

Prova 12 **Open**
05/04/2024 - 10:30 **Resultados Elimin**
Femin., 400m Livres

Rec Nac Open	4:08.77	MARTINS, Francisca Soares	FOCA	Canet-en-Roussillion (FRA)	14/05/2023
Rec Nac Sen	4:08.77	MARTINS, Francisca Soares	FOCA	Canet-en-Roussillion (FRA)	14/05/2023
Rec Nac Jun 17	4:14.67	HOLUB, Tamila Hryhorivna	SCB	Oeiras	23/07/2016
Rec Nac Jun 16	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

CEJun_Fem 14 - 18: 4:23.44 / CEPL : 4:12.86 / JO : 4:07.90 / TAC_Fem Juv B 50m: 5:02.08 - 25m: 4:53.50 /

Fem Juv A 50m: 4:55.08 - 25m: 4:46.71; Jun 16 50m: 4:48.09 - 25m: 4:39.91; Jun 17 50m: 4:46.69 - 25m: 4:38.55; Sen 1 50m: 4:41.10 - 25m: 4:33.12; Sen + 50m: 4:39.70 - 25m: 4:31.76

Pontos: FINA 2024

Lugar	Name	Ano	Nac	Club	Time	TReac	AQUA
Juvenis B							
1.	MARCELO, Camila Duarte	10	POR	Condeixa Aqua Clube	4:38.57	+0,75	603 B
	50m: 31.10 31.10	150m: 1:40.78	35.05	250m: 2:52.54	35.64	350m: 4:04.36	35.75
	100m: 1:05.73 34.63	200m: 2:16.90	36.12	300m: 3:28.61	36.07	400m: 4:38.57	34.21
2.	SANTOS, Rita Lucas	10	POR	Condeixa Aqua Clube	4:47.87	+0,74	546
	50m: 32.70 32.70	150m: 1:46.57	37.35	250m: 3:00.17	36.93	350m: 4:13.97	36.38
	100m: 1:09.22 36.52	200m: 2:23.24	36.67	300m: 3:37.59	37.42	400m: 4:47.87	33.90
3.	CUNHA, Maria Rita	10	POR	Colegio Efanor	4:49.69	+0,73	536
	50m: 32.66 32.66	150m: 1:45.05	36.33	250m: 2:58.82	37.02	350m: 4:13.33	37.04
	100m: 1:08.72 36.06	200m: 2:21.80	36.75	300m: 3:36.29	37.47	400m: 4:49.69	36.36
4.	MARQUES, Ana Jose	10	POR	Braga	4:49.97		534
	50m: 32.86 32.86	150m: 1:45.23	36.60	250m: 2:59.41	37.21	350m: 4:13.92	37.03
	100m: 1:08.63 35.77	200m: 2:22.20	36.97	300m: 3:36.89	37.48	400m: 4:49.97	36.05
5.	CARDEAL, Leonor Nunes	10	POR	Individual ANCPN	4:50.03	+0,84	534
	50m: 31.59 31.59	150m: 1:44.37	37.15	250m: 2:59.64	37.27	350m: 4:14.06	36.96
	100m: 1:07.22 35.63	200m: 2:22.37	38.00	300m: 3:37.10	37.46	400m: 4:50.03	35.97
6.	REGO, Filipa Correia	10	POR	Vilacondense	4:54.76	+0,71	509
	50m: 33.50 33.50	150m: 1:47.49	37.33	250m: 3:02.31	37.52	350m: 4:18.71	38.46
	100m: 1:10.16 36.66	200m: 2:24.79	37.30	300m: 3:40.25	37.94	400m: 4:54.76	36.05
7.	MARTINS, Leonor Sombreiro	10	POR	BUZIOS - Coruche	4:55.56	+0,87	505
	50m: 32.78 32.78	150m: 1:47.24	37.99	250m: 3:03.77	38.38	350m: 4:19.85	38.07
	100m: 1:09.25 36.47	200m: 2:25.39	38.15	300m: 3:41.78	38.01	400m: 4:55.56	35.71
8.	NOGUEIRA, Ana Laura	10	POR	Braga	4:59.38	+0,97	486
	50m: 33.20 33.20	150m: 1:48.46	38.20	250m: 3:05.75	39.10	350m: 4:22.63	38.14
	100m: 1:10.26 37.06	200m: 2:26.65	38.19	300m: 3:44.49	38.74	400m: 4:59.38	36.75
9.	PROENCA, Victoria Sales	10	POR	Benfica	5:01.09	+0,68	477
	50m: 34.08 34.08	150m: 1:49.96	38.11	250m: 3:06.79	38.05	350m: 4:23.08	37.50
	100m: 1:11.85 37.77	200m: 2:28.74	38.78	300m: 3:45.58	38.79	400m: 5:01.09	38.01
10.	PAIVA, Leonor Antunes	10	POR	Nautico Academico	5:01.36	+0,63	476
	50m: 34.05 34.05	150m: 1:49.11	38.10	250m: 3:06.69	39.05	350m: 4:24.04	38.66
	100m: 1:11.01 36.96	200m: 2:27.64	38.53	300m: 3:45.38	38.69	400m: 5:01.36	37.32
11.	MENDES, Ana Nabais	10	POR	Laranjeiro	5:01.55	+0,80	475
	50m: 33.47 33.47	150m: 1:49.02	38.06	250m: 3:06.30	38.18	350m: 4:23.58	37.78
	100m: 1:10.96 37.49	200m: 2:28.12	39.10	300m: 3:45.80	39.50	400m: 5:01.55	37.97

