

Prova 17
11/07/2026 - 9:30

Femin., 400m Livres

Master Resultados

RN 50m M	59:00.00								01/01/1800
RN 50m L	8:22.03	BASTO, Luisa Bessone	SAD	Coimbra					23/02/2025
RN 50m K	7:44.23	BASTO, Luisa Bessone	SAD	Reguengos de Monsaraz					19/07/2019
RN 50m J	6:40.16	FERREIRA, Ana Maria	SAD	Póvoa de Varzim					22/02/2020
RN 50m I	6:27.98	FERREIRA, Ana Maria	SAD	Famalicão					09/07/2017
RN 50m H	5:53.93	CARMO, Maria Helena	INDANL	VF Xira					17/05/2026
RN 50m G	5:36.18	FERREIRA, Isabel Baptista	ADRCIMM	S. Joao da Madeira					09/07/2023
RN 50m F	5:26.28	COUTINHO, Gisela Barbosa	CFP	Coimbra					23/02/2025
RN 50m E	5:12.62	FIGUEIRA, Isabel Maria	LDC	Loulé					30/05/2026
RN 50m D	5:02.98	GOMES, Susana Clara	CNF	Gwangju (KOR)					18/08/2019
RN 50m C	4:35.74	GRILLO, Ana Paula	UDCA	Stanford (USA)					10/08/2006
RN 50m B	4:39.43	GRILLO, Ana Paula	INATEL	Riccione (ITA)					20/06/2003
RN 50m A	4:57.88	SILVA, Carolina Santos	CNMAIA	Eindhoven (NED)					02/09/2013

Lugar	Nome	Licença	Clube	TReac	Tempo Final	DSV	Pts
Master A							
1.	ALVES, Sara Sofia	111234	Nacional de Natação	+0,76	5:05.17	692	16,00
	50m: 34.71 34.71	150m: 1:49.96 37.89	250m: 3:07.40 39.19	350m: 4:26.88 39.96			
	100m: 1:12.07 37.36	200m: 2:28.21 38.25	300m: 3:46.92 39.52	400m: 5:05.17 38.29			
2.	DIAS, Maria Beatriz	108045	Clube Naval Povoense	+0,79	5:19.46	603	15,00
	50m: 35.85 35.85	150m: 1:54.55 39.56	250m: 3:16.05 41.12	350m: 4:39.07 41.80			
	100m: 1:14.99 39.14	200m: 2:34.93 40.38	300m: 3:57.27 41.22	400m: 5:19.46 40.39			
3.	DOMINGUES, Monica Seara	110972	Alcobaca	+0,82	5:28.25	556	14,00
	50m: 37.44 37.44	150m: 2:00.20 41.96	250m: 3:24.61 42.03	350m: 4:48.24 41.51			
	100m: 1:18.24 40.80	200m: 2:42.58 42.38	300m: 4:06.73 42.12	400m: 5:28.25 40.01			
4.	CORREIA, Catarina Vieira	121076	Leixoes Sport Club	+0,79	5:29.91	547	13,00
	50m: 36.22 36.22	150m: 1:58.41 41.81	250m:	350m:			
	100m: 1:16.60 40.38	200m: 2:40.68 42.27	300m: 4:06.81	400m: 5:29.91			
5.	FERREIRA, Beatriz Marques	122579	Cfp	+0,78	5:30.03	547	12,00
	50m: 34.40 34.40	150m: 1:54.47 41.62	250m: 3:21.59 43.79	350m: 4:48.97 43.31			
	100m: 1:12.85 38.45	200m: 2:37.80 43.33	300m: 4:05.66 44.07	400m: 5:30.03 41.06			
6.	SANTOS, Raquel Fernandes	111454	Clube Natacao Masters de Alm	+0,78	5:34.92	523	11,00
	50m: 36.64 36.64	150m: 1:59.47 42.34	250m:	350m:			
	100m: 1:17.13 40.49	200m: 2:42.23 42.76	300m: 4:09.70	400m: 5:34.92			
7.	VIANA, Joana Teixeira	105455	CLAC-Entroncamento	+0,96	5:35.71	520	10,00
	50m:	150m:	250m: 3:27.84 43.90	350m: 4:54.48 43.73			
	100m: 1:18.73	200m: 2:43.94	300m: 4:10.75 42.91	400m: 5:35.71 41.23			
8.	ROCHA, Rita Oliveira	116897	Leixoes Sport Club	+0,82	5:59.35	423	9,00
	50m: 38.35 38.35	150m: 2:06.13 44.74	250m: 3:39.33 47.14	350m: 5:13.76 47.05			
	100m: 1:21.39 43.04	200m: 2:52.19 46.06	300m: 4:26.71 47.38	400m: 5:59.35 45.59			
9.	FERNANDES, Ana Rita	224208	Porto	+0,90	6:28.07	336	8,00
	50m: 44.33 44.33	150m: 2:24.43 50.81	250m: 4:04.42 49.71	350m: 5:42.64 48.31			
	100m: 1:33.62 49.29	200m: 3:14.71 50.28	300m: 4:54.33 49.91	400m: 6:28.07 45.43			
10.	VIEIRA SOUSA, Rita	224880	Famalicão	+0,88	6:37.11	314	7,00
	50m: 42.77 42.77	150m: 2:20.74 50.60	250m: 4:04.44 52.25	350m: 5:48.41 51.84			
	100m: 1:30.14 47.37	200m: 3:12.19 51.45	300m: 4:56.57 52.13	400m: 6:37.11 48.70			
11.	GONCALVES, Francisca Isabel	218666	Cfp		6:46.62	292	6,00
	50m: 43.81 43.81	150m: 2:26.97 52.19	250m: 4:12.30 52.13	350m: 5:57.13 52.30			
	100m: 1:34.78 50.97	200m: 3:20.17 53.20	300m: 5:04.83 52.53	400m: 6:46.62 49.49			

