



Torneio Distrital Nadador Completo
Tomar, 03 e 04 de Fevereiro de 2024

Prova 3

Femin., 100m Livres

Absoluto
Resultados

03/02/2024 - 16:55

| | | | | | |
|------------------------------|---------|----------------------------|------|--------------|------------|
| Recorde Distrital ANDS Open | 57.70 | Ariana Espirito Louro | SFGP | Abrantes | 15/05/2021 |
| Recorde Distrital ANDS Sen | 58.34 | Julia Matos Lopes | VS | Tomar | 30/06/2013 |
| Recorde Distrital ANDS 17 | 57.90 | Ariana Espirito Louro | SFGP | Leiria | 26/11/2021 |
| Recorde Distrital ANDS 16 | 57.70 | Ariana Espirito Louro | SFGP | Abrantes | 15/05/2021 |
| Recorde Distrital ANDS Juv A | 59.57 | Carolina Marques Neves | CNTN | Torres Novas | 08/05/2016 |
| Recorde Distrital ANDS Juv B | 1:00.11 | Margarida Claudino Nicolau | CNTN | Tomar | 15/12/2018 |
| Recorde Distrital ANDS Inf A | 1:02.99 | Carina Alexandra Alves | CNRM | Sines | 08/04/2017 |
| Recorde Distrital ANDS Inf B | 1:05.17 | Marta Sousa Oliveira | CNTN | Abrantes | 13/04/2013 |

Pontos: FINA 2023

| Lugar | Nome | Ano | Clube | Tempo Final | TReac | Pts | Pontos |
|-------------------|----------------------------|---------------------|--------------------|----------------|-------|-----|--------|
| Infantil B | | | | | | | |
| 1. | Rita Gomes Valentim | 12 | Torres Novas | 1:09.23 | | 382 | |
| | 50m: 33.28 33.28 | 100m: 1:09.23 35.95 | | | | | |
| 2. | Matilde Casimiro Bibi | 12 | BUZIOS-Coruche | 1:12.26 | | 336 | |
| | 50m: 34.60 34.60 | 100m: 1:12.26 37.66 | | | | | |
| 3. | Rita Maria Rosa | 12 | BUZIOS-Coruche | 1:12.87 | | 327 | |
| | 50m: 35.59 35.59 | 100m: 1:12.87 37.28 | | | | | |
| 4. | Marta Costa Soares | 12 | Uniao Samorense | 1:15.84 | | 290 | |
| | 50m: 36.41 36.41 | 100m: 1:15.84 39.43 | | | | | |
| 5. | Laura Rosinha Maia | 12 | Gualdim Pais | 1:17.75 | | 269 | |
| | 50m: 35.93 35.93 | 100m: 1:17.75 41.82 | | | | | |
| 6. | Matilde Abelho Vaz | 12 | CLAC-Entroncamento | 1:22.25 | | 228 | |
| | 50m: 39.40 39.40 | 100m: 1:22.25 42.85 | | | | | |
| 7. | Rita Balsa Alves | 12 | BUZIOS-Coruche | 1:22.66 | | 224 | |
| | 50m: 39.11 39.11 | 100m: 1:22.66 43.55 | | | | | |
| 8. | Ana Sofia Graca | 12 | Uniao Samorense | 1:23.31 | | 219 | |
| | 50m: 40.21 40.21 | 100m: 1:23.31 43.10 | | | | | |
| 9. | Margarida Madeira Pires | 12 | Rio Maior | 1:24.05 | | 213 | |
| | 50m: 41.16 41.16 | 100m: 1:24.05 42.89 | | | | | |
| 10. | Maria Pais Santos | 12 | BUZIOS-Coruche | 1:24.62 | | 209 | |
| | 50m: 41.70 41.70 | 100m: 1:24.62 42.92 | | | | | |
| 11. | Laura Sofia Graca | 12 | Uniao Samorense | 1:24.70 | | 208 | |
| | 50m: 40.83 40.83 | 100m: 1:24.70 43.87 | | | | | |
| 12. | Ana Marisa Simples | 12 | Uniao Samorense | 1:26.75 | | 194 | |
| | 50m: 41.96 41.96 | 100m: 1:26.75 44.79 | | | | | |
| 13. | Beatriz Rodrigues Fontinho | 12 | CLAC-Entroncamento | 1:37.20 | | 138 | |
| | 50m: 44.85 44.85 | 100m: 1:37.20 52.35 | | | | | |
| 14. | Joana Verissimo Tavares | 12 | CLAC-Entroncamento | 1:38.52 | | 132 | |
| | 50m: 45.75 45.75 | 100m: 1:38.52 52.77 | | | | | |
| 15. | Ines Santos Pina | 12 | CLAC-Entroncamento | 1:43.44 | | 114 | |
| | 50m: 48.97 48.97 | 100m: 1:43.44 54.47 | | | | | |
| Infantil A | | | | | | | |
| 1. | Sofia Barroca Pereira | 11 | BUZIOS-Coruche | 1:07.32 | | 415 | |
| | 50m: 32.72 32.72 | 100m: 1:07.32 34.60 | | | | | |
| 2. | Margarida Pinho Formigo | 11 | Torres Novas | 1:12.13 | | 338 | |
| | 50m: 34.81 34.81 | 100m: 1:12.13 37.32 | | | | | |
| 3. | Benedita Maria Lagarinhos | 11 | Viver Santarem | 1:12.20 | | 337 | |
| | 50m: 33.88 33.88 | 100m: 1:12.20 38.32 | | | | | |