Prova 12, Femin., 400m Livres, Elimin, Juvenis B

Lugar	Name	Ano	Nac	Club	Time	TReac	AQUA
12.	PEDROSO, Madalena Gracio FTL	10	POR	Nautico Marinha Grande	5:04.29	+0,69	462
	50m: 33.48 33.48	150m: 1:49.62	39.00	250m: 3:07.36	38.80	350m: 4:25.90	39.66
	100m: 1:10.62 37.14	200m: 2:28.56	38.94	300m: 3:46.24	38.88	400m: 5:04.29	38.39
13.	MENDES, Bianca Balbino FTL	10	POR	Naval de Peniche	5:04.68	+0,77	461
	50m: 34.12 34.12	150m: 1:48.90	37.73	250m: 3:07.45	39.39	350m: 4:26.02	39.44
	100m: 1:11.17 37.05	200m: 2:28.06	39.16	300m: 3:46.58	39.13	400m: 5:04.68	38.66

Juvenis A

1.	CRAVEIRO, Luana Ferreira	09	POR	Nautico Marinha Grande	4:35.18	+0,68	625 B
	50m: 30.25 30.25	150m: 1:38.68	35.17	250m: 2:49.76	35.15	350m: 4:00.87	35.09
	100m: 1:03.51 33.26	200m: 2:14.61	35.93	300m: 3:25.78	36.02	400m: 4:35.18	34.31
2.	MATIAS, Alana Costa	09	POR	Clube Uniao 1919	4:39.86	+0,75	594 R
	50m: 31.14 31.14	150m: 1:39.45	34.21	250m: 2:51.41	36.57	350m: 4:04.29	36.58
	100m: 1:05.24 34.10	200m: 2:14.84	35.39	300m: 3:27.71	36.30	400m: 4:39.86	35.57
3.	MOREIRA, Madalena Valente	09	POR	Colegio Efanor	4:41.84	+0,64	582
	50m: 30.79 30.79	150m: 1:41.05	35.84	250m: 2:54.06	36.57	350m: 4:06.71	36.20
	100m: 1:05.21 34.42	200m: 2:17.49	36.44	300m: 3:30.51	36.45	400m: 4:41.84	35.13
4.	PINTO, Maria Carvalho	09	POR	Viana Natacao	4:44.18	+0,83	568
	50m: 31.35 31.35	150m: 1:41.78	35.89	250m: 2:55.18	36.86	350m: 4:08.53	36.39
	100m: 1:05.89 34.54	200m: 2:18.32	36.54	300m: 3:32.14	36.96	400m: 4:44.18	35.65
5.	MAIA, Lara Catarina	09	POR	Estarreja/PROZINCO	4:48.23	+0,57	544
	50m: 31.04 31.04	150m: 1:41.15	35.99	250m: 2:55.50	37.40	350m: 4:11.35	37.87
	100m: 1:05.16 34.12	200m: 2:18.10	36.95	300m: 3:33.48	37.98	400m: 4:48.23	36.88
6.	MADEIRA, Carolina Marques	09	POR	Nacional de Natacao	4:49.68	+0,94	536
	50m: 32.17 32.17	150m: 1:45.11	37.18	250m: 2:58.88	36.84	350m: 4:13.49	37.04
	100m: 1:07.93 35.76	200m: 2:22.04	36.93	300m: 3:36.45	37.57	400m: 4:49.68	36.19
7.	RICARDO, Francisca Martingo	09	POR	Porto	4:51.80	+0,74	524
	50m: 32.06 32.06	150m: 1:44.99	37.02	250m: 2:59.75	37.32	350m: 4:15.15	37.62
	100m: 1:07.97 35.91	200m: 2:22.43	37.44	300m: 3:37.53	37.78	400m: 4:51.80	36.65
8.	CARDOSO, Raquel Campos	09	POR	Bombeiros de Ponta Delgada	4:53.17	+0,77	517
	50m: 32.44 32.44	150m: 1:45.06	37.17	250m: 3:00.53	38.02	350m: 4:16.41	38.12
	100m: 1:07.89 35.45	200m: 2:22.51	37.45	300m: 3:38.29	37.76	400m: 4:53.17	36.76
9.	UVA, Sofia Monteiro	09	POR	Alges	4:54.12	+0,59	512
	50m: 32.53 32.53	150m: 1:45.28	36.69	250m: 2:59.85	37.59	350m: 4:16.74	38.78
	100m: 1:08.59 36.06	200m: 2:22.26	36.98	300m: 3:37.96	38.11	400m: 4:54.12	37.38
10.	NUNES, Francisca Ramos	09	POR	Naval de Peniche	4:54.44	+0,72	510
	50m: 32.91 32.91	150m: 1:46.81	36.85	250m: 3:02.96	37.86	350m: 4:19.40	37.58
	100m: 1:09.96 37.05	200m: 2:25.10	38.29	300m: 3:41.82	38.86	400m: 4:54.44	35.04
11.	JORDAO, Beatriz Silva FTL	09	POR	Individual ANL	4:56.28	+0,68	501
	50m: 33.27 33.27	150m: 1:47.19	37.55	250m: 3:02.71	37.98	350m: 4:19.18	38.35
	100m: 1:09.64 36.37	200m: 2:24.73	37.54	300m: 3:40.83	38.12	400m: 4:56.28	37.10

