.49

Pontos: FINA 2018

| Lugar | Nome                      | Ano           | Clube           | Tempo Final    | TReac | Pts FINA      | Pts   |
|-------|---------------------------|---------------|-----------------|----------------|-------|---------------|-------|
| 1.    | PEREIRA Maria Gomes       | 04            | Alges           | <b>5:18.08</b> | +0,75 | 587           |       |
|       | 50m: 32.77 32.77          | 150m: 1:54.27 | 43.17           | 250m: 3:21.68  | 45.19 | 350m: 4:43.42 | 36.35 |
|       | 100m: 1:11.10 38.33       | 200m: 2:36.49 | 42.22           | 300m: 4:07.07  | 45.39 | 400m: 5:18.08 | 34.66 |
| 2.    | RODRIGUES Lidiana Correia | 04            | Belenenses      | <b>5:22.66</b> | +0,79 | 562           |       |
|       | 50m: 35.11 35.11          | 150m: 1:57.73 | 42.58           | 250m: 3:23.54  | 43.60 | 350m: 4:46.11 | 37.65 |
|       | 100m: 1:15.15 40.04       | 200m: 2:39.94 | 42.21           | 300m: 4:08.46  | 44.92 | 400m: 5:22.66 | 36.55 |
| 3.    | OLIVEIRA Ana Rita         | 04            | Naval Povoense  | <b>5:24.55</b> | +0,79 | 552           |       |
|       | 50m: 32.65 32.65          | 150m: 1:53.87 | 41.38           | 250m: 3:21.58  | 47.60 | 350m: 4:47.38 | 37.72 |
|       | 100m: 1:12.49 39.84       | 200m: 2:33.98 | 40.11           | 300m: 4:09.66  | 48.08 | 400m: 5:24.55 | 37.17 |
| 4.    | CARDEAL Beatriz Nunes     | 04            | Academico Viseu | <b>5:25.86</b> | +0,69 | 546           |       |
|       | 50m: 33.55 33.55          | 150m: 1:56.21 | 42.30           | 250m: 3:25.20  | 46.66 | 350m: 4:50.23 | 36.97 |
|       | 100m: 1:13.91 40.36       | 200m: 2:38.54 | 42.33           | 300m: 4:13.26  | 48.06 | 400m: 5:25.86 | 35.63 |
| 5.    | FLORENCIO Matilde Alves   | 04            | CASPAE          | <b>5:28.23</b> | +0,76 | 534           |       |
|       | 50m: 33.36 33.36          | 150m: 1:56.79 | 43.48           | 250m: 3:26.36  | 47.34 | 350m: 4:52.27 | 37.57 |
|       | 100m: 1:13.31 39.95       | 200m: 2:39.02 | 42.23           | 300m: 4:14.70  | 48.34 | 400m: 5:28.23 | 35.96 |

Prova 24, Femin., 400m Estilos, Elimim, Juvenis B

| Lugar | Nome                      | Ano           | Clube                   | Tempo Final    | TReac | Pts FINA      | Pts   |
|-------|---------------------------|---------------|-------------------------|----------------|-------|---------------|-------|
| 6.    | MORGANHO Leonor Alves     | 04            | Alges                   | <b>5:32.57</b> | +0,88 | 513           |       |
|       | 50m: 33.95 33.95          | 150m: 2:01.33 | 47.21                   | 250m: 3:31.47  | 45.68 | 350m: 4:56.19 | 37.89 |
|       | 100m: 1:14.12 40.17       | 200m: 2:45.79 | 44.46                   | 300m: 4:18.30  | 46.83 | 400m: 5:32.57 | 36.38 |
| 7.    | TROIA Barbara Daniela     | 04            | Vilacondense            | <b>5:35.40</b> | +0,73 | 500           |       |
|       | 50m: 35.39 35.39          | 150m: 1:58.94 | 40.53                   | 250m: 3:30.85  | 51.29 | 350m: 4:58.99 | 37.97 |
|       | 100m: 1:18.41 43.02       | 200m: 2:39.56 | 40.62                   | 300m: 4:21.02  | 50.17 | 400m: 5:35.40 | 36.41 |
| 8.    | FERREIRA Maria Leonor     | 04            | Desportivo Nacional     | <b>5:36.13</b> | +0,74 | 497           |       |
|       | 50m: 34.92 34.92          | 150m: 1:59.14 | 42.78                   | 250m: 3:29.63  | 48.26 | 350m: 4:57.94 | 39.76 |
|       | 100m: 1:16.36 41.44       | 200m: 2:41.37 | 42.23                   | 300m: 4:18.18  | 48.55 | 400m: 5:36.13 | 38.19 |
