

Prova 32 Open
07/04/2024 - 9:00 Resultados Elimin
Femin., 400m Estilos

Rec Nac Open	4:40.11	KAMINSKAYA, Victoria	POR	Pontevedra (ESP)	09/04/2017
Rec Nac Sen	4:40.11	KAMINSKAYA, Victoria	POR	Pontevedra (ESP)	09/04/2017
Rec Nac Jun 17	4:52.12	KAMINSKAYA, Victoria	PIMP	Oeiras	27/07/2012
Rec Nac Jun 16	4:54.00	ROCHA, Ines Neto	SANNP	Gijón (ESP)	20/05/2017
Rec Nac Juv A	4:58.08	DURAES, Diana Margarida	FOCA	Povoa de Varzim	05/08/2011
Rec Nac Juv B	5:01.00	ROCHA, Ines Neto	CAP	Coimbra	24/07/2015

CEJun_Fem 14 - 18: 4:55.87 / CEPL : 4:44.10 / JO : 4:38.53 / TAC_Fem Juv B 50m: 5:47.19 - 25m: 5:37.05 /

Fem Juv A 50m: 5:39.15 - 25m: 5:29.24; Jun 16 50m: 5:31.11 - 25m: 5:21.44; Jun 17 50m: 5:29.51 - 25m: 5:19.88; Sen 1 50m: 5:23.08 - 25m: 5:13.64; Sen + 50m: 5:21.47 - 25m: 5:12.08

Pontos: FINA 2024

Lugar	Name	Ano	Nac	Club	Time	TReac	AQUA
Juvenis B							
1.	CUNHA, Maria Rita	10	POR	Colegio Efanor	5:26.22	+0,69	541 B
	50m: 35.46 35.46	150m: 1:56.58	41.16	250m: 3:23.77	47.10	350m: 4:49.00	37.90
	100m: 1:15.42 39.96	200m: 2:36.67	40.09	300m: 4:11.10	47.33	400m: 5:26.22	37.22
2.	SIMOES, Maria Neto	10	POR	Condeixa Aqua Clube	5:30.25	+0,66	521
	50m: 35.03 35.03	150m: 1:59.27	43.34	250m: 3:29.01	46.79	350m: 4:53.82	37.56
	100m: 1:15.93 40.90	200m: 2:42.22	42.95	300m: 4:16.26	47.25	400m: 5:30.25	36.43
3.	AZEVEDO, Constanca Lourenco	10	POR	Lagoa Academico Clube	5:31.09	+0,79	517
	50m: 35.17 35.17	150m: 1:58.24	42.07	250m: 3:27.76	49.34	350m: 4:54.02	38.58
	100m: 1:16.17 41.00	200m: 2:38.42	40.18	300m: 4:15.44	47.68	400m: 5:31.09	37.07
4.	NOGUEIRA, Ana Laura	10	POR	Braga	5:42.02	+0,96	469
	50m: 35.43 35.43	150m: 2:02.52	46.17	250m: 3:36.17	49.97	350m: 5:04.87	38.65
	100m: 1:16.35 40.92	200m: 2:46.20	43.68	300m: 4:26.22	50.05	400m: 5:42.02	37.15
5.	BERNAT, Alicia Del Rio	10	POR	Alges	5:44.90	+0,76	458
	50m: 34.09 34.09	150m: 2:00.65	46.54	250m: 3:37.03	50.17	350m: 5:07.13	39.06
	100m: 1:14.11 40.02	200m: 2:46.86	46.21	300m: 4:28.07	51.04	400m: 5:44.90	37.77
6.	VIEIRA, Matilde Santos	10	POR	Nautico Marinha Grande	5:46.81	+0,58	450
	50m: 34.70 34.70	150m: 2:03.56	45.94	250m: 3:38.93	50.36	350m: 5:09.19	38.55
	100m: 1:17.62 42.92	200m: 2:48.57	45.01	300m: 4:30.64	51.71	400m: 5:46.81	37.62
7.	CARDEAL, Leonor Nunes	10	POR	Individual ANCPN	5:47.52	+0,70	447
	<i>FTL</i>						
	50m: 36.11 36.11	150m: 2:04.83	45.58	250m: 3:39.99	51.15	350m: 5:09.88	38.80
	100m: 1:19.25 43.14	200m: 2:48.84	44.01	300m: 4:31.08	51.09	400m: 5:47.52	37.64
8.	GOMES, Rita Braga	10	POR	Sporting	5:48.69	+0,72	443
	<i>FTL</i>						
	50m: 35.67 35.67	150m: 2:05.13	46.04	250m: 3:39.48	48.82	350m: 5:09.74	39.61
	100m: 1:19.09 43.42	200m: 2:50.66	45.53	300m: 4:30.13	50.65	400m: 5:48.69	38.95
9.	MARTINS, Leonor Sombreiro	10	POR	BUZIOS - Coruche	5:50.16	+0,82	437
	<i>FTL</i>						
	50m: 36.08 36.08	150m: 2:02.49	43.49	250m: 3:40.04	53.58	350m: 5:12.49	38.32
	100m: 1:19.00 42.92	200m: 2:46.46	43.97	300m: 4:34.17	54.13	400m: 5:50.16	37.67