Prova 12, Femin., 400m Livres, Elimin, Juvenis A

Lugar	Name	Ano	Nac	Club	Time	TReac	AQUA
12.	GALANTE, Filipa Carvalho <i>FTL</i>	09	POR	Vilacondense	5:01.73	+0,71	474
	50m: 32.70 32.70	150m: 1:46.61	37.22	250m: 3:04.40	38.98	350m: 4:22.77	38.52
	100m: 1:09.39 36.69	200m: 2:25.42	38.81	300m: 3:44.25	39.85	400m: 5:01.73	38.96
13.	PEDREIRO, Francisca Soreto <i>FTL</i>	09	POR	Galitos / Bresimar	5:03.34	+0,73	467
	50m: 33.80 33.80	150m: 1:49.59	38.25	250m: 3:07.03	38.55	350m: 4:25.32	38.75
	100m: 1:11.34 37.54	200m: 2:28.48	38.89	300m: 3:46.57	39.54	400m: 5:03.34	38.02

Juniores

1.	FRANCO, Catarina Andrade	07	POR	Benfica	4:29.94	+0,68	662 B
	50m: 31.35 31.35	150m: 1:39.98	33.94	250m: 2:47.93	33.47	350m: 3:56.02	34.07
	100m: 1:06.04 34.69	200m: 2:14.46	34.48	300m: 3:21.95	34.02	400m: 4:29.94	33.92
2.	CABRAL, Carolina Vizinho	07	POR	CN Vagos	4:36.36	+0,75	617 B
	50m: 31.90 31.90	150m: 1:41.03	34.61	250m: 2:51.71	35.32	350m: 4:02.62	35.52
	100m: 1:06.42 34.52	200m: 2:16.39	35.36	300m: 3:27.10	35.39	400m: 4:36.36	33.74
3.	LOURO, Beatriz Silva	07	POR	Louletano / Loule Concelho	4:40.27	+0,65	592
	50m: 31.35 31.35	150m: 1:40.57	35.21	250m: 2:52.64	36.19	350m: 4:04.69	35.94
	100m: 1:05.36 34.01	200m: 2:16.45	35.88	300m: 3:28.75	36.11	400m: 4:40.27	35.58
4.	NEVES, Maria Gomes	08	POR	Braga	4:41.46	+0,58	584
	50m: 31.59 31.59	150m: 1:41.51	35.55	250m: 2:53.30	35.64	350m: 4:05.51	35.69
	100m: 1:05.96 34.37	200m: 2:17.66	36.15	300m: 3:29.82	36.52	400m: 4:41.46	35.95
5.	ALVES, Sara Sofia	07	POR	Palmela Desporto	4:43.66	+0,80	571
	50m: 32.57 32.57	150m: 1:43.39	35.71	250m: 2:55.34	36.05	350m: 4:07.95	36.12
	100m: 1:07.68 35.11	200m: 2:19.29	35.90	300m: 3:31.83	36.49	400m: 4:43.66	35.71
6.	SANTOS, Leonor Castanho	07	POR	Sporting	4:43.95	+0,72	569
	50m: 31.91 31.91	150m: 1:42.36	35.21	250m: 2:54.30	35.88	350m: 4:07.46	36.28
	100m: 1:07.15 35.24	200m: 2:18.42	36.06	300m: 3:31.18	36.88	400m: 4:43.95	36.49
7.	FERREIRA, Carolina Amadeu	08	POR	Leixoes Sport Clube	4:44.45	+0,75	566
	50m: 31.43 31.43	150m: 1:41.85	35.71	250m: 2:54.87	36.84	350m: 4:08.70	36.69
	100m: 1:06.14 34.71	200m: 2:18.03	36.18	300m: 3:32.01	37.14	400m: 4:44.45	35.75
8.	FREITAS, Diana Gomes	08	POR	Amigos da Montanha	4:44.64	+0,80	565
	50m: 32.41 32.41	150m: 1:43.38	35.99	250m: 2:56.70	37.22	350m: 4:10.49	36.77
	100m: 1:07.39 34.98	200m: 2:19.48	36.10	300m: 3:33.72	37.02	400m: 4:44.64	34.15
9.	AGUILAR, Marta Andre	07	POR	Nautico Academico	4:44.72	+0,78	565
	50m: 32.66 32.66	150m: 1:43.75	36.36	250m: 2:57.18	37.00	350m: 4:10.64	37.17
	100m: 1:07.39 34.73	200m: 2:20.18	36.43	300m: 3:33.47	36.29	400m: 4:44.72	34.08
10.	LOPES, Catarina Maria	08	POR	Benfica	4:45.54	+0,58	560
	50m: 33.07 33.07	150m: 1:44.42	36.09	250m: 2:56.96	36.26	350m: 4:10.11	36.72
	100m: 1:08.33 35.26	200m: 2:20.70	36.28	300m: 3:33.39	36.43	400m: 4:45.54	35.43
11.	RODRIGUES, Leonor Carreiro	07	POR	Benfica	4:46.20	+0,67	556
	50m: 31.89 31.89	150m: 1:42.34	35.74	250m: 2:55.22	36.84	350m: 4:09.96	37.78
	100m: 1:06.60 34.71	200m: 2:18.38	36.04	300m: 3:32.18	36.96	400m: 4:46.20	36.24

