

Torneio Nadador Completo de Categorias  
Pombal, 4 - 5/5/2024

Prova 7 Femin., 400m Livres Senior Resultados  
04/05/2024 - 17:28

Pontos: FINA 2023

Lugar			Ano							Tempo final	Pts
1.	Dalila Leal, BERNARDINO		06	Nucleo de Pombal						4:58.69	464
	50m:	33.08 33.08	150m:	1:46.15	36.73	250m:	3:01.79	37.97	350m:	4:20.20	39.90
	100m:	1:09.42 36.34	200m:	2:23.82	37.67	300m:	3:40.30	38.51	400m:	4:58.69	38.49
2.	Leonor Caetano, MOREIRA		06	Vieirense						5:02.29	447
	50m:	33.27 33.27	150m:	1:48.42	37.86	250m:	3:05.82	39.02	350m:	4:23.66	38.64
	100m:	1:10.56 37.29	200m:	2:26.80	38.38	300m:	3:45.02	39.20	400m:	5:02.29	38.63
3.	Bruna Andreia, SIMOES		01	Vieirense						5:19.38	379
	50m:	35.14 35.14	150m:	1:54.64	40.33	250m:	3:17.02	41.25	350m:	4:39.24	41.12
	100m:	1:14.31 39.17	200m:	2:35.77	41.13	300m:	3:58.12	41.10	400m:	5:19.38	40.14
4.	Flavia Mendes, DOMINGUES		06	Nucleo de Pombal						5:49.06	290
	50m:	39.27 39.27	150m:	2:07.96	44.48	250m:	3:36.75	44.33	350m:	5:06.03	44.24
	100m:	1:23.48 44.21	200m:	2:52.42	44.46	300m:	4:21.79	45.04	400m:	5:49.06	43.03
5.	Maria Santos, SILVA		06	Uniao Juncalense						6:28.25	211
	50m:	45.11 45.11	150m:	2:24.60	49.39	250m:	4:03.26	48.69	350m:	5:41.29	49.06
	100m:	1:35.21 50.10	200m:	3:14.57	49.97	300m:	4:52.23	48.97	400m:	6:28.25	46.96
DNS	Ana Luisa, RENDEIRO		06	Nucleo de Pombal							