Torneio Distrital Nadador Completo
Tomar, 03 e 04 de Fevereiro de 2024

Prova 3, Femin., 100m Livres, Infantil A

| Lugar | Nome | Ano | Clube | Tempo Final | TReac | Pts | Pontos |
|-------|---|-----|---|----------------|-------|-----|--------|
| 4. | Clara Santos Madureira 50m: 35.41 35.41 | 11 | Torres Novas 100m: 1:13.05 37.64 | 1:13.05 | | 325 | |
| 5. | Beatriz Agostinho Duque 50m: 37.55 37.55 | 11 | 20Km de Almeirim 100m: 1:17.22 39.67 | 1:17.22 | | 275 | |
| 6. | Mariana Freitas Mota 50m: 37.88 37.88 | 11 | Torres Novas 100m: 1:18.09 40.21 | 1:18.09 | | 266 | |
| 7. | Rita Lino Ferreira 50m: 38.65 38.65 | 11 | BUZIOS-Coruche 100m: 1:18.87 40.22 | 1:18.87 | | 258 | |
| 8. | Maria Ines Ferreira 50m: 38.03 38.03 | 11 | Torres Novas 100m: 1:21.08 43.05 | 1:21.08 | | 238 | |
| 9. | Beatriz Isabel Moura 50m: 40.27 40.27 | 11 | Nautico Abrantes 100m: 1:22.77 42.50 | 1:22.77 | | 223 | |
| 10. | Luiza Veriato Ferreira 50m: 39.12 39.12 | 11 | Natacao do Tejo 100m: 1:24.72 45.60 | 1:24.72 | | 208 | |
| 11. | Catarina Leonor Pereira 50m: 45.28 45.28 | 11 | CLAC-Entroncamento 100m: 1:33.41 48.13 | 1:33.41 | | 155 | |
| DNS | Carolina Reis Lopes | 11 | Torres Novas | | | | |
| WDR | Diana Cristina Calhau | 11 | BUZIOS-Coruche | | | | |

