

Prova 16 Juvenis
27-07-2018 - 9:45 Resultados Elimin
Femin., 400m Estilos

Rec Nac Absoluto	4:40.11	KAMINSKAYA Victoria	POR	Pontevedra (ESP)	09-04-2017
Rec Nac Juv A	4:58.08	DURAES Diana Margarida	FOCA	Póvoa de Varzim	05-08-2011
Rec Nac Juv B	5:01.00	ROCHA Ines Neto	CAP	Coimbra	24-07-2015
Rec Nac Juv B	5:01.00	ROCHA Ines Neto	CAP	Coimbra	24-07-2015

TAC Juv A 50m: 5:40.41 - 25m: 5:24.99; Juv B 50m: 5:40.41 - 25m: 5:32.35

Pontos: FINA 2018

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	CUNHA Mariana Pacheco	04	Fluvial Portuense	5:13.32	+0,74	614	
	50m: 31.93 31.93	150m: 1:50.78 41.78	250m: 3:15.31 45.09	350m: 4:37.98 36.84	400m: 5:13.32 35.34		
	100m: 1:09.00 37.07	200m: 2:30.22 39.44	300m: 4:01.14 45.83				
2.	REBELO Maria Carlota	03	Uniao Coimbra	5:13.70	+0,78	612	
	50m: 32.85 32.85	150m: 1:52.31 42.25	250m: 3:16.92 42.83	350m: 4:37.89 37.21	400m: 5:13.70 35.81		
	100m: 1:10.06 37.21	200m: 2:34.09 41.78	300m: 4:00.68 43.76				
3.	FIAL Sofia Nunes	03	Estamos Juntos	5:18.26	+0,82	586	
	50m: 34.41 34.41	150m: 1:56.27 42.36	250m: 3:21.07 43.92	350m: 4:43.68 37.60	400m: 5:18.26 34.58		
	100m: 1:13.91 39.50	200m: 2:37.15 40.88	300m: 4:06.08 45.01				
4.	AMORIM Maria Leonor	03	Porto	5:19.22	+0,73	580	
	50m: 33.68 33.68	150m: 1:54.55 40.38	250m: 3:19.82 45.08	350m: 4:43.59 37.06	400m: 5:19.22 35.63		
	100m: 1:14.17 40.49	200m: 2:34.74 40.19	300m: 4:06.53 46.71				
5.	RODRIGUES Lidiana Correia	04	Belenenses	5:21.09	+0,81	570	
	50m: 33.87 33.87	150m: 1:56.60 42.12	250m: 3:21.94 43.13	350m: 4:45.33 38.26	400m: 5:21.09 35.76		
	100m: 1:14.48 40.61	200m: 2:38.81 42.21	300m: 4:07.07 45.13				
6.	PEREIRA Maria Gomes	04	Alges	5:21.39	+0,73	569	
	50m: 33.60 33.60	150m: 1:57.39 44.40	250m: 3:23.63 45.69	350m: 4:46.22 37.48	400m: 5:21.39 35.17		
	100m: 1:12.99 39.39	200m: 2:37.94 40.55	300m: 4:08.74 45.11				
7.	FLORENCIO Matilde Alves	04	CASP AE	5:23.89	+0,77	556	
	50m: 33.06 33.06	150m: 1:55.57 42.69	250m: 3:23.98 46.07	350m: 4:48.28 36.00	400m: 5:23.89 35.61		
	100m: 1:12.88 39.82	200m: 2:37.91 42.34	300m: 4:12.28 48.30				
8.	NEVES Sara Dias	03	Miranda do Corvo	5:24.16	+0,75	554	
	50m: 34.66 34.66	150m: 1:55.72 42.50	250m: 3:23.25 45.94	350m: 4:46.47 37.91	400m: 5:24.16 37.69		
	100m: 1:13.22 38.56	200m: 2:37.31 41.59	300m: 4:08.56 45.31				
9.	MONTEIRO Ana Carolina	04	Uniao Coimbra	5:28.81	+0,83	531	
	50m: 33.83 33.83	150m: 1:55.51 43.39	250m: 3:25.44 47.14	350m: 4:50.99 38.70	400m: 5:28.81 37.82		
	100m: 1:12.12 38.29	200m: 2:38.30 42.79	300m: 4:12.29 46.85				
10.	CARDEAL Beatriz Nunes	04	Academico Viseu	5:28.88	+0,82	531	
	50m: 34.23 34.23	150m: 1:58.60 44.05	250m: 3:27.07 46.55	350m: 4:52.44 37.98	400m: 5:28.88 36.44		
	100m: 1:14.55 40.32	200m: 2:40.52 41.92	300m: 4:14.46 47.39				
11.	DOMINGUES Luana Pinto	03	Ba/Bomcar	5:30.09	+0,61	525	
	50m: 33.37 33.37	150m: 1:56.95 44.07	250m: 3:25.04 45.24	350m: 4:51.17 39.22	400m: 5:30.09 38.92		
	100m: 1:12.88 39.51	200m: 2:39.80 42.85	300m: 4:11.95 46.91				
12.	SOUSA Ines Matos	03	Uniao Coimbra	5:30.40	+0,80	523	
	50m: 34.20 34.20	150m: 1:56.78 43.31	250m: 3:28.14 47.28	350m: 4:54.09 37.52	400m: 5:30.40 36.31		
	100m: 1:13.47 39.27	200m: 2:40.86 44.08	300m: 4:16.57 48.43				

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
13.	SOARES Ines Apolinario	03	Pimpoes/Cimai	5:30.81	+0,86	522	
	50m: 35.28 35.28	150m: 2:00.16	43.64	250m: 3:30.98	48.33	350m: 4:58.51	39.19
	100m: 1:16.52 41.24	200m: 2:42.65	42.49	300m: 4:19.32	48.34	400m: 5:30.81	32.30
14.	MARQUES Maria Alexandra	04	Albicastrense	5:32.99	+0,72	511	
	50m: 33.63 33.63	150m: 1:56.38	44.57	250m: 3:28.68	49.05	350m: 4:57.23	39.46
	100m: 1:11.81 38.18	200m: 2:39.63	43.25	300m: 4:17.77	49.09	400m: 5:32.99	35.76
15.	FONSECA Laura Luz	03	Naval de Ponta Delgada	5:33.10	+0,74	511	
	50m: 34.20 34.20	150m: 1:57.44	41.89	250m: 3:28.79	49.72	350m: 4:56.91	37.39
	100m: 1:15.55 41.35	200m: 2:39.07	41.63	300m: 4:19.52	50.73	400m: 5:33.10	36.19
16.	ROCHA Ines Freitas	03	Aquatico Pacense	5:33.36	+0,97	510	
	50m: 34.67 34.67	150m: 1:57.19	43.95	250m: 3:27.69	47.37	350m: 4:55.21	39.61
	100m: 1:13.24 38.57	200m: 2:40.32	43.13	300m: 4:15.60	47.91	400m: 5:33.36	38.15
17.	AMANTES Beatriz Quintao	03	Uniao Piedense	5:34.06	+0,80	506	
	50m: 34.02 34.02	150m: 1:57.25	44.01	250m: 3:28.34	49.14	350m: 4:58.47	39.38
	100m: 1:13.24 39.22	200m: 2:39.20	41.95	300m: 4:19.09	50.75	400m: 5:34.06	35.59
18.	CASTRO Maria Freitas	03	Fafe	5:34.58	+0,74	504	
	50m: 33.49 33.49	150m: 1:59.41	45.78	250m: 3:29.58	45.94	350m: 4:56.72	40.37
	100m: 1:13.63 40.14	200m: 2:43.64	44.23	300m: 4:16.35	46.77	400m: 5:34.58	37.86
	LIMA Eduarda Filipa	04	Vilacondense	5:34.58	+0,89	504	
	50m: 35.19 35.19	150m: 2:00.32	44.48	250m: 3:32.57	50.34	350m: 4:58.56	37.79
	100m: 1:15.84 40.65	200m: 2:42.23	41.91	300m: 4:20.77	48.20	400m: 5:34.58	36.02
20.	HENRIQUES Carolina Porem	04	Sporting	5:35.17	+0,65	501	
	50m: 34.64 34.64	150m: 1:58.49	44.29	250m: 3:30.66	48.34	350m: 4:57.55	38.19
	100m: 1:14.20 39.56	200m: 2:42.32	43.83	300m: 4:19.36	48.70	400m: 5:35.17	37.62
21.	RODRIGUES Ana Luisa	03	Louzan Natacao	5:35.49	+0,75	500	
	50m: 34.56 34.56	150m: 1:59.36	43.11	250m: 3:30.66	48.88	350m: 4:58.30	38.13
	100m: 1:16.25 41.69	200m: 2:41.78	42.42	300m: 4:20.17	49.51	400m: 5:35.49	37.19
22.	CAXARIA Marta Sousa	03	Natacao do Montijo	5:35.70	+0,74	499	
	50m: 34.08 34.08	150m: 1:58.14	43.83	250m: 3:27.41	47.06	350m: 4:55.89	40.64
	100m: 1:14.31 40.23	200m: 2:40.35	42.21	300m: 4:15.25	47.84	400m: 5:35.70	39.81
23.	INACIO Marta Macedo	04	Sporting	5:36.41	+0,84	496	
	50m: 34.39 34.39	150m: 1:58.55	44.49	250m: 3:30.52	49.83	350m: 4:58.56	39.20
	100m: 1:14.06 39.67	200m: 2:40.69	42.14	300m: 4:19.36	48.84	400m: 5:36.41	37.85
24.	COSTA Catarina Nunes	04	Gesloures	5:36.49	+0,85	496	
	50m: 36.34 36.34	150m: 2:05.27	47.77	250m: 3:36.47	47.05	350m: 5:00.62	38.57
	100m: 1:17.50 41.16	200m: 2:49.42	44.15	300m: 4:22.05	45.58	400m: 5:36.49	35.87
25.	JACINTO Ines Filipa	03	Ba/Bomcar	5:36.81	+0,74	494	
	50m: 33.78 33.78	150m: 2:00.94	46.87	250m: 3:32.96	47.02	350m: 5:00.34	39.08
	100m: 1:14.07 40.29	200m: 2:45.94	45.00	300m: 4:21.26	48.30	400m: 5:36.81	36.47
26.	RATO Renata Simoes	03	Nautico Marinha Grande	5:37.04	+0,82	493	
	50m: 36.10 36.10	150m: 2:03.09	45.41	250m: 3:34.88	47.37	350m: 4:59.97	39.75
	100m: 1:17.68 41.58	200m: 2:47.51	44.42	300m: 4:20.22	45.34	400m: 5:37.04	37.07