Prova 7 Femin., 400m Livres Junior Resultados  
04/05/2024 - 17:28

Pontos: FINA 2023

Lugar			Ano							Tempo final	Pts
1.	Rita Rocha, SILVA		08	Alcobaca						5:03.28	443
	50m:	35.11 35.11	150m:	1:51.13	38.16	250m:	3:08.30	38.85	350m:	4:25.61	38.95
	100m:	1:12.97 37.86	200m:	2:29.45	38.32	300m:	3:46.66	38.36	400m:	5:03.28	37.67
2.	Carolina Ferreira, FONSECA		07	Vieirense						5:18.78	381
	50m:	35.03 35.03	150m:	1:54.56	40.41	250m:	3:16.66	41.08	350m:	4:38.57	40.68
	100m:	1:14.15 39.12	200m:	2:35.58	41.02	300m:	3:57.89	41.23	400m:	5:18.78	40.21
3.	Diana Rita, FONSECA		08	Vieirense						5:20.51	375
	50m:	35.21 35.21	150m:	1:56.13	41.30	250m:	3:19.77	41.97	350m:	4:42.06	41.25
	100m:	1:14.83 39.62	200m:	2:37.80	41.67	300m:	4:00.81	41.04	400m:	5:20.51	38.45
4.	Matilde Monteiro, NEVES		08	Nucleo de Pombal						5:25.86	357
	50m:	36.83 36.83	150m:	1:59.15	40.45	250m:	3:22.15	41.66	350m:	4:45.62	41.88
	100m:	1:18.70 41.87	200m:	2:40.49	41.34	300m:	4:03.74	41.59	400m:	5:25.86	40.24
5.	Catarina Tagarros, LOBO		07	Uniao Juncalense						5:29.74	345
	50m:	34.91 34.91	150m:	1:56.52	42.03	250m:	3:21.94	42.58	350m:	4:47.56	42.88
	100m:	1:14.49 39.58	200m:	2:39.36	42.84	300m:	4:04.68	42.74	400m:	5:29.74	42.18
6.	Matilde Santos, COUTINHO		07	Naval da Nazaré						5:43.86	304
	50m:	36.57 36.57	150m:	2:02.77	44.13	250m:	3:32.80	45.56	350m:	5:00.05	43.11
	100m:	1:18.64 42.07	200m:	2:47.24	44.47	300m:	4:16.94	44.14	400m:	5:43.86	43.81
7.	Constanca Carvalho, PIEDADE		08	Uniao Juncalense						5:46.60	297
	50m:	38.90 38.90	150m:	2:06.13	44.24	250m:	3:35.23	44.37	350m:	5:03.53	44.06
	100m:	1:21.89 42.99	200m:	2:50.86	44.73	300m:	4:19.47	44.24	400m:	5:46.60	43.07
8.	Marta Cabete, GOMES		08	CNLeiria						5:50.16	288
	50m:	38.57 38.57	150m:	2:04.97	44.62	250m:	3:35.28	44.81	350m:	5:05.18	44.75
	100m:	1:20.35 41.78	200m:	2:50.47	45.50	300m:	4:20.43	45.15	400m:	5:50.16	44.98
9.	Bruna Matos, FIALHO		08	Uniao Juncalense						5:55.95	274
	50m:	38.61 38.61	150m:	2:07.56	45.32	250m:	3:39.58	46.28	350m:	5:12.39	45.88
	100m:	1:22.24 43.63	200m:	2:53.30	45.74	300m:	4:26.51	46.93	400m:	5:55.95	43.56

Torneio Nadador Completo de Categorias  
Pombal, 4 - 5/5/2024

Prova 7, Femin., 400m Livres

Prova 7 Femin., 400m Livres Juvenil A  
04/05/2024 - 17:28 Resultados

Pontos: FINA 2023

Lugar	Ano	Tempo final	Pts
1. Francisca Ramos, NUNES	09 Naval de Peniche	4:54.21	485
50m: 33.72 33.72	150m: 1:49.24 37.90	250m: 3:03.29 36.89	350m: 4:18.47 38.03
100m: 1:11.34 37.62	200m: 2:26.40 37.16	300m: 3:40.44 37.15	400m: 4:54.21 35.74
2. Mariana Sousa, MARQUES	09 Alcobaca	5:21.76	371
50m: 36.29 36.29	150m: 1:58.34 41.31	250m: 3:21.90 42.00	350m: 4:43.18 39.73
100m: 1:17.03 40.74	200m: 2:39.90 41.56	300m: 4:03.45 41.55	400m: 5:21.76 38.58
3. Anjali, RAICAR	09 Naval de Peniche	5:38.89	317
50m: 35.66 35.66	150m: 1:58.57 42.45	250m: 3:26.38 44.58	350m: 4:55.47 44.84
100m: 1:16.12 40.46	200m: 2:41.80 43.23	300m: 4:10.63 44.25	400m: 5:38.89 43.42