Prova 17, Femin., 400m Livres, Master A

Lugar	Nome	Licença	Clube	TReac	Tempo Final	DSV	Pts
12.	FREITAS, Barbara Madalena	227864	Clube Natacao Masters de Alm	+0,92	7:14.62	239	5,00
	50m: 44.93 44.93	150m: 2:31.01 54.93	250m: 4:23.33 57.24		350m: 6:19.63 58.36		
	100m: 1:36.08 51.15	200m: 3:26.09 55.08	300m: 5:21.27 57.94		400m: 7:14.62 54.99		
13.	FERNANDES, Barbara Pereira	221696	Natacao de Valongo	+0,82	7:30.73	214	-
	FTL						
	50m: 50.05 50.05	150m: 2:41.96 57.45	250m: 4:37.69 58.22		350m: 6:36.31 58.58		
	100m: 1:44.51 54.46	200m: 3:39.47 57.51	300m: 5:37.73 1:00.04		400m: 7:30.73 54.42		

Master B

1.	RODRIGUES, Ana Margarida	103868	Galitos / Bresimar	+0,85	5:05.15	721	16,00
	50m: 35.20 35.20	150m: 1:51.55 39.23	250m: 3:10.84 40.35		350m: 4:29.02 38.44		
	100m: 1:12.32 37.12	200m: 2:30.49 38.94	300m: 3:50.58 39.74		400m: 5:05.15 36.13		
2.	GOMES, Carolina Francisco	26365	Lisboa PoolSharks	+0,97	5:31.88	560	15,00
	50m: 36.89 36.89	150m: 1:59.12 41.58	250m: 3:23.82 42.27		350m: 4:50.23 43.27		
	100m: 1:17.54 40.65	200m: 2:41.55 42.43	300m: 4:06.96 43.14		400m: 5:31.88 41.65		
3.	KING, Amanda Yuen-Ying	227631	Cfp	+0,85	5:40.61	518	14,00
	50m: 37.84 37.84	150m: 2:01.70 42.61	250m: 3:29.10 43.86		350m: 4:57.49 44.15		
	100m: 1:19.09 41.25	200m: 2:45.24 43.54	300m: 4:13.34 44.24		400m: 5:40.61 43.12		
4.	LATTANZIO, Silvia	224395	Ginásio Clube Português	+0,84	5:59.53	440	13,00
	50m: 39.80 39.80	150m: 2:10.30 45.86	250m: 3:43.96 46.92		350m: 5:16.76 45.50		
	100m: 1:24.44 44.64	200m: 2:57.04 46.74	300m: 4:31.26 47.30		400m: 5:59.53 42.77		
5.	AFONSO, Salome Dias	216833	Cfp	+0,81	6:27.13	353	12,00
	50m: 40.00 40.00	150m: 2:15.10 48.82	250m: 3:58.27 51.58		350m: 5:39.70 50.44		
	100m: 1:26.28 46.28	200m: 3:06.69 51.59	300m: 4:49.26 50.99		400m: 6:27.13 47.43		
6.	OLIVEIRA, Beatriz Manata	213519	Gafanha da Encarnação		7:41.88	207	-
	FTL						
	50m: 54.69 54.69	150m: 2:51.08 58.62	250m: 4:48.12 58.22		350m: 6:44.83 57.39		
	100m: 1:52.46 57.77	200m: 3:49.90 58.82	300m: 5:47.44 59.32		400m: 7:41.88 57.05		

