

Prova 35 Femin., 400m Livres Juvenis
28-07-2018 - 11:25 Resultados Elimin

Rec Nac Absoluto	4:09.49	DURAES Diana Margarida	POR	Tarragona (ESP)	25-06-2018
Rec Nac Juv A	4:20.78	HOLUB Tamila Hryhorivna	POR	Porto	07-06-2014
Rec Nac Juv B	4:26.20	CABRAL Maria Francisca	FCP	Oeiras	26-07-2014

TAC Juv A 50m: 4:52.95 - 25m: 4:46.98; Juv B 50m: 4:55.57 - 25m: 4:49.38

Pontos: FINA 2018

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	MARTINS Francisca Soares	03	Foca	4:37.23	+0,70	620	
	50m: 31.57 31.57	150m: 1:40.37 34.98	250m: 2:51.15 35.54	350m: 4:02.41 35.74			
	100m: 1:05.39 33.82	200m: 2:15.61 35.24	300m: 3:26.67 35.52	400m: 4:37.23 34.82			
2.	SOARES Catarina Silva	03	Porto	4:39.06	+0,71	608	
	50m: 30.95 30.95	150m: 1:40.89 35.35	250m: 2:52.43 36.04	350m: 4:04.81 35.97			
	100m: 1:05.54 34.59	200m: 2:16.39 35.50	300m: 3:28.84 36.41	400m: 4:39.06 34.25			
3.	SOARES Carolina Silva	03	Natacao de Valongo	4:40.78	+0,72	597	
	50m: 31.21 31.21	150m: 1:41.27 35.36	250m: 2:53.46 36.21	350m: 4:05.56 35.86			
	100m: 1:05.91 34.70	200m: 2:17.25 35.98	300m: 3:29.70 36.24	400m: 4:40.78 35.22			
4.	CONCEICAO Ema Jeronimo	03	Fisica Torres Vedras	4:41.15	+0,79	594	
	50m: 31.96 31.96	150m: 1:42.99 35.82	250m: 2:55.01 35.98	350m: 4:06.43 35.24			
	100m: 1:07.17 35.21	200m: 2:19.03 36.04	300m: 3:31.19 36.18	400m: 4:41.15 34.72			
5.	GASPAR Beatriz Ferreira	04	Hoquei Mealhada/ CA	4:41.18	+0,70	594	
	50m: 31.69 31.69	150m: 1:41.81 35.02	250m: 2:53.35 36.04	350m: 4:06.49 36.64			
	100m: 1:06.79 35.10	200m: 2:17.31 35.50	300m: 3:29.85 36.50	400m: 4:41.18 34.69			
6.	MARTINS Joana Ribeiro	03	Benfica	4:41.85	+0,77	590	
	50m: 32.62 32.62	150m: 1:44.10 35.72	250m: 2:54.89 34.73	350m: 4:06.55 36.20			
	100m: 1:08.38 35.76	200m: 2:20.16 36.06	300m: 3:30.35 35.46	400m: 4:41.85 35.30			
7.	SANTOS Leonor Esteves	04	Avancado EUL	4:41.92	+0,79	590	
	50m: 33.04 33.04	150m: 1:44.98 35.70	250m: 2:56.26 35.43	350m: 4:07.89 35.83			
	100m: 1:09.28 36.24	200m: 2:20.83 35.85	300m: 3:32.06 35.80	400m: 4:41.92 34.03			
8.	AMORIM Maria Leonor	03	Porto	4:41.93	+0,74	589	
	50m: 31.65 31.65	150m: 1:42.33 36.05	250m: 2:55.39 36.72	350m: 4:07.58 36.13			
	100m: 1:06.28 34.63	200m: 2:18.67 36.34	300m: 3:31.45 36.06	400m: 4:41.93 34.35			
9.	PINHO Carolina Teixeira	04	Porto	4:42.25	+0,70	587	
	50m: 31.82 31.82	150m: 1:42.98 35.89	250m: 2:55.42 36.04	350m: 4:07.10 35.64			
	100m: 1:07.09 35.27	200m: 2:19.38 36.40	300m: 3:31.46 36.04	400m: 4:42.25 35.15			
10.	SILVA Camila Alexandra	03	Columbofila Cantanhedense	4:43.48	+0,86	580	
	50m: 33.20 33.20	150m: 1:43.30 35.10	250m: 2:55.61 36.44	350m: 4:08.38 36.38			
	100m: 1:08.20 35.00	200m: 2:19.17 35.87	300m: 3:32.00 36.39	400m: 4:43.48 35.10			
11.	SOUSA Ines Matos	03	Uniao Coimbra	4:44.09	+0,81	576	
	50m: 32.75 32.75	150m: 1:43.71 35.90	250m: 2:55.95 36.15	350m: 4:08.43 36.26			
	100m: 1:07.81 35.06	200m: 2:19.80 36.09	300m: 3:32.17 36.22	400m: 4:44.09 35.66			
12.	RODRIGUES Helena Nunes	03	Alges e Agueda XXI	4:44.18	+0,73	576	
	50m: 31.02 31.02	150m: 1:41.86 35.98	250m: 2:55.45 36.70	350m: 4:08.99 36.80			
	100m: 1:05.88 34.86	200m: 2:18.75 36.89	300m: 3:32.19 36.74	400m: 4:44.18 35.19			

Prova 35, Femin., 400m Livres, Elimin, Juvenis

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
13.	RODRIGUES Joana Francisca	04	Uniao Coimbra	4:44.27	+0,72	575	
	50m: 32.09 32.09 150m: 1:44.81 36.83 250m: 2:57.72 36.61 350m: 4:09.79 36.01						
	100m: 1:07.98 35.89 200m: 2:21.11 36.30 300m: 3:33.78 36.06 400m: 4:44.27 34.48						
14.	FLORENCIO Matilde Alves	04	CASPAE	4:44.46	+0,72	574	
	50m: 32.63 32.63 150m: 1:43.90 36.14 250m: 2:56.81 36.36 350m: 4:10.07 36.48						
	100m: 1:07.76 35.13 200m: 2:20.45 36.55 300m: 3:33.59 36.78 400m: 4:44.46 34.39						
15.	CARDEAL Beatriz Nunes	04	Academico Viseu	4:45.68	+0,80	567	
	50m: 32.03 32.03 150m: 1:43.21 35.98 250m: 2:56.72 36.81 350m: 4:10.76 36.60						
	100m: 1:07.23 35.20 200m: 2:19.91 36.70 300m: 3:34.16 37.44 400m: 4:45.68 34.92						
16.	PRETO Filipa Manso	04	Porto	4:46.67	+0,77	561	
	50m: 32.64 32.64 150m: 1:45.12 36.25 250m: 2:58.14 36.27 350m: 4:11.62 36.83						
	100m: 1:08.87 36.23 200m: 2:21.87 36.75 300m: 3:34.79 36.65 400m: 4:46.67 35.05						
17.	PELAIO Maria Joao	03	Ginasio Figueirense	4:46.86	+0,88	560	
	50m: 32.43 32.43 150m: 1:44.05 35.99 250m: 2:57.23 36.57 350m: 4:11.03 36.64						
	100m: 1:08.06 35.63 200m: 2:20.66 36.61 300m: 3:34.39 37.16 400m: 4:46.86 35.83						
18.	PIRES Beatriz Almeida	03	Uniao Coimbra	4:48.09	+0,79	552	
	50m: 33.93 33.93 150m: 1:45.44 35.83 250m: 2:58.69 36.52 350m: 4:12.42 36.60						
	100m: 1:09.61 35.68 200m: 2:22.17 36.73 300m: 3:35.82 37.13 400m: 4:48.09 35.67						
19.	INACIO Marta Macedo	04	Sporting	4:48.63	+0,82	549	
	50m: 32.91 32.91 150m: 1:45.98 36.79 250m: 2:59.85 36.68 350m: 4:13.85 36.71						
	100m: 1:09.19 36.28 200m: 2:23.17 37.19 300m: 3:37.14 37.29 400m: 4:48.63 34.78						
20.	FONSECA Laura Luz	03	Naval de Ponta Delgada	4:48.82	+0,75	548	
	50m: 32.67 32.67 150m: 1:44.13 36.01 250m: 2:57.66 36.94 350m: 4:11.91 37.31						
	100m: 1:08.12 35.45 200m: 2:20.72 36.59 300m: 3:34.60 36.94 400m: 4:48.82 36.91						
21.	PIMENTEL Marta Lima	04	Fluvial Portuense	4:49.55	+0,77	544	
	50m: 33.15 33.15 150m: 1:45.58 36.84 250m: 3:00.40 37.40 350m: 4:14.33 36.98						
	100m: 1:08.74 35.59 200m: 2:23.00 37.42 300m: 3:37.35 36.95 400m: 4:49.55 35.22						
22.	AMANTES Beatriz Quintao	03	Uniao Piedense	4:50.70	+0,79	538	
	50m: 33.26 33.26 150m: 1:46.34 36.62 250m: 3:00.00 36.34 350m: 4:13.94 36.74						
	100m: 1:09.72 36.46 200m: 2:23.66 37.32 300m: 3:37.20 37.20 400m: 4:50.70 36.76						
23.	PAIS Matilde Vieira	03	Galitos / Bresimar	4:50.83	+0,79	537	
	50m: 32.66 32.66 150m: 1:45.18 36.59 250m: 2:59.00 37.12 350m: 4:14.91 38.03						
	100m: 1:08.59 35.93 200m: 2:21.88 36.70 300m: 3:36.88 37.88 400m: 4:50.83 35.92						
24.	VIANA Margarida Violante	04	Ba/Bomcar	4:51.12	+0,89	535	
	50m: 33.11 33.11 150m: 1:46.85 37.44 250m: 3:01.38 37.60 350m: 4:15.58 37.19						
	100m: 1:09.41 36.30 200m: 2:23.78 36.93 300m: 3:38.39 37.01 400m: 4:51.12 35.54						
25.	PIRES Filipa Almeida	03	Uniao Coimbra	4:51.39	+0,88	534	
	50m: 33.10 33.10 150m: 1:46.07 36.96 250m: 3:00.91 37.70 350m: 4:15.67 37.27						
	100m: 1:09.11 36.01 200m: 2:23.21 37.14 300m: 3:38.40 37.49 400m: 4:51.39 35.72						
26.	SILVA Ines Martins	04	Vilacondense	4:51.43	+0,92	534	
	50m: 33.08 33.08 150m: 1:45.60 36.93 250m: 3:00.91 37.89 350m: 4:15.70 37.21						
	100m: 1:08.67 35.59 200m: 2:23.02 37.42 300m: 3:38.49 37.58 400m: 4:51.43 35.73						