Juvenil B

| | | | | | | | |
|----|---|----|---|----------------|--|-----|--|
| 1. | Leonor Sombreireiro Martins 50m: 31.38 31.38 | 10 | BUZIOS-Coruche 100m: 1:05.24 33.86 | 1:05.24 | | 456 | |
| 2. | Maria Leonor Lopes 50m: 32.38 32.38 | 10 | Torres Novas 100m: 1:07.44 35.06 | 1:07.44 | | 413 | |
| 3. | Lara Paixao Silva 50m: 33.66 33.66 | 10 | Rio Maior 100m: 1:09.88 36.22 | 1:09.88 | | 371 | |
| 4. | Flor Fortunata Ferreira 50m: 33.77 33.77 | 10 | Gualdim Pais 100m: 1:11.58 37.81 | 1:11.58 | | 345 | |
| 5. | Debora Sofia Santos 50m: 36.65 36.65 | 10 | Rio Maior 100m: 1:15.46 38.81 | 1:15.46 | | 295 | |
| 6. | Leonor Matilde Oliveira 50m: 34.58 34.58 | 10 | 20Km de Almeirim 100m: 1:15.62 41.04 | 1:15.62 | | 293 | |
| 7. | Maria Carmo Rodrigues 50m: 37.84 37.84 | 10 | BUZIOS-Coruche 100m: 1:17.20 39.36 | 1:17.20 | | 275 | |
| 8. | Angela Maria Pereira 50m: 35.97 35.97 | 10 | Nautico Salvaterra Magos 100m: 1:17.66 41.69 | 1:17.66 | | 270 | |
| 9. | Raquel Fernandes Samouco 50m: 37.77 37.77 | 10 | Natacao do Tejo 100m: 1:20.27 42.50 | 1:20.27 | | 245 | |

Juvenil A

| | | | | | | | |
|----|---|----|---------------------------------------|----------------|--|-----|--|
| 1. | Laura Brites Costa 50m: 31.62 31.62 | 09 | Rio Maior 100m: 1:05.12 33.50 | 1:05.12 | | 459 | |
| 2. | Laura Prates Morais 50m: 32.55 32.55 | 09 | BUZIOS-Coruche 100m: 1:06.65 34.10 | 1:06.65 | | 428 | |
| 3. | Leonor Margarida Mateus 50m: 33.17 33.17 | 09 | BUZIOS-Coruche 100m: 1:09.53 36.36 | 1:09.53 | | 377 | |
| 4. | Leonor Marques Carvalho 50m: 37.11 37.11 | 09 | Rio Maior 100m: 1:16.89 39.78 | 1:16.89 | | 279 | |



Torneio Distrital Nadador Completo
Tomar,03 e 04 de Fevereiro de 2024

Prova 3, Femin., 100m Livres, Juvenil A

| Lugar | Nome | Ano | Clube | Tempo Final | TReac | Pts | Pontos |
|-------|------------------------------|---------------------|--------------------|----------------|-------|-----|--------|
| 5. | Carolina Cupertino Marchante | 09 | CLAC-Entroncamento | 1:17.93 | | 268 | |
| | 50m: 37.46 37.46 | 100m: 1:17.93 40.47 | | | | | |
| 6. | Catarina Isabel Galvao | 09 | BUZIOS-Coruche | 1:19.97 | | 248 | |
| | 50m: 38.69 38.69 | 100m: 1:19.97 41.28 | | | | | |
| 7. | Maria Ines Campos | 09 | Nautico Abrantes | 1:22.56 | | 225 | |
| | 50m: 39.43 39.43 | 100m: 1:22.56 43.13 | | | | | |
| WDR | Matilde Rainho Santos | 09 | CLAC-Entroncamento | | | | |