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
27.	CAMBAS Ema Miranda	03	Naval Povoense	5:38.13	+0,80	488	
	50m: 36.02 36.02	150m: 2:01.58 42.92	250m: 3:32.13 48.95	350m: 5:00.41 39.23			
	100m: 1:18.66 42.64	200m: 2:43.18 41.60	300m: 4:21.18 49.05	400m: 5:38.13 37.72			
28.	FIDALGO Maria Jardim	04	Colegio Vasco da Gama	5:38.95	+0,77	485	
	50m: 35.16 35.16	150m: 1:58.57 44.42	250m: 3:32.32 48.40	350m: 5:00.50 39.12			
	100m: 1:14.15 38.99	200m: 2:43.92 45.35	300m: 4:21.38 49.06	400m: 5:38.95 38.45			
29.	MORGANHO Leonor Alves	04	Alges	5:39.11	+0,86	484	
	50m: 35.16 35.16	150m: 2:01.93 46.70	250m: 3:33.81 47.59	350m: 5:01.17 39.12			
	100m: 1:15.23 40.07	200m: 2:46.22 44.29	300m: 4:22.05 48.24	400m: 5:39.11 37.94			
30.	MONTEIRO Ines Maria	04	Naval Praia da Vitoria	5:41.42	+0,89	474	
	50m: 34.91 34.91	150m: 2:04.05 47.98	250m: 3:38.05 48.10	350m: 5:05.16 37.81			
	100m: 1:16.07 41.16	200m: 2:49.95 45.90	300m: 4:27.35 49.30	400m: 5:41.42 36.26			
31.	MONTEIRO Barbara Oliveira	04	Braga	5:41.61	+1,01	474	
	50m: 37.25 37.25	150m: 2:06.66 47.09	250m: 3:39.77 47.82	350m: 5:05.98 36.97			
	100m: 1:19.57 42.32	200m: 2:51.95 45.29	300m: 4:29.01 49.24	400m: 5:41.61 35.63			
32.	CRUZ Jessica Catarina	04	Aquatico Pacense	5:41.96	+0,96	472	
	50m: 33.76 33.76	150m: 1:58.26 44.83	250m: 3:30.39 47.97	350m: 5:00.52 39.87			
	100m: 1:13.43 39.67	200m: 2:42.42 44.16	300m: 4:20.65 50.26	400m: 5:41.96 41.44			
33.	OLIVEIRA Rita Malafaia	03	Porto	5:41.97	+0,96	472	
	50m: 37.63 37.63	150m: 2:08.38 46.91	250m: 3:38.70 44.94	350m: 5:03.99 38.77			
	100m: 1:21.47 43.84	200m: 2:53.76 45.38	300m: 4:25.22 46.52	400m: 5:41.97 37.98			
34.	SANTOS Madalena Almeida	03	Bombeiros Ponta Delgada	5:42.76	+0,69	469	
	50m: 36.70 36.70	150m: 2:01.00 42.02	250m: 3:34.20 51.14	350m: 5:03.71 39.27			
	100m: 1:18.98 42.28	200m: 2:43.06 42.06	300m: 4:24.44 50.24	400m: 5:42.76 39.05			
35.	SILVA Alexandra Cordeiro	04	Alcobaca	5:44.41	+0,75	462	
	50m: 36.36 36.36	150m: 2:06.81 44.56	250m: 3:39.63 50.46	350m: 5:07.93 38.89			
	100m: 1:22.25 45.89	200m: 2:49.17 42.36	300m: 4:29.04 49.41	400m: 5:44.41 36.48			
36.	DOMINGUES Matilde Mota	03	Colegio SMLamas	5:44.43	+0,77	462	
	50m: 32.99 32.99	150m: 2:00.59 48.51	250m: 3:33.85 45.41	350m: 5:01.66 41.34			
	100m: 1:12.08 39.09	200m: 2:48.44 47.85	300m: 4:20.32 46.47	400m: 5:44.43 42.77			
37.	BARROS Alexia Bastos	04	Fafe	5:44.72	+0,85	461	
	50m: 35.84 35.84	150m: 2:04.39 46.82	250m: 3:38.52 47.46	350m: 5:06.24 39.29			
	100m: 1:17.57 41.73	200m: 2:51.06 46.67	300m: 4:26.95 48.43	400m: 5:44.72 38.48			
38.	REIS Maria Joao	04	Nautico Marinha Grande	5:45.36	+0,76	458	
	50m: 38.70 38.70	150m: 2:05.66 42.80	250m: 3:39.23 51.10	350m: 5:08.82 37.66			
	100m: 1:22.86 44.16	200m: 2:48.13 42.47	300m: 4:31.16 51.93	400m: 5:45.36 36.54			
39.	GERALDES Madalena Graca	04	Sporting	5:45.42	+0,82	458	
	50m: 34.72 34.72	150m: 2:03.35 45.69	250m: 3:35.89 48.25	350m: 5:07.11 40.01			
	100m: 1:17.66 42.94	200m: 2:47.64 44.29	300m: 4:27.10 51.21	400m: 5:45.42 38.31			
40.	SIMOES Rita Mendes	04	Ba/Bomcar	5:45.46	+0,86	458	
	50m: 36.46 36.46	150m: 2:05.81 45.99	250m: 3:40.83 50.50	350m: 5:08.88 37.63			
	100m: 1:19.82 43.36	200m: 2:50.33 44.52	300m: 4:31.25 50.42	400m: 5:45.46 36.58			

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
41.	SILVA Ana Catarina	04	Fundacao Beatriz Santos	5:45.72	+0,91	457	
	50m: 39.15 39.15	150m: 2:11.72	46.06	250m: 3:44.29	48.03	350m: 5:09.46	38.22
	100m: 1:25.66 46.51	200m: 2:56.26	44.54	300m: 4:31.24	46.95	400m: 5:45.72	36.26
42.	SOUSA Ana Pereira	03	Freguesia de Paiao	5:46.36	+0,95	454	
	50m: 35.98 35.98	150m: 2:07.23	47.35	250m: 3:38.37	46.39	350m: 5:07.58	40.53
	100m: 1:19.88 43.90	200m: 2:51.98	44.75	300m: 4:27.05	48.68	400m: 5:46.36	38.78
43.	COELHO Joana Marinho	04	Sporting	5:46.48	+0,70	454	
	50m: 35.51 35.51	150m: 2:02.40	44.08	250m: 3:36.10	50.60	350m: 5:07.47	39.33
	100m: 1:18.32 42.81	200m: 2:45.50	43.10	300m: 4:28.14	52.04	400m: 5:46.48	39.01
44.	SOUSA Ana Correia	04	Pimpoes/Cimai	5:47.35	+0,76	450	
	50m: 36.03 36.03	150m: 2:05.51	45.48	250m: 3:37.52	49.22	350m: 5:08.09	40.33
	100m: 1:20.03 44.00	200m: 2:48.30	42.79	300m: 4:27.76	50.24	400m: 5:47.35	39.26
45.	COSTA Leonor Horta	04	Nautico Academico	5:47.50	+0,93	450	
	50m: 34.97 34.97	150m: 2:02.25	44.48	250m: 3:38.12	51.62	350m: 5:07.95	39.63
	100m: 1:17.77 42.80	200m: 2:46.50	44.25	300m: 4:28.32	50.20	400m: 5:47.50	39.55
46.	MENDES Ana Sebastiao	04	Portinado	5:49.48	+0,71	442	
	50m: 33.64 33.64	150m: 2:01.39	44.13	250m: 3:37.97	51.73	350m: 5:10.11	39.74
	100m: 1:17.26 43.62	200m: 2:46.24	44.85	300m: 4:30.37	52.40	400m: 5:49.48	39.37

Prova 16
27-07-2018 - 9:45

Femin., 400m Estilos

Juvenis B
Resultados Elimin

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

TAC 50m: 5:40.41 - 25m: 5:32.35

Pontos: FINA 2018

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	CUNHA Mariana Pacheco	04	Fluvial Portuense	5:13.32	+0,74	614	
	50m: 31.93 31.93	150m: 1:50.78	41.78	250m: 3:15.31	45.09	350m: 4:37.98	36.84
	100m: 1:09.00 37.07	200m: 2:30.22	39.44	300m: 4:01.14	45.83	400m: 5:13.32	35.34
2.	RODRIGUES Lidiana Correia	04	Belenenses	5:21.09	+0,81	570	
	50m: 33.87 33.87	150m: 1:56.60	42.12	250m: 3:21.94	43.13	350m: 4:45.33	38.26
	100m: 1:14.48 40.61	200m: 2:38.81	42.21	300m: 4:07.07	45.13	400m: 5:21.09	35.76
3.	PEREIRA Maria Gomes	04	Alges	5:21.39	+0,73	569	
	50m: 33.60 33.60	150m: 1:57.39	44.40	250m: 3:23.63	45.69	350m: 4:46.22	37.48
	100m: 1:12.99 39.39	200m: 2:37.94	40.55	300m: 4:08.74	45.11	400m: 5:21.39	35.17
4.	FLORENCIO Matilde Alves	04	CASP AE	5:23.89	+0,77	556	
	50m: 33.06 33.06	150m: 1:55.57	42.69	250m: 3:23.98	46.07	350m: 4:48.28	36.00
	100m: 1:12.88 39.82	200m: 2:37.91	42.34	300m: 4:12.28	48.30	400m: 5:23.89	35.61
5.	MONTEIRO Ana Carolina	04	Uniao Coimbra	5:28.81	+0,83	531	
	50m: 33.83 33.83	150m: 1:55.51	43.39	250m: 3:25.44	47.14	350m: 4:50.99	38.70
	100m: 1:12.12 38.29	200m: 2:38.30	42.79	300m: 4:12.29	46.85	400m: 5:28.81	37.82