Camp. Nacional JUV., JUN. e ABS - OPEN Portugal
Coimbra, 4 - 7/4/2024

Prova 12, Femin., 400m Livres, Elimin, Juniores

Lugar	Name	Ano	Nac	Club	Time	TReac	AQUA
12.	ALMEIDA, Bianca Filipa FTL	07	POR	Alges e Agueda XXI	4:47.23	+0,72	550
	50m: 31.42 31.42	150m: 1:41.51	35.41	250m: 2:54.92	36.90	350m: 4:10.13	37.85
	100m: 1:06.10 34.68	200m: 2:18.02	36.51	300m: 3:32.28	37.36	400m: 4:47.23	37.10
13.	LUIZ, Margarida Maria FTL	08	POR	Lagoa Academico Clube	4:49.48	+0,80	537
	50m: 33.14 33.14	150m: 1:45.41	36.69	250m: 2:58.59	36.60	350m: 4:13.01	37.62
	100m: 1:08.72 35.58	200m: 2:21.99	36.58	300m: 3:35.39	36.80	400m: 4:49.48	36.47

OPEN

1.	MARTINS, Francisca Soares	03	POR	Foca Quinta Da Lixa - Cnf	4:13.14	+0,62	803 A
	50m: 28.69 28.69	150m: 1:31.01	31.61	250m: 2:35.44	32.54	350m: 3:40.62	32.82
	100m: 59.40 30.71	200m: 2:02.90	31.89	300m: 3:07.80	32.36	400m: 4:13.14	32.52
2.	MARTINEZ GUILLEN, Angela	04	ESP	Spain	4:20.16	+0,71	740 A
	50m: 29.42 29.42	150m: 1:33.68	32.57	250m: 2:39.79	33.38	350m: 3:46.75	33.56
	100m: 1:01.11 31.69	200m: 2:06.41	32.73	300m: 3:13.19	33.40	400m: 4:20.16	33.41
3.	OTERO FERNANDEZ, Paula	04	ESP	Spain	4:21.05	+0,75	733 A
	50m: 29.30 29.30	150m: 1:33.34	32.66	250m: 2:40.02	33.86	350m: 3:47.82	33.90
	100m: 1:00.68 31.38	200m: 2:06.16	32.82	300m: 3:13.92	33.90	400m: 4:21.05	33.23
4.	DE VALDES ALVAREZ, Maria	98	ESP	Spain	4:21.55	+0,76	728 A
	50m: 30.27 30.27	150m: 1:35.82	33.37	250m: 2:42.01	33.14	350m: 3:48.77	33.82
	100m: 1:02.45 32.18	200m: 2:08.87	33.05	300m: 3:14.95	32.94	400m: 4:21.55	32.78
5.	CONCEICAO, Ema Jeronimo	03	POR	Benfica	4:22.93	+0,77	717 A
	50m: 30.20 30.20	150m: 1:34.50	32.14	250m: 2:40.82	33.15	350m: 3:48.21	33.99
	100m: 1:02.36 32.16	200m: 2:07.67	33.17	300m: 3:14.22	33.40	400m: 4:22.93	34.72
6.	MOURA, Maria Ferreira	04	POR	Sporting	4:24.03	+0,73	708 A
	50m: 30.35 30.35	150m: 1:36.81	33.59	250m: 2:43.67	33.13	350m: 3:50.59	33.49
	100m: 1:03.22 32.87	200m: 2:10.54	33.73	300m: 3:17.10	33.43	400m: 4:24.03	33.44
7.	DURAES, Diana Margarida	96	POR	Benfica	4:24.54	+0,78	704 A
	50m: 29.74 29.74	150m: 1:33.59	32.19	250m: 2:40.82	33.96	350m: 3:50.10	34.70
	100m: 1:01.40 31.66	200m: 2:06.86	33.27	300m: 3:15.40	34.58	400m: 4:24.54	34.44
8.	AMORIM, Ines Santos	06	POR	Escola Desportiva de Viana	4:25.55	+0,82	696 A
	50m: 30.65 30.65	150m: 1:37.09	33.63	250m: 2:44.68	33.64	350m: 3:52.50	34.19
	100m: 1:03.46 32.81	200m: 2:11.04	33.95	300m: 3:18.31	33.63	400m: 4:25.55	33.05
9.	VIANA, Carolina Pereira	04	POR	Sporting	4:26.67	+0,63	687 A
	50m: 30.58 30.58	150m: 1:37.13	33.82	250m: 2:45.17	34.06	350m: 3:53.38	34.12
	100m: 1:03.31 32.73	200m: 2:11.11	33.98	300m: 3:19.26	34.09	400m: 4:26.67	33.29
10.	FOMINA, Anna	02	POR	Sporting	4:29.23	+0,75	668 A
	50m: 30.80 30.80	150m: 1:37.71	33.94	250m: 2:45.66	34.07	350m: 3:55.11	34.79
	100m: 1:03.77 32.97	200m: 2:11.59	33.88	300m: 3:20.32	34.66	400m: 4:29.23	34.12
11.	FRANCO, Catarina Andrade	07	POR	Benfica	4:29.94	+0,68	662 B
	50m: 31.35 31.35	150m: 1:39.98	33.94	250m: 2:47.93	33.47	350m: 3:56.02	34.07
	100m: 1:06.04 34.69	200m: 2:14.46	34.48	300m: 3:21.95	34.02	400m: 4:29.94	33.92

