

Prova 26 Femin., 400m Livres Juvenis A
24-03-2018 - 11:40 Resultados Elimin

RN Absoluto 4:10.07 DURAES Diana Margarida POR Budapeste (HUN) 23-07-2017
RN Juv A 4:20.78 HOLUB Tamila Hryhorivna POR Porto 07-06-2014

Pre-Jun_Fem Juv: 4:31.34 / CEJun_Fem 14 - 17: 4:23.44 / CEPL Abs: 4:13.31 / JOJuvent 15 - 18: 4:18.93

Pontos: FINA 2018

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	MARTINS Francisca Soares <i>Minimos Pre-Jun</i>	03	Foca	4:30.45	+0,70	668	
	50m: 30.90 30.90 150m: 1:39.12 33.89 250m: 2:48.33 34.34 350m: 3:57.62 34.23 100m: 1:05.23 34.33 200m: 2:13.99 34.87 300m: 3:23.39 35.06 400m: 4:30.45 32.83						
2.	MARTINS Joana Ribeiro	03	Benfica	4:37.19	+0,76	620	
	50m: 31.71 31.71 150m: 1:41.66 34.81 250m: 2:52.32 34.91 350m: 4:03.39 35.21 100m: 1:06.85 35.14 200m: 2:17.41 35.75 300m: 3:28.18 35.86 400m: 4:37.19 33.80						
3.	CONCEICAO Ema Jeronimo	03	Fisica Torres Vedras	4:41.95	+0,77	589	
	50m: 31.36 31.36 150m: 1:40.85 34.88 250m: 2:52.72 36.02 350m: 4:06.50 36.63 100m: 1:05.97 34.61 200m: 2:16.70 35.85 300m: 3:29.87 37.15 400m: 4:41.95 35.45						
4.	PELAIO Maria Joao	03	Ginasio Figueirense	4:45.57	+0,82	567	
	50m: 32.21 32.21 150m: 1:43.56 35.95 250m: 2:56.85 36.63 350m: 4:10.99 37.01 100m: 1:07.61 35.40 200m: 2:20.22 36.66 300m: 3:33.98 37.13 400m: 4:45.57 34.58						
5.	SILVA Camila Alexandra	03	Columbifila Cantanhedense	4:45.59	+0,69	567	
	50m: 32.74 32.74 150m: 1:42.65 35.36 250m: 2:54.60 36.06 350m: 4:09.26 37.26 100m: 1:07.29 34.55 200m: 2:18.54 35.89 300m: 3:32.00 37.40 400m: 4:45.59 36.33						
6.	PIRES Beatriz Almeida	03	Uniao Coimbra	4:46.94	+0,80	559	
	50m: 32.51 32.51 150m: 1:45.33 36.76 250m: 2:58.24 35.86 350m: 4:11.42 36.16 100m: 1:08.57 36.06 200m: 2:22.38 37.05 300m: 3:35.26 37.02 400m: 4:46.94 35.52						
7.	SOUSA Ines Matos	03	Uniao Coimbra	4:47.14	+0,80	558	
	50m: 33.15 33.15 150m: 1:45.06 36.18 250m: 2:57.82 36.36 350m: 4:11.27 36.59 100m: 1:08.88 35.73 200m: 2:21.46 36.40 300m: 3:34.68 36.86 400m: 4:47.14 35.87						
8.	RODRIGUES Helena Nunes	03	Alges e Agueda XXI	4:47.93	+0,83	553	
	50m: 31.78 31.78 150m: 1:42.75 36.06 250m: 2:57.46 37.73 350m: 4:12.21 37.08 100m: 1:06.69 34.91 200m: 2:19.73 36.98 300m: 3:35.13 37.67 400m: 4:47.93 35.72						
9.	MARTINS Beatriz Picanco	03	Benfica	4:48.18	+0,87	552	
	50m: 32.80 32.80 150m: 1:44.10 35.89 250m: 2:58.55 37.46 350m: 4:13.30 37.26 100m: 1:08.21 35.41 200m: 2:21.09 36.99 300m: 3:36.04 37.49 400m: 4:48.18 34.88						
10.	FONSECA Laura Luz	03	Naval de Ponta Delgada	4:49.03	+0,78	547	
	50m: 32.20 32.20 150m: 1:43.62 36.00 250m: 2:57.66 37.06 350m: 4:12.48 37.23 100m: 1:07.62 35.42 200m: 2:20.60 36.98 300m: 3:35.25 37.59 400m: 4:49.03 36.55						
11.	SOARES Carolina Silva	03	Natacao de Valongo	4:52.74	+0,80	527	
	50m: 31.54 31.54 150m: 1:42.60 36.37 250m: 2:58.39 38.25 350m: 4:15.66 38.43 100m: 1:06.23 34.69 200m: 2:20.14 37.54 300m: 3:37.23 38.84 400m: 4:52.74 37.08						
12.	BARBOSA Adriana Freixo	03	Viana Natacao	4:56.39	+0,92	507	
	50m: 32.32 32.32 150m: 1:46.44 37.41 250m: 3:02.24 37.82 350m: 4:19.24 38.36 100m: 1:09.03 36.71 200m: 2:24.42 37.98 300m: 3:40.88 38.64 400m: 4:56.39 37.15						
DSQ	PAIS Matilde Vieira <i>403 - Falsa partida - SW 4.4</i>	03	Galitos / Bresimar				

Prova 26, Femin., 400m Livres, Elimin

Prova 26 Femin., 400m Livres Juvenis B
24-03-2018 - 11:40 Resultados Elimin

RN Absoluto	4:10.07	DURAES Diana Margarida	POR	Budapeste (HUN)	23-07-2017
RN Juv B	4:26.20	CABRAL Maria Francisca	FCP	Oeiras	26-07-2014

Pre-Jun_Fem Juv: 4:31.34 / CEJun_Fem 14 - 17: 4:23.44 / CEPL Abs: 4:13.31
Pontos: FINA 2018