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
6.	CARDEAL Beatriz Nunes	04	Academico Viseu	5:28.88	+0,82	531	
	50m: 34.23 34.23 150m: 1:58.60 44.05 250m: 3:27.07 46.55 350m: 4:52.44 37.98						
	100m: 1:14.55 40.32 200m: 2:40.52 41.92 300m: 4:14.46 47.39 400m: 5:28.88 36.44						
7.	MARQUES Maria Alexandra	04	Albicastrense	5:32.99	+0,72	511	
	50m: 33.63 33.63 150m: 1:56.38 44.57 250m: 3:28.68 49.05 350m: 4:57.23 39.46						
	100m: 1:11.81 38.18 200m: 2:39.63 43.25 300m: 4:17.77 49.09 400m: 5:32.99 35.76						
8.	LIMA Eduarda Filipa	04	Vilacondense	5:34.58	+0,89	504	
	50m: 35.19 35.19 150m: 2:00.32 44.48 250m: 3:32.57 50.34 350m: 4:58.56 37.79						
	100m: 1:15.84 40.65 200m: 2:42.23 41.91 300m: 4:20.77 48.20 400m: 5:34.58 36.02						
9.	HENRIQUES Carolina Porem	04	Sporting	5:35.17	+0,65	501	
	50m: 34.64 34.64 150m: 1:58.49 44.29 250m: 3:30.66 48.34 350m: 4:57.55 38.19						
	100m: 1:14.20 39.56 200m: 2:42.32 43.83 300m: 4:19.36 48.70 400m: 5:35.17 37.62						
10.	INACIO Marta Macedo	04	Sporting	5:36.41	+0,84	496	
	50m: 34.39 34.39 150m: 1:58.55 44.49 250m: 3:30.52 49.83 350m: 4:58.56 39.20						
	100m: 1:14.06 39.67 200m: 2:40.69 42.14 300m: 4:19.36 48.84 400m: 5:36.41 37.85						
11.	COSTA Catarina Nunes	04	Gesloures	5:36.49	+0,85	496	
	50m: 36.34 36.34 150m: 2:05.27 47.77 250m: 3:36.47 47.05 350m: 5:00.62 38.57						
	100m: 1:17.50 41.16 200m: 2:49.42 44.15 300m: 4:22.05 45.58 400m: 5:36.49 35.87						
12.	FIDALGO Maria Jardim	04	Colegio Vasco da Gama	5:38.95	+0,77	485	
	50m: 35.16 35.16 150m: 1:58.57 44.42 250m: 3:32.32 48.40 350m: 5:00.50 39.12						
	100m: 1:14.15 38.99 200m: 2:43.92 45.35 300m: 4:21.38 49.06 400m: 5:38.95 38.45						
13.	MORGANHO Leonor Alves	04	Alges	5:39.11	+0,86	484	
	50m: 35.16 35.16 150m: 2:01.93 46.70 250m: 3:33.81 47.59 350m: 5:01.17 39.12						
	100m: 1:15.23 40.07 200m: 2:46.22 44.29 300m: 4:22.05 48.24 400m: 5:39.11 37.94						
14.	MONTEIRO Ines Maria	04	Naval Praia da Vitoria	5:41.42	+0,89	474	
	50m: 34.91 34.91 150m: 2:04.05 47.98 250m: 3:38.05 48.10 350m: 5:05.16 37.81						
	100m: 1:16.07 41.16 200m: 2:49.95 45.90 300m: 4:27.35 49.30 400m: 5:41.42 36.26						
15.	MONTEIRO Barbara Oliveira	04	Braga	5:41.61	+1,01	474	
	50m: 37.25 37.25 150m: 2:06.66 47.09 250m: 3:39.77 47.82 350m: 5:05.98 36.97						
	100m: 1:19.57 42.32 200m: 2:51.95 45.29 300m: 4:29.01 49.24 400m: 5:41.61 35.63						
16.	CRUZ Jessica Catarina	04	Aquatico Pacense	5:41.96	+0,96	472	
	50m: 33.76 33.76 150m: 1:58.26 44.83 250m: 3:30.39 47.97 350m: 5:00.52 39.87						
	100m: 1:13.43 39.67 200m: 2:42.42 44.16 300m: 4:20.65 50.26 400m: 5:41.96 41.44						
17.	SILVA Alexandra Cordeiro	04	Alcobaca	5:44.41	+0,75	462	
	50m: 36.36 36.36 150m: 2:06.81 44.56 250m: 3:39.63 50.46 350m: 5:07.93 38.89						
	100m: 1:22.25 45.89 200m: 2:49.17 42.36 300m: 4:29.04 49.41 400m: 5:44.41 36.48						
18.	BARROS Alexia Bastos	04	Fafe	5:44.72	+0,85	461	
	50m: 35.84 35.84 150m: 2:04.39 46.82 250m: 3:38.52 47.46 350m: 5:06.24 39.29						
	100m: 1:17.57 41.73 200m: 2:51.06 46.67 300m: 4:26.95 48.43 400m: 5:44.72 38.48						
19.	REIS Maria Joao	04	Nautico Marinha Grande	5:45.36	+0,76	458	
	50m: 38.70 38.70 150m: 2:05.66 42.80 250m: 3:39.23 51.10 350m: 5:08.82 37.66						
	100m: 1:22.86 44.16 200m: 2:48.13 42.47 300m: 4:31.16 51.93 400m: 5:45.36 36.54						

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
20.	GERALDES Madalena Graca	04	Sporting	5:45.42	+0,82	458	
	50m: 34.72 34.72	150m: 2:03.35 45.69	250m: 3:35.89 48.25	350m: 5:07.11 40.01			
	100m: 1:17.66 42.94	200m: 2:47.64 44.29	300m: 4:27.10 51.21	400m: 5:45.42 38.31			
21.	SIMOES Rita Mendes	04	Ba/Bomcar	5:45.46	+0,86	458	
	50m: 36.46 36.46	150m: 2:05.81 45.99	250m: 3:40.83 50.50	350m: 5:08.88 37.63			
	100m: 1:19.82 43.36	200m: 2:50.33 44.52	300m: 4:31.25 50.42	400m: 5:45.46 36.58			
22.	SILVA Ana Catarina	04	Fundacao Beatriz Santos	5:45.72	+0,91	457	
	50m: 39.15 39.15	150m: 2:11.72 46.06	250m: 3:44.29 48.03	350m: 5:09.46 38.22			
	100m: 1:25.66 46.51	200m: 2:56.26 44.54	300m: 4:31.24 46.95	400m: 5:45.72 36.26			
23.	COELHO Joana Marinho	04	Sporting	5:46.48	+0,70	454	
	50m: 35.51 35.51	150m: 2:02.40 44.08	250m: 3:36.10 50.60	350m: 5:07.47 39.33			
	100m: 1:18.32 42.81	200m: 2:45.50 43.10	300m: 4:28.14 52.04	400m: 5:46.48 39.01			
24.	SOUSA Ana Correia	04	Pimpoes/Cimai	5:47.35	+0,76	450	
	50m: 36.03 36.03	150m: 2:05.51 45.48	250m: 3:37.52 49.22	350m: 5:08.09 40.33			
	100m: 1:20.03 44.00	200m: 2:48.30 42.79	300m: 4:27.76 50.24	400m: 5:47.35 39.26			
25.	COSTA Leonor Horta	04	Nautico Academico	5:47.50	+0,93	450	
	50m: 34.97 34.97	150m: 2:02.25 44.48	250m: 3:38.12 51.62	350m: 5:07.95 39.63			
	100m: 1:17.77 42.80	200m: 2:46.50 44.25	300m: 4:28.32 50.20	400m: 5:47.50 39.55			
26.	MENDES Ana Sebastiao	04	Portinado	5:49.48	+0,71	442	
	50m: 33.64 33.64	150m: 2:01.39 44.13	250m: 3:37.97 51.73	350m: 5:10.11 39.74			
	100m: 1:17.26 43.62	200m: 2:46.24 44.85	300m: 4:30.37 52.40	400m: 5:49.48 39.37			