| 9.    | ALVES Ines Sofia          | 04            | Portinado               | <b>5:38.35</b> | +0,85 | 487           |       |
|       | 50m: 34.63 34.63          | 150m: 2:00.47 | 43.26                   | 250m: 3:31.89  | 49.46 | 350m: 5:01.27 | 39.02 |
|       | 100m: 1:17.21 42.58       | 200m: 2:42.43 | 41.96                   | 300m: 4:22.25  | 50.36 | 400m: 5:38.35 | 37.08 |
| 10.   | MONTEIRO Barbara Oliveira | 04            | Braga                   | <b>5:38.60</b> | +0,95 | 486           |       |
|       | 50m: 35.77 35.77          | 150m: 2:03.57 | 45.72                   | 250m: 3:37.12  | 48.33 | 350m: 5:02.92 | 36.23 |
|       | 100m: 1:17.85 42.08       | 200m: 2:48.79 | 45.22                   | 300m: 4:26.69  | 49.57 | 400m: 5:38.60 | 35.68 |
| 11.   | MARQUES Maria Alexandra   | 04            | Albicastrense           | <b>5:40.37</b> | +0,75 | 479           |       |
|       | 50m: 35.01 35.01          | 150m: 1:59.58 | 44.70                   | 250m: 3:33.83  | 50.28 | 350m: 5:02.43 | 38.23 |
|       | 100m: 1:14.88 39.87       | 200m: 2:43.55 | 43.97                   | 300m: 4:24.20  | 50.37 | 400m: 5:40.37 | 37.94 |
| 12.   | INACIO Marta Macedo       | 04            | Sporting                | <b>5:40.72</b> | +0,82 | 477           |       |
|       | 50m: 34.21 34.21          | 150m: 1:59.26 | 44.78                   | 250m: 3:32.39  | 49.47 | 350m: 5:02.14 | 38.80 |
|       | 100m: 1:14.48 40.27       | 200m: 2:42.92 | 43.66                   | 300m: 4:23.34  | 50.95 | 400m: 5:40.72 | 38.58 |
| 13.   | SOUSA Ana Correia         | 04            | Pimpoes/Cimai           | <b>5:41.17</b> | +0,72 | 475           |       |
|       | 50m: 34.52 34.52          | 150m: 2:02.10 | 44.43                   | 250m: 3:32.34  | 47.94 | 350m: 5:01.23 | 40.98 |
|       | 100m: 1:17.67 43.15       | 200m: 2:44.40 | 42.30                   | 300m: 4:20.25  | 47.91 | 400m: 5:41.17 | 39.94 |
| 14.   | SILVA Margarida Borges    | 04            | Bombeiros Ponta Delgada | <b>5:43.93</b> | +0,73 | 464           |       |
|       | 50m: 34.57 34.57          | 150m: 2:00.76 | 44.03                   | 250m: 3:33.45  | 49.22 | 350m: 5:04.81 | 40.64 |
|       | 100m: 1:16.73 42.16       | 200m: 2:44.23 | 43.47                   | 300m: 4:24.17  | 50.72 | 400m: 5:43.93 | 39.12 |
| 15.   | FIDALGO Maria Jardim      | 04            | Colegio Vasco da Gama   | <b>5:43.99</b> | +0,83 | 464           |       |
|       | 50m: 35.42 35.42          | 150m: 2:02.33 | 45.59                   | 250m: 3:36.75  | 49.11 | 350m: 5:05.86 | 39.09 |
|       | 100m: 1:16.74 41.32       | 200m: 2:47.64 | 45.31                   | 300m: 4:26.77  | 50.02 | 400m: 5:43.99 | 38.13 |
| 16.   | GERALDES Madalena Graca   | 04            | Sporting                | <b>5:48.07</b> | +0,95 | 448           |       |
|       | 50m: 35.30 35.30          | 150m: 2:05.24 | 47.04                   | 250m: 3:38.85  | 48.40 | 350m: 5:08.84 | 39.35 |
|       | 100m: 1:18.20 42.90       | 200m: 2:50.45 | 45.21                   | 300m: 4:29.49  | 50.64 | 400m: 5:48.07 | 39.23 |
| 17.   | MONTEIRO Ines Maria       | 04            | Naval Praia da Vitoria  | <b>5:49.63</b> | +0,79 | 442           |       |
|       | 50m: 35.59 35.59          | 150m: 2:06.03 | 47.62                   | 250m: 3:40.98  | 47.93 | 350m: 5:11.52 | 40.30 |
|       | 100m: 1:18.41 42.82       | 200m: 2:53.05 | 47.02                   | 300m: 4:31.22  | 50.24 | 400m: 5:49.63 | 38.11 |