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	PINHO Carolina Teixeira	04	Porto	4:40.97	+0,77	596	
	50m: 31.81 31.81	150m: 1:42.25 35.39	250m: 2:54.33 36.06	350m: 4:06.22 35.26	400m: 4:40.97 34.75		
	100m: 1:06.86 35.05	200m: 2:18.27 36.02	300m: 3:30.96				
2.	GASPAR Beatriz Ferreira	04	Hoquei Mealhada/ CA	4:43.25	+0,77	581	
	50m: 31.68 31.68	150m: 1:42.12 35.76	250m: 2:54.35 36.39	350m: 4:07.97 36.66	400m: 4:43.25 35.28		
	100m: 1:06.36 34.68	200m: 2:17.96 35.84	300m: 3:31.31				
3.	SANTOS Leonor Esteves	04	Avancado EUL	4:45.37	+0,78	568	
	50m: 33.24 33.24	150m: 1:45.70 36.40	250m: 2:58.46 36.27	350m: 4:11.06 36.13	400m: 4:45.37 34.31		
	100m: 1:09.30 36.06	200m: 2:22.19 36.49	300m: 3:34.93				
4.	PRETO Filipa Manso	04	Porto	4:45.43	+0,90	568	
	50m: 32.59 32.59	150m: 1:44.38 35.81	250m: 2:56.42 36.22	350m: 4:10.23 36.97	400m: 4:45.43 35.20		
	100m: 1:08.57 35.98	200m: 2:20.20 35.82	300m: 3:33.26				
5.	AMADO Maria Lopes	04	Ba/Bomcar	4:46.83	+0,64	560	
	50m: 31.58 31.58	150m: 1:42.10 35.62	250m: 2:54.93 36.45	350m: 4:09.64 37.42	400m: 4:46.83 37.19		
	100m: 1:06.48 34.90	200m: 2:18.48 36.38	300m: 3:32.22				
6.	RODRIGUES Joana Francisca	04	Uniao Coimbra	4:49.37	+0,74	545	
	50m: 32.60 32.60	150m: 1:45.94 37.04	250m: 3:00.07 36.87	350m: 4:13.82 36.31	400m: 4:49.37 35.55		
	100m: 1:08.90 36.30	200m: 2:23.20 37.26	300m: 3:37.51				
7.	SILVA Ines Martins	04	Vilacondense	4:51.77	+0,83	532	
	50m: 33.22 33.22	150m: 1:45.33 36.35	250m: 2:59.45 36.84	350m: 4:15.01 37.29	400m: 4:51.77 36.76		
	100m: 1:08.98 35.76	200m: 2:22.61 37.28	300m: 3:37.72				
8.	MONTEIRO Ana Carolina	04	Uniao Coimbra	4:52.62	+0,79	527	
	50m: 32.38 32.38	150m: 1:45.12 37.18	250m: 3:00.32 37.56	350m: 4:16.18 37.80	400m: 4:52.62 36.44		
	100m: 1:07.94 35.56	200m: 2:22.76 37.64	300m: 3:38.38				
9.	VIANA Margarida Violante	04	Ba/Bomcar	4:53.06	+0,71	525	
	50m: 33.15 33.15	150m: 1:46.86 37.19	250m: 3:02.45 37.85	350m: 4:17.55 37.35	400m: 4:53.06 35.51		
	100m: 1:09.67 36.52	200m: 2:24.60 37.74	300m: 3:40.20				
10.	MOITEIRO Bruna Silva	04	Nautico Marinha Grande	4:53.50	+0,79	522	
	50m: 32.13 32.13	150m: 1:44.75 36.97	250m: 3:00.31 37.83	350m: 4:16.26 37.63	400m: 4:53.50 37.24		
	100m: 1:07.78 35.65	200m: 2:22.48 37.73	300m: 3:38.63				
11.	TROIA Beatriz Rosa	04	Vilacondense	4:58.24	+0,66	498	
	50m: 34.11 34.11	150m: 1:49.95 38.13	250m: 3:05.76 37.27	350m: 4:22.91 38.18	400m: 4:58.24 35.33		
	100m: 1:11.82 37.71	200m: 2:28.49 38.54	300m: 3:44.73				
12.	INACIO Marta Macedo	04	Sporting	4:59.28	+0,84	493	
	50m: 33.76 33.76	150m: 1:48.20 37.68	250m: 3:04.30 38.22	350m: 4:21.15 38.44	400m: 4:59.28 38.13		
	100m: 1:10.52 36.76	200m: 2:26.08 37.88	300m: 3:42.71				
13.	RIBEIRO Barbara Almeida	04	Colegio Vasco da Gama	4:59.72	+0,77	491	
	50m: 33.17 33.17	150m: 1:48.08 38.27	250m: 3:04.51 38.71	350m: 4:21.69 38.85	400m: 4:59.72 38.03		
	100m: 1:09.81 36.64	200m: 2:25.80 37.72	300m: 3:42.84				

Prova 26, Femin., 400m Livres, Elimin

Prova 26 Femin., 400m Livres Juniores
24-03-2018 - 11:40 Resultados Elimin

RN Absoluto	4:10.07	DURAES Diana Margarida	POR	Budapeste (HUN)	23-07-2017
RN Jun17	4:14.67	HOLUB Tamila Hryhorivna	SCB	Oeiras	23-07-2016
RN Jun16	4:20.37	FERREIRA Marta Andreia	POR	Berlim (GER)	04-08-2002