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Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
27.	PINHEIRO Ines Mariana	03	Academica de Coimbra	4:51.46	+0,77	533	
	50m: 33.81 33.81	150m: 1:46.97	37.43	250m: 3:00.43	36.44	350m: 4:15.72	37.81
	100m: 1:09.54 35.73	200m: 2:23.99	37.02	300m: 3:37.91	37.48	400m: 4:51.46	35.74
28.	MOITEIRO Bruna Silva	04	Nautico Marinha Grande	4:51.50	+0,78	533	
	50m: 32.10 32.10	150m: 1:45.10	36.93	250m: 2:59.94	37.64	350m: 4:15.47	37.56
	100m: 1:08.17 36.07	200m: 2:22.30	37.20	300m: 3:37.91	37.97	400m: 4:51.50	36.03
29.	LIMA Eduarda Filipa	04	Vilacondense	4:51.78	+0,90	532	
	50m: 34.01 34.01	150m: 1:47.41	37.17	250m: 3:02.72	37.49	350m: 4:17.00	37.27
	100m: 1:10.24 36.23	200m: 2:25.23	37.82	300m: 3:39.73	37.01	400m: 4:51.78	34.78
30.	ALVES Maria Francisca	04	Ba/Bomcar	4:51.81	+0,64	532	
	50m: 32.81 32.81	150m: 1:46.34	36.71	250m: 3:01.05	37.21	350m: 4:16.04	37.27
	100m: 1:09.63 36.82	200m: 2:23.84	37.50	300m: 3:38.77	37.72	400m: 4:51.81	35.77
31.	MONTEIRO Ines Maria	04	Naval Praia da Vitoria	4:52.31	+0,83	529	
	50m: 32.41 32.41	150m: 1:45.10	36.66	250m: 3:00.19	37.75	350m: 4:15.74	37.67
	100m: 1:08.44 36.03	200m: 2:22.44	37.34	300m: 3:38.07	37.88	400m: 4:52.31	36.57
32.	NARRA Vera Figueiredo	04	Amadora	4:52.41	+0,72	528	
	50m: 33.10 33.10	150m: 1:46.68	37.40	250m: 3:01.91	37.14	350m: 4:16.49	37.35
	100m: 1:09.28 36.18	200m: 2:24.77	38.09	300m: 3:39.14	37.23	400m: 4:52.41	35.92
33.	TROIA Beatriz Rosa	04	Vilacondense	4:52.43	+0,67	528	
	50m: 34.68 34.68	150m: 1:49.93	37.54	250m: 3:04.47	37.16	350m: 4:17.82	35.76
	100m: 1:12.39 37.71	200m: 2:27.31	37.38	300m: 3:42.06	37.59	400m: 4:52.43	34.61
34.	MARTINS Beatriz Picanco	03	Benfica	4:52.98	+0,82	525	
	50m: 32.85 32.85	150m: 1:46.71	37.44	250m: 3:01.58	37.30	350m: 4:16.92	37.64
	100m: 1:09.27 36.42	200m: 2:24.28	37.57	300m: 3:39.28	37.70	400m: 4:52.98	36.06
35.	FREIXEIRO Beatriz Maria	04	Rio Maior	4:53.06	+0,77	525	
	50m: 32.96 32.96	150m: 1:47.04	37.63	250m: 3:02.54	37.64	350m: 4:17.55	37.49
	100m: 1:09.41 36.45	200m: 2:24.90	37.86	300m: 3:40.06	37.52	400m: 4:53.06	35.51
36.	MARQUES Maria Alexandra	04	Albicastrense	4:53.85	+0,68	521	
	50m: 34.71 34.71	150m: 1:49.49	37.66	250m: 3:04.55	37.25	350m: 4:18.57	36.52
	100m: 1:11.83 37.12	200m: 2:27.30	37.81	300m: 3:42.05	37.50	400m: 4:53.85	35.28
37.	ALMEIDA Catarina Nunes	04	Galitos / Bresimar	4:54.41	+0,85	518	
	50m: 34.38 34.38	150m: 1:49.25	37.44	250m: 3:03.87	37.36	350m: 4:18.78	37.20
	100m: 1:11.81 37.43	200m: 2:26.51	37.26	300m: 3:41.58	37.71	400m: 4:54.41	35.63
38.	SIMOES Rita Mendes	04	Ba/Bomcar	4:55.44	+0,86	512	
	50m: 34.24 34.24	150m: 1:48.64	37.45	250m: 3:04.12	37.74	350m: 4:18.97	37.03
	100m: 1:11.19 36.95	200m: 2:26.38	37.74	300m: 3:41.94	37.82	400m: 4:55.44	36.47
39.	BARBOSA Adriana Freixo	03	Viana Natacao	4:56.23	+0,94	508	
	50m: 32.80 32.80	150m: 1:46.08	37.00	250m: 3:01.73	38.10	350m: 4:18.73	38.53
	100m: 1:09.08 36.28	200m: 2:23.63	37.55	300m: 3:40.20	38.47	400m: 4:56.23	37.50
40.	NEVES Leonor Maria	03	Geslours	4:56.46	+0,68	507	
	50m: 32.77 32.77	150m: 1:47.36	37.95	250m: 3:04.16	38.41	350m: 4:19.92	38.00
	100m: 1:09.41 36.64	200m: 2:25.75	38.39	300m: 3:41.92	37.76	400m: 4:56.46	36.54

Prova 35, Femin., 400m Livres, Elimin, Juvenis

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
41.	JACINTO Ines Filipa	03	Ba/Bomcar	4:57.96	+0,77	499	
	50m: 33.14 33.14	150m: 1:46.41	37.53	250m: 3:02.69	38.19	350m: 4:19.97	38.92
	100m: 1:08.88 35.74	200m: 2:24.50	38.09	300m: 3:41.05	38.36	400m: 4:57.96	37.99
42.	LIGEIRO Daniela Silva	04	Viana Natacao	5:04.76	+0,76	467	
	50m: 34.41 34.41	150m: 1:50.14	37.99	250m: 3:07.56	39.20	350m: 4:26.46	39.84
	100m: 1:12.15 37.74	200m: 2:28.36	38.22	300m: 3:46.62	39.06	400m: 5:04.76	38.30

Prova 35 Femin., 400m Livres Juvenis B
28-07-2018 - 11:25 Resultados Elimin

Rec Nac Absoluto	4:09.49	DURAES Diana Margarida	POR	Tarragona (ESP)	25-06-2018
Rec Nac Juv B	4:26.20	CABRAL Maria Francisca	FCP	Oeiras	26-07-2014

TAC 50m: 4:55.57 - 25m: 4:49.38

Pontos: FINA 2018

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	GASPAR Beatriz Ferreira	04	Hoquei Mealhada/ CA	4:41.18	+0,70	594	
	50m: 31.69 31.69	150m: 1:41.81	35.02	250m: 2:53.35	36.04	350m: 4:06.49	36.64
	100m: 1:06.79 35.10	200m: 2:17.31	35.50	300m: 3:29.85	36.50	400m: 4:41.18	34.69
2.	SANTOS Leonor Esteves	04	Avancado EUL	4:41.92	+0,79	590	
	50m: 33.04 33.04	150m: 1:44.98	35.70	250m: 2:56.26	35.43	350m: 4:07.89	35.83
	100m: 1:09.28 36.24	200m: 2:20.83	35.85	300m: 3:32.06	35.80	400m: 4:41.92	34.03
3.	PINHO Carolina Teixeira	04	Porto	4:42.25	+0,70	587	
	50m: 31.82 31.82	150m: 1:42.98	35.89	250m: 2:55.42	36.04	350m: 4:07.10	35.64
	100m: 1:07.09 35.27	200m: 2:19.38	36.40	300m: 3:31.46	36.04	400m: 4:42.25	35.15
4.	RODRIGUES Joana Francisca	04	Uniao Coimbra	4:44.27	+0,72	575	
	50m: 32.09 32.09	150m: 1:44.81	36.83	250m: 2:57.72	36.61	350m: 4:09.79	36.01
	100m: 1:07.98 35.89	200m: 2:21.11	36.30	300m: 3:33.78	36.06	400m: 4:44.27	34.48
5.	FLORENCIO Matilde Alves	04	CASPAE	4:44.46	+0,72	574	
	50m: 32.63 32.63	150m: 1:43.90	36.14	250m: 2:56.81	36.36	350m: 4:10.07	36.48
	100m: 1:07.76 35.13	200m: 2:20.45	36.55	300m: 3:33.59	36.78	400m: 4:44.46	34.39
6.	CARDEAL Beatriz Nunes	04	Academico Viseu	4:45.68	+0,80	567	
	50m: 32.03 32.03	150m: 1:43.21	35.98	250m: 2:56.72	36.81	350m: 4:10.76	36.60
	100m: 1:07.23 35.20	200m: 2:19.91	36.70	300m: 3:34.16	37.44	400m: 4:45.68	34.92
7.	PRETO Filipa Manso	04	Porto	4:46.67	+0,77	561	
	50m: 32.64 32.64	150m: 1:45.12	36.25	250m: 2:58.14	36.27	350m: 4:11.62	36.83
	100m: 1:08.87 36.23	200m: 2:21.87	36.75	300m: 3:34.79	36.65	400m: 4:46.67	35.05
8.	INACIO Marta Macedo	04	Sporting	4:48.63	+0,82	549	
	50m: 32.91 32.91	150m: 1:45.98	36.79	250m: 2:59.85	36.68	350m: 4:13.85	36.71
	100m: 1:09.19 36.28	200m: 2:23.17	37.19	300m: 3:37.14	37.29	400m: 4:48.63	34.78
9.	PIMENTEL Marta Lima	04	Fluvial Portuense	4:49.55	+0,77	544	
	50m: 33.15 33.15	150m: 1:45.58	36.84	250m: 3:00.40	37.40	350m: 4:14.33	36.98
	100m: 1:08.74 35.59	200m: 2:23.00	37.42	300m: 3:37.35	36.95	400m: 4:49.55	35.22