Master C

1.	NEVES, Vania Soares	12380	Viana Natacao	+0,82	4:58.92	831	16,00
	50m: 33.65 33.65	150m: 1:48.19 37.58	250m: 3:04.68 38.70		350m: 4:21.52 38.60		
	100m: 1:10.61 36.96	200m: 2:25.98 37.79	300m: 3:42.92 38.24		400m: 4:58.92 37.40		
2.	ALVES, Joana Isabel	130453	Universitario do Porto	+0,90	5:32.02	606	15,00
	50m: 36.11 36.11	150m: 1:57.78 41.69	250m: 3:22.55 42.33		350m: 4:49.18 43.19		
	100m: 1:16.09 39.98	200m: 2:40.22 42.44	300m: 4:05.99 43.44		400m: 5:32.02 42.84		
3.	TEIXEIRA, Rute Sofia	15202	Ginásio Sto. Tirso	+0,99	5:43.44	548	14,00
	50m: 36.76 36.76	150m: 2:00.71 42.95	250m: 3:29.71 44.45		350m: 4:59.61 45.00		
	100m: 1:17.76 41.00	200m: 2:45.26 44.55	300m: 4:14.61 44.90		400m: 5:43.44 43.83		
4.	MELO, Silvia Claudia	15709	Porto	+0,87	5:45.14	540	13,00
	50m: 39.87 39.87	150m: 2:06.96 43.93	250m: 3:36.14 44.92		350m: 5:04.41 43.56		
	100m: 1:23.03 43.16	200m: 2:51.22 44.26	300m: 4:20.85 44.71		400m: 5:45.14 40.73		
5.	PIRES, Rafaela Barreiros	13418	Braga	+0,84	5:56.23	491	12,00
	50m: 40.52 40.52	150m: 2:08.50 44.67	250m: 3:39.75 45.86		350m: 5:11.70 46.01		
	100m: 1:23.83 43.31	200m: 2:53.89 45.39	300m: 4:25.69 45.94		400m: 5:56.23 44.53		

Prova 17, Femin., 400m Livres, Master C

Lugar	Nome	Licença	Clube	TReac	Tempo Final	DSV	Pts
6.	O'LEARY, Kirstin Lynn	224799	Nacional de Natação	+0,85	6:14.87	421	11,00
	50m: 41.01 41.01	150m: 2:13.84 47.55	250m: 3:51.11 48.91	350m: 5:28.75 48.76			
	100m: 1:26.29 45.28	200m: 3:02.20 48.36	300m: 4:39.99 48.88	400m: 6:14.87 46.12			
7.	PAIS, Oleksandra	224454	Porto	+0,45	6:29.70	375	10,00
	50m: 41.05 41.05	150m: 2:16.05 48.60	250m: 3:59.51 51.80	350m: 5:42.86 50.27			
	100m: 1:27.45 46.40	200m: 3:07.71 51.66	300m: 4:52.59 53.08	400m: 6:29.70 46.84			
8.	MOURA, Catia Vanessa	11048	Caa	+0,97	6:58.58	302	9,00
	50m: 42.28 42.28	150m: 2:23.72 51.87	250m: 4:11.50 53.62	350m: 6:06.67 1:00.81			
	100m: 1:31.85 49.57	200m: 3:17.88 54.16	300m: 5:05.86 54.36	400m: 6:58.58 51.91			
9.	GONCALVES, Ana Miguel	218178	Académica de Coimbra	+0,92	7:05.71	287	8,00
	50m: 45.81 45.81	150m: 2:31.28 54.21	250m: 4:22.13 55.64	350m: 6:14.22 55.70			
	100m: 1:37.07 51.26	200m: 3:26.49 55.21	300m: 5:18.52 56.39	400m: 7:05.71 51.49			
10.	REIS, Filipa Isabel	153141	Leixoes Sport Club	+0,95	7:24.52	252	7,00
	50m: 47.58 47.58	150m: 2:39.76 57.42	250m: 4:37.46 59.01	350m: 6:33.46 57.32			
	100m: 1:42.34 54.76	200m: 3:38.45 58.69	300m: 5:36.14 58.68	400m: 7:24.52 51.06			
11.	ROMANIUK, Elizaveta	224551	Braga		7:45.17	220	6,00
	50m: 47.55 47.55	150m: 2:44.73 59.87	250m: 4:47.47 1:01.56	350m: 6:48.92 59.25			
	100m: 1:44.86 57.31	200m: 3:45.91 1:01.18	300m: 5:49.67 1:02.20	400m: 7:45.17 56.25			
12.	SANTOS, Nadia Filipa FTL	200465	Alcobaca		8:01.29	199	-
	50m: 49.60 49.60	150m: 2:52.30 1:03.46	250m: 4:56.11 1:02.65	350m: 7:03.74 1:03.71			
	100m: 1:48.84 59.24	200m: 3:53.46 1:01.16	300m: 6:00.03 1:03.92	400m: 8:01.29 57.55			
13.	KURTASH, Oksana FTL	218902	Braga	+0,81	8:19.26	178	-
	50m: 52.53 52.53	150m: 3:00.10 1:05.20	250m: 5:09.56 1:05.41	350m: 7:18.62 1:03.78			
	100m: 1:54.90 1:02.37	200m: 4:04.15 1:04.05	300m: 6:14.84 1:05.28	400m: 8:19.26 1:00.64			