Prova 16 Femin., 400m Estilos Juvenis A
27-07-2018 - 9:45 Resultados Elimin

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

TAC 50m: 5:40.41 - 25m: 5:24.99

Pontos: FINA 2018

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	REBELO Maria Carlota	03	Uniao Coimbra	5:13.70	+0,78	612	
	50m: 32.85 32.85	150m: 1:52.31 42.25	250m: 3:16.92 42.83	350m: 4:37.89 37.21			
	100m: 1:10.06 37.21	200m: 2:34.09 41.78	300m: 4:00.68 43.76	400m: 5:13.70 35.81			
2.	FIAL Sofia Nunes	03	Estamos Juntos	5:18.26	+0,82	586	
	50m: 34.41 34.41	150m: 1:56.27 42.36	250m: 3:21.07 43.92	350m: 4:43.68 37.60			
	100m: 1:13.91 39.50	200m: 2:37.15 40.88	300m: 4:06.08 45.01	400m: 5:18.26 34.58			
3.	AMORIM Maria Leonor	03	Porto	5:19.22	+0,73	580	
	50m: 33.68 33.68	150m: 1:54.55 40.38	250m: 3:19.82 45.08	350m: 4:43.59 37.06			
	100m: 1:14.17 40.49	200m: 2:34.74 40.19	300m: 4:06.53 46.71	400m: 5:19.22 35.63			
4.	NEVES Sara Dias	03	Miranda do Corvo	5:24.16	+0,75	554	
	50m: 34.66 34.66	150m: 1:55.72 42.50	250m: 3:23.25 45.94	350m: 4:46.47 37.91			
	100m: 1:13.22 38.56	200m: 2:37.31 41.59	300m: 4:08.56 45.31	400m: 5:24.16 37.69			

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
5.	DOMINGUES Luana Pinto	03	Ba/Bomcar	5:30.09	+0,61	525	
	50m: 33.37 33.37	150m: 1:56.95 44.07	250m: 3:25.04 45.24	350m: 4:51.17 39.22			
	100m: 1:12.88 39.51	200m: 2:39.80 42.85	300m: 4:11.95 46.91	400m: 5:30.09 38.92			
6.	SOUSA Ines Matos	03	Uniao Coimbra	5:30.40	+0,80	523	
	50m: 34.20 34.20	150m: 1:56.78 43.31	250m: 3:28.14 47.28	350m: 4:54.09 37.52			
	100m: 1:13.47 39.27	200m: 2:40.86 44.08	300m: 4:16.57 48.43	400m: 5:30.40 36.31			
7.	SOARES Ines Apolinario	03	Pimpoes/Cimai	5:30.81	+0,86	522	
	50m: 35.28 35.28	150m: 2:00.16 43.64	250m: 3:30.98 48.33	350m: 4:58.51 39.19			
	100m: 1:16.52 41.24	200m: 2:42.65 42.49	300m: 4:19.32 48.34	400m: 5:30.81 32.30			
8.	FONSECA Laura Luz	03	Naval de Ponta Delgada	5:33.10	+0,74	511	
	50m: 34.20 34.20	150m: 1:57.44 41.89	250m: 3:28.79 49.72	350m: 4:56.91 37.39			
	100m: 1:15.55 41.35	200m: 2:39.07 41.63	300m: 4:19.52 50.73	400m: 5:33.10 36.19			
9.	ROCHA Ines Freitas	03	Aquatico Pacense	5:33.36	+0,97	510	
	50m: 34.67 34.67	150m: 1:57.19 43.95	250m: 3:27.69 47.37	350m: 4:55.21 39.61			
	100m: 1:13.24 38.57	200m: 2:40.32 43.13	300m: 4:15.60 47.91	400m: 5:33.36 38.15			
10.	AMANTES Beatriz Quintao	03	Uniao Piedense	5:34.06	+0,80	506	
	50m: 34.02 34.02	150m: 1:57.25 44.01	250m: 3:28.34 49.14	350m: 4:58.47 39.38			
	100m: 1:13.24 39.22	200m: 2:39.20 41.95	300m: 4:19.09 50.75	400m: 5:34.06 35.59			
11.	CASTRO Maria Freitas	03	Fafe	5:34.58	+0,74	504	
	50m: 33.49 33.49	150m: 1:59.41 45.78	250m: 3:29.58 45.94	350m: 4:56.72 40.37			
	100m: 1:13.63 40.14	200m: 2:43.64 44.23	300m: 4:16.35 46.77	400m: 5:34.58 37.86			
12.	RODRIGUES Ana Luisa	03	Louzan Natacao	5:35.49	+0,75	500	
	50m: 34.56 34.56	150m: 1:59.36 43.11	250m: 3:30.66 48.88	350m: 4:58.30 38.13			
	100m: 1:16.25 41.69	200m: 2:41.78 42.42	300m: 4:20.17 49.51	400m: 5:35.49 37.19			
13.	CAXARIA Marta Sousa	03	Natacao do Montijo	5:35.70	+0,74	499	
	50m: 34.08 34.08	150m: 1:58.14 43.83	250m: 3:27.41 47.06	350m: 4:55.89 40.64			
	100m: 1:14.31 40.23	200m: 2:40.35 42.21	300m: 4:15.25 47.84	400m: 5:35.70 39.81			
14.	JACINTO Ines Filipa	03	Ba/Bomcar	5:36.81	+0,74	494	
	50m: 33.78 33.78	150m: 2:00.94 46.87	250m: 3:32.96 47.02	350m: 5:00.34 39.08			
	100m: 1:14.07 40.29	200m: 2:45.94 45.00	300m: 4:21.26 48.30	400m: 5:36.81 36.47			
15.	RATO Renata Simoes	03	Nautico Marinha Grande	5:37.04	+0,82	493	
	50m: 36.10 36.10	150m: 2:03.09 45.41	250m: 3:34.88 47.37	350m: 4:59.97 39.75			
	100m: 1:17.68 41.58	200m: 2:47.51 44.42	300m: 4:20.22 45.34	400m: 5:37.04 37.07			
16.	CAMBAS Ema Miranda	03	Naval Povoense	5:38.13	+0,80	488	
	50m: 36.02 36.02	150m: 2:01.58 42.92	250m: 3:32.13 48.95	350m: 5:00.41 39.23			
	100m: 1:18.66 42.64	200m: 2:43.18 41.60	300m: 4:21.18 49.05	400m: 5:38.13 37.72			
17.	OLIVEIRA Rita Malafaia	03	Porto	5:41.97	+0,96	472	
	50m: 37.63 37.63	150m: 2:08.38 46.91	250m: 3:38.70 44.94	350m: 5:03.99 38.77			
	100m: 1:21.47 43.84	200m: 2:53.76 45.38	300m: 4:25.22 46.52	400m: 5:41.97 37.98			
18.	SANTOS Madalena Almeida	03	Bombeiros Ponta Delgada	5:42.76	+0,69	469	
	50m: 36.70 36.70	150m: 2:01.00 42.02	250m: 3:34.20 51.14	350m: 5:03.71 39.27			
	100m: 1:18.98 42.28	200m: 2:43.06 42.06	300m: 4:24.44 50.24	400m: 5:42.76 39.05			

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
19.	DOMINGUES Matilde Mota	03	Colegio SMLamas	5:44.43	+0,77	462	
	50m: 32.99 32.99	150m: 2:00.59	48.51	250m: 3:33.85	45.41	350m: 5:01.66	41.34
	100m: 1:12.08 39.09	200m: 2:48.44	47.85	300m: 4:20.32	46.47	400m: 5:44.43	42.77
20.	SOUSA Ana Pereira	03	Freguesia de Paiao	5:46.36	+0,95	454	
	50m: 35.98 35.98	150m: 2:07.23	47.35	250m: 3:38.37	46.39	350m: 5:07.58	40.53
	100m: 1:19.88 43.90	200m: 2:51.98	44.75	300m: 4:27.05	48.68	400m: 5:46.36	38.78

Prova 16

Femin., 400m Estilos

Junior 16

27-07-2018 - 9:45

Resultados Elimin

Rec Nac Absoluto	4:40.11	KAMINSKAYA Victoria	POR	Pontevedra (ESP)	09-04-2017
Rec Nac Jun16	4:54.00	ROCHA Ines Neto	SANNP	Gijón (ESP)	20-05-2017

TAC Jun 50m: 5:28.49 - 25m: 5:17.49

Pontos: FINA 2018

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	MESQUITA Francisca Salvador	02	Colegio Monte Maior	5:05.75	+0,78	661	
	50m: 31.51 31.51	150m: 1:47.70	40.01	250m: 3:11.11	42.36	350m: 4:31.49	36.05
	100m: 1:07.69 36.18	200m: 2:28.75	41.05	300m: 3:55.44	44.33	400m: 5:05.75	34.26
2.	SOUSA Ana Reis	02	Litoral Alentejano	5:05.85	+0,71	660	
	50m: 32.42 32.42	150m: 1:50.48	41.08	250m: 3:14.34	44.31	350m: 4:32.57	34.77
	100m: 1:09.40 36.98	200m: 2:30.03	39.55	300m: 3:57.80	43.46	400m: 5:05.85	33.28
3.	CARDEAL Joana Nunes	02	Academico Viseu	5:06.46	+0,83	656	
	50m: 32.35 32.35	150m: 1:49.79	40.80	250m: 3:13.63	44.67	350m: 4:33.89	34.75
	100m: 1:08.99 36.64	200m: 2:28.96	39.17	300m: 3:59.14	45.51	400m: 5:06.46	32.57
4.	MENDES Mariana Amaral	02	Colegio Monte Maior	5:07.72	+0,76	648	
	50m: 32.81 32.81	150m: 1:50.89	41.13	250m: 3:14.85	43.85	350m: 4:33.17	35.16
	100m: 1:09.76 36.95	200m: 2:31.00	40.11	300m: 3:58.01	43.16	400m: 5:07.72	34.55
5.	PINA Ana Sofia	02	O Crasto	5:08.64	+0,81	642	
	50m: 31.87 31.87	150m: 1:49.21	40.22	250m: 3:13.74	45.22	350m: 4:33.87	35.04
	100m: 1:08.99 37.12	200m: 2:28.52	39.31	300m: 3:58.83	45.09	400m: 5:08.64	34.77
6.	SILVA Natacha Sofia	02	Benfica	5:17.07	+0,81	592	
	50m: 33.26 33.26	150m: 1:55.03	43.93	250m: 3:20.43	43.37	350m: 4:41.60	36.73
	100m: 1:11.10 37.84	200m: 2:37.06	42.03	300m: 4:04.87	44.44	400m: 5:17.07	35.47
7.	MONTEIRO Margarida Cabral	02	Galitos / Bresimar	5:19.62	+0,74	578	
	50m: 34.12 34.12	150m: 1:53.99	40.16	250m: 3:19.54	45.44	350m: 4:42.97	36.13
	100m: 1:13.83 39.71	200m: 2:34.10	40.11	300m: 4:06.84	47.30	400m: 5:19.62	36.65
8.	FERNANDES Filipa Viamonte	02	Vitoria Guimaraes	5:21.36	+0,84	569	
	50m: 32.62 32.62	150m: 1:53.53	42.59	250m: 3:22.76	47.49	350m: 4:45.54	36.06
	100m: 1:10.94 38.32	200m: 2:35.27	41.74	300m: 4:09.48	46.72	400m: 5:21.36	35.82
9.	OLIVEIRA Mafalda Joana	02	Aquatico Pacense	5:22.93	+0,83	561	
	50m: 32.34 32.34	150m: 1:51.87	43.27	250m: 3:19.73	46.63	350m: 4:45.23	39.39
	100m: 1:08.60 36.26	200m: 2:33.10	41.23	300m: 4:05.84	46.11	400m: 5:22.93	37.70