CEJun_Fem 14 - 17: 4:23.44 / CEPL Abs: 4:13.31 / JOJuent 15 - 18: 4:18.93

Pontos: FINA 2018

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	FRAZAO Alexandra Couto	02	CASPAE	4:26.33	+0,72	699	
	50m: 30.85 30.85	150m: 1:37.36 33.55	250m: 2:44.93 33.72	350m: 3:52.94 33.65			
	100m: 1:03.81 32.96	200m: 2:11.21 33.85	300m: 3:19.29 34.36	400m: 4:26.33 33.39			
2.	RODRIGUES Filipa Serrano	01	Benfica	4:27.11	+0,76	693	
	50m: 30.38 30.38	150m: 1:37.19 33.59	250m: 2:45.36 34.03	350m: 3:53.95 34.21			
	100m: 1:03.60 33.22	200m: 2:11.33 34.14	300m: 3:19.74 34.38	400m: 4:27.11 33.16			
3.	RAMOS Ana Rita	02	Porto	4:28.41	+0,78	683	
	50m: 31.19 31.19	150m: 1:38.86 33.61	250m: 2:46.03 33.53	350m: 3:54.35 33.98			
	100m: 1:05.25 34.06	200m: 2:12.50 33.64	300m: 3:20.37 34.34	400m: 4:28.41 34.06			
4.	COSTA Maria Carolina	01	Porto	4:28.58	+0,78	682	
	50m: 31.13 31.13	150m: 1:38.74 34.41	250m: 2:46.80 34.00	350m: 3:55.41 34.67			
	100m: 1:04.33 33.20	200m: 2:12.80 34.06	300m: 3:20.74 33.94	400m: 4:28.58 33.17			
5.	ANDRE Leticia Maia	02	Benfica	4:29.23	+0,68	677	
	50m: 30.36 30.36	150m: 1:36.57 33.67	250m: 2:45.14 34.36	350m: 3:55.26 35.30			
	100m: 1:02.90 32.54	200m: 2:10.78 34.21	300m: 3:19.96 34.82	400m: 4:29.23 33.97			
6.	BARBOSA Mariana Fernandes	02	Porto	4:29.76	+0,73	673	
	50m: 30.88 30.88	150m: 1:37.71 33.76	250m: 2:46.42 34.34	350m: 3:55.59 34.42			
	100m: 1:03.95 33.07	200m: 2:12.08 34.37	300m: 3:21.17 34.75	400m: 4:29.76 34.17			
7.	ALVES Sara Sofia	01	Columbifila Cantanhedense	4:30.20	+0,74	670	
	50m: 31.24 31.24	150m: 1:37.18 33.22	250m: 2:45.61 34.34	350m: 3:56.13 35.43			
	100m: 1:03.96 32.72	200m: 2:11.27 34.09	300m: 3:20.70 35.09	400m: 4:30.20 34.07			
8.	QUEIROZ Ana Rita	02	CASPAE	4:31.87	+0,69	657	
	50m: 30.90 30.90	150m: 1:38.98 34.34	250m: 2:48.58 34.67	350m: 3:58.62 34.61			
	100m: 1:04.64 33.74	200m: 2:13.91 34.93	300m: 3:24.01 35.43	400m: 4:31.87 33.25			
9.	MARCELINO Carolina Rosa	01	Alges	4:33.58	+0,75	645	
	50m: 30.84 30.84	150m: 1:38.64 34.29	250m: 2:48.43 35.08	350m: 3:59.00 35.37			
	100m: 1:04.35 33.51	200m: 2:13.35 34.71	300m: 3:23.63 35.20	400m: 4:33.58 34.58			
10.	SOUSA Ana Reis	02	Litoral Alentejano	4:33.93	+0,72	643	
	50m: 31.17 31.17	150m: 1:39.17 34.77	250m: 2:50.15 35.47	350m: 4:00.07 34.57			
	100m: 1:04.40 33.23	200m: 2:14.68 35.51	300m: 3:25.50 35.35	400m: 4:33.93 33.86			
11.	NEVES Carolina Marques	01	Torres Novas	4:41.19	+0,78	594	
	50m: 31.35 31.35	150m: 1:41.31 35.29	250m: 2:53.71 36.32	350m: 4:06.21 36.05			
	100m: 1:06.02 34.67	200m: 2:17.39 36.08	300m: 3:30.16 36.45	400m: 4:41.19 34.98			
12.	FERNANDES Leonor Camacho	02	Sporting	4:43.78	+0,79	578	
	50m: 32.16 32.16	150m: 1:44.90 36.37	250m: 2:56.98 34.83	350m: 4:08.29 35.01			
	100m: 1:08.53 36.37	200m: 2:22.15 37.25	300m: 3:33.28 36.30	400m: 4:43.78 35.49			
13.	MENDES Mariana Amaral	02	Colegio Monte Maior	4:43.99	+0,77	577	
	50m: 32.70 32.70	150m: 1:43.73 35.80	250m: 2:56.06 36.39	350m: 4:08.67 36.39			
	100m: 1:07.93 35.23	200m: 2:19.67 35.94	300m: 3:32.28 36.22	400m: 4:43.99 35.32			

Prova 26, Femin., 400m Livres, Elimin, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
14.	VARANDAS Joana Filipa	02	Laranjeiro	4:45.29	+0,80	569	
	50m: 31.59 31.59	150m: 1:42.45 35.99	250m: 2:56.02 36.99	350m: 4:09.67 36.69			
	100m: 1:06.46 34.87	200m: 2:19.03 36.58	300m: 3:32.98 36.96	400m: 4:45.29 35.62			
15.	MARTINS Ines Alves	01	Fluvial Portuense	4:45.69	+0,73	567	
	50m: 32.07 32.07	150m: 1:42.72 35.70	250m: 2:55.51 36.48	350m: 4:09.52 37.03			
	100m: 1:07.02 34.95	200m: 2:19.03 36.31	300m: 3:32.49 36.98	400m: 4:45.69 36.17			
16.	MARCOS Miriam Filipe	01	Louletano / Loule Concelho	4:45.73	+0,71	566	
	50m: 31.76 31.76	150m: 1:42.07 35.62	250m: 2:54.64 36.05	350m: 4:09.26 37.26			
	100m: 1:06.45 34.69	200m: 2:18.59 36.52	300m: 3:32.00 37.36	400m: 4:45.73 36.47			
17.	POMBO Tatiana Raquel	01	Cova da Piedade	4:46.75	+0,82	560	
	50m: 31.74 31.74	150m: 1:42.93 36.00	250m: 2:55.95 36.67	350m: 4:10.83 37.30			
	100m: 1:06.93 35.19	200m: 2:19.28 36.35	300m: 3:33.53 37.58	400m: 4:46.75 35.92			
18.	AMADOR Joana Costa	01	Galitos / Bresimar	4:48.22	+0,69	552	
	50m: 32.05 32.05	150m: 1:44.00 36.60	250m: 2:58.06 36.92	350m: 4:12.02 37.01			
	100m: 1:07.40 35.35	200m: 2:21.14 37.14	300m: 3:35.01 36.95	400m: 4:48.22 36.20			
19.	CORREIA Mariana Delicado	01	Sporting	4:49.20	+0,72	546	
	50m: 31.55 31.55	150m: 1:42.80 36.07	250m: 2:57.19 37.26	350m: 4:12.50 37.20			
	100m: 1:06.73 35.18	200m: 2:19.93 37.13	300m: 3:35.30 38.11	400m: 4:49.20 36.70			