Prova 24, Femin., 400m Estilos, Elimin

Prova 24 Juniores  
24-03-2018 - 10:40 Resultados Elimin

|             |         |                     |       |                  |            |
|-------------|---------|---------------------|-------|------------------|------------|
| RN Absoluto | 4:40.11 | KAMINSKAYA Victoria | POR   | Pontevedra (ESP) | 09-04-2017 |
| RN Jun17    | 4:52.12 | KAMINSKAYA Victoria | PIMP  | Oeiras           | 27-07-2012 |
| RN Jun16    | 4:54.00 | ROCHA Ines Neto     | SANNP | Gijón (ESP)      | 20-05-2017 |

CEJun\_Fem 14 - 17: 4:55.87 / CEPL Abs: 4:44.49

Pontos: FINA 2018

| Lugar | Nome                        | Ano                 | Clube                 | Tempo Final         | TReac               | Pts FINA | Pts |
|-------|-----------------------------|---------------------|-----------------------|---------------------|---------------------|----------|-----|
| 1.    | ROCHA Ines Neto             | 01                  | Aquatico Pacense      | <b>5:01.07</b>      | +0,81               | 692      |     |
|       | 50m: 30.88 30.88            | 150m: 1:46.51 39.63 | 250m: 3:07.13 42.56   | 350m: 4:26.25 36.20 | 400m: 5:01.07 34.82 |          |     |
|       | 100m: 1:06.88 36.00         | 200m: 2:24.57 38.06 | 300m: 3:50.05 42.92   |                     |                     |          |     |
| 2.    | SOUSA Ana Reis              | 02                  | Litoral Alentejano    | <b>5:06.00</b>      | +0,74               | 659      |     |
|       | 50m: 33.01 33.01            | 150m: 1:50.46 39.98 | 250m: 3:14.08 44.75   | 350m: 4:33.58 34.49 | 400m: 5:06.00 32.42 |          |     |
|       | 100m: 1:10.48 37.47         | 200m: 2:29.33 38.87 | 300m: 3:59.09 45.01   |                     |                     |          |     |
| 3.    | MACHADO Luisa Maria         | 01                  | Uniao Piedense        | <b>5:06.84</b>      | +0,85               | 654      |     |
|       | 50m: 31.98 31.98            | 150m: 1:50.38 40.28 | 250m: 3:13.28 43.13   | 350m: 4:32.62 35.87 | 400m: 5:06.84 34.22 |          |     |
|       | 100m: 1:10.10 38.12         | 200m: 2:30.15 39.77 | 300m: 3:56.75 43.47   |                     |                     |          |     |
| 4.    | MESQUITA Francisca Salvador | 02                  | Colegio Monte Maior   | <b>5:06.93</b>      | +0,70               | 653      |     |
|       | 50m: 31.69 31.69            | 150m: 1:48.99 40.96 | 250m: 3:12.35 43.46   | 350m: 4:32.02 36.03 | 400m: 5:06.93 34.91 |          |     |
|       | 100m: 1:08.03 36.34         | 200m: 2:28.89 39.90 | 300m: 3:55.99 43.64   |                     |                     |          |     |
| 5.    | CARDEAL Joana Nunes         | 02                  | Academico Viseu       | <b>5:07.10</b>      | +0,80               | 652      |     |
|       | 50m: 31.86 31.86            | 150m: 1:49.43 40.11 | 250m: 3:12.95 44.68   | 350m: 4:33.11 35.14 | 400m: 5:07.10 33.99 |          |     |
|       | 100m: 1:09.32 37.46         | 200m: 2:28.27 38.84 | 300m: 3:57.97 45.02   |                     |                     |          |     |
| 6.    | MENDES Mariana Amaral       | 02                  | Colegio Monte Maior   | <b>5:11.18</b>      | +0,76               | 627      |     |
|       | 50m: 32.51 32.51            | 150m: 1:51.52 41.33 | 250m: 3:16.69 44.68   | 350m: 4:36.85 35.70 | 400m: 5:11.18 34.33 |          |     |
|       | 100m: 1:10.19 37.68         | 200m: 2:32.01 40.49 | 300m: 4:01.15 44.46   |                     |                     |          |     |
| 7.    | AGOSTINHO Catia Iordan      | 02                  | Rio Maior             | <b>5:11.21</b>      | +0,81               | 626      |     |
|       | 50m: 32.20 32.20            | 150m: 1:49.43 39.82 | 250m: 3:13.74 44.55   | 350m: 4:35.45 36.34 | 400m: 5:11.21 35.76 |          |     |
|       | 100m: 1:09.61 37.41         | 200m: 2:29.19 39.76 | 300m: 3:59.11 45.37   |                     |                     |          |     |
| 8.    | GALACHA Mariana Sobral      | 01                  | Sporting              | <b>5:21.16</b>      | +0,71               | 570      |     |
|       | 50m: 32.85 32.85            | 150m: 1:53.80 42.29 | 250m: 3:20.53 45.58   | 350m: 4:43.84 37.39 | 400m: 5:21.16 37.32 |          |     |
|       | 100m: 1:11.51 38.66         | 200m: 2:34.95 41.15 | 300m: 4:06.45 45.92   |                     |                     |          |     |
| 9.    | SILVA Natacha Sofia         | 02                  | Benfica               | <b>5:21.89</b>      | +0,80               | 566      |     |
|       | 50m: 33.79 33.79            | 150m: 1:56.50 43.58 | 250m: 3:23.60 44.83   | 350m: 4:46.23 37.21 | 400m: 5:21.89 35.66 |          |     |
|       | 100m: 1:12.92 39.13         | 200m: 2:38.77 42.27 | 300m: 4:09.02 45.42   |                     |                     |          |     |
| 10.   | OLIVEIRA Mafalda Joana      | 02                  | Aquatico Pacense      | <b>5:24.46</b>      | +0,85               | 553      |     |
|       | 50m: 33.06 33.06            | 150m: 1:54.00 43.31 | 250m: 3:22.89 48.27   | 350m: 4:47.97 37.76 | 400m: 5:24.46 36.49 |          |     |
|       | 100m: 1:10.69 37.63         | 200m: 2:34.62 40.62 | 300m: 4:10.21 47.32   |                     |                     |          |     |
| 11.   | VEIGA Ana Filipa            | 01                  | Gafanha da Encarnacao | <b>5:24.79</b>      | +0,75               | 551      |     |
|       | 50m: 34.92 34.92            | 150m: 2:01.04 45.44 | 250m: 3:27.74 43.12   | 350m: 4:48.75 37.81 | 400m: 5:24.79 36.04 |          |     |
|       | 100m: 1:15.60 40.68         | 200m: 2:44.62 43.58 | 300m: 4:10.94 43.20   |                     |                     |          |     |
| 12.   | MATOS Lara Beatriz          | 01                  | Famalicao             | <b>5:26.07</b>      | +0,85               | 545      |     |
|       | 50m: 33.01 33.01            | 150m: 1:54.98 42.50 | 250m: 3:23.24 46.76   | 350m: 4:48.64 37.84 | 400m: 5:26.07 37.43 |          |     |
|       | 100m: 1:12.48 39.47         | 200m: 2:36.48 41.50 | 300m: 4:10.80 47.56   |                     |                     |          |     |
| 13.   | MONTEIRO Margarida Cabral   | 02                  | Galitos / Bresimar    | <b>5:29.14</b>      | +0,68               | 529      |     |
|       | 50m: 34.31 34.31            | 150m: 1:57.84 43.97 | 250m: 3:27.99 48.03   | 350m: 4:53.37 37.46 | 400m: 5:29.14 35.77 |          |     |
|       | 100m: 1:13.87 39.56         | 200m: 2:39.96 42.12 | 300m: 4:15.91 47.92   |                     |                     |          |     |