ORGANIZAÇÃO



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PARCEIROS



Prova 16, Femin., 400m Estilos, Elimin

Prova 16 Femin., 400m Estilos Junior 17
27-07-2018 - 9:45 Resultados Elimin

Rec Nac Absoluto	4:40.11	KAMINSKAYA Victoria	POR	Pontevedra (ESP)	09-04-2017
Rec Nac Jun17	4:52.12	KAMINSKAYA Victoria	PIMP	Oeiras	27-07-2012

TAC Jun 50m: 5:28.49 - 25m: 5:17.49

Pontos: FINA 2018

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	MACHADO Luisa Maria	01	Uniao Piedense	5:01.93	+0,81	686	
	50m: 31.61 31.61	150m: 1:49.08 40.26	250m: 3:09.73 41.07	350m: 4:26.97 35.47			
	100m: 1:08.82 37.21	200m: 2:28.66 39.58	300m: 3:51.50 41.77	400m: 5:01.93 34.96			
2.	VEIGA Ana Filipa	01	Gafanha da Encarnacao	5:20.97	+0,79	571	
	50m: 34.21 34.21	150m: 1:58.06 44.49	250m: 3:24.37 43.04	350m: 4:44.60 37.35			
	100m: 1:13.57 39.36	200m: 2:41.33 43.27	300m: 4:07.25 42.88	400m: 5:20.97 36.37			
3.	MATOS Lara Beatriz	01	Famalicao	5:30.54	+0,92	523	
	50m: 33.63 33.63	150m: 1:56.85 43.85	250m: 3:26.76 47.27	350m: 4:52.97 37.81			
	100m: 1:13.00 39.37	200m: 2:39.49 42.64	300m: 4:15.16 48.40	400m: 5:30.54 37.57			

Prova 16 Femin., 400m Estilos Seniores
27-07-2018 - 9:45 Resultados Elimin

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

TAC 50m: 5:18.50 - 25m: 5:07.00

Pontos: FINA 2018

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	HENRIQUES Ines Jacinto	00	Pimpoes/Cimai	5:02.43	+0,71	683	
	50m: 30.78 30.78	150m: 1:44.35 39.31	250m: 3:08.60 45.39	350m: 4:28.34 34.72			
	100m: 1:05.04 34.26	200m: 2:23.21 38.86	300m: 3:53.62 45.02	400m: 5:02.43 34.09			
2.	MARTINS Ana Beatriz	99	Famalicao	5:04.55	+0,76	669	
	50m: 32.24 32.24	150m: 1:48.42 40.61	250m: 3:12.23 43.78	350m: 4:29.81 34.84			
	100m: 1:07.81 35.57	200m: 2:28.45 40.03	300m: 3:54.97 42.74	400m: 5:04.55 34.74			
3.	VARGAS Giovanna Vaz	00	Nautico Marinha Grande	5:06.43	+0,78	656	
	50m: 32.47 32.47	150m: 1:47.63 40.21	250m: 3:11.33 44.31	350m: 4:31.43 36.07			
	100m: 1:07.42 34.95	200m: 2:27.02 39.39	300m: 3:55.36 44.03	400m: 5:06.43 35.00			
4.	BERNARDO Ines Silva	00	Benfica	5:17.44	+0,74	590	
	50m: 32.68 32.68	150m: 1:52.31 41.98	250m: 3:19.70 45.20	350m: 4:41.08 36.35			
	100m: 1:10.33 37.65	200m: 2:34.50 42.19	300m: 4:04.73 45.03	400m: 5:17.44 36.36			
5.	RIBEIRO Margarida Messias	98	Gesloures	5:20.29	+0,76	575	
	50m: 33.04 33.04	150m: 1:54.51 42.11	250m: 3:19.24 43.57	350m: 4:43.74 37.87			
	100m: 1:12.40 39.36	200m: 2:35.67 41.16	300m: 4:05.87 46.63	400m: 5:20.29 36.55			

Prova 16, Femin., 400m Estilos, Elimin

Prova 16
27-07-2018 - 9:45

Femin., 400m Estilos

Absolutos
Resultados Elimin

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

TAC Sen 50m: 5:18.50 - 25m: 5:07.00; Jun 50m: 5:28.49 - 25m: 5:17.49

Pontos: FINA 2018

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	MACHADO Luisa Maria	01	Uniao Piedense	5:01.93	+0,81	686	
	50m: 31.61 31.61	150m: 1:49.08 40.26	250m: 3:09.73 41.07	350m: 4:26.97 35.47			
	100m: 1:08.82 37.21	200m: 2:28.66 39.58	300m: 3:51.50 41.77	400m: 5:01.93 34.96			
2.	HENRIQUES Ines Jacinto	00	Pimpoes/Cimai	5:02.43	+0,71	683	
	50m: 30.78 30.78	150m: 1:44.35 39.31	250m: 3:08.60 45.39	350m: 4:28.34 34.72			
	100m: 1:05.04 34.26	200m: 2:23.21 38.86	300m: 3:53.62 45.02	400m: 5:02.43 34.09			
3.	MARTINS Ana Beatriz	99	Famalicao	5:04.55	+0,76	669	
	50m: 32.24 32.24	150m: 1:48.42 40.61	250m: 3:12.23 43.78	350m: 4:29.81 34.84			
	100m: 1:07.81 35.57	200m: 2:28.45 40.03	300m: 3:54.97 42.74	400m: 5:04.55 34.74			
4.	MESQUITA Francisca Salvador	02	Colegio Monte Maior	5:05.75	+0,78	661	
	50m: 31.51 31.51	150m: 1:47.70 40.01	250m: 3:11.11 42.36	350m: 4:31.49 36.05			
	100m: 1:07.69 36.18	200m: 2:28.75 41.05	300m: 3:55.44 44.33	400m: 5:05.75 34.26			
5.	SOUSA Ana Reis	02	Litoral Alentejano	5:05.85	+0,71	660	
	50m: 32.42 32.42	150m: 1:50.48 41.08	250m: 3:14.34 44.31	350m: 4:32.57 34.77			
	100m: 1:09.40 36.98	200m: 2:30.03 39.55	300m: 3:57.80 43.46	400m: 5:05.85 33.28			
6.	VARGAS Giovanna Vaz	00	Nautico Marinha Grande	5:06.43	+0,78	656	
	50m: 32.47 32.47	150m: 1:47.63 40.21	250m: 3:11.33 44.31	350m: 4:31.43 36.07			
	100m: 1:07.42 34.95	200m: 2:27.02 39.39	300m: 3:55.36 44.03	400m: 5:06.43 35.00			
7.	CARDEAL Joana Nunes	02	Academico Viseu	5:06.46	+0,83	656	
	50m: 32.35 32.35	150m: 1:49.79 40.80	250m: 3:13.63 44.67	350m: 4:33.89 34.75			
	100m: 1:08.99 36.64	200m: 2:28.96 39.17	300m: 3:59.14 45.51	400m: 5:06.46 32.57			
8.	MENDES Mariana Amaral	02	Colegio Monte Maior	5:07.72	+0,76	648	
	50m: 32.81 32.81	150m: 1:50.89 41.13	250m: 3:14.85 43.85	350m: 4:33.17 35.16			
	100m: 1:09.76 36.95	200m: 2:31.00 40.11	300m: 3:58.01 43.16	400m: 5:07.72 34.55			
9.	PINA Ana Sofia	02	O Crasto	5:08.64	+0,81	642	
	50m: 31.87 31.87	150m: 1:49.21 40.22	250m: 3:13.74 45.22	350m: 4:33.87 35.04			
	100m: 1:08.99 37.12	200m: 2:28.52 39.31	300m: 3:58.83 45.09	400m: 5:08.64 34.77			
10.	SILVA Natacha Sofia	02	Benfica	5:17.07	+0,81	592	
	50m: 33.26 33.26	150m: 1:55.03 43.93	250m: 3:20.43 43.37	350m: 4:41.60 36.73			
	100m: 1:11.10 37.84	200m: 2:37.06 42.03	300m: 4:04.87 44.44	400m: 5:17.07 35.47			
11.	BERNARDO Ines Silva	00	Benfica	5:17.44	+0,74	590	
	50m: 32.68 32.68	150m: 1:52.31 41.98	250m: 3:19.70 45.20	350m: 4:41.08 36.35			
	100m: 1:10.33 37.65	200m: 2:34.50 42.19	300m: 4:04.73 45.03	400m: 5:17.44 36.36			
12.	MONTEIRO Margarida Cabral	02	Galitos / Bresimar	5:19.62	+0,74	578	
	50m: 34.12 34.12	150m: 1:53.99 40.16	250m: 3:19.54 45.44	350m: 4:42.97 36.13			
	100m: 1:13.83 39.71	200m: 2:34.10 40.11	300m: 4:06.84 47.30	400m: 5:19.62 36.65			