Prova 35, Femin., 400m Livres, Elimin, Juvenis B

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
10.	VIANA Margarida Violante	04	Ba/Bomcar	4:51.12	+0,89	535	
	50m: 33.11 33.11	150m: 1:46.85 37.44	250m: 3:01.38 37.60	350m: 4:15.58 37.19			
	100m: 1:09.41 36.30	200m: 2:23.78 36.93	300m: 3:38.39 37.01	400m: 4:51.12 35.54			
11.	SILVA Ines Martins	04	Vilacondense	4:51.43	+0,92	534	
	50m: 33.08 33.08	150m: 1:45.60 36.93	250m: 3:00.91 37.89	350m: 4:15.70 37.21			
	100m: 1:08.67 35.59	200m: 2:23.02 37.42	300m: 3:38.49 37.58	400m: 4:51.43 35.73			
12.	MOITEIRO Bruna Silva	04	Nautico Marinha Grande	4:51.50	+0,78	533	
	50m: 32.10 32.10	150m: 1:45.10 36.93	250m: 2:59.94 37.64	350m: 4:15.47 37.56			
	100m: 1:08.17 36.07	200m: 2:22.30 37.20	300m: 3:37.91 37.97	400m: 4:51.50 36.03			
13.	LIMA Eduarda Filipa	04	Vilacondense	4:51.78	+0,90	532	
	50m: 34.01 34.01	150m: 1:47.41 37.17	250m: 3:02.72 37.49	350m: 4:17.00 37.27			
	100m: 1:10.24 36.23	200m: 2:25.23 37.82	300m: 3:39.73 37.01	400m: 4:51.78 34.78			
14.	ALVES Maria Francisca	04	Ba/Bomcar	4:51.81	+0,64	532	
	50m: 32.81 32.81	150m: 1:46.34 36.71	250m: 3:01.05 37.21	350m: 4:16.04 37.27			
	100m: 1:09.63 36.82	200m: 2:23.84 37.50	300m: 3:38.77 37.72	400m: 4:51.81 35.77			
15.	MONTEIRO Ines Maria	04	Naval Praia da Vitoria	4:52.31	+0,83	529	
	50m: 32.41 32.41	150m: 1:45.10 36.66	250m: 3:00.19 37.75	350m: 4:15.74 37.67			
	100m: 1:08.44 36.03	200m: 2:22.44 37.34	300m: 3:38.07 37.88	400m: 4:52.31 36.57			
16.	NARRA Vera Figueiredo	04	Amadora	4:52.41	+0,72	528	
	50m: 33.10 33.10	150m: 1:46.68 37.40	250m: 3:01.91 37.14	350m: 4:16.49 37.35			
	100m: 1:09.28 36.18	200m: 2:24.77 38.09	300m: 3:39.14 37.23	400m: 4:52.41 35.92			
17.	TROIA Beatriz Rosa	04	Vilacondense	4:52.43	+0,67	528	
	50m: 34.68 34.68	150m: 1:49.93 37.54	250m: 3:04.47 37.16	350m: 4:17.82 35.76			
	100m: 1:12.39 37.71	200m: 2:27.31 37.38	300m: 3:42.06 37.59	400m: 4:52.43 34.61			
18.	FREIXIEIRO Beatriz Maria	04	Rio Maior	4:53.06	+0,77	525	
	50m: 32.96 32.96	150m: 1:47.04 37.63	250m: 3:02.54 37.64	350m: 4:17.55 37.49			
	100m: 1:09.41 36.45	200m: 2:24.90 37.86	300m: 3:40.06 37.52	400m: 4:53.06 35.51			
19.	MARQUES Maria Alexandra	04	Albicastrense	4:53.85	+0,68	521	
	50m: 34.71 34.71	150m: 1:49.49 37.66	250m: 3:04.55 37.25	350m: 4:18.57 36.52			
	100m: 1:11.83 37.12	200m: 2:27.30 37.81	300m: 3:42.05 37.50	400m: 4:53.85 35.28			
20.	ALMEIDA Catarina Nunes	04	Galitos / Bresimar	4:54.41	+0,85	518	
	50m: 34.38 34.38	150m: 1:49.25 37.44	250m: 3:03.87 37.36	350m: 4:18.78 37.20			
	100m: 1:11.81 37.43	200m: 2:26.51 37.26	300m: 3:41.58 37.71	400m: 4:54.41 35.63			
21.	SIMÕES Rita Mendes	04	Ba/Bomcar	4:55.44	+0,86	512	
	50m: 34.24 34.24	150m: 1:48.64 37.45	250m: 3:04.12 37.74	350m: 4:18.97 37.03			
	100m: 1:11.19 36.95	200m: 2:26.38 37.74	300m: 3:41.94 37.82	400m: 4:55.44 36.47			
22.	LIGEIRO Daniela Silva	04	Viana Natacao	5:04.76	+0,76	467	
	50m: 34.41 34.41	150m: 1:50.14 37.99	250m: 3:07.56 39.20	350m: 4:26.46 39.84			
	100m: 1:12.15 37.74	200m: 2:28.36 38.22	300m: 3:46.62 39.06	400m: 5:04.76 38.30			

Prova 35, Femin., 400m Livres, Elimin

Prova 35
28-07-2018 - 11:25

Femin., 400m Livres

Juvenis A
Resultados Elimin

Rec Nac Absoluto	4:09.49	DURAES Diana Margarida	POR	Tarragona (ESP)	25-06-2018
Rec Nac Juv A	4:20.78	HOLUB Tamila Hryhorivna	POR	Porto	07-06-2014

TAC 50m: 4:52.95 - 25m: 4:46.98

Pontos: FINA 2018

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	MARTINS Francisca Soares	03	Foca	4:37.23	+0,70	620	
	50m: 31.57 31.57	150m: 1:40.37 34.98	250m: 2:51.15 35.54	350m: 4:02.41 35.74			
	100m: 1:05.39 33.82	200m: 2:15.61 35.24	300m: 3:26.67 35.52	400m: 4:37.23 34.82			
2.	SOARES Catarina Silva	03	Porto	4:39.06	+0,71	608	
	50m: 30.95 30.95	150m: 1:40.89 35.35	250m: 2:52.43 36.04	350m: 4:04.81 35.97			
	100m: 1:05.54 34.59	200m: 2:16.39 35.50	300m: 3:28.84 36.41	400m: 4:39.06 34.25			
3.	SOARES Carolina Silva	03	Natacao de Valongo	4:40.78	+0,72	597	
	50m: 31.21 31.21	150m: 1:41.27 35.36	250m: 2:53.46 36.21	350m: 4:05.56 35.86			
	100m: 1:05.91 34.70	200m: 2:17.25 35.98	300m: 3:29.70 36.24	400m: 4:40.78 35.22			
4.	CONCEICAO Ema Jeronimo	03	Fisica Torres Vedras	4:41.15	+0,79	594	
	50m: 31.96 31.96	150m: 1:42.99 35.82	250m: 2:55.01 35.98	350m: 4:06.43 35.24			
	100m: 1:07.17 35.21	200m: 2:19.03 36.04	300m: 3:31.19 36.18	400m: 4:41.15 34.72			
5.	MARTINS Joana Ribeiro	03	Benfica	4:41.85	+0,77	590	
	50m: 32.62 32.62	150m: 1:44.10 35.72	250m: 2:54.89 34.73	350m: 4:06.55 36.20			
	100m: 1:08.38 35.76	200m: 2:20.16 36.06	300m: 3:30.35 35.46	400m: 4:41.85 35.30			
6.	AMORIM Maria Leonor	03	Porto	4:41.93	+0,74	589	
	50m: 31.65 31.65	150m: 1:42.33 36.05	250m: 2:55.39 36.72	350m: 4:07.58 36.13			
	100m: 1:06.28 34.63	200m: 2:18.67 36.34	300m: 3:31.45 36.06	400m: 4:41.93 34.35			
7.	SILVA Camila Alexandra	03	Columbofila Cantanhedense	4:43.48	+0,86	580	
	50m: 33.20 33.20	150m: 1:43.30 35.10	250m: 2:55.61 36.44	350m: 4:08.38 36.38			
	100m: 1:08.20 35.00	200m: 2:19.17 35.87	300m: 3:32.00 36.39	400m: 4:43.48 35.10			
8.	SOUSA Ines Matos	03	Uniao Coimbra	4:44.09	+0,81	576	
	50m: 32.75 32.75	150m: 1:43.71 35.90	250m: 2:55.95 36.15	350m: 4:08.43 36.26			
	100m: 1:07.81 35.06	200m: 2:19.80 36.09	300m: 3:32.17 36.22	400m: 4:44.09 35.66			
9.	RODRIGUES Helena Nunes	03	Alges e Agueda XXI	4:44.18	+0,73	576	
	50m: 31.02 31.02	150m: 1:41.86 35.98	250m: 2:55.45 36.70	350m: 4:08.99 36.80			
	100m: 1:05.88 34.86	200m: 2:18.75 36.89	300m: 3:32.19 36.74	400m: 4:44.18 35.19			
10.	PELAIO Maria Joao	03	Ginasio Figueirense	4:46.86	+0,88	560	
	50m: 32.43 32.43	150m: 1:44.05 35.99	250m: 2:57.23 36.57	350m: 4:11.03 36.64			
	100m: 1:08.06 35.63	200m: 2:20.66 36.61	300m: 3:34.39 37.16	400m: 4:46.86 35.83			
11.	PIRES Beatriz Almeida	03	Uniao Coimbra	4:48.09	+0,79	552	
	50m: 33.93 33.93	150m: 1:45.44 35.83	250m: 2:58.69 36.52	350m: 4:12.42 36.60			
	100m: 1:09.61 35.68	200m: 2:22.17 36.73	300m: 3:35.82 37.13	400m: 4:48.09 35.67			
12.	FONSECA Laura Luz	03	Naval de Ponta Delgada	4:48.82	+0,75	548	
	50m: 32.67 32.67	150m: 1:44.13 36.01	250m: 2:57.66 36.94	350m: 4:11.91 37.31			
	100m: 1:08.12 35.45	200m: 2:20.72 36.59	300m: 3:34.60 36.94	400m: 4:48.82 36.91			