Prova 7 Femin., 400m Livres Juvenil B  
04/05/2024 - 17:28 Resultados

Pontos: FINA 2023

Lugar	Ano	Tempo final	Pts
1. Matilde Santos, VIEIRA	10 Nautico Marinha Grande	4:54.29	485
50m: 33.72 33.72	150m: 1:49.21 37.83	250m: 3:03.93 37.40	350m: 4:18.78 37.24
100m: 1:11.38 37.66	200m: 2:26.53 37.32	300m: 3:41.54 37.61	400m: 4:54.29 35.51
2. Madalena Gracio, PEDROSO	10 Nautico Marinha Grande	4:54.56	484
50m: 33.60 33.60	150m: 1:48.36 37.79	250m: 3:03.19 37.17	350m: 4:18.31 37.30
100m: 1:10.57 36.97	200m: 2:26.02 37.66	300m: 3:41.01 37.82	400m: 4:54.56 36.25
3. Bianca Balbino, MENDES	10 Naval de Peniche	4:59.79	459
50m: 34.37 34.37	150m: 1:50.16 38.20	250m: 3:06.48 38.32	350m: 4:22.82 38.25
100m: 1:11.96 37.59	200m: 2:28.16 38.00	300m: 3:44.57 38.09	400m: 4:59.79 36.97
4. Barbara Balbino, MENDES	10 Naval de Peniche	5:02.85	445
50m: 35.55 35.55	150m: 1:51.11 38.18	250m: 3:08.43 38.81	350m: 4:25.54 38.46
100m: 1:12.93 37.38	200m: 2:29.62 38.51	300m: 3:47.08 38.65	400m: 5:02.85 37.31
5. Debora Silva, INACIO	10 Pimpoes/Cimai	5:03.70	441
50m: 35.18 35.18	150m: 1:53.93 39.97	250m: 3:10.79 37.62	350m: 4:27.75 37.73
100m: 1:13.96 38.78	200m: 2:33.17 39.24	300m: 3:50.02 39.23	400m: 5:03.70 35.95
6. Sofia Roma, BRIZIDA	10 Ba-Leiria	5:04.97	436
50m: 33.71 33.71	150m: 1:49.97 38.55	250m: 3:08.94 39.65	350m: 4:27.31 39.17
100m: 1:11.42 37.71	200m: 2:29.29 39.32	300m: 3:48.14 39.20	400m: 5:04.97 37.66
7. Laura Helena, AMORIM	10 Nautico Marinha Grande	5:10.36	413
50m: 33.97 33.97	150m: 1:50.51 39.24	250m: 3:10.00 39.65	350m: 4:30.75 40.01
100m: 1:11.27 37.30	200m: 2:30.35 39.84	300m: 3:50.74 40.74	400m: 5:10.36 39.61
8. Leonor Pereira, SILVA	10 Óbidos	5:17.58	386
50m: 35.16 35.16	150m: 1:55.64 41.14	250m: 3:17.34 40.58	350m: 4:41.33 41.72
100m: 1:14.50 39.34	200m: 2:36.76 41.12	300m: 3:59.61 42.27	400m: 5:17.58 36.25
9. Matilde Filipa, AMADO	10 Nautico Marinha Grande	5:20.41	376
50m: 35.61 35.61	150m: 1:56.21 41.33	250m: 3:19.83 41.63	350m: 4:42.15 41.42
100m: 1:14.88 39.27	200m: 2:38.20 41.99	300m: 4:00.73 40.90	400m: 5:20.41 38.26
10. Rafaela Santos, AFONSO	10 Naval de Peniche	5:31.73	338
50m: 36.61 36.61	150m: 1:58.94 42.00	250m: 3:24.24 42.52	350m: 4:51.76 43.88
100m: 1:16.94 40.33	200m: 2:41.72 42.78	300m: 4:07.88 43.64	400m: 5:31.73 39.97
11. Mariana Santos, AFONSO	10 Naval de Peniche	5:31.81	338
50m: 37.21 37.21	150m: 2:02.32 43.12	250m: 3:27.91 42.82	350m: 4:52.10 41.24
100m: 1:19.20 41.99	200m: 2:45.09 42.77	300m: 4:10.86 42.95	400m: 5:31.81 39.71
12. Luana Filipe, REIS	10 Alcobaca	5:35.32	328
50m: 39.33 39.33	150m: 2:04.69 42.90	250m: 3:31.57 43.09	350m: 4:55.65 41.30
100m: 1:21.79 42.46	200m: 2:48.48 43.79	300m: 4:14.35 42.78	400m: 5:35.32 39.67

Torneio Nadador Completo de Categorias  
Pombal, 4 - 5/5/2024

Prova 7, Femin., 400m Livres, Juvenil B

Lugar	Ano	Tempo final	Pts
13. Mariana Sousa, OLIVEIRA	10 Alcobaca	5:54.72	277
50m: 39.62 39.62	150m: 2:09.55 45.66	250m: 3:40.31 45.05	350m: 5:12.45 45.32
100m: 1:23.89 44.27	200m: 2:55.26 45.71	300m: 4:27.13 46.82	400m: 5:54.72 42.27