Prova 26
24-03-2018 - 11:40

Femin., 400m Livres

Seniores
Resultados Elimin

RN Absoluto	4:10.07	DURAES Diana Margarida	POR	Budapeste (HUN)	23-07-2017
RN Sen	4:10.07	DURAES Diana Margarida	POR	Budapeste (HUN)	23-07-2017
CEPL Abs: 4:13.31 / JOJuvent 15 - 18: 4:18.93					

Pontos: FINA 2018

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	HOLUB Tamila Hryhorivna	99	Braga	4:20.58	+0,76	747	
	50m: 29.94 29.94	150m: 1:34.49 32.38	250m: 2:40.24 32.87	350m: 3:47.53 33.62			
	100m: 1:02.11 32.17	200m: 2:07.37 32.88	300m: 3:13.91 33.67	400m: 4:20.58 33.05			
2.	DURAES Diana Margarida	96	Benfica	4:21.51	+0,79	739	
	50m: 30.06 30.06	150m: 1:35.80 32.83	250m: 2:41.86 32.94	350m: 3:48.34 33.11			
	100m: 1:02.97 32.91	200m: 2:08.92 33.12	300m: 3:15.23 33.37	400m: 4:21.51 33.17			
3.	AZEVEDO Madalena Gomes	99	Alges	4:26.07	+0,73	701	
	50m: 30.28 30.28	150m: 1:34.81 32.39	250m: 2:41.55 33.70	350m: 3:51.50 34.89			
	100m: 1:02.42 32.14	200m: 2:07.85 33.04	300m: 3:16.61 35.06	400m: 4:26.07 34.57			
4.	HENRIQUES Ines Jacinto	00	Pimpoes/Cimai	4:26.54	+0,73	698	
	50m: 30.77 30.77	150m: 1:37.92 33.65	250m: 2:45.72 33.89	350m: 3:53.70 34.06			
	100m: 1:04.27 33.50	200m: 2:11.83 33.91	300m: 3:19.64 33.92	400m: 4:26.54 32.84			
5.	FARIA Ana Rita	00	Porto	4:27.97	+0,68	687	
	50m: 30.89 30.89	150m: 1:38.04 33.79	250m: 2:46.46 34.41	350m: 3:54.68 34.09			
	100m: 1:04.25 33.36	200m: 2:12.05 34.01	300m: 3:20.59 34.13	400m: 4:27.97 33.29			
6.	BELEZA Mafalda Gomes	94	Sporting	4:29.05	+0,74	678	
	50m: 30.51 30.51	150m: 1:37.15 33.72	250m: 2:45.37 34.23	350m: 3:54.67 34.53			
	100m: 1:03.43 32.92	200m: 2:11.14 33.99	300m: 3:20.14 34.77	400m: 4:29.05 34.38			

Prova 26, Femin., 400m Livres, Elimin, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
7.	VELOSO Teresa Miguel	00	Nautico Academico	4:34.14	+0,71	641	
	50m: 32.11 32.11	150m: 1:41.35	34.72	250m: 2:50.36	34.20	350m: 3:59.90	35.03
	100m: 1:06.63 34.52	200m: 2:16.16	34.81	300m: 3:24.87	34.51	400m: 4:34.14	34.24
8.	BERNARDO Joana Beatriz	99	Fundacao Beatriz Santos	4:37.18	+0,87	620	
	50m: 31.77 31.77	150m: 1:40.94	34.60	250m: 2:51.58	35.11	350m: 4:02.58	35.53
	100m: 1:06.34 34.57	200m: 2:16.47	35.53	300m: 3:27.05	35.47	400m: 4:37.18	34.60
9.	ANDRE Angelica Maria	94	Fluvial Portuense	4:37.27	+0,75	620	
	50m: 31.54 31.54	150m: 1:40.83	35.20	250m: 2:51.40	35.71	350m: 4:02.46	35.38
	100m: 1:05.63 34.09	200m: 2:15.69	34.86	300m: 3:27.08	35.68	400m: 4:37.27	34.81
10.	CARVALHO Eva Guerreiro	99	Benfica	4:37.35	+0,75	619	
	50m: 31.82 31.82	150m: 1:40.31	34.45	250m: 2:50.57	35.20	350m: 4:02.74	35.89
	100m: 1:05.86 34.04	200m: 2:15.37	35.06	300m: 3:26.85	36.28	400m: 4:37.35	34.61
11.	NEVES Vania Soares	90	Fluvial Portuense	4:38.68	+0,77	610	
	50m: 31.78 31.78	150m: 1:41.77	34.97	250m: 2:52.34	35.22	350m: 4:03.30	35.45
	100m: 1:06.80 35.02	200m: 2:17.12	35.35	300m: 3:27.85	35.51	400m: 4:38.68	35.38
12.	TEODOSIO Barbara Coimbra	99	Nautico Marinha Grande	4:46.87	+0,81	560	
	50m: 32.05 32.05	150m: 1:43.58	36.42	250m: 2:57.47	37.12	350m: 4:11.81	37.09
	100m: 1:07.16 35.11	200m: 2:20.35	36.77	300m: 3:34.72	37.25	400m: 4:46.87	35.06
13.	CARMO Beatriz Barros	99	Alges	4:48.06	+0,75	553	
	50m: 31.52 31.52	150m: 1:42.01	35.45	250m: 2:55.25	36.62	350m: 4:10.15	37.31
	100m: 1:06.56 35.04	200m: 2:18.63	36.62	300m: 3:32.84	37.59	400m: 4:48.06	37.91