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
13.	RIBEIRO Margarida Messias	98	Gesloures	5:20.29	+0,76	575	
	50m: 33.04 33.04	150m: 1:54.51 42.11	250m: 3:19.24 43.57	350m: 4:43.74 37.87			
	100m: 1:12.40 39.36	200m: 2:35.67 41.16	300m: 4:05.87 46.63	400m: 5:20.29 36.55			
14.	VEIGA Ana Filipa	01	Gafanha da Encarnacao	5:20.97	+0,79	571	
	50m: 34.21 34.21	150m: 1:58.06 44.49	250m: 3:24.37 43.04	350m: 4:44.60 37.35			
	100m: 1:13.57 39.36	200m: 2:41.33 43.27	300m: 4:07.25 42.88	400m: 5:20.97 36.37			
15.	FERNANDES Filipa Viamonte	02	Vitoria Guimaraes	5:21.36	+0,84	569	
	50m: 32.62 32.62	150m: 1:53.53 42.59	250m: 3:22.76 47.49	350m: 4:45.54 36.06			
	100m: 1:10.94 38.32	200m: 2:35.27 41.74	300m: 4:09.48 46.72	400m: 5:21.36 35.82			
16.	OLIVEIRA Mafalda Joana	02	Aquatico Pacense	5:22.93	+0,83	561	
	50m: 32.34 32.34	150m: 1:51.87 43.27	250m: 3:19.73 46.63	350m: 4:45.23 39.39			
	100m: 1:08.60 36.26	200m: 2:33.10 41.23	300m: 4:05.84 46.11	400m: 5:22.93 37.70			
17.	MATOS Lara Beatriz	01	Famalicao	5:30.54	+0,92	523	
	50m: 33.63 33.63	150m: 1:56.85 43.85	250m: 3:26.76 47.27	350m: 4:52.97 37.81			
	100m: 1:13.00 39.37	200m: 2:39.49 42.64	300m: 4:15.16 48.40	400m: 5:30.54 37.57			

Prova 16

Femin., 400m Estilos

Open

27-07-2018 - 9:45

Resultados Elimin

Rec	Nac	Tempo	Nac	Clube	País	Local	Data
Rec Nac Absoluto	4:40.11	KAMINSKAYA	Victoria	POR	Pontevedra (ESP)	09-04-2017	
Rec Nac Sen	4:40.11	KAMINSKAYA	Victoria	POR	Pontevedra (ESP)	09-04-2017	
Rec Nac Jun17	4:52.12	KAMINSKAYA	Victoria	PIMP	Oeiras	27-07-2012	
Rec Nac Jun16	4:54.00	ROCHA	Ines Neto	SANNP	Gijón (ESP)	20-05-2017	
Rec Nac Juv A	4:58.08	DURAES	Diana Margarida	FOCA	Póvoa de Varzim	05-08-2011	
Rec Nac Juv B	5:01.00	ROCHA	Ines Neto	CAP	Coimbra	24-07-2015	
Rec Nac Juv B	5:01.00	ROCHA	Ines Neto	CAP	Coimbra	24-07-2015	
Rec Nac Inf A	5:11.29	ROCHA	Diana Ramos	EDV	Faro	20-07-2007	
Rec Nac Inf B	5:14.05	RUIVO	Filipa Vilas	DNMG	S. João da Madeira	24-07-2009	

TAC Sen 50m: 5:18.50 - 25m: 5:07.00; Jun 50m: 5:28.49 - 25m: 5:17.49; Juv A 50m: 5:40.41 - 25m: 5:24.99; Juv B 50m: 5:40.41 - 25m: 5:32.35

Pontos: FINA 2018

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	MACHADO Luisa Maria	01	Uniao Piedense	5:01.93	+0,81	686	
	50m: 31.61 31.61	150m: 1:49.08 40.26	250m: 3:09.73 41.07	350m: 4:26.97 35.47			
	100m: 1:08.82 37.21	200m: 2:28.66 39.58	300m: 3:51.50 41.77	400m: 5:01.93 34.96			
2.	HENRIQUES Ines Jacinto	00	Pimpoes/Cimai	5:02.43	+0,71	683	
	50m: 30.78 30.78	150m: 1:44.35 39.31	250m: 3:08.60 45.39	350m: 4:28.34 34.72			
	100m: 1:05.04 34.26	200m: 2:23.21 38.86	300m: 3:53.62 45.02	400m: 5:02.43 34.09			
3.	MARTINS Ana Beatriz	99	Famalicao	5:04.55	+0,76	669	
	50m: 32.24 32.24	150m: 1:48.42 40.61	250m: 3:12.23 43.78	350m: 4:29.81 34.84			
	100m: 1:07.81 35.57	200m: 2:28.45 40.03	300m: 3:54.97 42.74	400m: 5:04.55 34.74			
4.	MESQUITA Francisca Salvador	02	Colegio Monte Maior	5:05.75	+0,78	661	
	50m: 31.51 31.51	150m: 1:47.70 40.01	250m: 3:11.11 42.36	350m: 4:31.49 36.05			
	100m: 1:07.69 36.18	200m: 2:28.75 41.05	300m: 3:55.44 44.33	400m: 5:05.75 34.26			

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
5.	SOUSA Ana Reis	02	Litoral Alentejano	5:05.85	+0,71	660	
	50m: 32.42 32.42	150m: 1:50.48 41.08	250m: 3:14.34 44.31	350m: 4:32.57 34.77			
	100m: 1:09.40 36.98	200m: 2:30.03 39.55	300m: 3:57.80 43.46	400m: 5:05.85 33.28			
6.	VARGAS Giovanna Vaz	00	Nautico Marinha Grande	5:06.43	+0,78	656	
	50m: 32.47 32.47	150m: 1:47.63 40.21	250m: 3:11.33 44.31	350m: 4:31.43 36.07			
	100m: 1:07.42 34.95	200m: 2:27.02 39.39	300m: 3:55.36 44.03	400m: 5:06.43 35.00			
7.	CARDEAL Joana Nunes	02	Academico Viseu	5:06.46	+0,83	656	
	50m: 32.35 32.35	150m: 1:49.79 40.80	250m: 3:13.63 44.67	350m: 4:33.89 34.75			
	100m: 1:08.99 36.64	200m: 2:28.96 39.17	300m: 3:59.14 45.51	400m: 5:06.46 32.57			
8.	MENDES Mariana Amaral	02	Colegio Monte Maior	5:07.72	+0,76	648	
	50m: 32.81 32.81	150m: 1:50.89 41.13	250m: 3:14.85 43.85	350m: 4:33.17 35.16			
	100m: 1:09.76 36.95	200m: 2:31.00 40.11	300m: 3:58.01 43.16	400m: 5:07.72 34.55			
9.	PINA Ana Sofia	02	O Crasto	5:08.64	+0,81	642	
	50m: 31.87 31.87	150m: 1:49.21 40.22	250m: 3:13.74 45.22	350m: 4:33.87 35.04			
	100m: 1:08.99 37.12	200m: 2:28.52 39.31	300m: 3:58.83 45.09	400m: 5:08.64 34.77			
10.	ALONSO LORENZO Paula	95	Castilla-Leon	5:10.84	+0,77	629	
	50m: 34.23 34.23	150m: 1:52.99 39.54	250m: 3:16.77 44.90	350m: 4:37.34 34.96			
	100m: 1:13.45 39.22	200m: 2:31.87 38.88	300m: 4:02.38 45.61	400m: 5:10.84 33.50			
11.	CAMERON Sheena	92	Region Zentralschweiz-West	5:13.05	+0,78	615	
	50m: 32.19 32.19	150m: 1:51.69 42.24	250m: 3:17.80 44.29	350m: 4:38.08 34.99			
	100m: 1:09.45 37.26	200m: 2:33.51 41.82	300m: 4:03.09 45.29	400m: 5:13.05 34.97			
12.	CUNHA Mariana Pacheco	04	Fluvial Portuense	5:13.32	+0,74	614	
	50m: 31.93 31.93	150m: 1:50.78 41.78	250m: 3:15.31 45.09	350m: 4:37.98 36.84			
	100m: 1:09.00 37.07	200m: 2:30.22 39.44	300m: 4:01.14 45.83	400m: 5:13.32 35.34			
13.	REBELO Maria Carlota	03	Uniao Coimbra	5:13.70	+0,78	612	
	50m: 32.85 32.85	150m: 1:52.31 42.25	250m: 3:16.92 42.83	350m: 4:37.89 37.21			
	100m: 1:10.06 37.21	200m: 2:34.09 41.78	300m: 4:00.68 43.76	400m: 5:13.70 35.81			
14.	SILVA Natacha Sofia	02	Benfica	5:17.07	+0,81	592	
	50m: 33.26 33.26	150m: 1:55.03 43.93	250m: 3:20.43 43.37	350m: 4:41.60 36.73			
	100m: 1:11.10 37.84	200m: 2:37.06 42.03	300m: 4:04.87 44.44	400m: 5:17.07 35.47			
15.	BERNARDO Ines Silva	00	Benfica	5:17.44	+0,74	590	
	50m: 32.68 32.68	150m: 1:52.31 41.98	250m: 3:19.70 45.20	350m: 4:41.08 36.35			
	100m: 1:10.33 37.65	200m: 2:34.50 42.19	300m: 4:04.73 45.03	400m: 5:17.44 36.36			
16.	FIAL Sofia Nunes	03	Estamos Juntos	5:18.26	+0,82	586	
	50m: 34.41 34.41	150m: 1:56.27 42.36	250m: 3:21.07 43.92	350m: 4:43.68 37.60			
	100m: 1:13.91 39.50	200m: 2:37.15 40.88	300m: 4:06.08 45.01	400m: 5:18.26 34.58			
17.	AMORIM Maria Leonor	03	Porto	5:19.22	+0,73	580	
	50m: 33.68 33.68	150m: 1:54.55 40.38	250m: 3:19.82 45.08	350m: 4:43.59 37.06			
	100m: 1:14.17 40.49	200m: 2:34.74 40.19	300m: 4:06.53 46.71	400m: 5:19.22 35.63			
18.	MONTEIRO Margarida Cabral	02	Galitos / Bresimar	5:19.62	+0,74	578	
	50m: 34.12 34.12	150m: 1:53.99 40.16	250m: 3:19.54 45.44	350m: 4:42.97 36.13			
	100m: 1:13.83 39.71	200m: 2:34.10 40.11	300m: 4:06.84 47.30	400m: 5:19.62 36.65			