Prova 7

04/05/2024 - 17:28

Femin., 400m Livres

Infantil A

Resultados

Pontos: FINA 2023

Lugar	Ano	Tempo final	Pts
1. Francisca Moreira, FELICIANO	11 Alcobaca	5:09.88	415
50m: 34.70 34.70	150m: 1:53.36 40.16	250m: 3:13.47 40.34	350m: 4:32.91 39.55
100m: 1:13.20 38.50	200m: 2:33.13 39.77	300m: 3:53.36 39.89	400m: 5:09.88 36.97
2. Anastasiya, PRYMACHENKO	11 Nucleo de Pombal	5:10.26	414
50m: 34.68 34.68	150m: 1:53.84 40.58	250m: 3:13.83 39.74	350m: 4:32.43 39.23
100m: 1:13.26 38.58	200m: 2:34.09 40.25	300m: 3:53.20 39.37	400m: 5:10.26 37.83
3. Mafalda Teles, SOUSA	11 Pimpoes/Cimai	5:15.65	393
50m: 37.56 37.56	150m: 1:59.05 41.01	250m: 3:21.56 40.90	350m: 4:39.89 38.10
100m: 1:18.04 40.48	200m: 2:40.66 41.61	300m: 4:01.79 40.23	400m: 5:15.65 35.76
4. Leonor Mota, ALVES	11 Nautico Marinha Grande	5:15.71	393
50m: 36.61 36.61	150m: 1:57.20 40.76	250m: 3:17.85 40.09	350m: 4:37.28 39.83
100m: 1:16.44 39.83	200m: 2:37.76 40.56	300m: 3:57.45 39.60	400m: 5:15.71 38.43
5. Maria Joao, VALA	11 Pimpoes/Cimai	5:15.89	392
50m: 36.63 36.63	150m: 1:55.70 39.50	250m: 3:19.86 41.30	350m: 4:39.97 38.85
100m: 1:16.20 39.57	200m: 2:38.56 42.86	300m: 4:01.12 41.26	400m: 5:15.89 35.92
6. Carolina Silva, CASTANHEIRA	11 CNLeiria	5:16.49	390
50m: 35.93 35.93	150m: 1:56.02 40.39	250m: 3:16.85 40.45	350m: 4:37.91 40.87
100m: 1:15.63 39.70	200m: 2:36.40 40.38	300m: 3:57.04 40.19	400m: 5:16.49 38.58
7. Mariana Sousa, MENDES	11 Alcobaca	5:16.51	390
50m: 36.21 36.21	150m: 1:56.27 40.61	250m: 3:17.60 40.94	350m: 4:38.68 40.94
100m: 1:15.66 39.45	200m: 2:36.66 40.39	300m: 3:57.74 40.14	400m: 5:16.51 37.83
8. Carlota Sa, SANTOS	11 Nucleo de Pombal	5:18.19	384
50m: 36.74 36.74	150m: 1:57.09 40.41	250m: 3:18.38 40.90	350m: 4:38.48 40.03
100m: 1:16.68 39.94	200m: 2:37.48 40.39	300m: 3:58.45 40.07	400m: 5:18.19 39.71
9. Maria Leonor, ALMEIDA	11 Benedita	5:32.47	336
50m: 37.58 37.58	150m: 2:01.80 42.32	250m: 3:27.20 43.04	350m: 4:52.81 42.00
100m: 1:19.48 41.90	200m: 2:44.16 42.36	300m: 4:10.81 43.61	400m: 5:32.47 39.66
10. Beatriz Marques, GASPAR	11 Nautico Marinha Grande	5:33.20	334
50m: 37.34 37.34	150m: 2:02.89 43.27	250m: 3:27.92 42.77	350m: 4:54.13 43.16
100m: 1:19.62 42.28	200m: 2:45.15 42.26	300m: 4:10.97 43.05	400m: 5:33.20 39.07
11. Cristiana Henriques, ALMEIDA	11 Benedita	5:40.44	313
50m: 39.20 39.20	150m: 2:03.05 42.34	250m: 3:29.09 43.25	350m: 4:57.47 44.48
100m: 1:20.71 41.51	200m: 2:45.84 42.79	300m: 4:12.99 43.90	400m: 5:40.44 42.97
12. Isabela Maria, CARREIRA	11 Uniao Juncalense	5:45.99	298
50m: 38.92 38.92	150m: 2:05.90 44.26	250m: 3:34.48 44.02	350m: 5:03.88 44.89
100m: 1:21.64 42.72	200m: 2:50.46 44.56	300m: 4:18.99 44.51	400m: 5:45.99 42.11
13. Maria Santos, FONSECA	11 CNLeiria	5:52.93	281
50m: 40.92 40.92	150m: 2:12.08 45.17	250m: 3:41.11 44.61	350m: 5:09.80 43.62
100m: 1:26.91 45.99	200m: 2:56.50 44.42	300m: 4:26.18 45.07	400m: 5:52.93 43.13
14. Leiriia Silviovna, TONKIKH	11 CNLeiria	5:53.90	279
50m: 41.60 41.60	150m: 2:13.00 45.76	250m: 3:42.86 44.86	350m: 5:12.38 43.98
100m: 1:27.24 45.64	200m: 2:58.00 45.00	300m: 4:28.40 45.54	400m: 5:53.90 41.52
15. Isabela Lourenco, COSTA	11 Benedita	6:00.68	263
50m: 40.29 40.29	150m: 2:12.65 47.07	250m: 3:45.73 46.62	350m: 5:17.09 45.48
100m: 1:25.58 45.29	200m: 2:59.11 46.46	300m: 4:31.61 45.88	400m: 6:00.68 43.59