Prova 12, Femin., 400m Livres, Elimin, OPEN

Lugar	Name	Ano	Nac	Club	Time	TReac	AQUA
12.	CARDEAL, Beatriz Nunes	04	POR	Individual ANCNP	4:33.03	+0,67	640 B
	50m: 30.86 30.86	150m: 1:39.14	34.28	250m: 2:49.47	34.55	350m: 3:59.11	34.15
	100m: 1:04.86 34.00	200m: 2:14.92	35.78	300m: 3:24.96	35.49	400m: 4:33.03	33.92
13.	LOPES, Francisca Macedo	05	POR	Vilacondense	4:34.17	+0,74	632 B
	50m: 30.78 30.78	150m: 1:38.43	33.95	250m: 2:47.81	34.77	350m: 3:58.95	35.85
	100m: 1:04.48 33.70	200m: 2:13.04	34.61	300m: 3:23.10	35.29	400m: 4:34.17	35.22
14.	ARMAS, Maria Ornelas	98	POR	Clube Oriental de Lisboa	4:34.29	+0,89	631 B
	50m: 31.52 31.52	150m: 1:40.05	34.56	250m: 2:50.12	34.88	350m: 3:59.92	34.85
	100m: 1:05.49 33.97	200m: 2:15.24	35.19	300m: 3:25.07	34.95	400m: 4:34.29	34.37
15.	CARMONA VILLAPLANA, Mart	05	ESP	Spain	4:34.97	+0,76	627 B
	50m: 30.79 30.79	150m: 1:39.26	35.28	250m: 2:49.84	35.25	350m: 4:00.75	35.60
	100m: 1:03.98 33.19	200m: 2:14.59	35.33	300m: 3:25.15	35.31	400m: 4:34.97	34.22
16.	CRAVEIRO, Luana Ferreira	09	POR	Nautico Marinha Grande	4:35.18	+0,68	625 B
	50m: 30.25 30.25	150m: 1:38.68	35.17	250m: 2:49.76	35.15	350m: 4:00.87	35.09
	100m: 1:03.51 33.26	200m: 2:14.61	35.93	300m: 3:25.78	36.02	400m: 4:35.18	34.31
17.	CABRAL, Carolina Vizinho	07	POR	CN Vagos	4:36.36	+0,75	617 B
	50m: 31.90 31.90	150m: 1:41.03	34.61	250m: 2:51.71	35.32	350m: 4:02.62	35.52
	100m: 1:06.42 34.52	200m: 2:16.39	35.36	300m: 3:27.10	35.39	400m: 4:36.36	33.74
18.	PEIXOTO, Carolina Esteves	06	POR	Braga	4:37.38	+0,83	611 B
	50m: 31.70 31.70	150m: 1:40.32	34.65	250m: 2:50.42	35.10	350m: 4:02.31	35.69
	100m: 1:05.67 33.97	200m: 2:15.32	35.00	300m: 3:26.62	36.20	400m: 4:37.38	35.07
19.	MARCELO, Camila Duarte	10	POR	Condeixa Aqua Clube	4:38.57	+0,75	603 B
	50m: 31.10 31.10	150m: 1:40.78	35.05	250m: 2:52.54	35.64	350m: 4:04.36	35.75
	100m: 1:05.73 34.63	200m: 2:16.90	36.12	300m: 3:28.61	36.07	400m: 4:38.57	34.21
20.	RAMOS, Joana Barbas	06	POR	Gafanha da Encarnacao	4:39.62	+0,80	596 B
	50m: 31.62 31.62	150m: 1:41.52	35.53	250m: 2:53.28	36.26	350m: 4:05.01	35.86
	100m: 1:05.99 34.37	200m: 2:17.02	35.50	300m: 3:29.15	35.87	400m: 4:39.62	34.61
21.	MATIAS, Alana Costa	09	POR	Clube Uniao 1919	4:39.86	+0,75	594 R
	50m: 31.14 31.14	150m: 1:39.45	34.21	250m: 2:51.41	36.57	350m: 4:04.29	36.58
	100m: 1:05.24 34.10	200m: 2:14.84	35.39	300m: 3:27.71	36.30	400m: 4:39.86	35.57
22.	RODRIGUES, Helena Nunes	03	POR	Condeixa Aqua Clube	4:40.26	+0,75	592 R
	<i>FTL</i> 50m: 31.16 31.16	150m: 1:40.48	35.40	250m: 2:52.52	35.97	350m: 4:05.02	35.96
	100m: 1:05.08 33.92	200m: 2:16.55	36.07	300m: 3:29.06	36.54	400m: 4:40.26	35.24
23.	LOURO, Beatriz Silva	07	POR	Louletano / Loule Concelho	4:40.27	+0,65	592
	50m: 31.35 31.35	150m: 1:40.57	35.21	250m: 2:52.64	36.19	350m: 4:04.69	35.94
	100m: 1:05.36 34.01	200m: 2:16.45	35.88	300m: 3:28.75	36.11	400m: 4:40.27	35.58
24.	NEVES, Maria Gomes	08	POR	Braga	4:41.46	+0,58	584
	50m: 31.59 31.59	150m: 1:41.51	35.55	250m: 2:53.30	35.64	350m: 4:05.51	35.69
	100m: 1:05.96 34.37	200m: 2:17.66	36.15	300m: 3:29.82	36.52	400m: 4:41.46	35.95
25.	MOREIRA, Madalena Valente	09	POR	Colegio Efanor	4:41.84	+0,64	582
	50m: 30.79 30.79	150m: 1:41.05	35.84	250m: 2:54.06	36.57	350m: 4:06.71	36.20
	100m: 1:05.21 34.42	200m: 2:17.49	36.44	300m: 3:30.51	36.45	400m: 4:41.84	35.13
26.	ALVES, Sara Sofia	07	POR	Palmela Desporto	4:43.66	+0,80	571
	50m: 32.57 32.57	150m: 1:43.39	35.71	250m: 2:55.34	36.05	350m: 4:07.95	36.12
	100m: 1:07.68 35.11	200m: 2:19.29	35.90	300m: 3:31.83	36.49	400m: 4:43.66	35.71