Prova 35, Femin., 400m Livres, Elimin, Juvenis A

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
13.	AMANTES Beatriz Quintao	03	Uniao Piedense	4:50.70	+0,79	538	
	50m: 33.26 33.26	150m: 1:46.34 36.62	250m: 3:00.00 36.34	350m: 4:13.94 36.74			
	100m: 1:09.72 36.46	200m: 2:23.66 37.32	300m: 3:37.20 37.20	400m: 4:50.70 36.76			
14.	PAIS Matilde Vieira	03	Galitos / Bresimar	4:50.83	+0,79	537	
	50m: 32.66 32.66	150m: 1:45.18 36.59	250m: 2:59.00 37.12	350m: 4:14.91 38.03			
	100m: 1:08.59 35.93	200m: 2:21.88 36.70	300m: 3:36.88 37.88	400m: 4:50.83 35.92			
15.	PIRES Filipa Almeida	03	Uniao Coimbra	4:51.39	+0,88	534	
	50m: 33.10 33.10	150m: 1:46.07 36.96	250m: 3:00.91 37.70	350m: 4:15.67 37.27			
	100m: 1:09.11 36.01	200m: 2:23.21 37.14	300m: 3:38.40 37.49	400m: 4:51.39 35.72			
16.	PINHEIRO Ines Mariana	03	Academica de Coimbra	4:51.46	+0,77	533	
	50m: 33.81 33.81	150m: 1:46.97 37.43	250m: 3:00.43 36.44	350m: 4:15.72 37.81			
	100m: 1:09.54 35.73	200m: 2:23.99 37.02	300m: 3:37.91 37.48	400m: 4:51.46 35.74			
17.	MARTINS Beatriz Picanco	03	Benfica	4:52.98	+0,82	525	
	50m: 32.85 32.85	150m: 1:46.71 37.44	250m: 3:01.58 37.30	350m: 4:16.92 37.64			
	100m: 1:09.27 36.42	200m: 2:24.28 37.57	300m: 3:39.28 37.70	400m: 4:52.98 36.06			
18.	BARBOSA Adriana Freixo	03	Viana Natacao	4:56.23	+0,94	508	
	50m: 32.80 32.80	150m: 1:46.08 37.00	250m: 3:01.73 38.10	350m: 4:18.73 38.53			
	100m: 1:09.08 36.28	200m: 2:23.63 37.55	300m: 3:40.20 38.47	400m: 4:56.23 37.50			
19.	NEVES Leonor Maria	03	Gesloures	4:56.46	+0,68	507	
	50m: 32.77 32.77	150m: 1:47.36 37.95	250m: 3:04.16 38.41	350m: 4:19.92 38.00			
	100m: 1:09.41 36.64	200m: 2:25.75 38.39	300m: 3:41.92 37.76	400m: 4:56.46 36.54			
20.	JACINTO Ines Filipa	03	Ba/Bomcar	4:57.96	+0,77	499	
	50m: 33.14 33.14	150m: 1:46.41 37.53	250m: 3:02.69 38.19	350m: 4:19.97 38.92			
	100m: 1:08.88 35.74	200m: 2:24.50 38.09	300m: 3:41.05 38.36	400m: 4:57.96 37.99			

Prova 35 Femin., 400m Livres Junior 16
28-07-2018 - 11:25 Resultados Elimin

Rec Nac Absoluto	4:09.49	DURAES Diana Margarida	POR	Tarragona (ESP)	25-06-2018
Rec Nac Jun16	4:20.37	FERREIRA Marta Andreia	POR	Berlim (GER)	04-08-2002
TAC Jun 50m: 4:43.48 - 25m: 4:38.07					

Pontos: FINA 2018

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	ANDRE Leticia Maia	02	Benfica	4:28.67	+0,74	681	
	50m: 30.62 30.62	150m: 1:37.96 34.01	250m: 2:46.90 34.54	350m: 3:56.12 34.53			
	100m: 1:03.95 33.33	200m: 2:12.36 34.40	300m: 3:21.59 34.69	400m: 4:28.67 32.55			
2.	BARBOSA Mariana Fernandes	02	Porto	4:29.24	+0,71	677	
	50m: 31.85 31.85	150m: 1:40.93 34.77	250m: 2:48.93 33.34	350m: 3:56.14 33.42			
	100m: 1:06.16 34.31	200m: 2:15.59 34.66	300m: 3:22.72 33.79	400m: 4:29.24 33.10			
3.	SOUSA Ana Reis	02	Litoral Alentejano	4:29.83	+0,71	672	
	50m: 31.11 31.11	150m: 1:39.84 34.72	250m: 2:48.78 34.40	350m: 3:57.13 34.15			
	100m: 1:05.12 34.01	200m: 2:14.38 34.54	300m: 3:22.98 34.20	400m: 4:29.83 32.70			

Prova 35, Femin., 400m Livres, Elimin, Junior 16

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
4.	RAMOS Ana Rita	02	Porto	4:30.24	+0,70	669	
	50m: 32.04 32.04	150m: 1:40.55 34.59	250m: 2:49.33 34.10	350m: 3:57.16 33.77			
	100m: 1:05.96 33.92	200m: 2:15.23 34.68	300m: 3:23.39 34.06	400m: 4:30.24 33.08			
5.	QUEIROZ Ana Rita	02	CASPAE	4:32.58	+0,60	652	
	50m: 31.60 31.60	150m: 1:40.23 34.51	250m: 2:49.98 34.70	350m: 3:59.81 34.93			
	100m: 1:05.72 34.12	200m: 2:15.28 35.05	300m: 3:24.88 34.90	400m: 4:32.58 32.77			
6.	PINA Ana Sofia	02	O Crasto	4:35.83	+0,91	630	
	50m: 31.92 31.92	150m: 1:40.83 34.45	250m: 2:50.46 34.70	350m: 4:00.82 35.21			
	100m: 1:06.38 34.46	200m: 2:15.76 34.93	300m: 3:25.61 35.15	400m: 4:35.83 35.01			
7.	MENDES Mariana Amaral	02	Colegio Monte Maior	4:36.56	+0,65	625	
	50m: 32.06 32.06	150m: 1:40.78 34.52	250m: 2:50.64 35.15	350m: 4:01.79 35.69			
	100m: 1:06.26 34.20	200m: 2:15.49 34.71	300m: 3:26.10 35.46	400m: 4:36.56 34.77			
8.	VARANDAS Joana Filipa	02	Laranjeiro	4:39.46	+0,73	605	
	50m: 31.54 31.54	150m: 1:42.03 35.50	250m: 2:53.15 35.71	350m: 4:04.82 35.76			
	100m: 1:06.53 34.99	200m: 2:17.44 35.41	300m: 3:29.06 35.91	400m: 4:39.46 34.64			
DNS	FRAZAO Alexandra Couto	02	CASPAE				

Prova 35 Femin., 400m Livres Junior 17
28-07-2018 - 11:25 Resultados Elimin

Rec Nac Absoluto	4:09.49	DURAES Diana Margarida	POR	Tarragona (ESP)	25-06-2018
Rec Nac Jun17	4:14.67	HOLUB Tamila Hryhorivna	SCB	Oeiras	23-07-2016

TAC Jun 50m: 4:43.48 - 25m: 4:38.07

Pontos: FINA 2018

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	AMADOR Joana Costa	01	Galitos / Bresimar	4:30.48	+0,67	668	
	50m: 31.33 31.33	150m: 1:40.41 34.94	250m: 2:49.80 34.51	350m: 3:57.79 33.52			
	100m: 1:05.47 34.14	200m: 2:15.29 34.88	300m: 3:24.27 34.47	400m: 4:30.48 32.69			
2.	ALVES Sara Sofia	01	Columbofila Cantanhedense	4:32.79	+0,75	651	
	50m: 31.80 31.80	150m: 1:40.33 34.42	250m: 2:49.83 34.73	350m: 3:59.44 34.65			
	100m: 1:05.91 34.11	200m: 2:15.10 34.77	300m: 3:24.79 34.96	400m: 4:32.79 33.35			
3.	RODRIGUES Filipa Serrano	01	Benfica	4:33.50	+0,77	646	
	50m: 31.28 31.28	150m: 1:39.87 34.62	250m: 2:49.75 34.92	350m: 3:59.46 34.78			
	100m: 1:05.25 33.97	200m: 2:14.83 34.96	300m: 3:24.68 34.93	400m: 4:33.50 34.04			
4.	MARCELINO Carolina Rosa	01	Alges	4:38.33	+0,73	613	
	50m: 32.10 32.10	150m: 1:41.40 35.24	250m: 2:51.11 34.81	350m: 4:02.93 35.99			
	100m: 1:06.16 34.06	200m: 2:16.30 34.90	300m: 3:26.94 35.83	400m: 4:38.33 35.40			
5.	POMBO Tatiana Raquel	01	Cova da Piedade	4:43.55	+0,78	579	
	50m: 32.01 32.01	150m: 1:43.28 36.05	250m: 2:55.96 36.40	350m: 4:08.27 36.02			
	100m: 1:07.23 35.22	200m: 2:19.56 36.28	300m: 3:32.25 36.29	400m: 4:43.55 35.28			
6.	MARTINS Ines Alves	01	Fluvial Portuense	4:45.04	+0,76	570	
	50m: 32.16 32.16	150m: 1:43.42 36.08	250m: 2:56.13 36.37	350m: 4:09.52 36.51			
	100m: 1:07.34 35.18	200m: 2:19.76 36.34	300m: 3:33.01 36.88	400m: 4:45.04 35.52			

Prova 35, Femin., 400m Livres, Elimin, Junior 17

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
7.	SANTOS Carolina Ascenso	01	Propaganda da Natacao	4:48.71	+0,84	549	
	50m: 32.00 32.00	150m: 1:43.97	36.38	250m: 2:57.88	37.33	350m: 4:12.64	37.15
	100m: 1:07.59 35.59	200m: 2:20.55	36.58	300m: 3:35.49	37.61	400m: 4:48.71	36.07
8.	MARCOS Miriam Filipe	01	Louletano / Loule Concelho	4:49.76	+0,70	543	
	50m: 32.14 32.14	150m: 1:44.12	36.41	250m: 2:57.92	37.08	350m: 4:12.97	37.65
	100m: 1:07.71 35.57	200m: 2:20.84	36.72	300m: 3:35.32	37.40	400m: 4:49.76	36.79
9.	VEIGA Ana Filipa	01	Gafanha da Encarnacao	4:55.09	+0,80	514	
	50m: 32.82 32.82	150m: 1:46.08	37.02	250m: 3:01.55	38.05	350m: 4:17.48	37.94
	100m: 1:09.06 36.24	200m: 2:23.50	37.42	300m: 3:39.54	37.99	400m: 4:55.09	37.61

Prova 35 Femin., 400m Livres Seniores Resultados Elimin

Rec Nac Absoluto	4:09.49	DURAES Diana Margarida	POR	Tarragona (ESP)	25-06-2018
Rec Nac Sen	4:09.49	DURAES Diana Margarida	POR	Tarragona (ESP)	25-06-2018
TAC 50m: 4:37.96 - 25m: 4:31.49					