Torneio Nadador Completo de Categorias  
Pombal, 4 - 5/5/2024

Prova 7, Femin., 400m Livres, Infantil A

Lugar	Ano	Tempo final	Pts
16. Margarida Soares, MAIA	11 Nautico Marinha Grande	6:11.37	241
50m: 42.46 42.46	150m: 2:15.67 47.28	250m: 3:50.41 47.76	350m: 5:27.86 48.48
100m: 1:28.39 45.93	200m: 3:02.65 46.98	300m: 4:39.38 48.97	400m: 6:11.37 43.51
17. Matilde Vitorino, FERREIRA	11 Naval de Peniche	6:13.29	237
50m: 41.88 41.88	150m: 2:17.50 48.18	250m: 3:53.90 48.00	350m: 5:29.41 47.31
100m: 1:29.32 47.44	200m: 3:05.90 48.40	300m: 4:42.10 48.20	400m: 6:13.29 43.88
18. Yara Nunes, MARCELINO	11 Nucleo de Pombal	6:15.34	234
50m: 41.75 41.75	150m: 2:15.81 47.63	250m: 3:53.14 49.10	350m: 5:29.89 48.57
100m: 1:28.18 46.43	200m: 3:04.04 48.23	300m: 4:41.32 48.18	400m: 6:15.34 45.45
19. Kelly Simao, COSTA	11 Óbidos	6:24.21	218
50m: 41.44 41.44	150m: 2:18.20 48.84	250m: 3:57.23 49.32	350m: 5:36.70 49.70
100m: 1:29.36 47.92	200m: 3:07.91 49.71	300m: 4:47.00 49.77	400m: 6:24.21 47.51
DSQ Beatriz Morgado, SILVA	11 Benedita		
<i>Falsa Partida</i>			
DSQ Margarida Lopes, RODRIGUES	11 Uniao Juncalense		
<i>A atleta não terminou a prova</i>			