Prova 24, Femin., 400m Estilos, Elimin, Juniores

| Lugar | Nome                     | Ano                 | Clube               | Tempo Final         | TReac | Pts FINA | Pts |
|-------|--------------------------|---------------------|---------------------|---------------------|-------|----------|-----|
| 14.   | CORREIA Mariana Delicado | 01                  | Sporting            | <b>5:29.80</b>      | +0,73 | 526      |     |
|       | 50m: 32.66 32.66         | 150m: 1:53.53 42.21 | 250m: 3:25.19 50.09 | 350m: 4:53.65 37.59 |       |          |     |
|       | 100m: 1:11.32 38.66      | 200m: 2:35.10 41.57 | 300m: 4:16.06 50.87 | 400m: 5:29.80 36.15 |       |          |     |

Prova 24  
24-03-2018 - 10:40

Femin., 400m Estilos

Seniores  
Resultados Elimin

|             |         |                     |     |                  |            |
|-------------|---------|---------------------|-----|------------------|------------|
| RN Absoluto | 4:40.11 | KAMINSKAYA Victoria | POR | Pontevedra (ESP) | 09-04-2017 |
| RN Sen      | 4:40.11 | KAMINSKAYA Victoria | POR | Pontevedra (ESP) | 09-04-2017 |

CEPL Abs: 4:44.49

Pontos: FINA 2018

| Lugar | Nome                   | Ano                 | Clube                     | Tempo Final         | TReac | Pts FINA | Pts |
|-------|------------------------|---------------------|---------------------------|---------------------|-------|----------|-----|
| 1.    | KAMINSKAYA Victoria    | 95                  | Estrelas S. Joao de Brito | <b>4:53.93</b>      | +0,74 | 744      |     |
|       | 50m: 30.23 30.23       | 150m: 1:43.50 39.01 | 250m: 3:02.51 40.81       | 350m: 4:19.20 35.94 |       |          |     |
|       | 100m: 1:04.49 34.26    | 200m: 2:21.70 38.20 | 300m: 3:43.26 40.75       | 400m: 4:53.93 34.73 |       |          |     |
| 2.    | ANDRE Angelica Maria   | 94                  | Fluvial Portuense         | <b>5:05.26</b>      | +0,74 | 664      |     |
|       | 50m: 31.56 31.56       | 150m: 1:47.81 40.64 | 250m: 3:10.90 43.74       | 350m: 4:30.09 35.49 |       |          |     |
|       | 100m: 1:07.17 35.61    | 200m: 2:27.16 39.35 | 300m: 3:54.60 43.70       | 400m: 5:05.26 35.17 |       |          |     |
| 3.    | VARGAS Giovanna Vaz    | 00                  | Nautico Marinha Grande    | <b>5:05.35</b>      | +0,80 | 663      |     |
|       | 50m: 31.48 31.48       | 150m: 1:47.65 40.25 | 250m: 3:10.57 43.68       | 350m: 4:30.23 35.77 |       |          |     |
|       | 100m: 1:07.40 35.92    | 200m: 2:26.89 39.24 | 300m: 3:54.46 43.89       | 400m: 5:05.35 35.12 |       |          |     |
| 4.    | MARTINS Ana Beatriz    | 99                  | Famalicao                 | <b>5:10.02</b>      | +0,77 | 634      |     |
|       | 50m: 32.16 32.16       | 150m: 1:51.22 41.20 | 250m: 3:15.34 44.41       | 350m: 4:35.14 35.90 |       |          |     |
|       | 100m: 1:10.02 37.86    | 200m: 2:30.93 39.71 | 300m: 3:59.24 43.90       | 400m: 5:10.02 34.88 |       |          |     |
| 5.    | SILVA Ines Rocha       | 00                  | Alcobaca                  | <b>5:12.84</b>      | +0,68 | 617      |     |
|       | 50m: 33.42 33.42       | 150m: 1:53.58 41.47 | 250m: 3:17.79 43.51       | 350m: 4:37.83 36.99 |       |          |     |
|       | 100m: 1:12.11 38.69    | 200m: 2:34.28 40.70 | 300m: 4:00.84 43.05       | 400m: 5:12.84 35.01 |       |          |     |
| 6.    | VELOSO Teresa Miguel   | 00                  | Nautico Academico         | <b>5:12.89</b>      | +0,71 | 616      |     |
|       | 50m: 32.67 32.67       | 150m: 1:51.35 40.87 | 250m: 3:16.80 45.05       | 350m: 4:38.19 35.72 |       |          |     |
|       | 100m: 1:10.48 37.81    | 200m: 2:31.75 40.40 | 300m: 4:02.47 45.67       | 400m: 5:12.89 34.70 |       |          |     |
| 7.    | SANTOS Tatiana Filipa  | 95                  | Academica de Coimbra      | <b>5:14.03</b>      | +0,90 | 610      |     |
|       | 50m: 33.24 33.24       | 150m: 1:51.30 39.86 | 250m: 3:15.53 46.63       | 350m: 4:38.20 36.24 |       |          |     |
|       | 100m: 1:11.44 38.20    | 200m: 2:28.90 37.60 | 300m: 4:01.96 46.43       | 400m: 5:14.03 35.83 |       |          |     |
| 8.    | DOMINGUES Monica Seara | 00                  | Nautico Marinha Grande    | <b>5:21.36</b>      | +0,80 | 569      |     |
|       | 50m: 32.21 32.21       | 150m: 1:52.86 41.68 | 250m: 3:20.90 46.98       | 350m: 4:45.32 36.83 |       |          |     |
|       | 100m: 1:11.18 38.97    | 200m: 2:33.92 41.06 | 300m: 4:08.49 47.59       | 400m: 5:21.36 36.04 |       |          |     |