Master D

1.	LEAL, Ana Paris	12985	Grupo dos Amigos da Natacao-AC		5:26.25	651	16,00
	50m: 36.42 36.42	150m: 1:57.53 40.88	250m: 3:21.03 41.70	350m: 4:45.09 42.14			
	100m: 1:16.65 40.23	200m: 2:39.33 41.80	300m: 4:02.95 41.92	400m: 5:26.25 41.16			
2.	REBOCHO, Mariana Sarmentc	103405	Cfp	+0,83	6:05.34	463	15,00
	50m: 40.26 40.26	150m: 2:10.84 45.80	250m: 3:44.87 47.45	350m: 5:19.11 46.46			
	100m: 1:25.04 44.78	200m: 2:57.42 46.58	300m: 4:32.65 47.78	400m: 6:05.34 46.23			
3.	SOUSA, Ana Oliveira	110048	Académica de Coimbra		6:08.41	452	14,00
	50m: 40.54 40.54	150m: 2:10.89 46.03	250m: 3:45.32 47.59	350m: 5:21.59 48.14			
	100m: 1:24.86 44.32	200m: 2:57.73 46.84	300m: 4:33.45 48.13	400m: 6:08.41 46.82			
4.	ARENAS, Lina Orrego	211228	Porto	+0,89	6:12.75	436	13,00
	50m:	150m: 2:16.70 47.75	250m: 3:51.98 47.15	350m: 5:26.95 47.12			
	100m: 1:28.95	200m: 3:04.83 48.13	300m: 4:39.83 47.85	400m: 6:12.75 45.80			
5.	NEVES, Matilde Henry	224879	Cfp	+0,82	6:18.24	417	12,00
	50m:	150m: 2:10.23 48.24	250m: 3:50.74 51.40	350m: 5:31.48 51.15			
	100m: 1:21.99	200m: 2:59.34 49.11	300m: 4:40.33 49.59	400m: 6:18.24 46.76			
6.	PINTO, Rita Loureiro	131353	Ginásio Clube Português	+0,97	6:23.32	401	11,00
	50m: 40.93 40.93	150m: 2:15.34 48.28	250m: 3:54.74 50.06	350m: 5:35.47 50.23			
	100m: 1:27.06 46.13	200m: 3:04.68 49.34	300m: 4:45.24 50.50	400m: 6:23.32 47.85			

Prova 17, Femin., 400m Livres, Master D

Lugar	Nome	Licença	Clube	TReac	Tempo Final	DSV	Pts
7.	GUIMARAES, Francisca Faria	224763	Cfp	+0,90	6:44.52	341	10,00
	50m: 42.67 42.67	150m: 2:23.44 51.43	250m: 4:08.64 52.59	350m: 5:55.96 53.48			
	100m: 1:32.01 49.34	200m: 3:16.05 52.61	300m: 5:02.48 53.84	400m: 6:44.52 48.56			
8.	MOREIRA, Ines Franco	119649	CCD Associacao Dos Nadadores Dos E	7:27.99		251	9,00
	50m: 51.33 51.33	150m: 2:42.28 56.77	250m: 4:36.89 57.40	350m: 6:32.50 57.78			
	100m: 1:45.51 54.18	200m: 3:39.49 57.21	300m: 5:34.72 57.83	400m: 7:27.99 55.49			
9.	SANTOS, Monica Isabel	224016	Penafiel		7:48.24	220	8,00
	50m: 52.19 52.19	150m: 2:50.63 1:00.83	250m: 4:53.81 1:02.35	350m: 6:57.71 1:02.24			
	100m: 1:49.80 57.61	200m: 3:51.46 1:00.83	300m: 5:55.47 1:01.66	400m: 7:48.24 50.53			
10.	MARTIN, Emma	220976	Portinado	+0,99	7:57.48	207	7,00
	50m: 50.57 50.57	150m: 2:48.00 1:00.49	250m: 4:53.48 1:03.05	350m: 7:57.48			
	100m: 1:47.51 56.94	200m: 3:50.43 1:02.43	300m: 5:55.65 1:02.17	400m: 7:57.48			
11.	FRANCO, Elisabete Botelho FTL	219646	Geslours	+0,96	8:12.95	188	-
	50m: 54.08 54.08	150m: 2:56.79 1:01.44	250m: 5:05.85 1:04.96	350m: 7:13.24 1:03.91			
	100m: 1:55.35 1:01.27	200m: 4:00.89 1:04.10	300m: 6:09.33 1:03.48	400m: 8:12.95 59.71			