Prova 26
24-03-2018 - 11:40

Femin., 400m Livres

Absolutos
Resultados Elimin

RN Absoluto	4:10.07	DURAES Diana Margarida	POR	Budapeste (HUN)	23-07-2017
RN Sen	4:10.07	DURAES Diana Margarida	POR	Budapeste (HUN)	23-07-2017
RN Jun17	4:14.67	HOLUB Tamila Hryhorivna	SCB	Oeiras	23-07-2016
RN Jun16	4:20.37	FERREIRA Marta Andreia	POR	Berlim (GER)	04-08-2002
RN Juv A	4:20.78	HOLUB Tamila Hryhorivna	POR	Porto	07-06-2014
RN Juv B	4:26.20	CABRAL Maria Francisca	FCP	Oeiras	26-07-2014

Pre-Jun_Fem Juv: 4:31.34 / CEJun_Fem 14 - 17: 4:23.44 / CEPL Abs: 4:13.31 / JOJuvent 15 - 18: 4:18.93

Pontos: FINA 2018

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	HOLUB Tamila Hryhorivna	99	Braga	4:20.58	+0,76	747	
	50m: 29.94 29.94	150m: 1:34.49	32.38	250m: 2:40.24	32.87	350m: 3:47.53	33.62
	100m: 1:02.11 32.17	200m: 2:07.37	32.88	300m: 3:13.91	33.67	400m: 4:20.58	33.05
2.	DURAES Diana Margarida	96	Benfica	4:21.51	+0,79	739	
	50m: 30.06 30.06	150m: 1:35.80	32.83	250m: 2:41.86	32.94	350m: 3:48.34	33.11
	100m: 1:02.97 32.91	200m: 2:08.92	33.12	300m: 3:15.23	33.37	400m: 4:21.51	33.17
3.	AZEVEDO Madalena Gomes	99	Alges	4:26.07	+0,73	701	
	50m: 30.28 30.28	150m: 1:34.81	32.39	250m: 2:41.55	33.70	350m: 3:51.50	34.89
	100m: 1:02.42 32.14	200m: 2:07.85	33.04	300m: 3:16.61	35.06	400m: 4:26.07	34.57
4.	FRAZAO Alexandra Couto	02	CASP AE	4:26.33	+0,72	699	
	50m: 30.85 30.85	150m: 1:37.36	33.55	250m: 2:44.93	33.72	350m: 3:52.94	33.65
	100m: 1:03.81 32.96	200m: 2:11.21	33.85	300m: 3:19.29	34.36	400m: 4:26.33	33.39

Prova 26, Femin., 400m Livres, Elimin, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
5.	HENRIQUES Ines Jacinto	00	Pimpoes/Cimai	4:26.54	+0,73	698	
	50m: 30.77 30.77 150m: 1:37.92 33.65 250m: 2:45.72 33.89 350m: 3:53.70 34.06						
	100m: 1:04.27 33.50 200m: 2:11.83 33.91 300m: 3:19.64 33.92 400m: 4:26.54 32.84						
6.	RODRIGUES Filipa Serrano	01	Benfica	4:27.11	+0,76	693	
	50m: 30.38 30.38 150m: 1:37.19 33.59 250m: 2:45.36 34.03 350m: 3:53.95 34.21						
	100m: 1:03.60 33.22 200m: 2:11.33 34.14 300m: 3:19.74 34.38 400m: 4:27.11 33.16						
7.	FARIA Ana Rita	00	Porto	4:27.97	+0,68	687	
	50m: 30.89 30.89 150m: 1:38.04 33.79 250m: 2:46.46 34.41 350m: 3:54.68 34.09						
	100m: 1:04.25 33.36 200m: 2:12.05 34.01 300m: 3:20.59 34.13 400m: 4:27.97 33.29						
8.	RAMOS Ana Rita	02	Porto	4:28.41	+0,78	683	
	50m: 31.19 31.19 150m: 1:38.86 33.61 250m: 2:46.03 33.53 350m: 3:54.35 33.98						
	100m: 1:05.25 34.06 200m: 2:12.50 33.64 300m: 3:20.37 34.34 400m: 4:28.41 34.06						
9.	COSTA Maria Carolina	01	Porto	4:28.58	+0,78	682	
	50m: 31.13 31.13 150m: 1:38.74 34.41 250m: 2:46.80 34.00 350m: 3:55.41 34.67						
	100m: 1:04.33 33.20 200m: 2:12.80 34.06 300m: 3:20.74 33.94 400m: 4:28.58 33.17						
10.	BELEZA Mafalda Gomes	94	Sporting	4:29.05	+0,74	678	
	50m: 30.51 30.51 150m: 1:37.15 33.72 250m: 2:45.37 34.23 350m: 3:54.67 34.53						
	100m: 1:03.43 32.92 200m: 2:11.14 33.99 300m: 3:20.14 34.77 400m: 4:29.05 34.38						
11.	ANDRE Leticia Maia	02	Benfica	4:29.23	+0,68	677	
	50m: 30.36 30.36 150m: 1:36.57 33.67 250m: 2:45.14 34.36 350m: 3:55.26 35.30						
	100m: 1:02.90 32.54 200m: 2:10.78 34.21 300m: 3:19.96 34.82 400m: 4:29.23 33.97						
12.	BARBOSA Mariana Fernandes	02	Porto	4:29.76	+0,73	673	
	50m: 30.88 30.88 150m: 1:37.71 33.76 250m: 2:46.42 34.34 350m: 3:55.59 34.42						
	100m: 1:03.95 33.07 200m: 2:12.08 34.37 300m: 3:21.17 34.75 400m: 4:29.76 34.17						
13.	ALVES Sara Sofia	01	Columbofila Cantanhedense	4:30.20	+0,74	670	
	50m: 31.24 31.24 150m: 1:37.18 33.22 250m: 2:45.61 34.34 350m: 3:56.13 35.43						
	100m: 1:03.96 32.72 200m: 2:11.27 34.09 300m: 3:20.70 35.09 400m: 4:30.20 34.07						
14.	MARTINS Francisca Soares <i>Minimos Pre-Jun</i>	03	Foca	4:30.45	+0,70	668	
	50m: 30.90 30.90 150m: 1:39.12 33.89 250m: 2:48.33 34.34 350m: 3:57.62 34.23						
	100m: 1:05.23 34.33 200m: 2:13.99 34.87 300m: 3:23.39 35.06 400m: 4:30.45 32.83						
15.	QUEIROZ Ana Rita	02	CASP AE	4:31.87	+0,69	657	
	50m: 30.90 30.90 150m: 1:38.98 34.34 250m: 2:48.58 34.67 350m: 3:58.62 34.61						
	100m: 1:04.64 33.74 200m: 2:13.91 34.93 300m: 3:24.01 35.43 400m: 4:31.87 33.25						
16.	MARCELINO Carolina Rosa	01	Alges	4:33.58	+0,75	645	
	50m: 30.84 30.84 150m: 1:38.64 34.29 250m: 2:48.43 35.08 350m: 3:59.00 35.37						
	100m: 1:04.35 33.51 200m: 2:13.35 34.71 300m: 3:23.63 35.20 400m: 4:33.58 34.58						
17.	SOUSA Ana Reis	02	Litoral Alentejano	4:33.93	+0,72	643	
	50m: 31.17 31.17 150m: 1:39.17 34.77 250m: 2:50.15 35.47 350m: 4:00.07 34.57						
	100m: 1:04.40 33.23 200m: 2:14.68 35.51 300m: 3:25.50 35.35 400m: 4:33.93 33.86						
18.	VELOSO Teresa Miguel	00	Nautico Academico	4:34.14	+0,71	641	
	50m: 32.11 32.11 150m: 1:41.35 34.72 250m: 2:50.36 34.20 350m: 3:59.90 35.03						
	100m: 1:06.63 34.52 200m: 2:16.16 34.81 300m: 3:24.87 34.51 400m: 4:34.14 34.24						
19.	BERNARDO Joana Beatriz	99	Fundacao Beatriz Santos	4:37.18	+0,87	620	
	50m: 31.77 31.77 150m: 1:40.94 34.60 250m: 2:51.58 35.11 350m: 4:02.58 35.53						
	100m: 1:06.34 34.57 200m: 2:16.47 35.53 300m: 3:27.05 35.47 400m: 4:37.18 34.60						