DSQ GANTE, Maria Ines 10 POR Nautico Academico
725 - Movimento alternado pernas percurso subaquático - SW 7.4, Após a viragem aos 200 metros.

Prova 32, Femin., 400m Estilos, Elimin

Juvenis A

1. AMBRUS, Beatriz Alves	09	POR	Porto	5:18.41	+0,64	582	B
50m: 33.83 33.83	150m: 1:52.45	40.40	250m: 3:19.17	46.85	350m: 4:43.20	37.06	
100m: 1:12.05 38.22	200m: 2:32.32	39.87	300m: 4:06.14	46.97	400m: 5:18.41	35.21	
2. CRAVEIRO, Luana Ferreira	09	POR	Nautico Marinha Grande	5:20.34	+0,66	571	B
50m: 33.86 33.86	150m: 1:57.03	42.75	250m: 3:23.20	45.21	350m: 4:45.31	36.70	
100m: 1:14.28 40.42	200m: 2:37.99	40.96	300m: 4:08.61	45.41	400m: 5:20.34	35.03	
3. TOMAS, Constanca Baptista	09	POR	Alcobaca	5:25.63	+0,63	544	B
50m: 32.83 32.83	150m: 1:55.22	43.86	250m: 3:25.66	47.05	350m: 4:49.94	36.12	
100m: 1:11.36 38.53	200m: 2:38.61	43.39	300m: 4:13.82	48.16	400m: 5:25.63	35.69	
4. RODRIGUES, Teresa Isabel	09	POR	Foca Quinta Da Lixa - Cnf	5:29.74	+0,74	524	R
50m: 34.62 34.62	150m: 1:58.13	43.16	250m: 3:27.61	47.33	350m: 4:53.15	38.13	
100m: 1:14.97 40.35	200m: 2:40.28	42.15	300m: 4:15.02	47.41	400m: 5:29.74	36.59	
5. MATEUS, Eleine Vieira	09	POR	Desportivo Nacional	5:32.52	+0,72	511	
50m: 34.38 34.38	150m: 1:56.09	43.09	250m: 3:29.25	51.10	350m: 4:55.67	37.67	
100m: 1:13.00 38.62	200m: 2:38.15	42.06	300m: 4:18.00	48.75	400m: 5:32.52	36.85	
6. MARTINS, Carolina Correia	09	POR	Porto	5:38.56	+0,67	484	
50m: 35.26 35.26	150m: 1:59.06	42.01	250m: 3:32.27	49.70	350m: 5:00.80	37.66	
100m: 1:17.05 41.79	200m: 2:42.57	43.51	300m: 4:23.14	50.87	400m: 5:38.56	37.76	
7. SILVA, Marta Oliveira	09	POR	Sanjoanense/FEPSA	5:44.29	+0,84	460	
<i>FTL</i>							
50m: 34.23 34.23	150m: 2:00.53	46.53	250m: 3:36.37	51.16	350m: 5:06.11	39.71	
100m: 1:14.00 39.77	200m: 2:45.21	44.68	300m: 4:26.40	50.03	400m: 5:44.29	38.18	
8. NETO, Maria Ines	09	POR	Bombeiros de Ponta Delgada	5:58.27	+0,79	408	
<i>FTL</i>							
50m: 35.00 35.00	150m: 2:05.49	48.31	250m: 3:43.94	52.22	350m: 5:18.64	41.31	
100m: 1:17.18 42.18	200m: 2:51.72	46.23	300m: 4:37.33	53.39	400m: 5:58.27	39.63	