Master E

1.	VILAR, Sonia Oliveira	26837	Natacao de Valongo	+0,89	5:14.78	737	16,00
	50m: 35.10 35.10	150m: 1:51.93 38.65	250m: 3:11.69 39.99	350m: 4:34.33 41.60			
	100m: 1:13.28 38.18	200m: 2:31.70 39.77	300m: 3:52.73 41.04	400m: 5:14.78 40.45			
2.	SWERTS, T.	209748	Braga	+0,93	5:46.79	551	15,00
	50m: 39.94 39.94	150m: 2:06.90 44.48	250m: 3:35.78 44.70	350m: 5:46.79			
	100m: 1:22.42 42.48	200m: 2:51.08 44.18	300m: 4:20.32 44.54	400m: 5:46.79			
3.	FUMEGA, Elsa Maria	119665	Leixoes Sport Club	+0,83	6:07.53	463	14,00
	50m: 1:27.34	150m: 2:15.11 47.77	250m: 3:50.52 48.69	350m: 6:07.53			
	100m: 1:27.34	200m: 3:02.50 47.39	300m: 4:36.13	400m: 6:07.53			
4.	GUEDES, Ana DALte	121739	Leixoes Sport Club	+0,96	6:11.59	448	13,00
	50m: 39.98 39.98	150m: 2:12.50 47.60	250m: 3:49.21 48.89	350m: 5:25.86 48.28			
	100m: 1:24.90 44.92	200m: 3:00.32 47.82	300m: 4:37.58 48.37	400m: 6:11.59 45.73			
5.	ERVILHA, Joana Antunes	13980	CNLeiria - VOID	+0,79	6:16.09	432	12,00
	50m: 41.11 41.11	150m: 2:13.66 47.29	250m: 3:50.52 48.69	350m: 5:28.74 48.97			
	100m: 1:26.37 45.26	200m: 3:01.83 48.17	300m: 4:39.77 49.25	400m: 6:16.09 47.35			
6.	CORTEZ, Sara Filipa	215343	Clube Natacao Masters de Almã	+0,76	6:23.43	407	11,00
	50m: 43.50 43.50	150m: 2:20.11 49.89	250m: 4:00.74 50.51	350m: 5:41.18 50.02			
	100m: 1:30.22 46.72	200m: 3:10.23 50.12	300m: 4:51.16 50.42	400m: 6:23.43 42.25			
7.	CAVALEIRO, Joana Margarida	209719	Académica de Coimbra	+0,96	6:35.99	370	10,00
	50m: 42.08 42.08	150m: 2:19.89 50.07	250m: 4:02.56 51.99	350m: 5:45.74 52.03			
	100m: 1:29.82 47.74	200m: 3:10.57 50.68	300m: 4:53.71 51.15	400m: 6:35.99 50.25			
8.	NEVES, Isabel Carolina	202850	Cfp		7:14.97	279	9,00
	50m: 48.33 48.33	150m: 2:37.03 55.48	250m: 4:30.76 57.82	350m: 6:23.50 55.70			
	100m: 1:41.55 53.22	200m: 3:32.94 55.91	300m: 5:27.80 57.04	400m: 7:14.97 51.47			
9.	INACIO, Vanessa Mendes	215618	Rio Maior		7:21.89	266	8,00
	50m: 48.61 48.61	150m: 2:41.03 56.88	250m: 4:34.61 56.55	350m: 6:28.72 56.41			
	100m: 1:44.15 55.54	200m: 3:38.06 57.03	300m: 5:32.31 57.70	400m: 7:21.89 53.17			
10.	PASSOS, Estela Clara	212943	Juventude Atlantico Clube	+0,92	7:29.65	252	7,00
	50m: 45.74 45.74	150m: 2:38.54 57.81	250m: 4:37.41 59.18	350m: 6:34.19 57.50			
	100m: 1:40.73 54.99	200m: 3:38.23 59.69	300m: 5:36.69 59.28	400m: 7:29.65 55.46			

Prova 17, Femin., 400m Livres, Master E

Lugar	Nome	Licença	Clube	TReac	Tempo Final	DSV	Pts
11.	PAIS, Liliane Caninhas	221103	Natacao do Fundao / YesEnergy	+0,97	7:38.37	238	6,00
	50m: 47.10 47.10	150m: 2:42.05 59.38	250m: 4:43.99 1:00.20	350m: 6:45.01 1:00.16			
	100m: 1:42.67 55.57	200m: 3:43.79 1:01.74	300m: 5:44.85 1:00.86	400m: 7:38.37 53.36			
12.	MARTINS, Ana Maria	123246	Sporting Clube de Aveiro	+0,96	7:40.99	234	5,00
	50m: 50.72 50.72	150m: 2:48.35 59.81	250m: 4:48.59 59.73	350m: 6:46.47 58.64			
	100m: 1:48.54 57.82	200m: 3:48.86 1:00.51	300m: 5:47.83 59.24	400m: 7:40.99 54.52			
13.	FREITAS, Carmen Joao	223875	Natacao de Valongo		8:00.03	207	4,00
	50m: 53.64 53.64	150m: 2:53.37 1:00.86	250m: 4:58.35 1:02.40	350m: 7:02.47 1:01.97			
	100m: 1:52.51 58.87	200m: 3:55.95 1:02.58	300m: 6:00.50 1:02.15	400m: 8:00.03 57.56			