Prova 12, Femin., 400m Livres, Elimin, OPEN

Lugar	Name	Ano	Nac	Club	Time	TReac	AQUA
27.	SANTOS, Leonor Castanho	07	POR	Sporting	4:43.95	+0,72	569
	50m: 31.91 31.91	150m: 1:42.36	35.21	250m: 2:54.30	35.88	350m: 4:07.46	36.28
	100m: 1:07.15 35.24	200m: 2:18.42	36.06	300m: 3:31.18	36.88	400m: 4:43.95	36.49
28.	PINTO, Maria Carvalho	09	POR	Viana Natacao	4:44.18	+0,83	568
	50m: 31.35 31.35	150m: 1:41.78	35.89	250m: 2:55.18	36.86	350m: 4:08.53	36.39
	100m: 1:05.89 34.54	200m: 2:18.32	36.54	300m: 3:32.14	36.96	400m: 4:44.18	35.65
29.	FERREIRA, Carolina Amadeu	08	POR	Leixoes Sport Clube	4:44.45	+0,75	566
	50m: 31.43 31.43	150m: 1:41.85	35.71	250m: 2:54.87	36.84	350m: 4:08.70	36.69
	100m: 1:06.14 34.71	200m: 2:18.03	36.18	300m: 3:32.01	37.14	400m: 4:44.45	35.75
30.	FREITAS, Diana Gomes	08	POR	Amigos da Montanha	4:44.64	+0,80	565
	50m: 32.41 32.41	150m: 1:43.38	35.99	250m: 2:56.70	37.22	350m: 4:10.49	36.77
	100m: 1:07.39 34.98	200m: 2:19.48	36.10	300m: 3:33.72	37.02	400m: 4:44.64	34.15
31.	AGUILAR, Marta Andre	07	POR	Nautico Academico	4:44.72	+0,78	565
	50m: 32.66 32.66	150m: 1:43.75	36.36	250m: 2:57.18	37.00	350m: 4:10.64	37.17
	100m: 1:07.39 34.73	200m: 2:20.18	36.43	300m: 3:33.47	36.29	400m: 4:44.72	34.08
32.	FARIA, Leonor Verissimo FTL	06	POR	Nautico Academico	4:44.81	+0,82	564
	50m: 32.07 32.07	150m: 1:42.50	35.37	250m: 2:55.34	36.15	350m: 4:08.57	36.26
	100m: 1:07.13 35.06	200m: 2:19.19	36.69	300m: 3:32.31	36.97	400m: 4:44.81	36.24
33.	LOPES, Catarina Maria	08	POR	Benfica	4:45.54	+0,58	560
	50m: 33.07 33.07	150m: 1:44.42	36.09	250m: 2:56.96	36.26	350m: 4:10.11	36.72
	100m: 1:08.33 35.26	200m: 2:20.70	36.28	300m: 3:33.39	36.43	400m: 4:45.54	35.43
34.	RODRIGUES, Leonor Carreiro	07	POR	Benfica	4:46.20	+0,67	556
	50m: 31.89 31.89	150m: 1:42.34	35.74	250m: 2:55.22	36.84	350m: 4:09.96	37.78
	100m: 1:06.60 34.71	200m: 2:18.38	36.04	300m: 3:32.18	36.96	400m: 4:46.20	36.24
35.	ALMEIDA, Bianca Filipa FTL	07	POR	Alges e Agueda XXI	4:47.23	+0,72	550
	50m: 31.42 31.42	150m: 1:41.51	35.41	250m: 2:54.92	36.90	350m: 4:10.13	37.85
	100m: 1:06.10 34.68	200m: 2:18.02	36.51	300m: 3:32.28	37.36	400m: 4:47.23	37.10
36.	SANTOS, Rita Lucas	10	POR	Condeixa Aqua Clube	4:47.87	+0,74	546
	50m: 32.70 32.70	150m: 1:46.57	37.35	250m: 3:00.17	36.93	350m: 4:13.97	36.38
	100m: 1:09.22 36.52	200m: 2:23.24	36.67	300m: 3:37.59	37.42	400m: 4:47.87	33.90
37.	MAIA, Lara Catarina	09	POR	Estarreja/PROZINCO	4:48.23	+0,57	544
	50m: 31.04 31.04	150m: 1:41.15	35.99	250m: 2:55.50	37.40	350m: 4:11.35	37.87
	100m: 1:05.16 34.12	200m: 2:18.10	36.95	300m: 3:33.48	37.98	400m: 4:48.23	36.88
38.	FERREIRA, Maria Neto FTL	06	POR	Nautico Academico	4:49.29	+0,78	538
	50m: 31.52 31.52	150m: 1:42.88	36.49	250m: 2:57.25	37.39	350m: 4:11.88	37.41
	100m: 1:06.39 34.87	200m: 2:19.86	36.98	300m: 3:34.47	37.22	400m: 4:49.29	37.41
39.	LUIZ, Margarida Maria FTL	08	POR	Lagoa Academico Clube	4:49.48	+0,80	537
	50m: 33.14 33.14	150m: 1:45.41	36.69	250m: 2:58.59	36.60	350m: 4:13.01	37.62
	100m: 1:08.72 35.58	200m: 2:21.99	36.58	300m: 3:35.39	36.80	400m: 4:49.48	36.47