Prova 24, Femin., 400m Estilos, Elimin

Prova 24  
24-03-2018 - 10:40  
Femin., 400m Estilos  
Absolutos  
Resultados Elimin

|             |         |                        |       |                  |            |
|-------------|---------|------------------------|-------|------------------|------------|
| RN Absoluto | 4:40.11 | KAMINSKAYA Victoria    | POR   | Pontevedra (ESP) | 09-04-2017 |
| RN Sen      | 4:40.11 | KAMINSKAYA Victoria    | POR   | Pontevedra (ESP) | 09-04-2017 |
| RN Jun17    | 4:52.12 | KAMINSKAYA Victoria    | PIMP  | Oeiras           | 27-07-2012 |
| RN Jun16    | 4:54.00 | ROCHA Ines Neto        | SANNP | Gijón (ESP)      | 20-05-2017 |
| RN Juv A    | 4:58.08 | DURAES Diana Margarida | FOCA  | Póvoa de Varzim  | 05-08-2011 |
| RN Juv B    | 5:01.00 | ROCHA Ines Neto        | CAP   | Coimbra          | 24-07-2015 |
| RN Juv B    | 5:01.00 | ROCHA Ines Neto        | CAP   | Coimbra          | 24-07-2015 |

Pre-Jun\_Fem Juv: 5:04.74 / CEJun\_Fem 14 - 17: 4:55.87 / CEPL Abs: 4:44.49

Pontos: FINA 2018

| Lugar | Nome                        | Ano                 | Clube                     | Tempo Final         | TReac | Pts FINA | Pts |
|-------|-----------------------------|---------------------|---------------------------|---------------------|-------|----------|-----|
| 1.    | KAMINSKAYA Victoria         | 95                  | Estrelas S. Joao de Brito | <b>4:53.93</b>      | +0,74 | 744      |     |
|       | 50m: 30.23 30.23            | 150m: 1:43.50 39.01 | 250m: 3:02.51 40.81       | 350m: 4:19.20 35.94 |       |          |     |
|       | 100m: 1:04.49 34.26         | 200m: 2:21.70 38.20 | 300m: 3:43.26 40.75       | 400m: 4:53.93 34.73 |       |          |     |
| 2.    | ROCHA Ines Neto             | 01                  | Aquatico Pacense          | <b>5:01.07</b>      | +0,81 | 692      |     |
|       | 50m: 30.88 30.88            | 150m: 1:46.51 39.63 | 250m: 3:07.13 42.56       | 350m: 4:26.25 36.20 |       |          |     |
|       | 100m: 1:06.88 36.00         | 200m: 2:24.57 38.06 | 300m: 3:50.05 42.92       | 400m: 5:01.07 34.82 |       |          |     |
| 3.    | ANDRE Angelica Maria        | 94                  | Fluvial Portuense         | <b>5:05.26</b>      | +0,74 | 664      |     |
|       | 50m: 31.56 31.56            | 150m: 1:47.81 40.64 | 250m: 3:10.90 43.74       | 350m: 4:30.09 35.49 |       |          |     |
|       | 100m: 1:07.17 35.61         | 200m: 2:27.16 39.35 | 300m: 3:54.60 43.70       | 400m: 5:05.26 35.17 |       |          |     |
| 4.    | VARGAS Giovanna Vaz         | 00                  | Nautico Marinha Grande    | <b>5:05.35</b>      | +0,80 | 663      |     |
|       | 50m: 31.48 31.48            | 150m: 1:47.65 40.25 | 250m: 3:10.57 43.68       | 350m: 4:30.23 35.77 |       |          |     |
|       | 100m: 1:07.40 35.92         | 200m: 2:26.89 39.24 | 300m: 3:54.46 43.89       | 400m: 5:05.35 35.12 |       |          |     |
| 5.    | SOUSA Ana Reis              | 02                  | Litoral Alentejano        | <b>5:06.00</b>      | +0,74 | 659      |     |
|       | 50m: 33.01 33.01            | 150m: 1:50.46 39.98 | 250m: 3:14.08 44.75       | 350m: 4:33.58 34.49 |       |          |     |
|       | 100m: 1:10.48 37.47         | 200m: 2:29.33 38.87 | 300m: 3:59.09 45.01       | 400m: 5:06.00 32.42 |       |          |     |
| 6.    | MACHADO Luisa Maria         | 01                  | Uniao Piedense            | <b>5:06.84</b>      | +0,85 | 654      |     |
|       | 50m: 31.98 31.98            | 150m: 1:50.38 40.28 | 250m: 3:13.28 43.13       | 350m: 4:32.62 35.87 |       |          |     |
|       | 100m: 1:10.10 38.12         | 200m: 2:30.15 39.77 | 300m: 3:56.75 43.47       | 400m: 5:06.84 34.22 |       |          |     |
| 7.    | MESQUITA Francisca Salvador | 02                  | Colegio Monte Maior       | <b>5:06.93</b>      | +0,70 | 653      |     |
|       | 50m: 31.69 31.69            | 150m: 1:48.99 40.96 | 250m: 3:12.35 43.46       | 350m: 4:32.02 36.03 |       |          |     |
|       | 100m: 1:08.03 36.34         | 200m: 2:28.89 39.90 | 300m: 3:55.99 43.64       | 400m: 5:06.93 34.91 |       |          |     |
| 8.    | CARDEAL Joana Nunes         | 02                  | Academico Viseu           | <b>5:07.10</b>      | +0,80 | 652      |     |
|       | 50m: 31.86 31.86            | 150m: 1:49.43 40.11 | 250m: 3:12.95 44.68       | 350m: 4:33.11 35.14 |       |          |     |
|       | 100m: 1:09.32 37.46         | 200m: 2:28.27 38.84 | 300m: 3:57.97 45.02       | 400m: 5:07.10 33.99 |       |          |     |
| 9.    | MARTINS Ana Beatriz         | 99                  | Famalicao                 | <b>5:10.02</b>      | +0,77 | 634      |     |
|       | 50m: 32.16 32.16            | 150m: 1:51.22 41.20 | 250m: 3:15.34 44.41       | 350m: 4:35.14 35.90 |       |          |     |
|       | 100m: 1:10.02 37.86         | 200m: 2:30.93 39.71 | 300m: 3:59.24 43.90       | 400m: 5:10.02 34.88 |       |          |     |
| 10.   | MENDES Mariana Amaral       | 02                  | Colegio Monte Maior       | <b>5:11.18</b>      | +0,76 | 627      |     |
|       | 50m: 32.51 32.51            | 150m: 1:51.52 41.33 | 250m: 3:16.69 44.68       | 350m: 4:36.85 35.70 |       |          |     |
|       | 100m: 1:10.19 37.68         | 200m: 2:32.01 40.49 | 300m: 4:01.15 44.46       | 400m: 5:11.18 34.33 |       |          |     |
| 11.   | AGOSTINHO Catia Iordan      | 02                  | Rio Maior                 | <b>5:11.21</b>      | +0,81 | 626      |     |
|       | 50m: 32.20 32.20            | 150m: 1:49.43 39.82 | 250m: 3:13.74 44.55       | 350m: 4:35.45 36.34 |       |          |     |
|       | 100m: 1:09.61 37.41         | 200m: 2:29.19 39.76 | 300m: 3:59.11 45.37       | 400m: 5:11.21 35.76 |       |          |     |
| 12.   | REBELO Maria Carlota        | 03                  | Uniao Coimbra             | <b>5:12.04</b>      | +0,78 | 621      |     |
|       | 50m: 32.24 32.24            | 150m: 1:50.04 40.75 | 250m: 3:15.24 44.84       | 350m: 4:36.85 36.10 |       |          |     |
|       | 100m: 1:09.29 37.05         | 200m: 2:30.40 40.36 | 300m: 4:00.75 45.51       | 400m: 5:12.04 35.19 |       |          |     |