Pontos: FINA 2018

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	HOLUB Tamila Hryhorivna	99	Braga	4:19.72	+0,74	754	
	50m: 31.00 31.00	150m: 1:37.24	33.17	250m: 2:43.30	32.98	350m: 3:48.59	32.43
	100m: 1:04.07 33.07	200m: 2:10.32	33.08	300m: 3:16.16	32.86	400m: 4:19.72	31.13
2.	HENRIQUES Ines Jacinto	00	Pimpoes/Cimai	4:28.35	+0,75	684	
	50m: 31.21 31.21	150m: 1:39.31	34.22	250m: 2:46.95	33.84	350m: 3:55.00	34.26
	100m: 1:05.09 33.88	200m: 2:13.11	33.80	300m: 3:20.74	33.79	400m: 4:28.35	33.35
3.	AZEVEDO Madalena Gomes	99	Alges	4:31.89	+0,69	657	
	50m: 31.23 31.23	150m: 1:40.39	34.81	250m: 2:50.10	34.89	350m: 3:58.84	33.82
	100m: 1:05.58 34.35	200m: 2:15.21	34.82	300m: 3:25.02	34.92	400m: 4:31.89	33.05
4.	FARIA Ana Rita	00	Porto	4:31.97	+0,71	657	
	50m: 31.77 31.77	150m: 1:40.09	34.50	250m: 2:49.58	34.68	350m: 3:58.34	34.03
	100m: 1:05.59 33.82	200m: 2:14.90	34.81	300m: 3:24.31	34.73	400m: 4:31.97	33.63
5.	BELEZA Mafalda Gomes	94	Sporting	4:33.51	+0,68	646	
	50m: 31.05 31.05	150m: 1:39.61	34.53	250m: 2:49.19	34.83	350m: 3:59.41	34.92
	100m: 1:05.08 34.03	200m: 2:14.36	34.75	300m: 3:24.49	35.30	400m: 4:33.51	34.10
6.	VELOSO Teresa Miguel	00	Nautico Academico	4:36.51	+0,74	625	
	50m: 31.65 31.65	150m: 1:41.22	34.80	250m: 2:51.29	34.58	350m: 4:01.75	34.99
	100m: 1:06.42 34.77	200m: 2:16.71	35.49	300m: 3:26.76	35.47	400m: 4:36.51	34.76
7.	CARVALHO Eva Guerreiro	99	Benfica	4:36.97	+0,75	622	
	50m: 32.04 32.04	150m: 1:40.85	34.51	250m: 2:50.29	34.86	350m: 4:01.36	35.75
	100m: 1:06.34 34.30	200m: 2:15.43	34.58	300m: 3:25.61	35.32	400m: 4:36.97	35.61
8.	RIESENBERGER Bruna Martins	97	Laranjeiro	4:46.14	+0,72	564	
	50m: 32.54 32.54	150m: 1:43.38	35.70	250m: 2:56.22	36.63	350m: 4:10.27	36.87
	100m: 1:07.68 35.14	200m: 2:19.59	36.21	300m: 3:33.40	37.18	400m: 4:46.14	35.87

ORGANIZAÇÃO



PARCEIROS INSTITUCIONAIS



FORNECEDOR OFICIAL



PARCEIROS



Prova 35, Femin., 400m Livres, Elimin

Prova 35
28-07-2018 - 11:25

Femin., 400m Livres

Absolutos
Resultados Elimin

Rec Nac Absoluto	4:09.49	DURAES Diana Margarida	POR	Tarragona (ESP)	25-06-2018
Rec Nac Sen	4:09.49	DURAES Diana Margarida	POR	Tarragona (ESP)	25-06-2018
Rec Nac Jun17	4:14.67	HOLUB Tamila Hryhorivna	SCB	Oeiras	23-07-2016
Rec Nac Jun16	4:20.37	FERREIRA Marta Andreia	POR	Berlim (GER)	04-08-2002

TAC Sen 50m: 4:37.96 - 25m: 4:31.49; Jun 50m: 4:43.48 - 25m: 4:38.07

Pontos: FINA 2018

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	HOLUB Tamila Hryhorivna	99	Braga	4:19.72	+0,74	754	
	50m: 31.00 31.00	150m: 1:37.24 33.17	250m: 2:43.30 32.98	350m: 3:48.59 32.43			
	100m: 1:04.07 33.07	200m: 2:10.32 33.08	300m: 3:16.16 32.86	400m: 4:19.72 31.13			
2.	HENRIQUES Ines Jacinto	00	Pimpoes/Cimai	4:28.35	+0,75	684	
	50m: 31.21 31.21	150m: 1:39.31 34.22	250m: 2:46.95 33.84	350m: 3:55.00 34.26			
	100m: 1:05.09 33.88	200m: 2:13.11 33.80	300m: 3:20.74 33.79	400m: 4:28.35 33.35			
3.	ANDRE Leticia Maia	02	Benfica	4:28.67	+0,74	681	
	50m: 30.62 30.62	150m: 1:37.96 34.01	250m: 2:46.90 34.54	350m: 3:56.12 34.53			
	100m: 1:03.95 33.33	200m: 2:12.36 34.40	300m: 3:21.59 34.69	400m: 4:28.67 32.55			
4.	BARBOSA Mariana Fernandes	02	Porto	4:29.24	+0,71	677	
	50m: 31.85 31.85	150m: 1:40.93 34.77	250m: 2:48.93 33.34	350m: 3:56.14 33.42			
	100m: 1:06.16 34.31	200m: 2:15.59 34.66	300m: 3:22.72 33.79	400m: 4:29.24 33.10			
5.	SOUSA Ana Reis	02	Litoral Alentejano	4:29.83	+0,71	672	
	50m: 31.11 31.11	150m: 1:39.84 34.72	250m: 2:48.78 34.40	350m: 3:57.13 34.15			
	100m: 1:05.12 34.01	200m: 2:14.38 34.54	300m: 3:22.98 34.20	400m: 4:29.83 32.70			
6.	RAMOS Ana Rita	02	Porto	4:30.24	+0,70	669	
	50m: 32.04 32.04	150m: 1:40.55 34.59	250m: 2:49.33 34.10	350m: 3:57.16 33.77			
	100m: 1:05.96 33.92	200m: 2:15.23 34.68	300m: 3:23.39 34.06	400m: 4:30.24 33.08			
7.	AMADOR Joana Costa	01	Galitos / Bresimar	4:30.48	+0,67	668	
	50m: 31.33 31.33	150m: 1:40.41 34.94	250m: 2:49.80 34.51	350m: 3:57.79 33.52			
	100m: 1:05.47 34.14	200m: 2:15.29 34.88	300m: 3:24.27 34.47	400m: 4:30.48 32.69			
8.	AZEVEDO Madalena Gomes	99	Alges	4:31.89	+0,69	657	
	50m: 31.23 31.23	150m: 1:40.39 34.81	250m: 2:50.10 34.89	350m: 3:58.84 33.82			
	100m: 1:05.58 34.35	200m: 2:15.21 34.82	300m: 3:25.02 34.92	400m: 4:31.89 33.05			
9.	FARIA Ana Rita	00	Porto	4:31.97	+0,71	657	
	50m: 31.77 31.77	150m: 1:40.09 34.50	250m: 2:49.58 34.68	350m: 3:58.34 34.03			
	100m: 1:05.59 33.82	200m: 2:14.90 34.81	300m: 3:24.31 34.73	400m: 4:31.97 33.63			
10.	QUEIROZ Ana Rita	02	CASP AE	4:32.58	+0,60	652	
	50m: 31.60 31.60	150m: 1:40.23 34.51	250m: 2:49.98 34.70	350m: 3:59.81 34.93			
	100m: 1:05.72 34.12	200m: 2:15.28 35.05	300m: 3:24.88 34.90	400m: 4:32.58 32.77			
11.	ALVES Sara Sofia	01	Columbofila Cantanhedense	4:32.79	+0,75	651	
	50m: 31.80 31.80	150m: 1:40.33 34.42	250m: 2:49.83 34.73	350m: 3:59.44 34.65			
	100m: 1:05.91 34.11	200m: 2:15.10 34.77	300m: 3:24.79 34.96	400m: 4:32.79 33.35			
12.	RODRIGUES Filipa Serrano	01	Benfica	4:33.50	+0,77	646	
	50m: 31.28 31.28	150m: 1:39.87 34.62	250m: 2:49.75 34.92	350m: 3:59.46 34.78			
	100m: 1:05.25 33.97	200m: 2:14.83 34.96	300m: 3:24.68 34.93	400m: 4:33.50 34.04			