Prova 12, Femin., 400m Livres, Elimin, OPEN

Lugar	Name	Ano	Nac	Club	Time	TReac	AQUA
40.	MADEIRA, Carolina Marques	09	POR	Nacional de Natacao	4:49.68	+0,94	536
	50m: 32.17 32.17	150m: 1:45.11	37.18	250m: 2:58.88	36.84	350m: 4:13.49	37.04
	100m: 1:07.93 35.76	200m: 2:22.04	36.93	300m: 3:36.45	37.57	400m: 4:49.68	36.19
41.	CUNHA, Maria Rita	10	POR	Colegio Efanor	4:49.69	+0,73	536
	50m: 32.66 32.66	150m: 1:45.05	36.33	250m: 2:58.82	37.02	350m: 4:13.33	37.04
	100m: 1:08.72 36.06	200m: 2:21.80	36.75	300m: 3:36.29	37.47	400m: 4:49.69	36.36
42.	MARQUES, Ana Jose	10	POR	Braga	4:49.97		534
	50m: 32.86 32.86	150m: 1:45.23	36.60	250m: 2:59.41	37.21	350m: 4:13.92	37.03
	100m: 1:08.63 35.77	200m: 2:22.20	36.97	300m: 3:36.89	37.48	400m: 4:49.97	36.05
43.	CARDEAL, Leonor Nunes	10	POR	Individual ANCNP	4:50.03	+0,84	534
	50m: 31.59 31.59	150m: 1:44.37	37.15	250m: 2:59.64	37.27	350m: 4:14.06	36.96
	100m: 1:07.22 35.63	200m: 2:22.37	38.00	300m: 3:37.10	37.46	400m: 4:50.03	35.97
44.	RICARDO, Francisca Martingo	09	POR	Porto	4:51.80	+0,74	524
	50m: 32.06 32.06	150m: 1:44.99	37.02	250m: 2:59.75	37.32	350m: 4:15.15	37.62
	100m: 1:07.97 35.91	200m: 2:22.43	37.44	300m: 3:37.53	37.78	400m: 4:51.80	36.65
45.	CARDOSO, Raquel Campos	09	POR	Bombeiros de Ponta Delgada	4:53.17	+0,77	517
	50m: 32.44 32.44	150m: 1:45.06	37.17	250m: 3:00.53	38.02	350m: 4:16.41	38.12
	100m: 1:07.89 35.45	200m: 2:22.51	37.45	300m: 3:38.29	37.76	400m: 4:53.17	36.76
46.	UVA, Sofia Monteiro	09	POR	Alges	4:54.12	+0,59	512
	50m: 32.53 32.53	150m: 1:45.28	36.69	250m: 2:59.85	37.59	350m: 4:16.74	38.78
	100m: 1:08.59 36.06	200m: 2:22.26	36.98	300m: 3:37.96	38.11	400m: 4:54.12	37.38
47.	NUNES, Francisca Ramos	09	POR	Naval de Peniche	4:54.44	+0,72	510
	50m: 32.91 32.91	150m: 1:46.81	36.85	250m: 3:02.96	37.86	350m: 4:19.40	37.58
	100m: 1:09.96 37.05	200m: 2:25.10	38.29	300m: 3:41.82	38.86	400m: 4:54.44	35.04
48.	REGO, Filipa Correia	10	POR	Vilacondense	4:54.76	+0,71	509
	50m: 33.50 33.50	150m: 1:47.49	37.33	250m: 3:02.31	37.52	350m: 4:18.71	38.46
	100m: 1:10.16 36.66	200m: 2:24.79	37.30	300m: 3:40.25	37.94	400m: 4:54.76	36.05
49.	MARTINS, Leonor Sombreiro	10	POR	BUZIOS - Coruche	4:55.56	+0,87	505
	50m: 32.78 32.78	150m: 1:47.24	37.99	250m: 3:03.77	38.38	350m: 4:19.85	38.07
	100m: 1:09.25 36.47	200m: 2:25.39	38.15	300m: 3:41.78	38.01	400m: 4:55.56	35.71
50.	JORDAO, Beatriz Silva	09	POR	Individual ANL	4:56.28	+0,68	501
	<i>FTL</i>						
	50m: 33.27 33.27	150m: 1:47.19	37.55	250m: 3:02.71	37.98	350m: 4:19.18	38.35
	100m: 1:09.64 36.37	200m: 2:24.73	37.54	300m: 3:40.83	38.12	400m: 4:56.28	37.10
51.	NOGUEIRA, Ana Laura	10	POR	Braga	4:59.38	+0,97	486
	50m: 33.20 33.20	150m: 1:48.46	38.20	250m: 3:05.75	39.10	350m: 4:22.63	38.14
	100m: 1:10.26 37.06	200m: 2:26.65	38.19	300m: 3:44.49	38.74	400m: 4:59.38	36.75
52.	PROENCA, Victoria Sales	10	POR	Benfica	5:01.09	+0,68	477
	50m: 34.08 34.08	150m: 1:49.96	38.11	250m: 3:06.79	38.05	350m: 4:23.08	37.50
	100m: 1:11.85 37.77	200m: 2:28.74	38.78	300m: 3:45.58	38.79	400m: 5:01.09	38.01
53.	PAIVA, Leonor Antunes	10	POR	Nautico Academico	5:01.36	+0,63	476
	50m: 34.05 34.05	150m: 1:49.11	38.10	250m: 3:06.69	39.05	350m: 4:24.04	38.66
	100m: 1:11.01 36.96	200m: 2:27.64	38.53	300m: 3:45.38	38.69	400m: 5:01.36	37.32
54.	MENDES, Ana Nabais	10	POR	Laranjeiro	5:01.55	+0,80	475
	50m: 33.47 33.47	150m: 1:49.02	38.06	250m: 3:06.30	38.18	350m: 4:23.58	37.78
	100m: 1:10.96 37.49	200m: 2:28.12	39.10	300m: 3:45.80	39.50	400m: 5:01.55	37.97