Master F

1.	BARBARA, Carla Santa	118948	Porto	+0,78	5:30.75	662	16,00
	50m: 35.85 35.85	150m: 1:57.60 41.69	250m: 3:24.33 43.40	350m: 4:51.12 42.35			
	100m: 1:15.91 40.06	200m: 2:40.93 43.33	300m: 4:08.77 44.44	400m: 5:30.75 39.63			
2.	ROTHES, Ines Maria	124731	Cfp		5:38.37	618	15,00
	50m: 37.59 37.59	150m: 2:01.64 42.94	250m: 3:29.19 43.81	350m: 4:56.77 43.63			
	100m: 1:18.70 41.11	200m: 2:45.38 43.74	300m: 4:13.14 43.95	400m: 5:38.37 41.60			
3.	PARAMIO, Maria Luz	206727	Clube Naval de Ponta Delgada	+0,87	6:02.61	502	14,00
	50m: 39.85 39.85	150m: 2:09.20 45.15	250m: 3:41.62 46.20	350m: 5:16.21 46.93			
	100m: 1:24.05 44.20	200m: 2:55.42 46.22	300m: 4:29.28 47.66	400m: 6:02.61 46.40			
4.	BARBARA, Sandra Santa	104504	Ginásio Sto. Tirso	+0,80	6:26.47	415	13,00
	50m: 40.58 40.58	150m: 2:14.74 48.28	250m: 3:53.86 49.97	350m: 5:35.91 51.65			
	100m: 1:26.46 45.88	200m: 3:03.89 49.15	300m: 4:44.26 50.40	400m: 6:26.47 50.56			
5.	ELIAS, Juliana Sanches	204720	CCD Associacao Dos Nadadores	+0,78	6:43.13	365	12,00
	50m: 46.09 46.09	150m: 2:28.84 52.75	250m: 4:02.43 53.59	350m: 5:53.87 51.44			
	100m: 1:36.08 49.99	200m: 3:18.84 52.00	300m: 5:02.43 53.59	400m: 6:43.13 49.26			
6.	CORREIA, Sandra Cristina	212315	Porto		6:51.16	344	11,00
	50m: 42.68 42.68	150m: 2:22.42 51.82	250m: 4:09.30 54.11	350m: 5:58.49 54.38			
	100m: 1:30.60 47.92	200m: 3:15.19 52.77	300m: 5:04.11 54.81	400m: 6:51.16 52.67			
7.	OLIVEIRA, Ana Cristina	127153	Galitos / Bresimar	+0,88	6:54.71	336	10,00
	50m: 45.76 45.76	150m: 2:28.93 52.21	250m: 4:14.52 52.96	350m: 6:02.67 53.82			
	100m: 1:36.72 50.96	200m: 3:21.56 52.63	300m: 5:08.85 54.33	400m: 6:54.71 52.04			
8.	MENDES, Marcia Teresa	225816	Cfp		7:13.42	294	9,00
	50m: 45.42 45.42	150m: 2:36.65 57.68	250m: 4:30.12 57.26	350m: 6:21.26 55.67			
	100m: 1:38.97 53.55	200m: 3:32.86 56.21	300m: 5:25.59 55.47	400m: 7:13.42 52.16			
9.	GOMES, Ana Claudia	215283	Académica de Coimbra		7:19.08	283	8,00
	50m: 48.21 48.21	150m: 2:40.91 56.97	250m: 4:34.69 56.26	350m: 6:26.51 55.19			
	100m: 1:43.94 55.73	200m: 3:38.43 57.52	300m: 5:31.32 56.63	400m: 7:19.08 52.57			
10.	PINTO, Isabel Maria	207697	Cfp	+0,98	7:21.18	279	7,00
	50m: 49.29 49.29	150m: 2:38.64 56.05	250m: 4:32.22 56.61	350m: 6:27.65 57.72			
	100m: 1:42.59 53.30	200m: 3:35.61 56.97	300m: 5:29.93 57.71	400m: 7:21.18 53.53			
11.	SANTINHA, Fernanda Maria	100478	Clube Natacao Masters de Almada		7:26.16	269	6,00
	50m: 50.01 50.01	150m: 2:44.06 57.32	250m: 4:38.13 57.35	350m: 6:30.98 55.67			
	100m: 1:46.74 56.73	200m: 3:40.78 56.72	300m: 5:35.31 57.18	400m: 7:26.16 55.18			
12.	LIPCIUC, Cristina Nicoleta	215964	Braga	+0,95	7:33.60	256	5,00
	50m: 46.72 46.72	150m: 2:40.14 57.23	250m: 4:37.79 59.04	350m: 6:37.56 1:00.13			
	100m: 1:42.91 56.19	200m: 3:38.75 58.61	300m: 5:37.43 59.64	400m: 7:33.60 56.04			

Prova 17, Femin., 400m Livres, Master F

Lugar	Nome	Licença	Clube	TReac	Tempo Final	DSV	Pts
13.	LEITAO, Paula Nobre	214317	Grupo dos Amigos da Natacao-AC		7:50.87	229	4,00
	50m: 49.17 49.17	150m: 2:50.29 1:03.52	250m: 4:51.13 1:01.02	350m: 6:52.19 1:00.48			
	100m: 1:46.77 57.60	200m: 3:50.11 59.82	300m: 5:51.71 1:00.58	400m: 7:50.87 58.68			
14.	SOUZA, Maria Lurdes	153305	Escola Desportiva de Viana		7:59.94	216	3,00
	50m: 55.97 55.97	150m: 2:55.48 1:01.64	250m: 5:01.24 1:04.05	350m: 7:03.35 1:01.98			
	100m: 1:53.84 57.87	200m: 3:57.19 1:01.71	300m: 6:01.37 1:00.13	400m: 7:59.94 56.59			