Prova 35, Femin., 400m Livres, Elimin, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
13.	BELEZA Mafalda Gomes	94	Sporting	4:33.51	+0,68	646	
	50m: 31.05 31.05	150m: 1:39.61 34.53	250m: 2:49.19 34.83	350m: 3:59.41 34.92			
	100m: 1:05.08 34.03	200m: 2:14.36 34.75	300m: 3:24.49 35.30	400m: 4:33.51 34.10			
14.	PINA Ana Sofia	02	O Crasto	4:35.83	+0,91	630	
	50m: 31.92 31.92	150m: 1:40.83 34.45	250m: 2:50.46 34.70	350m: 4:00.82 35.21			
	100m: 1:06.38 34.46	200m: 2:15.76 34.93	300m: 3:25.61 35.15	400m: 4:35.83 35.01			
15.	VELOSO Teresa Miguel	00	Nautico Academico	4:36.51	+0,74	625	
	50m: 31.65 31.65	150m: 1:41.22 34.80	250m: 2:51.29 34.58	350m: 4:01.75 34.99			
	100m: 1:06.42 34.77	200m: 2:16.71 35.49	300m: 3:26.76 35.47	400m: 4:36.51 34.76			
16.	MENDES Mariana Amaral	02	Colegio Monte Maior	4:36.56	+0,65	625	
	50m: 32.06 32.06	150m: 1:40.78 34.52	250m: 2:50.64 35.15	350m: 4:01.79 35.69			
	100m: 1:06.26 34.20	200m: 2:15.49 34.71	300m: 3:26.10 35.46	400m: 4:36.56 34.77			
17.	CARVALHO Eva Guerreiro	99	Benfica	4:36.97	+0,75	622	
	50m: 32.04 32.04	150m: 1:40.85 34.51	250m: 2:50.29 34.86	350m: 4:01.36 35.75			
	100m: 1:06.34 34.30	200m: 2:15.43 34.58	300m: 3:25.61 35.32	400m: 4:36.97 35.61			
18.	MARCELINO Carolina Rosa	01	Alges	4:38.33	+0,73	613	
	50m: 32.10 32.10	150m: 1:41.40 35.24	250m: 2:51.11 34.81	350m: 4:02.93 35.99			
	100m: 1:06.16 34.06	200m: 2:16.30 34.90	300m: 3:26.94 35.83	400m: 4:38.33 35.40			
19.	VARANDAS Joana Filipa	02	Laranjeiro	4:39.46	+0,73	605	
	50m: 31.54 31.54	150m: 1:42.03 35.50	250m: 2:53.15 35.71	350m: 4:04.82 35.76			
	100m: 1:06.53 34.99	200m: 2:17.44 35.41	300m: 3:29.06 35.91	400m: 4:39.46 34.64			
20.	POMBO Tatiana Raquel	01	Cova da Piedade	4:43.55	+0,78	579	
	50m: 32.01 32.01	150m: 1:43.28 36.05	250m: 2:55.96 36.40	350m: 4:08.27 36.02			
	100m: 1:07.23 35.22	200m: 2:19.56 36.28	300m: 3:32.25 36.29	400m: 4:43.55 35.28			
21.	MARTINS Ines Alves	01	Fluvial Portuense	4:45.04	+0,76	570	
	50m: 32.16 32.16	150m: 1:43.42 36.08	250m: 2:56.13 36.37	350m: 4:09.52 36.51			
	100m: 1:07.34 35.18	200m: 2:19.76 36.34	300m: 3:33.01 36.88	400m: 4:45.04 35.52			
22.	RIESENBERGER Bruna Martins	97	Laranjeiro	4:46.14	+0,72	564	
	50m: 32.54 32.54	150m: 1:43.38 35.70	250m: 2:56.22 36.63	350m: 4:10.27 36.87			
	100m: 1:07.68 35.14	200m: 2:19.59 36.21	300m: 3:33.40 37.18	400m: 4:46.14 35.87			
23.	SANTOS Carolina Ascenso	01	Propaganda da Natacao	4:48.71	+0,84	549	
	50m: 32.00 32.00	150m: 1:43.97 36.38	250m: 2:57.88 37.33	350m: 4:12.64 37.15			
	100m: 1:07.59 35.59	200m: 2:20.55 36.58	300m: 3:35.49 37.61	400m: 4:48.71 36.07			
24.	MARCOS Miriam Filipe	01	Louletano / Loule Concelho	4:49.76	+0,70	543	
	50m: 32.14 32.14	150m: 1:44.12 36.41	250m: 2:57.92 37.08	350m: 4:12.97 37.65			
	100m: 1:07.71 35.57	200m: 2:20.84 36.72	300m: 3:35.32 37.40	400m: 4:49.76 36.79			
25.	VEIGA Ana Filipa	01	Gafanha da Encarnacao	4:55.09	+0,80	514	
	50m: 32.82 32.82	150m: 1:46.08 37.02	250m: 3:01.55 38.05	350m: 4:17.48 37.94			
	100m: 1:09.06 36.24	200m: 2:23.50 37.42	300m: 3:39.54 37.99	400m: 4:55.09 37.61			
DNS	FRAZAO Alexandra Couto	02	CASP AE				

Prova 35, Femin., 400m Livres, Elimin

Prova 35
28-07-2018 - 11:25

Femin., 400m Livres

Open
Resultados Elimin

Rec Nac Absoluto	4:09.49	DURAES Diana Margarida	POR	Tarragona (ESP)	25-06-2018
Rec Nac Sen	4:09.49	DURAES Diana Margarida	POR	Tarragona (ESP)	25-06-2018
Rec Nac Jun17	4:14.67	HOLUB Tamila Hryhorivna	SCB	Oeiras	23-07-2016
Rec Nac Jun16	4:20.37	FERREIRA Marta Andreia	POR	Berlim (GER)	04-08-2002
Rec Nac Juv A	4:20.78	HOLUB Tamila Hryhorivna	POR	Porto	07-06-2014
Rec Nac Juv B	4:26.20	CABRAL Maria Francisca	FCP	Oeiras	26-07-2014
Rec Nac Inf A	4:31.53	SILVA Alexandra Maria	POR	Skovde (SWE)	08-08-1980
Rec Nac Inf B	4:43.70	SILVA Alexandra Maria	FCP	Funchal	27-07-1979

TAC Sen 50m: 4:37.96 - 25m: 4:31.49; Jun 50m: 4:43.48 - 25m: 4:38.07; Juv A 50m: 4:52.95 - 25m: 4:46.98; Juv B 50m: 4:55.57 - 25m: 4:49.38

Pontos: FINA 2018

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	HOLUB Tamila Hryhorivna	99	Braga	4:19.72	+0,74	754	
	50m: 31.00 31.00 150m: 1:37.24 33.17 250m: 2:43.30 32.98 350m: 3:48.59 32.43						
	100m: 1:04.07 33.07 200m: 2:10.32 33.08 300m: 3:16.16 32.86 400m: 4:19.72 31.13						
2.	IBANEZ HERNANDEZ Nerea	99	Espana	4:20.36	+0,83	749	
	50m: 30.82 30.82 150m: 1:37.55 33.48 250m: 2:43.53 32.95 350m: 3:48.92 32.40						
	100m: 1:04.07 33.25 200m: 2:10.58 33.03 300m: 3:16.52 32.99 400m: 4:20.36 31.44						
3.	HENRIQUES Ines Jacinto	00	Pimpoes/Cimai	4:28.35	+0,75	684	
	50m: 31.21 31.21 150m: 1:39.31 34.22 250m: 2:46.95 33.84 350m: 3:55.00 34.26						
	100m: 1:05.09 33.88 200m: 2:13.11 33.80 300m: 3:20.74 33.79 400m: 4:28.35 33.35						
4.	ALONSO LORENZO Paula	95	Castilla-Leon	4:28.56	+0,74	682	
	50m: 30.63 30.63 150m: 1:37.96 33.98 250m: 2:46.64 34.36 350m: 3:55.01 34.27						
	100m: 1:03.98 33.35 200m: 2:12.28 34.32 300m: 3:20.74 34.10 400m: 4:28.56 33.55						
5.	ANDRE Leticia Maia	02	Benfica	4:28.67	+0,74	681	
	50m: 30.62 30.62 150m: 1:37.96 34.01 250m: 2:46.90 34.54 350m: 3:56.12 34.53						
	100m: 1:03.95 33.33 200m: 2:12.36 34.40 300m: 3:21.59 34.69 400m: 4:28.67 32.55						
6.	BARBOSA Mariana Fernandes	02	Porto	4:29.24	+0,71	677	
	50m: 31.85 31.85 150m: 1:40.93 34.77 250m: 2:48.93 33.34 350m: 3:56.14 33.42						
	100m: 1:06.16 34.31 200m: 2:15.59 34.66 300m: 3:22.72 33.79 400m: 4:29.24 33.10						
7.	SOUSA Ana Reis	02	Litoral Alentejano	4:29.83	+0,71	672	
	50m: 31.11 31.11 150m: 1:39.84 34.72 250m: 2:48.78 34.40 350m: 3:57.13 34.15						
	100m: 1:05.12 34.01 200m: 2:14.38 34.54 300m: 3:22.98 34.20 400m: 4:29.83 32.70						
8.	RAMOS Ana Rita	02	Porto	4:30.24	+0,70	669	
	50m: 32.04 32.04 150m: 1:40.55 34.59 250m: 2:49.33 34.10 350m: 3:57.16 33.77						
	100m: 1:05.96 33.92 200m: 2:15.23 34.68 300m: 3:23.39 34.06 400m: 4:30.24 33.08						
9.	AMADOR Joana Costa	01	Galitos / Bresimar	4:30.48	+0,67	668	
	50m: 31.33 31.33 150m: 1:40.41 34.94 250m: 2:49.80 34.51 350m: 3:57.79 33.52						
	100m: 1:05.47 34.14 200m: 2:15.29 34.88 300m: 3:24.27 34.47 400m: 4:30.48 32.69						
10.	AZEVEDO Madalena Gomes	99	Alges	4:31.89	+0,69	657	
	50m: 31.23 31.23 150m: 1:40.39 34.81 250m: 2:50.10 34.89 350m: 3:58.84 33.82						
	100m: 1:05.58 34.35 200m: 2:15.21 34.82 300m: 3:25.02 34.92 400m: 4:31.89 33.05						