Prova 26, Femin., 400m Livres, Elimin, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
20.	MARTINS Joana Ribeiro	03	Benfica	4:37.19	+0,76	620	
	50m: 31.71 31.71	150m: 1:41.66 34.81	250m: 2:52.32 34.91	350m: 4:03.39 35.21			
	100m: 1:06.85 35.14	200m: 2:17.41 35.75	300m: 3:28.18 35.86	400m: 4:37.19 33.80			
21.	ANDRE Angelica Maria	94	Fluvial Portuense	4:37.27	+0,75	620	
	50m: 31.54 31.54	150m: 1:40.83 35.20	250m: 2:51.40 35.71	350m: 4:02.46 35.38			
	100m: 1:05.63 34.09	200m: 2:15.69 34.86	300m: 3:27.08 35.68	400m: 4:37.27 34.81			
22.	CARVALHO Eva Guerreiro	99	Benfica	4:37.35	+0,75	619	
	50m: 31.82 31.82	150m: 1:40.31 34.45	250m: 2:50.57 35.20	350m: 4:02.74 35.89			
	100m: 1:05.86 34.04	200m: 2:15.37 35.06	300m: 3:26.85 36.28	400m: 4:37.35 34.61			
23.	NEVES Vania Soares	90	Fluvial Portuense	4:38.68	+0,77	610	
	50m: 31.78 31.78	150m: 1:41.77 34.97	250m: 2:52.34 35.22	350m: 4:03.30 35.45			
	100m: 1:06.80 35.02	200m: 2:17.12 35.35	300m: 3:27.85 35.51	400m: 4:38.68 35.38			
24.	PINHO Carolina Teixeira	04	Porto	4:40.97	+0,77	596	
	50m: 31.81 31.81	150m: 1:42.25 35.39	250m: 2:54.33 36.06	350m: 4:06.22 35.26			
	100m: 1:06.86 35.05	200m: 2:18.27 36.02	300m: 3:30.96 36.63	400m: 4:40.97 34.75			
25.	NEVES Carolina Marques	01	Torres Novas	4:41.19	+0,78	594	
	50m: 31.35 31.35	150m: 1:41.31 35.29	250m: 2:53.71 36.32	350m: 4:06.21 36.05			
	100m: 1:06.02 34.67	200m: 2:17.39 36.08	300m: 3:30.16 36.45	400m: 4:41.19 34.98			
26.	CONCEICAO Ema Jeronimo	03	Fisica Torres Vedras	4:41.95	+0,77	589	
	50m: 31.36 31.36	150m: 1:40.85 34.88	250m: 2:52.72 36.02	350m: 4:06.50 36.63			
	100m: 1:05.97 34.61	200m: 2:16.70 35.85	300m: 3:29.87 37.15	400m: 4:41.95 35.45			
27.	GASPAR Beatriz Ferreira	04	Hoquei Mealhada/ CA	4:43.25	+0,77	581	
	50m: 31.68 31.68	150m: 1:42.12 35.76	250m: 2:54.35 36.39	350m: 4:07.97 36.66			
	100m: 1:06.36 34.68	200m: 2:17.96 35.84	300m: 3:31.31 36.96	400m: 4:43.25 35.28			
28.	FERNANDES Leonor Camacho	02	Sporting	4:43.78	+0,79	578	
	50m: 32.16 32.16	150m: 1:44.90 36.37	250m: 2:56.98 34.83	350m: 4:08.29 35.01			
	100m: 1:08.53 36.37	200m: 2:22.15 37.25	300m: 3:33.28 36.30	400m: 4:43.78 35.49			
29.	MENDES Mariana Amaral	02	Colegio Monte Maior	4:43.99	+0,77	577	
	50m: 32.70 32.70	150m: 1:43.73 35.80	250m: 2:56.06 36.39	350m: 4:08.67 36.39			
	100m: 1:07.93 35.23	200m: 2:19.67 35.94	300m: 3:32.28 36.22	400m: 4:43.99 35.32			
30.	VARANDAS Joana Filipa	02	Laranjeiro	4:45.29	+0,80	569	
	50m: 31.59 31.59	150m: 1:42.45 35.99	250m: 2:56.02 36.99	350m: 4:09.67 36.69			
	100m: 1:06.46 34.87	200m: 2:19.03 36.58	300m: 3:32.98 36.96	400m: 4:45.29 35.62			
31.	SANTOS Leonor Esteves	04	Avancado EUL	4:45.37	+0,78	568	
	50m: 33.24 33.24	150m: 1:45.70 36.40	250m: 2:58.46 36.27	350m: 4:11.06 36.13			
	100m: 1:09.30 36.06	200m: 2:22.19 36.49	300m: 3:34.93 36.47	400m: 4:45.37 34.31			
32.	PRETO Filipa Manso	04	Porto	4:45.43	+0,90	568	
	50m: 32.59 32.59	150m: 1:44.38 35.81	250m: 2:56.42 36.22	350m: 4:10.23 36.97			
	100m: 1:08.57 35.98	200m: 2:20.20 35.82	300m: 3:33.26 36.84	400m: 4:45.43 35.20			
33.	PELAIJO Maria Joao	03	Ginasio Figueirense	4:45.57	+0,82	567	
	50m: 32.21 32.21	150m: 1:43.56 35.95	250m: 2:56.85 36.63	350m: 4:10.99 37.01			
	100m: 1:07.61 35.40	200m: 2:20.22 36.66	300m: 3:33.98 37.13	400m: 4:45.57 34.58			
34.	SILVA Camila Alexandra	03	Columbofila Cantanhedense	4:45.59	+0,69	567	
	50m: 32.74 32.74	150m: 1:42.65 35.36	250m: 2:54.60 36.06	350m: 4:09.26 37.26			
	100m: 1:07.29 34.55	200m: 2:18.54 35.89	300m: 3:32.00 37.40	400m: 4:45.59 36.33			