Prova 24, Femin., 400m Estilos, Elimin, Absolutos

| Lugar | Nome                      | Ano                 | Clube                  | Tempo Final         | TReac               | Pts FINA | Pts |
|-------|---------------------------|---------------------|------------------------|---------------------|---------------------|----------|-----|
| 13.   | SILVA Ines Rocha          | 00                  | Alcobaca               | <b>5:12.84</b>      | +0,68               | 617      |     |
|       | 50m: 33.42 33.42          | 150m: 1:53.58 41.47 | 250m: 3:17.79 43.51    | 350m: 4:37.83 36.99 | 400m: 5:12.84 35.01 |          |     |
|       | 100m: 1:12.11 38.69       | 200m: 2:34.28 40.70 | 300m: 4:00.84 43.05    |                     |                     |          |     |
| 14.   | VELOSO Teresa Miguel      | 00                  | Nautico Academico      | <b>5:12.89</b>      | +0,71               | 616      |     |
|       | 50m: 32.67 32.67          | 150m: 1:51.35 40.87 | 250m: 3:16.80 45.05    | 350m: 4:38.19 35.72 | 400m: 5:12.89 34.70 |          |     |
|       | 100m: 1:10.48 37.81       | 200m: 2:31.75 40.40 | 300m: 4:02.47 45.67    |                     |                     |          |     |
| 15.   | SANTOS Tatiana Filipa     | 95                  | Academica de Coimbra   | <b>5:14.03</b>      | +0,90               | 610      |     |
|       | 50m: 33.24 33.24          | 150m: 1:51.30 39.86 | 250m: 3:15.53 46.63    | 350m: 4:38.20 36.24 | 400m: 5:14.03 35.83 |          |     |
|       | 100m: 1:11.44 38.20       | 200m: 2:28.90 37.60 | 300m: 4:01.96 46.43    |                     |                     |          |     |
| 16.   | PEREIRA Maria Gomes       | 04                  | Alges                  | <b>5:18.08</b>      | +0,75               | 587      |     |
|       | 50m: 32.77 32.77          | 150m: 1:54.27 43.17 | 250m: 3:21.68 45.19    | 350m: 4:43.42 36.35 | 400m: 5:18.08 34.66 |          |     |
|       | 100m: 1:11.10 38.33       | 200m: 2:36.49 42.22 | 300m: 4:07.07 45.39    |                     |                     |          |     |
| 17.   | AMORIM Maria Leonor       | 03                  | Porto                  | <b>5:18.73</b>      | +0,68               | 583      |     |
|       | 50m: 34.17 34.17          | 150m: 1:55.53 40.41 | 250m: 3:20.13 45.02    | 350m: 4:42.01 36.68 | 400m: 5:18.73 36.72 |          |     |
|       | 100m: 1:15.12 40.95       | 200m: 2:35.11 39.58 | 300m: 4:05.33 45.20    |                     |                     |          |     |
| 18.   | GALACHA Mariana Sobral    | 01                  | Sporting               | <b>5:21.16</b>      | +0,71               | 570      |     |
|       | 50m: 32.85 32.85          | 150m: 1:53.80 42.29 | 250m: 3:20.53 45.58    | 350m: 4:43.84 37.39 | 400m: 5:21.16 37.32 |          |     |
|       | 100m: 1:11.51 38.66       | 200m: 2:34.95 41.15 | 300m: 4:06.45 45.92    |                     |                     |          |     |
| 19.   | DOMINGUES Monica Seara    | 00                  | Nautico Marinha Grande | <b>5:21.36</b>      | +0,80               | 569      |     |
|       | 50m: 32.21 32.21          | 150m: 1:52.86 41.68 | 250m: 3:20.90 46.98    | 350m: 4:45.32 36.83 | 400m: 5:21.36 36.04 |          |     |
|       | 100m: 1:11.18 38.97       | 200m: 2:33.92 41.06 | 300m: 4:08.49 47.59    |                     |                     |          |     |
| 20.   | SILVA Natacha Sofia       | 02                  | Benfica                | <b>5:21.89</b>      | +0,80               | 566      |     |
|       | 50m: 33.79 33.79          | 150m: 1:56.50 43.58 | 250m: 3:23.60 44.83    | 350m: 4:46.23 37.21 | 400m: 5:21.89 35.66 |          |     |
|       | 100m: 1:12.92 39.13       | 200m: 2:38.77 42.27 | 300m: 4:09.02 45.42    |                     |                     |          |     |
| 21.   | DOMINGUES Luana Pinto     | 03                  | Ba/Bomcar              | <b>5:22.41</b>      | +0,66               | 563      |     |
|       | 50m: 33.02 33.02          | 150m: 1:54.76 43.20 | 250m: 3:22.20 44.54    | 350m: 4:45.35 37.56 | 400m: 5:22.41 37.06 |          |     |
|       | 100m: 1:11.56 38.54       | 200m: 2:37.66 42.90 | 300m: 4:07.79 45.59    |                     |                     |          |     |
| 22.   | RODRIGUES Lidiana Correia | 04                  | Belenenses             | <b>5:22.66</b>      | +0,79               | 562      |     |
|       | 50m: 35.11 35.11          | 150m: 1:57.73 42.58 | 250m: 3:23.54 43.60    | 350m: 4:46.11 37.65 | 400m: 5:22.66 36.55 |          |     |
|       | 100m: 1:15.15 40.04       | 200m: 2:39.94 42.21 | 300m: 4:08.46 44.92    |                     |                     |          |     |
| 23.   | OLIVEIRA Mafalda Joana    | 02                  | Aquatico Pacense       | <b>5:24.46</b>      | +0,85               | 553      |     |
|       | 50m: 33.06 33.06          | 150m: 1:54.00 43.31 | 250m: 3:22.89 48.27    | 350m: 4:47.97 37.76 | 400m: 5:24.46 36.49 |          |     |
|       | 100m: 1:10.69 37.63       | 200m: 2:34.62 40.62 | 300m: 4:10.21 47.32    |                     |                     |          |     |
| 24.   | OLIVEIRA Ana Rita         | 04                  | Naval Povoense         | <b>5:24.55</b>      | +0,79               | 552      |     |
|       | 50m: 32.65 32.65          | 150m: 1:53.87 41.38 | 250m: 3:21.58 47.60    | 350m: 4:47.38 37.72 | 400m: 5:24.55 37.17 |          |     |
|       | 100m: 1:12.49 39.84       | 200m: 2:33.98 40.11 | 300m: 4:09.66 48.08    |                     |                     |          |     |
| 25.   | VEIGA Ana Filipa          | 01                  | Gafanha da Encarnacao  | <b>5:24.79</b>      | +0,75               | 551      |     |
|       | 50m: 34.92 34.92          | 150m: 2:01.04 45.44 | 250m: 3:27.74 43.12    | 350m: 4:48.75 37.81 | 400m: 5:24.79 36.04 |          |     |
|       | 100m: 1:15.60 40.68       | 200m: 2:44.62 43.58 | 300m: 4:10.94 43.20    |                     |                     |          |     |
| 26.   | CASTRO Maria Freitas      | 03                  | Fafe                   | <b>5:25.00</b>      | +0,78               | 550      |     |
|       | 50m: 31.85 31.85          | 150m: 1:55.55 44.89 | 250m: 3:24.86 43.60    | 350m: 4:50.07 39.47 | 400m: 5:25.00 34.93 |          |     |
|       | 100m: 1:10.66 38.81       | 200m: 2:41.26 45.71 | 300m: 4:10.60 45.74    |                     |                     |          |     |
| 27.   | CARDEAL Beatriz Nunes     | 04                  | Academico Viseu        | <b>5:25.86</b>      | +0,69               | 546      |     |
|       | 50m: 33.55 33.55          | 150m: 1:56.21 42.30 | 250m: 3:25.20 46.66    | 350m: 4:50.23 36.97 | 400m: 5:25.86 35.63 |          |     |
|       | 100m: 1:13.91 40.36       | 200m: 2:38.54 42.33 | 300m: 4:13.26 48.06    |                     |                     |          |     |