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
19.	RIBEIRO Margarida Messias	98	Gesloures	5:20.29	+0,76	575	
	50m: 33.04 33.04 150m: 1:54.51 42.11 250m: 3:19.24 43.57 350m: 4:43.74 37.87						
	100m: 1:12.40 39.36 200m: 2:35.67 41.16 300m: 4:05.87 46.63 400m: 5:20.29 36.55						
20.	VEIGA Ana Filipa	01	Gafanha da Encarnacao	5:20.97	+0,79	571	
	50m: 34.21 34.21 150m: 1:58.06 44.49 250m: 3:24.37 43.04 350m: 4:44.60 37.35						
	100m: 1:13.57 39.36 200m: 2:41.33 43.27 300m: 4:07.25 42.88 400m: 5:20.97 36.37						
21.	RODRIGUES Lidiana Correia	04	Belenenses	5:21.09	+0,81	570	
	50m: 33.87 33.87 150m: 1:56.60 42.12 250m: 3:21.94 43.13 350m: 4:45.33 38.26						
	100m: 1:14.48 40.61 200m: 2:38.81 42.21 300m: 4:07.07 45.13 400m: 5:21.09 35.76						
22.	FERNANDES Filipa Viamonte	02	Vitoria Guimaraes	5:21.36	+0,84	569	
	50m: 32.62 32.62 150m: 1:53.53 42.59 250m: 3:22.76 47.49 350m: 4:45.54 36.06						
	100m: 1:10.94 38.32 200m: 2:35.27 41.74 300m: 4:09.48 46.72 400m: 5:21.36 35.82						
23.	PEREIRA Maria Gomes	04	Alges	5:21.39	+0,73	569	
	50m: 33.60 33.60 150m: 1:57.39 44.40 250m: 3:23.63 45.69 350m: 4:46.22 37.48						
	100m: 1:12.99 39.39 200m: 2:37.94 40.55 300m: 4:08.74 45.11 400m: 5:21.39 35.17						
24.	OLIVEIRA Mafalda Joana	02	Aquatico Pacense	5:22.93	+0,83	561	
	50m: 32.34 32.34 150m: 1:51.87 43.27 250m: 3:19.73 46.63 350m: 4:45.23 39.39						
	100m: 1:08.60 36.26 200m: 2:33.10 41.23 300m: 4:05.84 46.11 400m: 5:22.93 37.70						
25.	FLORENCIO Matilde Alves	04	CASPAAE	5:23.89	+0,77	556	
	50m: 33.06 33.06 150m: 1:55.57 42.69 250m: 3:23.98 46.07 350m: 4:48.28 36.00						
	100m: 1:12.88 39.82 200m: 2:37.91 42.34 300m: 4:12.28 48.30 400m: 5:23.89 35.61						
26.	NEVES Sara Dias	03	Miranda do Corvo	5:24.16	+0,75	554	
	50m: 34.66 34.66 150m: 1:55.72 42.50 250m: 3:23.25 45.94 350m: 4:46.47 37.91						
	100m: 1:13.22 38.56 200m: 2:37.31 41.59 300m: 4:08.56 45.31 400m: 5:24.16 37.69						
27.	MONTEIRO Ana Carolina	04	Uniao Coimbra	5:28.81	+0,83	531	
	50m: 33.83 33.83 150m: 1:55.51 43.39 250m: 3:25.44 47.14 350m: 4:50.99 38.70						
	100m: 1:12.12 38.29 200m: 2:38.30 42.79 300m: 4:12.29 46.85 400m: 5:28.81 37.82						
28.	CARDEAL Beatriz Nunes	04	Academico Viseu	5:28.88	+0,82	531	
	50m: 34.23 34.23 150m: 1:58.60 44.05 250m: 3:27.07 46.55 350m: 4:52.44 37.98						
	100m: 1:14.55 40.32 200m: 2:40.52 41.92 300m: 4:14.46 47.39 400m: 5:28.88 36.44						
29.	DOMINGUES Luana Pinto	03	Ba/Bomcar	5:30.09	+0,61	525	
	50m: 33.37 33.37 150m: 1:56.95 44.07 250m: 3:25.04 45.24 350m: 4:51.17 39.22						
	100m: 1:12.88 39.51 200m: 2:39.80 42.85 300m: 4:11.95 46.91 400m: 5:30.09 38.92						
30.	SOUSA Ines Matos	03	Uniao Coimbra	5:30.40	+0,80	523	
	50m: 34.20 34.20 150m: 1:56.78 43.31 250m: 3:28.14 47.28 350m: 4:54.09 37.52						
	100m: 1:13.47 39.27 200m: 2:40.86 44.08 300m: 4:16.57 48.43 400m: 5:30.40 36.31						
31.	MATOS Lara Beatriz	01	Famalicao	5:30.54	+0,92	523	
	50m: 33.63 33.63 150m: 1:56.85 43.85 250m: 3:26.76 47.27 350m: 4:52.97 37.81						
	100m: 1:13.00 39.37 200m: 2:39.49 42.64 300m: 4:15.16 48.40 400m: 5:30.54 37.57						
32.	SOARES Ines Apolinario	03	Pimpoes/Cimai	5:30.81	+0,86	522	
	50m: 35.28 35.28 150m: 2:00.16 43.64 250m: 3:30.98 48.33 350m: 4:58.51 39.19						
	100m: 1:16.52 41.24 200m: 2:42.65 42.49 300m: 4:19.32 48.34 400m: 5:30.81 32.30						

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
33.	MARQUES Maria Alexandra	04	Albicastrense	5:32.99	+0,72	511	
	50m: 33.63 33.63 150m: 1:56.38 44.57 250m: 3:28.68 49.05 350m: 4:57.23 39.46						
	100m: 1:11.81 38.18 200m: 2:39.63 43.25 300m: 4:17.77 49.09 400m: 5:32.99 35.76						
34.	FONSECA Laura Luz	03	Naval de Ponta Delgada	5:33.10	+0,74	511	
	50m: 34.20 34.20 150m: 1:57.44 41.89 250m: 3:28.79 49.72 350m: 4:56.91 37.39						
	100m: 1:15.55 41.35 200m: 2:39.07 41.63 300m: 4:19.52 50.73 400m: 5:33.10 36.19						
35.	ROCHA Ines Freitas	03	Aquatico Pacense	5:33.36	+0,97	510	
	50m: 34.67 34.67 150m: 1:57.19 43.95 250m: 3:27.69 47.37 350m: 4:55.21 39.61						
	100m: 1:13.24 38.57 200m: 2:40.32 43.13 300m: 4:15.60 47.91 400m: 5:33.36 38.15						
36.	AMANTES Beatriz Quintao	03	Uniao Piedense	5:34.06	+0,80	506	
	50m: 34.02 34.02 150m: 1:57.25 44.01 250m: 3:28.34 49.14 350m: 4:58.47 39.38						
	100m: 1:13.24 39.22 200m: 2:39.20 41.95 300m: 4:19.09 50.75 400m: 5:34.06 35.59						
37.	CASTRO Maria Freitas	03	Fafe	5:34.58	+0,74	504	
	50m: 33.49 33.49 150m: 1:59.41 45.78 250m: 3:29.58 45.94 350m: 4:56.72 40.37						
	100m: 1:13.63 40.14 200m: 2:43.64 44.23 300m: 4:16.35 46.77 400m: 5:34.58 37.86						
	LIMA Eduarda Filipa	04	Vilacondense	5:34.58	+0,89	504	
	50m: 35.19 35.19 150m: 2:00.32 44.48 250m: 3:32.57 50.34 350m: 4:58.56 37.79						
	100m: 1:15.84 40.65 200m: 2:42.23 41.91 300m: 4:20.77 48.20 400m: 5:34.58 36.02						
39.	HENRIQUES Carolina Porem	04	Sporting	5:35.17	+0,65	501	
	50m: 34.64 34.64 150m: 1:58.49 44.29 250m: 3:30.66 48.34 350m: 4:57.55 38.19						
	100m: 1:14.20 39.56 200m: 2:42.32 43.83 300m: 4:19.36 48.70 400m: 5:35.17 37.62						
40.	RODRIGUES Ana Luisa	03	Louzan Natacao	5:35.49	+0,75	500	
	50m: 34.56 34.56 150m: 1:59.36 43.11 250m: 3:30.66 48.88 350m: 4:58.30 38.13						
	100m: 1:16.25 41.69 200m: 2:41.78 42.42 300m: 4:20.17 49.51 400m: 5:35.49 37.19						
41.	CAXARIA Marta Sousa	03	Natacao do Montijo	5:35.70	+0,74	499	
	50m: 34.08 34.08 150m: 1:58.14 43.83 250m: 3:27.41 47.06 350m: 4:55.89 40.64						
	100m: 1:14.31 40.23 200m: 2:40.35 42.21 300m: 4:15.25 47.84 400m: 5:35.70 39.81						
42.	INACIO Marta Macedo	04	Sporting	5:36.41	+0,84	496	
	50m: 34.39 34.39 150m: 1:58.55 44.49 250m: 3:30.52 49.83 350m: 4:58.56 39.20						
	100m: 1:14.06 39.67 200m: 2:40.69 42.14 300m: 4:19.36 48.84 400m: 5:36.41 37.85						
43.	COSTA Catarina Nunes	04	Gesloures	5:36.49	+0,85	496	
	50m: 36.34 36.34 150m: 2:05.27 47.77 250m: 3:36.47 47.05 350m: 5:00.62 38.57						
	100m: 1:17.50 41.16 200m: 2:49.42 44.15 300m: 4:22.05 45.58 400m: 5:36.49 35.87						
44.	JACINTO Ines Filipa	03	Ba/Bomcar	5:36.81	+0,74	494	
	50m: 33.78 33.78 150m: 2:00.94 46.87 250m: 3:32.96 47.02 350m: 5:00.34 39.08						
	100m: 1:14.07 40.29 200m: 2:45.94 45.00 300m: 4:21.26 48.30 400m: 5:36.81 36.47						
45.	RATO Renata Simoes	03	Nautico Marinha Grande	5:37.04	+0,82	493	
	50m: 36.10 36.10 150m: 2:03.09 45.41 250m: 3:34.88 47.37 350m: 4:59.97 39.75						
	100m: 1:17.68 41.58 200m: 2:47.51 44.42 300m: 4:20.22 45.34 400m: 5:37.04 37.07						
46.	CAMBAS Ema Miranda	03	Naval Povoense	5:38.13	+0,80	488	
	50m: 36.02 36.02 150m: 2:01.58 42.92 250m: 3:32.13 48.95 350m: 5:00.41 39.23						
	100m: 1:18.66 42.64 200m: 2:43.18 41.60 300m: 4:21.18 49.05 400m: 5:38.13 37.72						