Master G

1.	BRANDAO, Maria Teresa	108037	Cfp		5:56.02	544	16,00
	50m: 40.00 40.00	150m: 2:07.96 44.91	250m: 3:39.53 46.35	350m: 5:12.67 47.53			
	100m: 1:23.05 43.05	200m: 2:53.18 45.22	300m: 4:25.14 45.61	400m: 5:56.02 43.35			
2.	COSTA, Marta Sofia	206938	Universitario do Porto		6:22.58	439	15,00
	50m: 42.42 42.42	150m: 2:18.94 49.12	250m: 3:57.68 49.14	350m: 5:35.75 48.17			
	100m: 1:29.82 47.40	200m: 3:08.54 49.60	300m: 4:47.58 49.90	400m: 6:22.58 46.83			
3.	NAVARRO, Paula Margarida	202829	Natacao de Valongo		6:35.52	397	14,00
	50m: 43.47 43.47	150m: 2:22.65 50.95	250m: 4:05.68 52.06	350m: 5:47.85 50.26			
	100m: 1:31.70 48.23	200m: 3:13.62 50.97	300m: 4:57.59 51.91	400m: 6:35.52 47.67			
4.	PALHARES, Daniela Maria	209005	Cfp	+0,95	6:39.55	385	13,00
	50m: 42.97 42.97	150m: 2:22.43 50.60	250m: 4:05.43 52.05	350m: 5:50.03 52.40			
	100m: 1:31.83 48.86	200m: 3:13.38 50.95	300m: 4:57.63 52.20	400m: 6:39.55 49.52			
5.	FERREIRA, Maria Manuela	130114	Vitória Sport Clube	+0,85	6:46.86	365	12,00
	50m: 47.22 47.22	150m: 2:29.74 51.77	250m: 4:12.37 51.39	350m: 5:56.43 52.18			
	100m: 1:37.97 50.75	200m: 3:20.98 51.24	300m: 5:04.25 51.88	400m: 6:46.86 50.43			
6.	REIS, Margarida Bleck	210540	Cfp	+0,90	6:53.48	347	11,00
	50m: 42.98 42.98	150m: 2:25.91 52.93	250m: 4:14.33 54.35	350m: 6:03.67 54.28			
	100m: 1:32.98 50.00	200m: 3:19.98 54.07	300m: 5:09.39 55.06	400m: 6:53.48 49.81			
7.	SANTOS, Maria Paula	215339	Natacao de Valongo	+0,83	7:14.62	299	10,00
	50m: 45.24 45.24	150m: 2:32.64 55.84	250m: 4:23.36 57.09	350m: 6:19.39 58.92			
	100m: 1:36.80 51.56	200m: 3:26.27 53.63	300m: 5:20.47 57.11	400m: 7:14.62 55.23			
8.	SOARES, Susana Maria	26158	Universitario do Porto	+0,75	7:47.94	240	9,00
	50m: 49.35 49.35	150m: 2:45.50 58.95	250m: 4:44.76 59.30	350m: 6:47.39 1:01.90			
	100m: 1:46.55 57.20	200m: 3:45.46 59.96	300m: 5:45.49 1:00.73	400m: 7:47.94 1:00.55			
9.	GARCIA, Ana Luisa	214120	Leixoes Sport Club	+0,87	8:19.00	197	8,00
	50m: 57.19 57.19	150m: 3:05.45 1:05.95	250m: 5:13.51 1:03.54	350m: 7:19.56 1:03.17			
	100m: 1:59.50 1:02.31	200m: 4:09.97 1:04.52	300m: 6:16.39 1:02.88	400m: 8:19.00 59.44			
10.	PEREIRA, Manuela Ribeiro	211409	Ba Leiria / Sk Coffee	+0,90	8:24.19	191	7,00
	50m: 58.82 58.82	150m: 3:06.43 1:03.47	250m: 5:15.58 1:03.37	350m: 7:25.18 1:03.44			
	100m: 2:02.96 1:04.14	200m: 4:12.21 1:05.78	300m: 6:21.74 1:06.16	400m: 8:24.19 59.01			
11.	CERIEIRO, Angelina Maria	221106	Natacao do Fundao / YesEnergy		9:58.77	114	-
	FTL						
	50m: 58.63 58.63	150m: 3:26.93 1:16.38	250m: 6:03.07 1:18.11	350m: 8:42.79 1:19.68			
	100m: 2:10.55 1:11.92	200m: 4:44.96 1:18.03	300m: 7:23.11 1:20.04	400m: 9:58.77 1:15.98			