Juniores

1. PINTO, Margarida Vieira	07	POR	Braga	5:18.80	+0,40	580	B
50m: 33.12 33.12	150m: 1:54.23	41.97	250m: 3:20.48	45.58	350m: 4:43.25	36.79	
100m: 1:12.26 39.14	200m: 2:34.90	40.67	300m: 4:06.46	45.98	400m: 5:18.80	35.55	
2. ALMEIDA, Maria Emilia	07	POR	Colegio Efanor	5:23.27	+0,76	556	B
50m: 32.19 32.19	150m: 1:49.57	40.15	250m: 3:20.44	50.19	350m: 4:46.71	37.23	
100m: 1:09.42 37.23	200m: 2:30.25	40.68	300m: 4:09.48	49.04	400m: 5:23.27	36.56	
3. GOMES, Francisca Martins	07	POR	Porto	5:23.39	+0,80	555	B
50m: 34.33 34.33	150m: 1:58.12	43.34	250m: 3:25.53	44.49	350m: 4:47.72	37.01	
100m: 1:14.78 40.45	200m: 2:41.04	42.92	300m: 4:10.71	45.18	400m: 5:23.39	35.67	
4. RODRIGUES, Leonor Carreiro	07	POR	Benfica	5:23.60	+0,72	554	B
50m: 34.08 34.08	150m: 1:55.01	41.62	250m: 3:22.86	45.79	350m: 4:47.47	38.00	
100m: 1:13.39 39.31	200m: 2:37.07	42.06	300m: 4:09.47	46.61	400m: 5:23.60	36.13	
5. FERREIRA, Constanca Santos	08	POR	Alges	5:25.74	+0,80	543	B
50m: 32.88 32.88	150m: 1:52.34	41.69	250m: 3:20.85	47.22	350m: 4:48.31	38.36	
100m: 1:10.65 37.77	200m: 2:33.63	41.29	300m: 4:09.95	49.10	400m: 5:25.74	37.43	