Prova 26, Femin., 400m Livres, Elimin, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
35.	MARTINS Ines Alves	01	Fluvial Portuense	4:45.69	+0,73	567	
	50m: 32.07 32.07	150m: 1:42.72 35.70	250m: 2:55.51 36.48	350m: 4:09.52 37.03			
	100m: 1:07.02 34.95	200m: 2:19.03 36.31	300m: 3:32.49 36.98	400m: 4:45.69 36.17			
36.	MARCOS Miriam Filipe	01	Louletano / Loule Concelho	4:45.73	+0,71	566	
	50m: 31.76 31.76	150m: 1:42.07 35.62	250m: 2:54.64 36.05	350m: 4:09.26 37.26			
	100m: 1:06.45 34.69	200m: 2:18.59 36.52	300m: 3:32.00 37.36	400m: 4:45.73 36.47			
37.	POMBO Tatiana Raquel	01	Cova da Piedade	4:46.75	+0,82	560	
	50m: 31.74 31.74	150m: 1:42.93 36.00	250m: 2:55.95 36.67	350m: 4:10.83 37.30			
	100m: 1:06.93 35.19	200m: 2:19.28 36.35	300m: 3:33.53 37.58	400m: 4:46.75 35.92			
38.	AMADO Maria Lopes	04	Ba/Bomcar	4:46.83	+0,64	560	
	50m: 31.58 31.58	150m: 1:42.10 35.62	250m: 2:54.93 36.45	350m: 4:09.64 37.42			
	100m: 1:06.48 34.90	200m: 2:18.48 36.38	300m: 3:32.22 37.29	400m: 4:46.83 37.19			
39.	TEODOSIO Barbara Coimbra	99	Nautico Marinha Grande	4:46.87	+0,81	560	
	50m: 32.05 32.05	150m: 1:43.58 36.42	250m: 2:57.47 37.12	350m: 4:11.81 37.09			
	100m: 1:07.16 35.11	200m: 2:20.35 36.77	300m: 3:34.72 37.25	400m: 4:46.87 35.06			
40.	PIRES Beatriz Almeida	03	Uniao Coimbra	4:46.94	+0,80	559	
	50m: 32.51 32.51	150m: 1:45.33 36.76	250m: 2:58.24 35.86	350m: 4:11.42 36.16			
	100m: 1:08.57 36.06	200m: 2:22.38 37.05	300m: 3:35.26 37.02	400m: 4:46.94 35.52			
41.	SOUSA Ines Matos	03	Uniao Coimbra	4:47.14	+0,80	558	
	50m: 33.15 33.15	150m: 1:45.06 36.18	250m: 2:57.82 36.36	350m: 4:11.27 36.59			
	100m: 1:08.88 35.73	200m: 2:21.46 36.40	300m: 3:34.68 36.86	400m: 4:47.14 35.87			
42.	RODRIGUES Helena Nunes	03	Alges e Agueda XXI	4:47.93	+0,83	553	
	50m: 31.78 31.78	150m: 1:42.75 36.06	250m: 2:57.46 37.73	350m: 4:12.21 37.08			
	100m: 1:06.69 34.91	200m: 2:19.73 36.98	300m: 3:35.13 37.67	400m: 4:47.93 35.72			
43.	CARMO Beatriz Barros	99	Alges	4:48.06	+0,75	553	
	50m: 31.52 31.52	150m: 1:42.01 35.45	250m: 2:55.25 36.62	350m: 4:10.15 37.31			
	100m: 1:06.56 35.04	200m: 2:18.63 36.62	300m: 3:32.84 37.59	400m: 4:48.06 37.91			
44.	MARTINS Beatriz Picanco	03	Benfica	4:48.18	+0,87	552	
	50m: 32.80 32.80	150m: 1:44.10 35.89	250m: 2:58.55 37.46	350m: 4:13.30 37.26			
	100m: 1:08.21 35.41	200m: 2:21.09 36.99	300m: 3:36.04 37.49	400m: 4:48.18 34.88			
45.	AMADOR Joana Costa	01	Galitos / Bresimar	4:48.22	+0,69	552	
	50m: 32.05 32.05	150m: 1:44.00 36.60	250m: 2:58.06 36.92	350m: 4:12.02 37.01			
	100m: 1:07.40 35.35	200m: 2:21.14 37.14	300m: 3:35.01 36.95	400m: 4:48.22 36.20			
46.	FONSECA Laura Luz	03	Naval de Ponta Delgada	4:49.03	+0,78	547	
	50m: 32.20 32.20	150m: 1:43.62 36.00	250m: 2:57.66 37.06	350m: 4:12.48 37.23			
	100m: 1:07.62 35.42	200m: 2:20.60 36.98	300m: 3:35.25 37.59	400m: 4:49.03 36.55			
47.	CORREIA Mariana Delicado	01	Sporting	4:49.20	+0,72	546	
	50m: 31.55 31.55	150m: 1:42.80 36.07	250m: 2:57.19 37.26	350m: 4:12.50 37.20			
	100m: 1:06.73 35.18	200m: 2:19.93 37.13	300m: 3:35.30 38.11	400m: 4:49.20 36.70			
48.	RODRIGUES Joana Francisca	04	Uniao Coimbra	4:49.37	+0,74	545	
	50m: 32.60 32.60	150m: 1:45.94 37.04	250m: 3:00.07 36.87	350m: 4:13.82 36.31			
	100m: 1:08.90 36.30	200m: 2:23.20 37.26	300m: 3:37.51 37.44	400m: 4:49.37 35.55			
49.	SILVA Ines Martins	04	Vilacondense	4:51.77	+0,83	532	
	50m: 33.22 33.22	150m: 1:45.33 36.35	250m: 2:59.45 36.84	350m: 4:15.01 37.29			
	100m: 1:08.98 35.76	200m: 2:22.61 37.28	300m: 3:37.72 38.27	400m: 4:51.77 36.76			