Prova 35, Femin., 400m Livres, Elimin, Open

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
11.	FARIA Ana Rita	00	Porto	4:31.97	+0,71	657	
	50m: 31.77 31.77	150m: 1:40.09 34.50	250m: 2:49.58 34.68	350m: 3:58.34 34.03			
	100m: 1:05.59 33.82	200m: 2:14.90 34.81	300m: 3:24.31 34.73	400m: 4:31.97 33.63			
12.	QUEIROZ Ana Rita	02	CASP AE	4:32.58	+0,60	652	
	50m: 31.60 31.60	150m: 1:40.23 34.51	250m: 2:49.98 34.70	350m: 3:59.81 34.93			
	100m: 1:05.72 34.12	200m: 2:15.28 35.05	300m: 3:24.88 34.90	400m: 4:32.58 32.77			
13.	ALVES Sara Sofia	01	Columbofila Cantanhedense	4:32.79	+0,75	651	
	50m: 31.80 31.80	150m: 1:40.33 34.42	250m: 2:49.83 34.73	350m: 3:59.44 34.65			
	100m: 1:05.91 34.11	200m: 2:15.10 34.77	300m: 3:24.79 34.96	400m: 4:32.79 33.35			
14.	RODRIGUES Filipa Serrano	01	Benfica	4:33.50	+0,77	646	
	50m: 31.28 31.28	150m: 1:39.87 34.62	250m: 2:49.75 34.92	350m: 3:59.46 34.78			
	100m: 1:05.25 33.97	200m: 2:14.83 34.96	300m: 3:24.68 34.93	400m: 4:33.50 34.04			
15.	BELEZA Mafalda Gomes	94	Sporting	4:33.51	+0,68	646	
	50m: 31.05 31.05	150m: 1:39.61 34.53	250m: 2:49.19 34.83	350m: 3:59.41 34.92			
	100m: 1:05.08 34.03	200m: 2:14.36 34.75	300m: 3:24.49 35.30	400m: 4:33.51 34.10			
16.	PINA Ana Sofia	02	O Crasto	4:35.83	+0,91	630	
	50m: 31.92 31.92	150m: 1:40.83 34.45	250m: 2:50.46 34.70	350m: 4:00.82 35.21			
	100m: 1:06.38 34.46	200m: 2:15.76 34.93	300m: 3:25.61 35.15	400m: 4:35.83 35.01			
17.	VELOSO Teresa Miguel	00	Nautico Academico	4:36.51	+0,74	625	
	50m: 31.65 31.65	150m: 1:41.22 34.80	250m: 2:51.29 34.58	350m: 4:01.75 34.99			
	100m: 1:06.42 34.77	200m: 2:16.71 35.49	300m: 3:26.76 35.47	400m: 4:36.51 34.76			
18.	MENDES Mariana Amaral	02	Colegio Monte Maior	4:36.56	+0,65	625	
	50m: 32.06 32.06	150m: 1:40.78 34.52	250m: 2:50.64 35.15	350m: 4:01.79 35.69			
	100m: 1:06.26 34.20	200m: 2:15.49 34.71	300m: 3:26.10 35.46	400m: 4:36.56 34.77			
19.	CARVALHO Eva Guerreiro	99	Benfica	4:36.97	+0,75	622	
	50m: 32.04 32.04	150m: 1:40.85 34.51	250m: 2:50.29 34.86	350m: 4:01.36 35.75			
	100m: 1:06.34 34.30	200m: 2:15.43 34.58	300m: 3:25.61 35.32	400m: 4:36.97 35.61			
20.	MARTINS Francisca Soares	03	Foca	4:37.23	+0,70	620	
	50m: 31.57 31.57	150m: 1:40.37 34.98	250m: 2:51.15 35.54	350m: 4:02.41 35.74			
	100m: 1:05.39 33.82	200m: 2:15.61 35.24	300m: 3:26.67 35.52	400m: 4:37.23 34.82			
21.	MARCELINO Carolina Rosa	01	Alges	4:38.33	+0,73	613	
	50m: 32.10 32.10	150m: 1:41.40 35.24	250m: 2:51.11 34.81	350m: 4:02.93 35.99			
	100m: 1:06.16 34.06	200m: 2:16.30 34.90	300m: 3:26.94 35.83	400m: 4:38.33 35.40			
22.	SOARES Catarina Silva	03	Porto	4:39.06	+0,71	608	
	50m: 30.95 30.95	150m: 1:40.89 35.35	250m: 2:52.43 36.04	350m: 4:04.81 35.97			
	100m: 1:05.54 34.59	200m: 2:16.39 35.50	300m: 3:28.84 36.41	400m: 4:39.06 34.25			
23.	VARANDAS Joana Filipa	02	Laranjeiro	4:39.46	+0,73	605	
	50m: 31.54 31.54	150m: 1:42.03 35.50	250m: 2:53.15 35.71	350m: 4:04.82 35.76			
	100m: 1:06.53 34.99	200m: 2:17.44 35.41	300m: 3:29.06 35.91	400m: 4:39.46 34.64			
24.	SOARES Carolina Silva	03	Natacao de Valongo	4:40.78	+0,72	597	
	50m: 31.21 31.21	150m: 1:41.27 35.36	250m: 2:53.46 36.21	350m: 4:05.56 35.86			
	100m: 1:05.91 34.70	200m: 2:17.25 35.98	300m: 3:29.70 36.24	400m: 4:40.78 35.22			

Prova 35, Femin., 400m Livres, Elimin, Open

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
25.	CONCEICAO Ema Jeronimo	03	Fisica Torres Vedras	4:41.15	+0,79	594	
	50m: 31.96 31.96 150m: 1:42.99 35.82 250m: 2:55.01 35.98 350m: 4:06.43 35.24						
	100m: 1:07.17 35.21 200m: 2:19.03 36.04 300m: 3:31.19 36.18 400m: 4:41.15 34.72						
26.	GASPAR Beatriz Ferreira	04	Hoquei Mealhada/ CA	4:41.18	+0,70	594	
	50m: 31.69 31.69 150m: 1:41.81 35.02 250m: 2:53.35 36.04 350m: 4:06.49 36.64						
	100m: 1:06.79 35.10 200m: 2:17.31 35.50 300m: 3:29.85 36.50 400m: 4:41.18 34.69						
27.	MARTINS Joana Ribeiro	03	Benfica	4:41.85	+0,77	590	
	50m: 32.62 32.62 150m: 1:44.10 35.72 250m: 2:54.89 34.73 350m: 4:06.55 36.20						
	100m: 1:08.38 35.76 200m: 2:20.16 36.06 300m: 3:30.35 35.46 400m: 4:41.85 35.30						
28.	SANTOS Leonor Esteves	04	Avançado EUL	4:41.92	+0,79	590	
	50m: 33.04 33.04 150m: 1:44.98 35.70 250m: 2:56.26 35.43 350m: 4:07.89 35.83						
	100m: 1:09.28 36.24 200m: 2:20.83 35.85 300m: 3:32.06 35.80 400m: 4:41.92 34.03						
29.	AMORIM Maria Leonor	03	Porto	4:41.93	+0,74	589	
	50m: 31.65 31.65 150m: 1:42.33 36.05 250m: 2:55.39 36.72 350m: 4:07.58 36.13						
	100m: 1:06.28 34.63 200m: 2:18.67 36.34 300m: 3:31.45 36.06 400m: 4:41.93 34.35						
30.	PINHO Carolina Teixeira	04	Porto	4:42.25	+0,70	587	
	50m: 31.82 31.82 150m: 1:42.98 35.89 250m: 2:55.42 36.04 350m: 4:07.10 35.64						
	100m: 1:07.09 35.27 200m: 2:19.38 36.40 300m: 3:31.46 36.04 400m: 4:42.25 35.15						
31.	SILVA Camila Alexandra	03	Columbofila Cantanhedense	4:43.48	+0,86	580	
	50m: 33.20 33.20 150m: 1:43.30 35.10 250m: 2:55.61 36.44 350m: 4:08.38 36.38						
	100m: 1:08.20 35.00 200m: 2:19.17 35.87 300m: 3:32.00 36.39 400m: 4:43.48 35.10						
32.	POMBO Tatiana Raquel	01	Cova da Piedade	4:43.55	+0,78	579	
	50m: 32.01 32.01 150m: 1:43.28 36.05 250m: 2:55.96 36.40 350m: 4:08.27 36.02						
	100m: 1:07.23 35.22 200m: 2:19.56 36.28 300m: 3:32.25 36.29 400m: 4:43.55 35.28						
33.	SOUSA Ines Matos	03	Uniao Coimbra	4:44.09	+0,81	576	
	50m: 32.75 32.75 150m: 1:43.71 35.90 250m: 2:55.95 36.15 350m: 4:08.43 36.26						
	100m: 1:07.81 35.06 200m: 2:19.80 36.09 300m: 3:32.17 36.22 400m: 4:44.09 35.66						
34.	RODRIGUES Helena Nunes	03	Alges e Agueda XXI	4:44.18	+0,73	576	
	50m: 31.02 31.02 150m: 1:41.86 35.98 250m: 2:55.45 36.70 350m: 4:08.99 36.80						
	100m: 1:05.88 34.86 200m: 2:18.75 36.89 300m: 3:32.19 36.74 400m: 4:44.18 35.19						
35.	RODRIGUES Joana Francisca	04	Uniao Coimbra	4:44.27	+0,72	575	
	50m: 32.09 32.09 150m: 1:44.81 36.83 250m: 2:57.72 36.61 350m: 4:09.79 36.01						
	100m: 1:07.98 35.89 200m: 2:21.11 36.30 300m: 3:33.78 36.06 400m: 4:44.27 34.48						
36.	FLORENCIO Matilde Alves	04	CASP AE	4:44.46	+0,72	574	
	50m: 32.63 32.63 150m: 1:43.90 36.14 250m: 2:56.81 36.36 350m: 4:10.07 36.48						
	100m: 1:07.76 35.13 200m: 2:20.45 36.55 300m: 3:33.59 36.78 400m: 4:44.46 34.39						
37.	MARTINS Ines Alves	01	Fluvial Portuense	4:45.04	+0,76	570	
	50m: 32.16 32.16 150m: 1:43.42 36.08 250m: 2:56.13 36.37 350m: 4:09.52 36.51						
	100m: 1:07.34 35.18 200m: 2:19.76 36.34 300m: 3:33.01 36.88 400m: 4:45.04 35.52						
38.	CARDEAL Beatriz Nunes	04	Academico Viseu	4:45.68	+0,80	567	
	50m: 32.03 32.03 150m: 1:43.21 35.98 250m: 2:56.72 36.81 350m: 4:10.76 36.60						
	100m: 1:07.23 35.20 200m: 2:19.91 36.70 300m: 3:34.16 37.44 400m: 4:45.68 34.92						