Prova 7

Femin., 400m Livres

Infantil B

04/05/2024 - 17:28

Resultados

Pontos: FINA 2023

Lugar	Ano	Tempo final	Pts
1. Emiliana Arruda, SARAIVA	12 Vieiraense	5:32.43	336
50m: 36.50 36.50	150m: 2:03.24 43.88	250m: 3:29.85 42.87	350m: 4:55.08 41.85
100m: 1:19.36 42.86	200m: 2:46.98 43.74	300m: 4:13.23 43.38	400m: 5:32.43 37.35
2. Laura Krempel, VARELA	12 Pimpoes/Cimai	5:44.49	302
50m: 37.87 37.87	150m: 2:05.07 44.93	250m: 3:34.45 44.92	350m: 5:03.06 43.89
100m: 1:20.14 42.27	200m: 2:49.53 44.46	300m: 4:19.17 44.72	400m: 5:44.49 41.43
3. Julia Pinto, PINHEIRO	12 Pimpoes/Cimai	5:49.63	289
50m: 41.38 41.38	150m: 2:10.64 45.13	250m: 3:40.17 44.81	350m: 5:08.24 43.82
100m: 1:25.51 44.13	200m: 2:55.36 44.72	300m: 4:24.42 44.25	400m: 5:49.63 41.39
4. Luna Francisco, PEREIRA	12 Nucleo de Pombal	5:49.97	288
50m: 39.09 39.09	150m: 2:07.30 44.44	250m: 3:36.26 44.72	350m: 5:06.66 45.14
100m: 1:22.86 43.77	200m: 2:51.54 44.24	300m: 4:21.52 45.26	400m: 5:49.97 43.31
5. Ines Pinto, MARTINS	12 Pimpoes/Cimai	5:54.31	278
50m: 40.69 40.69	150m: 2:10.44 44.44	250m: 3:41.28 45.49	350m: 5:11.03 45.14
100m: 1:26.00 45.31	200m: 2:55.79 45.35	300m: 4:25.89 44.61	400m: 5:54.31 43.28
6. Emma, AVRAMESCU	12 Nautico Marinha Grande	5:56.10	274
50m: 38.99 38.99	150m: 2:11.35 47.70	250m: 3:43.36 45.80	350m: 5:13.54 44.12
100m: 1:23.65 44.66	200m: 2:57.56 46.21	300m: 4:29.42 46.06	400m: 5:56.10 42.56
7. Beatriz Julio, CORREIA	12 CNLeiria	6:07.13	250
50m: 42.11 42.11	150m: 2:15.09 47.17	250m: 3:49.66 47.34	350m: 5:22.20 46.32
100m: 1:27.92 45.81	200m: 3:02.32 47.23	300m: 4:35.88 46.22	400m: 6:07.13 44.93
8. Yaroslava, TABUNSCHYK	12 CNLeiria	6:08.11	248
50m: 42.47 42.47	150m: 2:18.19 47.85	250m: 3:51.64 45.81	350m: 5:23.78 45.58
100m: 1:30.34 47.87	200m: 3:05.83 47.64	300m: 4:38.20 46.56	400m: 6:08.11 44.33
9. Rita Francisco, SIMOES	12 Vieiraense	6:08.54	247
50m: 41.18 41.18	150m: 2:14.59 47.14	250m: 3:48.87 47.10	350m: 5:23.52 46.92
100m: 1:27.45 46.27	200m: 3:01.77 47.18	300m: 4:36.60 47.73	400m: 6:08.54 45.02
10. Benedita Nunes, FELIX	12 Pimpoes/Cimai	6:10.38	243
50m: 39.70 39.70	150m: 2:13.09 47.79	250m: 3:49.14 48.62	350m: 5:25.19 47.88
100m: 1:25.30 45.60	200m: 3:00.52 47.43	300m: 4:37.31 48.17	400m: 6:10.38 45.19