Prova 26, Femin., 400m Livres, Elimin, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
50.	MONTEIRO Ana Carolina	04	Uniao Coimbra	4:52.62	+0,79	527	
	50m: 32.38 32.38	150m: 1:45.12 37.18	250m: 3:00.32 37.56	350m: 4:16.18 37.80			
	100m: 1:07.94 35.56	200m: 2:22.76 37.64	300m: 3:38.38 38.06	400m: 4:52.62 36.44			
51.	SOARES Carolina Silva	03	Natacao de Valongo	4:52.74	+0,80	527	
	50m: 31.54 31.54	150m: 1:42.60 36.37	250m: 2:58.39 38.25	350m: 4:15.66 38.43			
	100m: 1:06.23 34.69	200m: 2:20.14 37.54	300m: 3:37.23 38.84	400m: 4:52.74 37.08			
52.	VIANA Margarida Violante	04	Ba/Bomcar	4:53.06	+0,71	525	
	50m: 33.15 33.15	150m: 1:46.86 37.19	250m: 3:02.45 37.85	350m: 4:17.55 37.35			
	100m: 1:09.67 36.52	200m: 2:24.60 37.74	300m: 3:40.20 37.75	400m: 4:53.06 35.51			
53.	MOITEIRO Bruna Silva	04	Nautico Marinha Grande	4:53.50	+0,79	522	
	50m: 32.13 32.13	150m: 1:44.75 36.97	250m: 3:00.31 37.83	350m: 4:16.26 37.63			
	100m: 1:07.78 35.65	200m: 2:22.48 37.73	300m: 3:38.63 38.32	400m: 4:53.50 37.24			
54.	BARBOSA Adriana Freixo	03	Viana Natacao	4:56.39	+0,92	507	
	50m: 32.32 32.32	150m: 1:46.44 37.41	250m: 3:02.24 37.82	350m: 4:19.24 38.36			
	100m: 1:09.03 36.71	200m: 2:24.42 37.98	300m: 3:40.88 38.64	400m: 4:56.39 37.15			
55.	TROIA Beatriz Rosa	04	Vilacondense	4:58.24	+0,66	498	
	50m: 34.11 34.11	150m: 1:49.95 38.13	250m: 3:05.76 37.27	350m: 4:22.91 38.18			
	100m: 1:11.82 37.71	200m: 2:28.49 38.54	300m: 3:44.73 38.97	400m: 4:58.24 35.33			
56.	INACIO Marta Macedo	04	Sporting	4:59.28	+0,84	493	
	50m: 33.76 33.76	150m: 1:48.20 37.68	250m: 3:04.30 38.22	350m: 4:21.15 38.44			
	100m: 1:10.52 36.76	200m: 2:26.08 37.88	300m: 3:42.71 38.41	400m: 4:59.28 38.13			
57.	RIBEIRO Barbara Almeida	04	Colegio Vasco da Gama	4:59.72	+0,77	491	
	50m: 33.17 33.17	150m: 1:48.08 38.27	250m: 3:04.51 38.71	350m: 4:21.69 38.85			
	100m: 1:09.81 36.64	200m: 2:25.80 37.72	300m: 3:42.84 38.33	400m: 4:59.72 38.03			
DSQ	PAIS Matilde Vieira	03	Galitos / Bresimar				
	<i>403 - Falsa partida - SW 4.4</i>						