Prova 12, Femin., 400m Livres, Elimin, OPEN

Lugar	Name	Ano	Nac	Club	Time	TReac	AQUA
55.	GALANTE, Filipa Carvalho <i>FTL</i>	09	POR	Vilacondense	5:01.73	+0,71	474
	50m: 32.70 32.70	150m: 1:46.61	37.22	250m: 3:04.40	38.98	350m: 4:22.77	38.52
	100m: 1:09.39 36.69	200m: 2:25.42	38.81	300m: 3:44.25	39.85	400m: 5:01.73	38.96
56.	PEDREIRO, Francisca Soreto <i>FTL</i>	09	POR	Galitos / Bresimar	5:03.34	+0,73	467
	50m: 33.80 33.80	150m: 1:49.59	38.25	250m: 3:07.03	38.55	350m: 4:25.32	38.75
	100m: 1:11.34 37.54	200m: 2:28.48	38.89	300m: 3:46.57	39.54	400m: 5:03.34	38.02
57.	PEDROSO, Madalena Gracio <i>FTL</i>	10	POR	Nautico Marinha Grande	5:04.29	+0,69	462
	50m: 33.48 33.48	150m: 1:49.62	39.00	250m: 3:07.36	38.80	350m: 4:25.90	39.66
	100m: 1:10.62 37.14	200m: 2:28.56	38.94	300m: 3:46.24	38.88	400m: 5:04.29	38.39
58.	MENDES, Bianca Balbino <i>FTL</i>	10	POR	Naval de Peniche	5:04.68	+0,77	461
	50m: 34.12 34.12	150m: 1:48.90	37.73	250m: 3:07.45	39.39	350m: 4:26.02	39.44
	100m: 1:11.17 37.05	200m: 2:28.06	39.16	300m: 3:46.58	39.13	400m: 5:04.68	38.66
EXH	VEIGA, Susana Pereira <i>FTL</i>	00	POR	Colegio Vasco da Gama	5:08.27	+0,85	445
	50m: 33.29 33.29	150m: 1:48.05	37.90	250m: 3:07.22	39.83	350m: 4:28.14	40.78
	100m: 1:10.15 36.86	200m: 2:27.39	39.34	300m: 3:47.36	40.14	400m: 5:08.27	40.13