Junior

| | | | | | | | |
|-----|--------------------------|---------------------|--------------------|----------------|--|-----|--|
| 1. | Rafaela Ferreira Mendes | 08 | Torres Novas | 1:02.03 | | 531 | |
| | 50m: 30.00 30.00 | 100m: 1:02.03 32.03 | | | | | |
| 2. | Marta Filipa Nunes | 07 | Viver Santarem | 1:03.09 | | 505 | |
| | 50m: 30.62 30.62 | 100m: 1:03.09 32.47 | | | | | |
| 3. | Madalena Maria Midoes | 07 | Viver Santarem | 1:06.39 | | 433 | |
| | 50m: 32.26 32.26 | 100m: 1:06.39 34.13 | | | | | |
| 4. | Catarina Maria Fragoso | 07 | Viver Santarem | 1:07.92 | | 404 | |
| | 50m: 32.77 32.77 | 100m: 1:07.92 35.15 | | | | | |
| 5. | Mariana Mauricio Coelho | 07 | BUZIOS-Coruche | 1:09.02 | | 385 | |
| | 50m: 32.12 32.12 | 100m: 1:09.02 36.90 | | | | | |
| 6. | Iris Simoes Martins | 08 | Natacao do Tejo | 1:10.24 | | 366 | |
| | 50m: 33.51 33.51 | 100m: 1:10.24 36.73 | | | | | |
| 7. | Diana Goncalves Oliveira | 07 | 20Km de Almeirim | 1:12.25 | | 336 | |
| | 50m: 34.69 34.69 | 100m: 1:12.25 37.56 | | | | | |
| 8. | Daniela Santos Carrilho | 08 | CLAC-Entroncamento | 1:12.91 | | 327 | |
| | 50m: 34.86 34.86 | 100m: 1:12.91 38.05 | | | | | |
| 9. | Alice Batista Agostinho | 08 | Rio Maior | 1:13.94 | | 313 | |
| | 50m: 34.91 34.91 | 100m: 1:13.94 39.03 | | | | | |
| 10. | Carolina Santos Carrilho | 08 | CLAC-Entroncamento | 1:15.81 | | 291 | |
| | 50m: 36.21 36.21 | 100m: 1:15.81 39.60 | | | | | |
| 11. | Carlota Pereira Sousa | 08 | Viver Santarem | 1:21.47 | | 234 | |
| | 50m: 38.69 38.69 | 100m: 1:21.47 42.78 | | | | | |
| WDR | Beatriz Roseiro Dias | 07 | Nautico Abrantes | | | | |
| WDR | Beatriz Maria Simoes | 07 | Torres Novas | | | | |

Senior

| | | | | | | | |
|----|-------------------------|---------------------|--------------------|----------------|--|-----|--|
| 1. | Marta Filipa Bucha | 06 | Viver Santarem | 1:06.71 | | 427 | |
| | 50m: 31.78 31.78 | 100m: 1:06.71 34.93 | | | | | |
| 2. | Joana Patricia Antunes | 06 | CLAC-Entroncamento | 1:08.56 | | 393 | |
| | 50m: 33.06 33.06 | 100m: 1:08.56 35.50 | | | | | |
| 3. | Margarida Miguel Mendes | 06 | Viver Santarem | 1:10.80 | | 357 | |
| | 50m: 34.09 34.09 | 100m: 1:10.80 36.71 | | | | | |
| 4. | Marta Chambel Dias | 02 | CLAC-Entroncamento | 1:11.29 | | 350 | |
| | 50m: 33.91 33.91 | 100m: 1:11.29 37.38 | | | | | |
| 5. | Matilde Nabeiro Monraia | 06 | CLAC-Entroncamento | 1:12.51 | | 332 | |
| | 50m: 33.69 33.69 | 100m: 1:12.51 38.82 | | | | | |
| 6. | Barbara Maia Freitas | 06 | CLAC-Entroncamento | 1:14.78 | | 303 | |
| | 50m: 36.24 36.24 | 100m: 1:14.78 38.54 | | | | | |



Torneio Distrital Nadador Completo
Tomar,03 e 04 de Fevereiro de 2024

Prova 3, Femin., 100m Livres, Senior

| Lugar | Nome | Ano | Clube | Tempo Final | TReac | Pts | Pontos |
|-------|-------------------------|-----|----------------|-------------|-------|-----|--------|
| WDR | Ana Patricia Oliveira | 03 | Viver Santarem | | | | |
| WDR | Constanca Grincho Sousa | 06 | Viver Santarem | | | | |