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

Prova 32, Femin., 400m Estilos, Elimin, Juniores

Lugar	Name	Ano	Nac	Club	Time	TReac	AQUA
6.	COSTA, Maria Joao <i>FTL</i>	08	POR	Vilacondense	5:31.19	+0,74	517
	50m: 33.29 33.29	150m: 1:57.63	45.09	250m: 3:29.21	46.93	350m: 4:55.46	37.79
	100m: 1:12.54 39.25	200m: 2:42.28	44.65	300m: 4:17.67	48.46	400m: 5:31.19	35.73
7.	FERREIRA, Carolina Amadeu <i>FTL</i>	08	POR	Leixoes Sport Clube	5:31.39	+0,71	516
	50m: 34.31 34.31	150m: 1:57.56	41.19	250m: 3:28.99	51.19	350m: 4:57.14	35.35
	100m: 1:16.37 42.06	200m: 2:37.80	40.24	300m: 4:21.79	52.80	400m: 5:31.39	34.25
8.	CRUZ, Laura Maria <i>FTL</i>	07	POR	Colegio Int Monte Maior	5:31.70	+0,76	514
	50m: 36.53 36.53	150m: 2:00.71	42.03	250m: 3:29.68	48.31	350m: 4:55.10	38.57
	100m: 1:18.68 42.15	200m: 2:41.37	40.66	300m: 4:16.53	46.85	400m: 5:31.70	36.60
9.	ALVES, Catarina Alexandra <i>FTL</i>	07	POR	Gesloures	5:31.91	+0,71	513
	50m: 33.10 33.10	150m: 1:55.78	44.00	250m: 3:26.62	48.71	350m: 4:54.95	38.80
	100m: 1:11.78 38.68	200m: 2:37.91	42.13	300m: 4:16.15	49.53	400m: 5:31.91	36.96
10.	BARROS, Adriana Ribeiro <i>FTL</i>	08	POR	Braga	5:33.20	+0,76	508
	50m: 34.32 34.32	150m: 1:58.85	43.09	250m: 3:29.90	48.06	350m: 4:57.26	38.82
	100m: 1:15.76 41.44	200m: 2:41.84	42.99	300m: 4:18.44	48.54	400m: 5:33.20	35.94
11.	SANTOS, Rita Machita <i>FTL</i>	07	POR	Naval Setubalense	5:35.56	+0,78	497
	50m: 33.59 33.59	150m: 1:59.73	46.15	250m: 3:30.78	45.78	350m: 4:56.99	40.01
	100m: 1:13.58 39.99	200m: 2:45.00	45.27	300m: 4:16.98	46.20	400m: 5:35.56	38.57
12.	GOMES, Rita Cunha <i>FTL</i>	07	POR	Viana Natacao	5:35.69	+0,92	496
	50m: 35.39 35.39	150m: 1:59.71	43.56	250m: 3:31.80	49.17	350m: 4:58.72	38.47
	100m: 1:16.15 40.76	200m: 2:42.63	42.92	300m: 4:20.25	48.45	400m: 5:35.69	36.97
13.	NUNES, Carolina Mendes <i>FTL</i>	08	POR	Estarreja/PROZINCO	5:35.88	+0,83	495
	50m: 33.61 33.61	150m: 1:58.59	44.45	250m: 3:28.55	47.10	350m: 4:56.92	38.93
	100m: 1:14.14 40.53	200m: 2:41.45	42.86	300m: 4:17.99	49.44	400m: 5:35.88	38.96
14.	CAMARA, Ines Cruz <i>FTL</i>	07	POR	Desportivo Nacional	5:37.33	+0,74	489
	50m: 33.49 33.49	150m: 1:58.18	45.50	250m: 3:31.08	49.15	350m: 4:59.62	38.62
	100m: 1:12.68 39.19	200m: 2:41.93	43.75	300m: 4:21.00	49.92	400m: 5:37.33	37.71
15.	FREITAS, Diana Gomes <i>FTL</i>	08	POR	Amigos da Montanha	5:40.80	+0,83	474
	50m: 34.59 34.59	150m: 2:02.31	46.93	250m: 3:37.26	50.15	350m: 5:04.68	36.94
	100m: 1:15.38 40.79	200m: 2:47.11	44.80	300m: 4:27.74	50.48	400m: 5:40.80	36.12