Torneio Nadador Completo de Categorias  
Pombal, 4 - 5/5/2024

Prova 7, Femin., 400m Livres, Infantil B

Lugar	Ano		Tempo final				Pts
11. Safira Pedro, FONSECA	12	Vieirense	6:15.27	234			
50m: 43.16 43.16	150m: 2:20.72	49.33	250m: 3:58.21	47.98	350m: 5:31.86	45.54	
100m: 1:31.39 48.23	200m: 3:10.23	49.51	300m: 4:46.32	48.11	400m: 6:15.27	43.41	
12. Carolina Matos, CORREIA	12	Nucleo de Pombal	6:16.17	232			
50m: 44.32 44.32	150m: 2:20.07	47.92	250m: 3:56.09	47.88	350m: 5:32.76	47.52	
100m: 1:32.15 47.83	200m: 3:08.21	48.14	300m: 4:45.24	49.15	400m: 6:16.17	43.41	
13. Daniela Carvalho, FERREIRA	12	Nucleo de Pombal	6:21.10	223			
50m: 42.24 42.24	150m: 2:19.37	49.13	250m: 3:57.08	48.63	350m: 5:34.79	49.26	
100m: 1:30.24 48.00	200m: 3:08.45	49.08	300m: 4:45.53	48.45	400m: 6:21.10	46.31	
14. Maria Leonor, ASSUNCAO	12	Pimpoes/Cimai	6:25.77	215			
50m: 45.24 45.24	150m: 2:23.43	49.21	250m: 4:02.67	49.25	350m: 5:39.94	47.82	
100m: 1:34.22 48.98	200m: 3:13.42	49.99	300m: 4:52.12	49.45	400m: 6:25.77	45.83	
15. Rita Alexandra, JORDAO	12	Uniao Juncalense	6:30.38	208			
50m: 43.67 43.67	150m: 2:23.79	50.81	250m: 4:03.29	49.64	350m: 5:42.55	49.03	
100m: 1:32.98 49.31	200m: 3:13.65	49.86	300m: 4:53.52	50.23	400m: 6:30.38	47.83	
16. Constanca Santos, COUTINHO	12	Naval da Nazaré	7:03.80	162			
50m: 45.35 45.35	150m: 2:34.49	56.65	250m: 4:26.60	55.32	350m: 6:16.56	54.35	
100m: 1:37.84 52.49	200m: 3:31.28	56.79	300m: 5:22.21	55.61	400m: 7:03.80	47.24	
17. Jessica Garcia, FERREIRA	12	Óbidos	7:05.49	160			
50m: 46.79 46.79	150m: 2:36.19	55.51	250m: 4:26.46	54.64	350m: 6:15.99	54.41	
100m: 1:40.68 53.89	200m: 3:31.82	55.63	300m: 5:21.58	55.12	400m: 7:05.49	49.50	
18. Maria Leonor, FERREIRA	12	Óbidos	7:31.61	134			
50m: 50.17 50.17	150m: 2:42.65	56.52	250m: 4:39.68	58.90	350m: 6:36.94	58.44	
100m: 1:46.13 55.96	200m: 3:40.78	58.13	300m: 5:38.50	58.82	400m: 7:31.61	54.67	
DNS Maria Ines, GOMES	12	Nucleo de Pombal					
EXH Sara Cristina, ALMEIDA	08	Benedita	5:56.23	273			
50m: 40.23 40.23	150m: 2:07.57	44.35	250m: 3:39.98	46.31	350m: 5:12.40	46.43	
100m: 1:23.22 42.99	200m: 2:53.67	46.10	300m: 4:25.97	45.99	400m: 5:56.23	43.83	
EXH Matilde Pinto, ANTUNES	11	Naval de Peniche	6:12.60	239			
50m: 42.03 42.03	150m: 2:17.34	48.63	250m: 3:53.34	48.25	350m: 5:28.78	47.85	
100m: 1:28.71 46.68	200m: 3:05.09	47.75	300m: 4:40.93	47.59	400m: 6:12.60	43.82	
EXH Valeria, MORITS	12	Nautico Marinha Grande	6:14.67	235			
50m: 40.93 40.93	150m: 2:14.55	47.55	250m: 3:51.97	49.12	350m: 5:27.61	48.28	
100m: 1:27.00 46.07	200m: 3:02.85	48.30	300m: 4:39.33	47.36	400m: 6:14.67	47.06	