Absoluto

| | | | | | | | |
|-----|---------------------------|-------|--------------------|----------------|--|-----|--|
| 1. | Rafaela Ferreira Mendes | 08 | Torres Novas | 1:02.03 | | 531 | |
| | 50m: 30.00 30.00 | 100m: | 1:02.03 32.03 | | | | |
| 2. | Marta Filipa Nunes | 07 | Viver Santarem | 1:03.09 | | 505 | |
| | 50m: 30.62 30.62 | 100m: | 1:03.09 32.47 | | | | |
| 3. | Laura Brites Costa | 09 | Rio Maior | 1:05.12 | | 459 | |
| | 50m: 31.62 31.62 | 100m: | 1:05.12 33.50 | | | | |
| 4. | Leonor Sombreiro Martins | 10 | BUZIOS-Coruche | 1:05.24 | | 456 | |
| | 50m: 31.38 31.38 | 100m: | 1:05.24 33.86 | | | | |
| 5. | Madalena Maria Midoes | 07 | Viver Santarem | 1:06.39 | | 433 | |
| | 50m: 32.26 32.26 | 100m: | 1:06.39 34.13 | | | | |
| 6. | Laura Prates Morais | 09 | BUZIOS-Coruche | 1:06.65 | | 428 | |
| | 50m: 32.55 32.55 | 100m: | 1:06.65 34.10 | | | | |
| 7. | Marta Filipa Bucha | 06 | Viver Santarem | 1:06.71 | | 427 | |
| | 50m: 31.78 31.78 | 100m: | 1:06.71 34.93 | | | | |
| 8. | Sofia Barroca Pereira | 11 | BUZIOS-Coruche | 1:07.32 | | 415 | |
| | 50m: 32.72 32.72 | 100m: | 1:07.32 34.60 | | | | |
| 9. | Maria Leonor Lopes | 10 | Torres Novas | 1:07.44 | | 413 | |
| | 50m: 32.38 32.38 | 100m: | 1:07.44 35.06 | | | | |
| 10. | Catarina Maria Fragoso | 07 | Viver Santarem | 1:07.92 | | 404 | |
| | 50m: 32.77 32.77 | 100m: | 1:07.92 35.15 | | | | |
| 11. | Joana Patricia Antunes | 06 | CLAC-Entroncamento | 1:08.56 | | 393 | |
| | 50m: 33.06 33.06 | 100m: | 1:08.56 35.50 | | | | |
| 12. | Mariana Mauricio Coelho | 07 | BUZIOS-Coruche | 1:09.02 | | 385 | |
| | 50m: 32.12 32.12 | 100m: | 1:09.02 36.90 | | | | |
| 13. | Rita Gomes Valentim | 12 | Torres Novas | 1:09.23 | | 382 | |
| | 50m: 33.28 33.28 | 100m: | 1:09.23 35.95 | | | | |
| 14. | Leonor Margarida Mateus | 09 | BUZIOS-Coruche | 1:09.53 | | 377 | |
| | 50m: 33.17 33.17 | 100m: | 1:09.53 36.36 | | | | |
| 15. | Lara Paixao Silva | 10 | Rio Maior | 1:09.88 | | 371 | |
| | 50m: 33.66 33.66 | 100m: | 1:09.88 36.22 | | | | |
| 16. | Iris Simoes Martins | 08 | Natacao do Tejo | 1:10.24 | | 366 | |
| | 50m: 33.51 33.51 | 100m: | 1:10.24 36.73 | | | | |
| 17. | Margarida Miguel Mendes | 06 | Viver Santarem | 1:10.80 | | 357 | |
| | 50m: 34.09 34.09 | 100m: | 1:10.80 36.71 | | | | |
| 18. | Marta Chambel Dias | 02 | CLAC-Entroncamento | 1:11.29 | | 350 | |
| | 50m: 33.91 33.91 | 100m: | 1:11.29 37.38 | | | | |
| 19. | Flor Fortunata Ferreira | 10 | Gualdim Pais | 1:11.58 | | 345 | |
| | 50m: 33.77 33.77 | 100m: | 1:11.58 37.81 | | | | |
| 20. | Margarida Pinho Formigo | 11 | Torres Novas | 1:12.13 | | 338 | |
| | 50m: 34.81 34.81 | 100m: | 1:12.13 37.32 | | | | |
| 21. | Benedita Maria Lagarinhos | 11 | Viver Santarem | 1:12.20 | | 337 | |
| | 50m: 33.88 33.88 | 100m: | 1:12.20 38.32 | | | | |
| 22. | Diana Goncalves Oliveira | 07 | 20Km de Almeirim | 1:12.25 | | 336 | |
| | 50m: 34.69 34.69 | 100m: | 1:12.25 37.56 | | | | |