Prova 17, Femin., 400m Livres

Master H

1. OSORIO, Maria Claudia	219153	Cfp	+0,93	6:15.81	799	16,00
50m: 40.85 40.85	150m: 2:15.04 48.17	250m: 3:52.45 48.56	350m: 5:29.09 48.15			
100m: 1:26.87 46.02	200m: 3:03.89 48.85	300m: 4:40.94 48.49	400m: 6:15.81 46.72			
2. FERNANDES, Maria Santos	105263	Leixoes Sport Club	+0,77	7:06.43	547	15,00
50m: 46.43 46.43	150m: 2:31.27 53.30	250m: 4:20.73 54.74	350m: 6:11.82 55.40			
100m: 1:37.97 51.54	200m: 3:25.99 54.72	300m: 5:16.42 55.69	400m: 7:06.43 54.61			
3. URBANO, Maria Margarida	11355	Académica de Coimbra		7:08.73	538	14,00
50m: 48.27 48.27	150m: 2:35.13 53.80	250m: 4:25.12 56.04	350m: 6:15.90 55.41			
100m: 1:41.33 53.06	200m: 3:29.08 53.95	300m: 5:20.49 55.37	400m: 7:08.73 52.83			
4. CANINAS, Maria Madalena	108658	Clube Natacao Masters de Almada		8:04.80	372	13,00
50m: 53.11 53.11	150m: 2:55.04 1:01.61	250m: 5:02.41 1:03.92	350m: 7:08.05 1:01.38			
100m: 1:53.43 1:00.32	200m: 3:58.49 1:03.45	300m: 6:06.67 1:04.26	400m: 8:04.80 56.75			
5. NETO, Maria Manuela	102090	Natacao da Maia		8:12.52	355	12,00
50m: 50.85 50.85	150m: 2:54.78 1:03.59	250m: 5:03.16 1:03.84	350m: 7:10.53 1:03.84			
100m: 1:51.19 1:00.34	200m: 3:59.32 1:04.54	300m: 6:06.69 1:03.53	400m: 8:12.52 1:01.99			
6. RIBEIRO, Margarida Maria	131782	Cfp		9:28.51	230	11,00
50m: 58.47 58.47	150m: 3:20.32 1:12.58	250m: 5:46.83 1:14.18	350m: 8:18.09 1:15.45			
100m: 2:07.74 1:09.27	200m: 4:32.65 1:12.33	300m: 7:02.64 1:15.81	400m: 9:28.51 1:10.42			
7. MARIA, Cidalia Conceicao	211933	CNLeiria - VOID		13:27.87	80	-
FTL						
50m: 1:18.55 1:18.55	150m: 4:24.26 1:39.28	250m: 7:56.88 1:52.37	350m: 11:41.56 1:53.84			
100m: 2:44.98 1:26.43	200m: 6:04.51 1:40.25	300m: 9:47.72 1:50.84	400m: 13:27.87 1:46.31			

Master I

1. OLIVEIRA, Maria Teresa	10538	Académica de Coimbra		7:45.83	463	16,00
50m: 52.84 52.84	150m: 2:52.98 1:01.28	250m: 4:53.72 1:00.52	350m: 6:50.80 58.94			
100m: 1:51.70 58.86	200m: 3:53.20 1:00.22	300m: 5:51.86 58.14	400m: 7:45.83 55.03			
2. WERNICKE, Maria Giraldo	210543	Cfp		8:04.95	411	15,00
50m: 51.72 51.72	150m: 2:53.02 1:02.36	250m: 5:00.65 1:03.52	350m: 7:07.02 1:02.25			
100m: 1:50.66 58.94	200m: 3:57.13 1:04.11	300m: 6:04.77 1:04.12	400m: 8:04.95 57.93			
3. CAEIRO, Ana Maria	201953	Grupo dos Amigos da Natacao	+0,80	8:27.43	358	14,00
50m: 56.43 56.43	150m: 3:02.53 1:04.78	250m: 5:14.19 1:07.02	350m: 7:26.21 1:06.88			
100m: 1:57.75 1:01.32	200m: 4:07.17 1:04.64	300m: 6:19.33 1:05.14	400m: 8:27.43 1:01.22			
4. GONZALEZ, Carla Luisa	223406	Clube Desportivo de Estarreja		8:46.42	321	13,00
50m: 53.17 53.17	150m: 3:00.42 1:05.36	250m: 5:14.85 1:06.57	350m: 7:26.21 1:06.88			
100m: 1:55.06 1:01.89	200m: 4:08.28 1:07.86	300m: 6:26.15 1:11.30	400m: 8:46.42			

Master J

1. PINTAO, Luisa Maria	26112	CCD Associacao Dos Nadadores Dos E	8:13.25	452	16,00
50m: 52.06 52.06	150m: 2:58.81 1:03.78	250m: 5:06.56 1:03.67	350m: 7:12.00 1:02.65		
100m: 1:55.03 1:02.97	200m: 4:02.89 1:04.08	300m: 6:09.35 1:02.79	400m: 8:13.25 1:01.25		