Prova 24, Femin., 400m Estilos, Elimin, Absolutos

| Lugar | Nome                      | Ano                 | Clube               | Tempo Final         | TReac | Pts FINA | Pts |
|-------|---------------------------|---------------------|---------------------|---------------------|-------|----------|-----|
| 28.   | MATOS Lara Beatriz        | 01                  | Famalicao           | <b>5:26.07</b>      | +0,85 | 545      |     |
|       | 50m: 33.01 33.01          | 150m: 1:54.98 42.50 | 250m: 3:23.24 46.76 | 350m: 4:48.64 37.84 |       |          |     |
|       | 100m: 1:12.48 39.47       | 200m: 2:36.48 41.50 | 300m: 4:10.80 47.56 | 400m: 5:26.07 37.43 |       |          |     |
| 29.   | NEVES Sara Dias           | 03                  | Miranda do Corvo    | <b>5:26.54</b>      | +0,72 | 542      |     |
|       | 50m: 34.46 34.46          | 150m: 1:56.72 42.48 | 250m: 3:25.23 46.63 | 350m: 4:49.67 37.89 |       |          |     |
|       | 100m: 1:14.24 39.78       | 200m: 2:38.60 41.88 | 300m: 4:11.78 46.55 | 400m: 5:26.54 36.87 |       |          |     |
| 30.   | FLORENCIO Matilde Alves   | 04                  | CASP AE             | <b>5:28.23</b>      | +0,76 | 534      |     |
|       | 50m: 33.36 33.36          | 150m: 1:56.79 43.48 | 250m: 3:26.36 47.34 | 350m: 4:52.27 37.57 |       |          |     |
|       | 100m: 1:13.31 39.95       | 200m: 2:39.02 42.23 | 300m: 4:14.70 48.34 | 400m: 5:28.23 35.96 |       |          |     |
| 31.   | MONTEIRO Margarida Cabral | 02                  | Galitos / Bresimar  | <b>5:29.14</b>      | +0,68 | 529      |     |
|       | 50m: 34.31 34.31          | 150m: 1:57.84 43.97 | 250m: 3:27.99 48.03 | 350m: 4:53.37 37.46 |       |          |     |
|       | 100m: 1:13.87 39.56       | 200m: 2:39.96 42.12 | 300m: 4:15.91 47.92 | 400m: 5:29.14 35.77 |       |          |     |
| 32.   | ROCHA Ines Freitas        | 03                  | Aquatico Pacense    | <b>5:29.36</b>      | +0,99 | 528      |     |
|       | 50m: 33.80 33.80          | 150m: 1:56.27 43.40 | 250m: 3:26.26 47.90 | 350m: 4:51.68 37.87 |       |          |     |
|       | 100m: 1:12.87 39.07       | 200m: 2:38.36 42.09 | 300m: 4:13.81 47.55 | 400m: 5:29.36 37.68 |       |          |     |
| 33.   | CORREIA Mariana Delicado  | 01                  | Sporting            | <b>5:29.80</b>      | +0,73 | 526      |     |
|       | 50m: 32.66 32.66          | 150m: 1:53.53 42.21 | 250m: 3:25.19 50.09 | 350m: 4:53.65 37.59 |       |          |     |
|       | 100m: 1:11.32 38.66       | 200m: 2:35.10 41.57 | 300m: 4:16.06 50.87 | 400m: 5:29.80 36.15 |       |          |     |
| 34.   | FIAL Sofia Nunes          | 03                  | Estamos Juntos      | <b>5:30.15</b>      | +0,81 | 525      |     |
|       | 50m: 34.80 34.80          | 150m: 1:58.67 42.48 | 250m: 3:26.30 44.78 | 350m: 4:51.96 38.71 |       |          |     |
|       | 100m: 1:16.19 41.39       | 200m: 2:41.52 42.85 | 300m: 4:13.25 46.95 | 400m: 5:30.15 38.19 |       |          |     |
| 35.   | MORGANHO Leonor Alves     | 04                  | Alges               | <b>5:32.57</b>      | +0,88 | 513      |     |
|       | 50m: 33.95 33.95          | 150m: 2:01.33 47.21 | 250m: 3:31.47 45.68 | 350m: 4:56.19 37.89 |       |          |     |
|       | 100m: 1:14.12 40.17       | 200m: 2:45.79 44.46 | 300m: 4:18.30 46.83 | 400m: 5:32.57 36.38 |       |          |     |
| 36.   | RAMOS Ines Asseiceira     | 03                  | Torres Novas        | <b>5:32.61</b>      | +0,76 | 513      |     |
|       | 50m: 34.48 34.48          | 150m: 1:58.32 42.19 | 250m: 3:28.68 48.86 | 350m: 4:55.27 36.96 |       |          |     |
|       | 100m: 1:16.13 41.65       | 200m: 2:39.82 41.50 | 300m: 4:18.31 49.63 | 400m: 5:32.61 37.34 |       |          |     |
| 37.   | SOARES Ines Apolinario    | 03                  | Pimpoes/Cimai       | <b>5:35.28</b>      | +0,90 | 501      |     |
|       | 50m: 34.77 34.77          | 150m: 1:58.64 44.17 | 250m: 3:30.88 49.32 | 350m: 5:01.14 40.01 |       |          |     |
|       | 100m: 1:14.47 39.70       | 200m: 2:41.56 42.92 | 300m: 4:21.13 50.25 | 400m: 5:35.28 34.14 |       |          |     |
| 38.   | TROIA Barbara Daniela     | 04                  | Vilacondense        | <b>5:35.40</b>      | +0,73 | 500      |     |
|       | 50m: 35.39 35.39          | 150m: 1:58.94 40.53 | 250m: 3:30.85 51.29 | 350m: 4:58.99 37.97 |       |          |     |
|       | 100m: 1:18.41 43.02       | 200m: 2:39.56 40.62 | 300m: 4:21.02 50.17 | 400m: 5:35.40 36.41 |       |          |     |
| 39.   | MARQUES Mariana Nunes     | 03                  | Estarreja           | <b>5:35.68</b>      | +0,77 | 499      |     |
|       | 50m: 33.45 33.45          | 150m: 1:57.22 42.97 | 250m: 3:28.98 49.70 | 350m: 4:58.32 38.70 |       |          |     |
|       | 100m: 1:14.25 40.80       | 200m: 2:39.28 42.06 | 300m: 4:19.62 50.64 | 400m: 5:35.68 37.36 |       |          |     |
| 40.   | FERREIRA Maria Leonor     | 04                  | Desportivo Nacional | <b>5:36.13</b>      | +0,74 | 497      |     |
|       | 50m: 34.92 34.92          | 150m: 1:59.14 42.78 | 250m: 3:29.63 48.26 | 350m: 4:57.94 39.76 |       |          |     |
|       | 100m: 1:16.36 41.44       | 200m: 2:41.37 42.23 | 300m: 4:18.18 48.55 | 400m: 5:36.13 38.19 |       |          |     |
| 41.   | AMANTES Beatriz Quintao   | 03                  | Uniao Piedense      | <b>5:36.82</b>      | +0,77 | 494      |     |
|       | 50m: 34.05 34.05          | 150m: 1:58.95 44.23 | 250m: 3:31.57 49.85 | 350m: 5:00.32 38.49 |       |          |     |
|       | 100m: 1:14.72 40.67       | 200m: 2:41.72 42.77 | 300m: 4:21.83 50.26 | 400m: 5:36.82 36.50 |       |          |     |
| 42.   | MENDES Lea Alexandra      | 03                  | Gualdim Pais        | <b>5:36.93</b>      | +0,73 | 494      |     |
|       | 50m: 34.05 34.05          | 150m: 1:59.04 42.49 | 250m: 3:30.52 49.00 | 350m: 4:59.77 39.01 |       |          |     |
|       | 100m: 1:16.55 42.50       | 200m: 2:41.52 42.48 | 300m: 4:20.76 50.24 | 400m: 5:36.93 37.16 |       |          |     |