Torneio Distrital Nadador Completo
Tomar,03 e 04 de Fevereiro de 2024

Prova 3, Femin., 100m Livres, Absoluto

| Lugar | Nome | Ano | Clube | Tempo Final | TReac | Pts | Pontos |
|-------|--|-----|---|----------------|-------|-----|--------|
| 23. | Matilde Casimiro Bibi 50m: 34.60 34.60 | 12 | BUZIOS-Coruche 100m: 1:12.26 37.66 | 1:12.26 | | 336 | |
| 24. | Matilde Nabeiro Monraia 50m: 33.69 33.69 | 06 | CLAC-Entroncamento 100m: 1:12.51 38.82 | 1:12.51 | | 332 | |
| 25. | Rita Maria Rosa 50m: 35.59 35.59 | 12 | BUZIOS-Coruche 100m: 1:12.87 37.28 | 1:12.87 | | 327 | |
| 26. | Daniela Santos Carrilho 50m: 34.86 34.86 | 08 | CLAC-Entroncamento 100m: 1:12.91 38.05 | 1:12.91 | | 327 | |
| 27. | Clara Santos Madureira 50m: 35.41 35.41 | 11 | Torres Novas 100m: 1:13.05 37.64 | 1:13.05 | | 325 | |
| 28. | Alice Batista Agostinho 50m: 34.91 34.91 | 08 | Rio Maior 100m: 1:13.94 39.03 | 1:13.94 | | 313 | |
| 29. | Barbara Maia Freitas 50m: 36.24 36.24 | 06 | CLAC-Entroncamento 100m: 1:14.78 38.54 | 1:14.78 | | 303 | |
| 30. | Debora Sofia Santos 50m: 36.65 36.65 | 10 | Rio Maior 100m: 1:15.46 38.81 | 1:15.46 | | 295 | |
| 31. | Leonor Matilde Oliveira 50m: 34.58 34.58 | 10 | 20Km de Almeirim 100m: 1:15.62 41.04 | 1:15.62 | | 293 | |
| 32. | Carolina Santos Carrilho 50m: 36.21 36.21 | 08 | CLAC-Entroncamento 100m: 1:15.81 39.60 | 1:15.81 | | 291 | |
| 33. | Marta Costa Soares 50m: 36.41 36.41 | 12 | Uniao Samorense 100m: 1:15.84 39.43 | 1:15.84 | | 290 | |
| 34. | Leonor Marques Carvalho 50m: 37.11 37.11 | 09 | Rio Maior 100m: 1:16.89 39.78 | 1:16.89 | | 279 | |
| 35. | Maria Carmo Rodrigues 50m: 37.84 37.84 | 10 | BUZIOS-Coruche 100m: 1:17.20 39.36 | 1:17.20 | | 275 | |
| 36. | Beatriz Agostinho Duque 50m: 37.55 37.55 | 11 | 20Km de Almeirim 100m: 1:17.22 39.67 | 1:17.22 | | 275 | |
| 37. | Angela Maria Pereira 50m: 35.97 35.97 | 10 | Nautico Salvaterra Magos 100m: 1:17.66 41.69 | 1:17.66 | | 270 | |
| 38. | Laura Rosinha Maia 50m: 35.93 35.93 | 12 | Gualdim Pais 100m: 1:17.75 41.82 | 1:17.75 | | 269 | |
| 39. | Carolina Cupertino Marchante 50m: 37.46 37.46 | 09 | CLAC-Entroncamento 100m: 1:17.93 40.47 | 1:17.93 | | 268 | |
| 40. | Mariana Freitas Mota 50m: 37.88 37.88 | 11 | Torres Novas 100m: 1:18.09 40.21 | 1:18.09 | | 266 | |
| 41. | Rita Lino Ferreira 50m: 38.65 38.65 | 11 | BUZIOS-Coruche 100m: 1:18.87 40.22 | 1:18.87 | | 258 | |
| 42. | Catarina Isabel Galvao 50m: 38.69 38.69 | 09 | BUZIOS-Coruche 100m: 1:19.97 41.28 | 1:19.97 | | 248 | |
| 43. | Raquel Fernandes Samouco 50m: 37.77 37.77 | 10 | Natacao do Tejo 100m: 1:20.27 42.50 | 1:20.27 | | 245 | |
| 44. | Maria Ines Ferreira 50m: 38.03 38.03 | 11 | Torres Novas 100m: 1:21.08 43.05 | 1:21.08 | | 238 | |
| 45. | Carlota Pereira Sousa 50m: 38.69 38.69 | 08 | Viver Santarem 100m: 1:21.47 42.78 | 1:21.47 | | 234 | |
| 46. | Matilde Abelho Vaz 50m: 39.40 39.40 | 12 | CLAC-Entroncamento 100m: 1:22.25 42.85 | 1:22.25 | | 228 | |