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
47.	FIDALGO Maria Jardim	04	Colegio Vasco da Gama	5:38.95	+0,77	485	
	50m: 35.16 35.16	150m: 1:58.57	44.42	250m: 3:32.32	48.40	350m: 5:00.50	39.12
	100m: 1:14.15 38.99	200m: 2:43.92	45.35	300m: 4:21.38	49.06	400m: 5:38.95	38.45
48.	MORGANHO Leonor Alves	04	Alges	5:39.11	+0,86	484	
	50m: 35.16 35.16	150m: 2:01.93	46.70	250m: 3:33.81	47.59	350m: 5:01.17	39.12
	100m: 1:15.23 40.07	200m: 2:46.22	44.29	300m: 4:22.05	48.24	400m: 5:39.11	37.94
49.	MONTEIRO Ines Maria	04	Naval Praia da Vitoria	5:41.42	+0,89	474	
	50m: 34.91 34.91	150m: 2:04.05	47.98	250m: 3:38.05	48.10	350m: 5:05.16	37.81
	100m: 1:16.07 41.16	200m: 2:49.95	45.90	300m: 4:27.35	49.30	400m: 5:41.42	36.26
50.	MONTEIRO Barbara Oliveira	04	Braga	5:41.61	+1,01	474	
	50m: 37.25 37.25	150m: 2:06.66	47.09	250m: 3:39.77	47.82	350m: 5:05.98	36.97
	100m: 1:19.57 42.32	200m: 2:51.95	45.29	300m: 4:29.01	49.24	400m: 5:41.61	35.63
51.	CRUZ Jessica Catarina	04	Aquatico Pacense	5:41.96	+0,96	472	
	50m: 33.76 33.76	150m: 1:58.26	44.83	250m: 3:30.39	47.97	350m: 5:00.52	39.87
	100m: 1:13.43 39.67	200m: 2:42.42	44.16	300m: 4:20.65	50.26	400m: 5:41.96	41.44
52.	OLIVEIRA Rita Malafaia	03	Porto	5:41.97	+0,96	472	
	50m: 37.63 37.63	150m: 2:08.38	46.91	250m: 3:38.70	44.94	350m: 5:03.99	38.77
	100m: 1:21.47 43.84	200m: 2:53.76	45.38	300m: 4:25.22	46.52	400m: 5:41.97	37.98
53.	SANTOS Madalena Almeida	03	Bombeiros Ponta Delgada	5:42.76	+0,69	469	
	50m: 36.70 36.70	150m: 2:01.00	42.02	250m: 3:34.20	51.14	350m: 5:03.71	39.27
	100m: 1:18.98 42.28	200m: 2:43.06	42.06	300m: 4:24.44	50.24	400m: 5:42.76	39.05
54.	SILVA Alexandra Cordeiro	04	Alcobaca	5:44.41	+0,75	462	
	50m: 36.36 36.36	150m: 2:06.81	44.56	250m: 3:39.63	50.46	350m: 5:07.93	38.89
	100m: 1:22.25 45.89	200m: 2:49.17	42.36	300m: 4:29.04	49.41	400m: 5:44.41	36.48
55.	DOMINGUES Matilde Mota	03	Colegio SMLamas	5:44.43	+0,77	462	
	50m: 32.99 32.99	150m: 2:00.59	48.51	250m: 3:33.85	45.41	350m: 5:01.66	41.34
	100m: 1:12.08 39.09	200m: 2:48.44	47.85	300m: 4:20.32	46.47	400m: 5:44.43	42.77
56.	BARROS Alexia Bastos	04	Fafe	5:44.72	+0,85	461	
	50m: 35.84 35.84	150m: 2:04.39	46.82	250m: 3:38.52	47.46	350m: 5:06.24	39.29
	100m: 1:17.57 41.73	200m: 2:51.06	46.67	300m: 4:26.95	48.43	400m: 5:44.72	38.48
57.	REIS Maria Joao	04	Nautico Marinha Grande	5:45.36	+0,76	458	
	50m: 38.70 38.70	150m: 2:05.66	42.80	250m: 3:39.23	51.10	350m: 5:08.82	37.66
	100m: 1:22.86 44.16	200m: 2:48.13	42.47	300m: 4:31.16	51.93	400m: 5:45.36	36.54
58.	GERALDES Madalena Graca	04	Sporting	5:45.42	+0,82	458	
	50m: 34.72 34.72	150m: 2:03.35	45.69	250m: 3:35.89	48.25	350m: 5:07.11	40.01
	100m: 1:17.66 42.94	200m: 2:47.64	44.29	300m: 4:27.10	51.21	400m: 5:45.42	38.31
59.	SIMOES Rita Mendes	04	Ba/Bomcar	5:45.46	+0,86	458	
	50m: 36.46 36.46	150m: 2:05.81	45.99	250m: 3:40.83	50.50	350m: 5:08.88	37.63
	100m: 1:19.82 43.36	200m: 2:50.33	44.52	300m: 4:31.25	50.42	400m: 5:45.46	36.58
60.	SILVA Ana Catarina	04	Fundacao Beatriz Santos	5:45.72	+0,91	457	
	50m: 39.15 39.15	150m: 2:11.72	46.06	250m: 3:44.29	48.03	350m: 5:09.46	38.22
	100m: 1:25.66 46.51	200m: 2:56.26	44.54	300m: 4:31.24	46.95	400m: 5:45.72	36.26

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
61.	SOUZA Ana Pereira	03	Freguesia de Paiao	5:46.36	+0,95	454	
	50m: 35.98 35.98	150m: 2:07.23 47.35	250m: 3:38.37 46.39	350m: 5:07.58 40.53			
	100m: 1:19.88 43.90	200m: 2:51.98 44.75	300m: 4:27.05 48.68	400m: 5:46.36 38.78			
62.	COELHO Joana Marinho	04	Sporting	5:46.48	+0,70	454	
	50m: 35.51 35.51	150m: 2:02.40 44.08	250m: 3:36.10 50.60	350m: 5:07.47 39.33			
	100m: 1:18.32 42.81	200m: 2:45.50 43.10	300m: 4:28.14 52.04	400m: 5:46.48 39.01			
63.	SOUZA Ana Correia	04	Pimpoes/Cimai	5:47.35	+0,76	450	
	50m: 36.03 36.03	150m: 2:05.51 45.48	250m: 3:37.52 49.22	350m: 5:08.09 40.33			
	100m: 1:20.03 44.00	200m: 2:48.30 42.79	300m: 4:27.76 50.24	400m: 5:47.35 39.26			
64.	COSTA Leonor Horta	04	Nautico Academico	5:47.50	+0,93	450	
	50m: 34.97 34.97	150m: 2:02.25 44.48	250m: 3:38.12 51.62	350m: 5:07.95 39.63			
	100m: 1:17.77 42.80	200m: 2:46.50 44.25	300m: 4:28.32 50.20	400m: 5:47.50 39.55			
65.	MENDES Ana Sebastiao	04	Portinado	5:49.48	+0,71	442	
	50m: 33.64 33.64	150m: 2:01.39 44.13	250m: 3:37.97 51.73	350m: 5:10.11 39.74			
	100m: 1:17.26 43.62	200m: 2:46.24 44.85	300m: 4:30.37 52.40	400m: 5:49.48 39.37			