Prova 24, Femin., 400m Estilos, Elimin, Absolutos

| Lugar | Nome   | Ano | Clube                   | Tempo Final   | TReac | Pts FINA | Pts |
|-------|--|-----|-------------------------|---|-------|----------|-----|
| 43.   | HENRIQUES Daniela Mascarenhas03  | 03  | Gesloures               | <b>5:37.25</b>  | +0,78 | 492      |     |
|       | 50m: 34.08 34.08 150m: 2:00.85 46.36 250m: 3:33.20 46.72 350m: 5:00.29 39.52 |     |                         | 100m: 1:14.49 40.41 200m: 2:46.48 45.63 300m: 4:20.77 47.57 400m: 5:37.25 36.96 |       |          |     |
| 44.   | JACINTO Ines Filipa  | 03  | Ba/Bomcar               | <b>5:38.33</b>  | +0,75 | 487      |     |
|       | 50m: 34.18 34.18 150m: 2:02.20 47.34 250m: 3:34.59 47.05 350m: 5:01.77 38.58 |     |                         | 100m: 1:14.86 40.68 200m: 2:47.54 45.34 300m: 4:23.19 48.60 400m: 5:38.33 36.56 |       |          |     |
| 45.   | ALVES Ines Sofia   | 04  | Portinado               | <b>5:38.35</b>  | +0,85 | 487      |     |
|       | 50m: 34.63 34.63 150m: 2:00.47 43.26 250m: 3:31.89 49.46 350m: 5:01.27 39.02 |     |                         | 100m: 1:17.21 42.58 200m: 2:42.43 41.96 300m: 4:22.25 50.36 400m: 5:38.35 37.08 |       |          |     |
| 46.   | MONTEIRO Barbara Oliveira  | 04  | Braga                   | <b>5:38.60</b>  | +0,95 | 486      |     |
|       | 50m: 35.77 35.77 150m: 2:03.57 45.72 250m: 3:37.12 48.33 350m: 5:02.92 36.23 |     |                         | 100m: 1:17.85 42.08 200m: 2:48.79 45.22 300m: 4:26.69 49.57 400m: 5:38.60 35.68 |       |          |     |
| 47.   | RODRIGUES Ana Luisa  | 03  | Louzan Natacao          | <b>5:38.88</b>  | +0,73 | 485      |     |
|       | 50m: 36.45 36.45 150m: 2:02.17 42.62 250m: 3:33.78 49.66 350m: 5:02.27 38.11 |     |                         | 100m: 1:19.55 43.10 200m: 2:44.12 41.95 300m: 4:24.16 50.38 400m: 5:38.88 36.61 |       |          |     |
| 48.   | RATO Renata Simoes   | 03  | Nautico Marinha Grande  | <b>5:40.32</b>  | +0,80 | 479      |     |
|       | 50m: 35.51 35.51 150m: 2:03.25 46.40 250m: 3:34.76 46.24 350m: 5:02.53 40.22 |     |                         | 100m: 1:16.85 41.34 200m: 2:48.52 45.27 300m: 4:22.31 47.55 400m: 5:40.32 37.79 |       |          |     |
| 49.   | MARQUES Maria Alexandra  | 04  | Albicastrense           | <b>5:40.37</b>  | +0,75 | 479      |     |
|       | 50m: 35.01 35.01 150m: 1:59.58 44.70 250m: 3:33.83 50.28 350m: 5:02.43 38.23 |     |                         | 100m: 1:14.88 39.87 200m: 2:43.55 43.97 300m: 4:24.20 50.37 400m: 5:40.37 37.94 |       |          |     |
| 50.   | OLIVEIRA Rita Malafaia   | 03  | Porto                   | <b>5:40.38</b>  | +0,84 | 479      |     |
|       | 50m: 36.17 36.17 150m: 2:05.10 45.77 250m: 3:35.71 45.90 350m: 5:02.15 39.30 |     |                         | 100m: 1:19.33 43.16 200m: 2:49.81 44.71 300m: 4:22.85 47.14 400m: 5:40.38 38.23 |       |          |     |
| 51.   | INACIO Marta Macedo  | 04  | Sporting                | <b>5:40.72</b>  | +0,82 | 477      |     |
|       | 50m: 34.21 34.21 150m: 1:59.26 44.78 250m: 3:32.39 49.47 350m: 5:02.14 38.80 |     |                         | 100m: 1:14.48 40.27 200m: 2:42.92 43.66 300m: 4:23.34 50.95 400m: 5:40.72 38.58 |       |          |     |
| 52.   | SOUSA Ana Correia  | 04  | Pimpoes/Cimai           | <b>5:41.17</b>  | +0,72 | 475      |     |
|       | 50m: 34.52 34.52 150m: 2:02.10 44.43 250m: 3:32.34 47.94 350m: 5:01.23 40.98 |     |                         | 100m: 1:17.67 43.15 200m: 2:44.40 42.30 300m: 4:20.25 47.91 400m: 5:41.17 39.94 |       |          |     |
| 53.   | CAXARIA Marta Sousa  | 03  | Natacao do Montijo      | <b>5:43.10</b>  | +0,75 | 467      |     |
|       | 50m: 35.34 35.34 150m: 2:02.05 43.80 250m: 3:35.64 50.25 350m: 5:04.43 39.17 |     |                         | 100m: 1:18.25 42.91 200m: 2:45.39 43.34 300m: 4:25.26 49.62 400m: 5:43.10 38.67 |       |          |     |
| 54.   | SILVA Margarida Borges   | 04  | Bombeiros Ponta Delgada | <b>5:43.93</b>  | +0,73 | 464      |     |
|       | 50m: 34.57 34.57 150m: 2:00.76 44.03 250m: 3:33.45 49.22 350m: 5:04.81 40.64 |     |                         | 100m: 1:16.73 42.16 200m: 2:44.23 43.47 300m: 4:24.17 50.72 400m: 5:43.93 39.12 |       |          |     |
| 55.   | FIDALGO Maria Jardim   | 04  | Colegio Vasco da Gama   | <b>5:43.99</b>  | +0,83 | 464      |     |
|       | 50m: 35.42 35.42 150m: 2:02.33 45.59 250m: 3:36.75 49.11 350m: 5:05.86 39.09 |     |                         | 100m: 1:16.74 41.32 200m: 2:47.64 45.31 300m: 4:26.77 50.02 400m: 5:43.99 38.13 |       |          |     |
| 56.   | GERALDES Madalena Graca  | 04  | Sporting                | <b>5:48.07</b>  | +0,95 | 448      |     |
|       | 50m: 35.30 35.30 150m: 2:05.24 47.04 250m: 3:38.85 48.40 350m: 5:08.84 39.35 |     |                         | 100m: 1:18.20 42.90 200m: 2:50.45 45.21 300m: 4:29.49 50.64 400m: 5:48.07 39.23 |       |          |     |
| 57.   | MONTEIRO Ines Maria  | 04  | Naval Praia da Vitoria  | <b>5:49.63</b>  | +0,79 | 442      |     |
|       | 50m: 35.59 35.59 150m: 2:06.03 47.62 250m: 3:40.98 47.93 350m: 5:11.52 40.30 |     |                         | 100m: 1:18.41 42.82 200m: 2:53.05 47.02 300m: 4:31.22 50.24 400m: 5:49.63 38.11 |       |          |     |

Prova 24, Femin., 400m Estilos, Elimin, Absolutos

| Lugar | Nome  | Ano           | Clube     | Tempo Final    | TReac        | Pts FINA      | Pts   |
|-------|---|---------------|-----------|----------------|--------------|---------------|-------|
| 58.   | SILVA Ana Pereira   | 03            | Fafe      | <b>5:50.76</b> | <b>+0,76</b> | <b>437</b>    |       |
|       | 50m: 36.25 36.25  | 150m: 2:04.61 | 45.22     | 250m: 3:38.78  | 50.76        | 350m: 5:11.06 | 40.76 |
|       | 100m: 1:19.39 43.14   | 200m: 2:48.02 | 43.41     | 300m: 4:30.30  | 51.52        | 400m: 5:50.76 | 39.70 |
| DSQ   | SILVA Eduarda Reis  | 03            | Famalicao |                |              |               |       |
|       | <i>608 - Não chegou na posição dorsal - SW 6.5, Não chegou na posição dorsal na chegada do percurso de costas</i> |               |           |                |              |               |       |