Torneio Distrital Nadador Completo
Tomar,03 e 04 de Fevereiro de 2024

Prova 3, Femin., 100m Livres, Absoluto

| Lugar | Nome | Ano | Clube | Tempo Final | TReac | Pts | Pontos |
|-------|--|-----|---|----------------|-------|-----|--------|
| 47. | Maria Ines Campos 50m: 39.43 39.43 | 09 | Nautico Abrantes 100m: 1:22.56 43.13 | 1:22.56 | | 225 | |
| 48. | Rita Balsa Alves 50m: 39.11 39.11 | 12 | BUZIOS-Coruche 100m: 1:22.66 43.55 | 1:22.66 | | 224 | |
| 49. | Beatriz Isabel Moura 50m: 40.27 40.27 | 11 | Nautico Abrantes 100m: 1:22.77 42.50 | 1:22.77 | | 223 | |
| 50. | Ana Sofia Graca 50m: 40.21 40.21 | 12 | Uniao Samorense 100m: 1:23.31 43.10 | 1:23.31 | | 219 | |
| 51. | Margarida Madeira Pires 50m: 41.16 41.16 | 12 | Rio Maior 100m: 1:24.05 42.89 | 1:24.05 | | 213 | |
| 52. | Maria Pais Santos 50m: 41.70 41.70 | 12 | BUZIOS-Coruche 100m: 1:24.62 42.92 | 1:24.62 | | 209 | |
| 53. | Laura Sofia Graca 50m: 40.83 40.83 | 12 | Uniao Samorense 100m: 1:24.70 43.87 | 1:24.70 | | 208 | |
| 54. | Luiza Veriato Ferreira 50m: 39.12 39.12 | 11 | Natacao do Tejo 100m: 1:24.72 45.60 | 1:24.72 | | 208 | |
| 55. | Ana Marisa Simples 50m: 41.96 41.96 | 12 | Uniao Samorense 100m: 1:26.75 44.79 | 1:26.75 | | 194 | |
| 56. | Catarina Leonor Pereira 50m: 45.28 45.28 | 11 | CLAC-Entroncamento 100m: 1:33.41 48.13 | 1:33.41 | | 155 | |
| 57. | Beatriz Rodrigues Fontinho 50m: 44.85 44.85 | 12 | CLAC-Entroncamento 100m: 1:37.20 52.35 | 1:37.20 | | 138 | |
| 58. | Joana Verissimo Tavares 50m: 45.75 45.75 | 12 | CLAC-Entroncamento 100m: 1:38.52 52.77 | 1:38.52 | | 132 | |
| 59. | Ines Santos Pina 50m: 48.97 48.97 | 12 | CLAC-Entroncamento 100m: 1:43.44 54.47 | 1:43.44 | | 114 | |
| DNS | Carolina Reis Lopes | 11 | Torres Novas | | | | |
| WDR | Diana Cristina Calhau | 11 | BUZIOS-Coruche | | | | |
| WDR | Matilde Rainho Santos | 09 | CLAC-Entroncamento | | | | |
| WDR | Beatriz Roseiro Dias | 07 | Nautico Abrantes | | | | |
| WDR | Beatriz Maria Simoes | 07 | Torres Novas | | | | |
| WDR | Ana Patricia Oliveira | 03 | Viver Santarem | | | | |
| WDR | Constanca Grincho Sousa | 06 | Viver Santarem | | | | |