Prova 35, Femin., 400m Livres, Elimin, Open

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
39.	RIESENBERGER Bruna Martins	97	Laranjeiro	4:46.14	+0,72	564	
	50m: 32.54 32.54 150m: 1:43.38 35.70 250m: 2:56.22 36.63 350m: 4:10.27 36.87						
	100m: 1:07.68 35.14 200m: 2:19.59 36.21 300m: 3:33.40 37.18 400m: 4:46.14 35.87						
40.	PRETO Filipa Manso	04	Porto	4:46.67	+0,77	561	
	50m: 32.64 32.64 150m: 1:45.12 36.25 250m: 2:58.14 36.27 350m: 4:11.62 36.83						
	100m: 1:08.87 36.23 200m: 2:21.87 36.75 300m: 3:34.79 36.65 400m: 4:46.67 35.05						
41.	PELAIJO Maria Joao	03	Ginasio Figueirense	4:46.86	+0,88	560	
	50m: 32.43 32.43 150m: 1:44.05 35.99 250m: 2:57.23 36.57 350m: 4:11.03 36.64						
	100m: 1:08.06 35.63 200m: 2:20.66 36.61 300m: 3:34.39 37.16 400m: 4:46.86 35.83						
42.	GARCIA HERREROS Nuria	00	A.D. Rivas Natacion	4:47.79	+0,68	554	
	50m: 31.73 31.73 150m: 1:43.29 36.26 250m: 2:57.31 37.12 350m: 4:11.74 37.26						
	100m: 1:07.03 35.30 200m: 2:20.19 36.90 300m: 3:34.48 37.17 400m: 4:47.79 36.05						
43.	PIRES Beatriz Almeida	03	Uniao Coimbra	4:48.09	+0,79	552	
	50m: 33.93 33.93 150m: 1:45.44 35.83 250m: 2:58.69 36.52 350m: 4:12.42 36.60						
	100m: 1:09.61 35.68 200m: 2:22.17 36.73 300m: 3:35.82 37.13 400m: 4:48.09 35.67						
44.	INACIO Marta Macedo	04	Sporting	4:48.63	+0,82	549	
	50m: 32.91 32.91 150m: 1:45.98 36.79 250m: 2:59.85 36.68 350m: 4:13.85 36.71						
	100m: 1:09.19 36.28 200m: 2:23.17 37.19 300m: 3:37.14 37.29 400m: 4:48.63 34.78						
45.	SANTOS Carolina Ascenso	01	Propaganda da Natacao	4:48.71	+0,84	549	
	50m: 32.00 32.00 150m: 1:43.97 36.38 250m: 2:57.88 37.33 350m: 4:12.64 37.15						
	100m: 1:07.59 35.59 200m: 2:20.55 36.58 300m: 3:35.49 37.61 400m: 4:48.71 36.07						
46.	FONSECA Laura Luz	03	Naval de Ponta Delgada	4:48.82	+0,75	548	
	50m: 32.67 32.67 150m: 1:44.13 36.01 250m: 2:57.66 36.94 350m: 4:11.91 37.31						
	100m: 1:08.12 35.45 200m: 2:20.72 36.59 300m: 3:34.60 36.94 400m: 4:48.82 36.91						
47.	PIMENTEL Marta Lima	04	Fluvial Portuense	4:49.55	+0,77	544	
	50m: 33.15 33.15 150m: 1:45.58 36.84 250m: 3:00.40 37.40 350m: 4:14.33 36.98						
	100m: 1:08.74 35.59 200m: 2:23.00 37.42 300m: 3:37.35 36.95 400m: 4:49.55 35.22						
48.	MARCOS Miriam Filipe	01	Louletano / Loule Concelho	4:49.76	+0,70	543	
	50m: 32.14 32.14 150m: 1:44.12 36.41 250m: 2:57.92 37.08 350m: 4:12.97 37.65						
	100m: 1:07.71 35.57 200m: 2:20.84 36.72 300m: 3:35.32 37.40 400m: 4:49.76 36.79						
49.	AMANTES Beatriz Quintao	03	Uniao Piedense	4:50.70	+0,79	538	
	50m: 33.26 33.26 150m: 1:46.34 36.62 250m: 3:00.00 36.34 350m: 4:13.94 36.74						
	100m: 1:09.72 36.46 200m: 2:23.66 37.32 300m: 3:37.20 37.20 400m: 4:50.70 36.76						
50.	PAIS Matilde Vieira	03	Galitos / Bresimar	4:50.83	+0,79	537	
	50m: 32.66 32.66 150m: 1:45.18 36.59 250m: 2:59.00 37.12 350m: 4:14.91 38.03						
	100m: 1:08.59 35.93 200m: 2:21.88 36.70 300m: 3:36.88 37.88 400m: 4:50.83 35.92						
51.	VIANA Margarida Violante	04	Ba/Bomcar	4:51.12	+0,89	535	
	50m: 33.11 33.11 150m: 1:46.85 37.44 250m: 3:01.38 37.60 350m: 4:15.58 37.19						
	100m: 1:09.41 36.30 200m: 2:23.78 36.93 300m: 3:38.39 37.01 400m: 4:51.12 35.54						
52.	PIRES Filipa Almeida	03	Uniao Coimbra	4:51.39	+0,88	534	
	50m: 33.10 33.10 150m: 1:46.07 36.96 250m: 3:00.91 37.70 350m: 4:15.67 37.27						
	100m: 1:09.11 36.01 200m: 2:23.21 37.14 300m: 3:38.40 37.49 400m: 4:51.39 35.72						

Prova 35, Femin., 400m Livres, Elimin, Open

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
53.	SILVA Ines Martins	04	Vilacondense	4:51.43	+0,92	534	
	50m: 33.08 33.08	150m: 1:45.60 36.93	250m: 3:00.91 37.89	350m: 4:15.70 37.21			
	100m: 1:08.67 35.59	200m: 2:23.02 37.42	300m: 3:38.49 37.58	400m: 4:51.43 35.73			
54.	PINHEIRO Ines Mariana	03	Academica de Coimbra	4:51.46	+0,77	533	
	50m: 33.81 33.81	150m: 1:46.97 37.43	250m: 3:00.43 36.44	350m: 4:15.72 37.81			
	100m: 1:09.54 35.73	200m: 2:23.99 37.02	300m: 3:37.91 37.48	400m: 4:51.46 35.74			
55.	MOITEIRO Bruna Silva	04	Nautico Marinha Grande	4:51.50	+0,78	533	
	50m: 32.10 32.10	150m: 1:45.10 36.93	250m: 2:59.94 37.64	350m: 4:15.47 37.56			
	100m: 1:08.17 36.07	200m: 2:22.30 37.20	300m: 3:37.91 37.97	400m: 4:51.50 36.03			
56.	LIMA Eduarda Filipa	04	Vilacondense	4:51.78	+0,90	532	
	50m: 34.01 34.01	150m: 1:47.41 37.17	250m: 3:02.72 37.49	350m: 4:17.00 37.27			
	100m: 1:10.24 36.23	200m: 2:25.23 37.82	300m: 3:39.73 37.01	400m: 4:51.78 34.78			
57.	ALVES Maria Francisca	04	Ba/Bomcar	4:51.81	+0,64	532	
	50m: 32.81 32.81	150m: 1:46.34 36.71	250m: 3:01.05 37.21	350m: 4:16.04 37.27			
	100m: 1:09.63 36.82	200m: 2:23.84 37.50	300m: 3:38.77 37.72	400m: 4:51.81 35.77			
58.	MONTEIRO Ines Maria	04	Naval Praia da Vitoria	4:52.31	+0,83	529	
	50m: 32.41 32.41	150m: 1:45.10 36.66	250m: 3:00.19 37.75	350m: 4:15.74 37.67			
	100m: 1:08.44 36.03	200m: 2:22.44 37.34	300m: 3:38.07 37.88	400m: 4:52.31 36.57			
59.	NARRA Vera Figueiredo	04	Amadora	4:52.41	+0,72	528	
	50m: 33.10 33.10	150m: 1:46.68 37.40	250m: 3:01.91 37.14	350m: 4:16.49 37.35			
	100m: 1:09.28 36.18	200m: 2:24.77 38.09	300m: 3:39.14 37.23	400m: 4:52.41 35.92			
60.	TROIA Beatriz Rosa	04	Vilacondense	4:52.43	+0,67	528	
	50m: 34.68 34.68	150m: 1:49.93 37.54	250m: 3:04.47 37.16	350m: 4:17.82 35.76			
	100m: 1:12.39 37.71	200m: 2:27.31 37.38	300m: 3:42.06 37.59	400m: 4:52.43 34.61			
61.	MARTINS Beatriz Picanco	03	Benfica	4:52.98	+0,82	525	
	50m: 32.85 32.85	150m: 1:46.71 37.44	250m: 3:01.58 37.30	350m: 4:16.92 37.64			
	100m: 1:09.27 36.42	200m: 2:24.28 37.57	300m: 3:39.28 37.70	400m: 4:52.98 36.06			
62.	FREIXIEIRO Beatriz Maria	04	Rio Maior	4:53.06	+0,77	525	
	50m: 32.96 32.96	150m: 1:47.04 37.63	250m: 3:02.54 37.64	350m: 4:17.55 37.49			
	100m: 1:09.41 36.45	200m: 2:24.90 37.86	300m: 3:40.06 37.52	400m: 4:53.06 35.51			
63.	MARQUES Maria Alexandra	04	Albicastrense	4:53.85	+0,68	521	
	50m: 34.71 34.71	150m: 1:49.49 37.66	250m: 3:04.55 37.25	350m: 4:18.57 36.52			
	100m: 1:11.83 37.12	200m: 2:27.30 37.81	300m: 3:42.05 37.50	400m: 4:53.85 35.28			
64.	ALMEIDA Catarina Nunes	04	Galitos / Bresimar	4:54.41	+0,85	518	
	50m: 34.38 34.38	150m: 1:49.25 37.44	250m: 3:03.87 37.36	350m: 4:18.78 37.20			
	100m: 1:11.81 37.43	200m: 2:26.51 37.26	300m: 3:41.58 37.71	400m: 4:54.41 35.63			
65.	VEIGA Ana Filipa	01	Gafanha da Encarnacao	4:55.09	+0,80	514	
	50m: 32.82 32.82	150m: 1:46.08 37.02	250m: 3:01.55 38.05	350m: 4:17.48 37.94			
	100m: 1:09.06 36.24	200m: 2:23.50 37.42	300m: 3:39.54 37.99	400m: 4:55.09 37.61			
66.	SIMOES Rita Mendes	04	Ba/Bomcar	4:55.44	+0,86	512	
	50m: 34.24 34.24	150m: 1:48.64 37.45	250m: 3:04.12 37.74	350m: 4:18.97 37.03			
	100m: 1:11.19 36.95	200m: 2:26.38 37.74	300m: 3:41.94 37.82	400m: 4:55.44 36.47			

Prova 35, Femin., 400m Livres, Elimin, Open

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
67.	BARBOSA Adriana Freixo	03	Viana Natacao	4:56.23	+0,94	508	
	50m: 32.80 32.80	150m: 1:46.08 37.00	250m: 3:01.73 38.10	350m: 4:18.73 38.53			
	100m: 1:09.08 36.28	200m: 2:23.63 37.55	300m: 3:40.20 38.47	400m: 4:56.23 37.50			
68.	NEVES Leonor Maria	03	Gesloures	4:56.46	+0,68	507	
	50m: 32.77 32.77	150m: 1:47.36 37.95	250m: 3:04.16 38.41	350m: 4:19.92 38.00			
	100m: 1:09.41 36.64	200m: 2:25.75 38.39	300m: 3:41.92 37.76	400m: 4:56.46 36.54			
69.	JACINTO Ines Filipa	03	Ba/Bomcar	4:57.96	+0,77	499	
	50m: 33.14 33.14	150m: 1:46.41 37.53	250m: 3:02.69 38.19	350m: 4:19.97 38.92			
	100m: 1:08.88 35.74	200m: 2:24.50 38.09	300m: 3:41.05 38.36	400m: 4:57.96 37.99			
70.	LIGEIRO Daniela Silva	04	Viana Natacao	5:04.76	+0,76	467	
	50m: 34.41 34.41	150m: 1:50.14 37.99	250m: 3:07.56 39.20	350m: 4:26.46 39.84			
	100m: 1:12.15 37.74	200m: 2:28.36 38.22	300m: 3:46.62 39.06	400m: 5:04.76 38.30			
DNS	FRAZAO Alexandra Couto	02	CASP AE				

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