Prova 32, Femin., 400m Estilos, Elimin

OPEN

1. DURAES, Diana Margarida	96	POR	Benfica	4:57.79	+0,80	711	A
50m: 32.12 32.12	150m: 1:46.05 38.40	250m: 3:07.21 43.88	350m: 4:24.97 34.94				
100m: 1:07.65 35.53	200m: 2:23.33 37.28	300m: 3:50.03 42.82	400m: 4:57.79 32.82				
2. REBELO, Camila Rodrigues	03	POR	Louzan Natacao/EFAPEL	4:58.23	+0,77	708	A
50m: 31.30 31.30	150m: 1:45.40 37.65	250m: 3:06.81 44.63	350m: 4:25.99 33.82				
100m: 1:07.75 36.45	200m: 2:22.18 36.78	300m: 3:52.17 45.36	400m: 4:58.23 32.24				
3. ANDRE, Angelica Maria	94	POR	Porto	4:59.94	+0,72	696	A
50m: 31.94 31.94	150m: 1:47.13 39.79	250m: 3:09.48 43.12	350m: 4:26.72 34.97				
100m: 1:07.34 35.40	200m: 2:26.36 39.23	300m: 3:51.75 42.27	400m: 4:59.94 33.22				
4. HENRIQUES, Ines Jacinto	00	POR	Louzan Natacao/EFAPEL	4:59.95	+0,70	696	A
50m: 30.96 30.96	150m: 1:43.74 38.91	250m: 3:06.58 44.33	350m: 4:25.95 35.01				
100m: 1:04.83 33.87	200m: 2:22.25 38.51	300m: 3:50.94 44.36	400m: 4:59.95 34.00				
5. MENDES, Mariana Amaral	02	POR	Sporting	5:10.40	+0,64	628	A
50m: 32.49 32.49	150m: 1:50.54 41.26	250m: 3:15.94 44.49	350m: 4:35.82 35.62				
100m: 1:09.28 36.79	200m: 2:31.45 40.91	300m: 4:00.20 44.26	400m: 5:10.40 34.58				
6. CARDEAL, Beatriz Nunes	04	POR	Individual ANCNP	5:12.05	+0,71	618	A
50m: 31.90 31.90	150m: 1:50.22 41.83	250m: 3:16.47 45.49	350m: 4:38.06 36.21				
100m: 1:08.39 36.49	200m: 2:30.98 40.76	300m: 4:01.85 45.38	400m: 5:12.05 33.99				
7. LOPES, Daniela Magalhaes	05	POR	Famalicao	5:13.29	+0,79	611	A
50m: 32.08 32.08	150m: 1:51.82 41.93	250m: 3:16.65 43.75	350m: 4:37.29 36.67				
100m: 1:09.89 37.81	200m: 2:32.90 41.08	300m: 4:00.62 43.97	400m: 5:13.29 36.00				
8. PINTO, Leonor Filipa	06	POR	Porto	5:15.00	+0,76	601	A
50m: 33.61 33.61	150m: 1:52.08 39.74	250m: 3:16.98 45.48	350m: 4:39.27 37.44				
100m: 1:12.34 38.73	200m: 2:31.50 39.42	300m: 4:01.83 44.85	400m: 5:15.00 35.73				
9. MORGADO, Alice Jesus	04	POR	Sporting	5:16.07	+0,62	595	A
50m: 33.19 33.19	150m: 1:52.87 41.77	250m: 3:18.51 45.33	350m: 4:40.64 36.19				
100m: 1:11.10 37.91	200m: 2:33.18 40.31	300m: 4:04.45 45.94	400m: 5:16.07 35.43				
10. LOPES, Matilde Nunes	06	POR	Benfica	5:17.83	+0,72	585	A
50m: 32.17 32.17	150m: 1:50.25 40.64	250m: 3:17.53 46.37	350m: 4:41.21 35.78				
100m: 1:09.61 37.44	200m: 2:31.16 40.91	300m: 4:05.43 47.90	400m: 5:17.83 36.62				
11. AMBRUS, Beatriz Alves	09	POR	Porto	5:18.41	+0,64	582	B
50m: 33.83 33.83	150m: 1:52.45 40.40	250m: 3:19.17 46.85	350m: 4:43.20 37.06				
100m: 1:12.05 38.22	200m: 2:32.32 39.87	300m: 4:06.14 46.97	400m: 5:18.41 35.21				
12. PINTO, Margarida Vieira	07	POR	Braga	5:18.80	+0,40	580	B
50m: 33.12 33.12	150m: 1:54.23 41.97	250m: 3:20.48 45.58	350m: 4:43.25 36.79				
100m: 1:12.26 39.14	200m: 2:34.90 40.67	300m: 4:06.46 45.98	400m: 5:18.80 35.55				
13. CRAVEIRO, Luana Ferreira	09	POR	Nautico Marinha Grande	5:20.34	+0,66	571	B
50m: 33.86 33.86	150m: 1:57.03 42.75	250m: 3:23.20 45.21	350m: 4:45.31 36.70				
100m: 1:14.28 40.42	200m: 2:37.99 40.96	300m: 4:08.61 45.41	400m: 5:20.34 35.03				
14. MATOS, Ana Rita FTL	02	POR	Os Belenenses	5:21.78	+0,70	564	B
50m: 33.48 33.48	150m: 1:52.80 41.16	250m: 3:20.12 47.46	350m: 4:45.31 36.73				
100m: 1:11.64 38.16	200m: 2:32.66 39.86	300m: 4:08.58 48.46	400m: 5:21.78 36.47				
15. ALMEIDA, Maria Emilia	07	POR	Colegio Efanor	5:23.27	+0,76	556	B
50m: 32.19 32.19	150m: 1:49.57 40.15	250m: 3:20.44 50.19	350m: 4:46.71 37.23				
100m: 1:09.42 37.23	200m: 2:30.25 40.68	300m: 4:09.48 49.04	400m: 5:23.27 36.56				

Prova 32, Femin., 400m Estilos, Elimin, OPEN

Lugar	Name	Ano	Nac	Club	Time	TReac	AQUA
16.	GOMES, Francisca Martins	07	POR	Porto	5:23.39	+0,80	555 B
	50m: 34.33 34.33	150m: 1:58.12	43.34	250m: 3:25.53	44.49	350m: 4:47.72	37.01
	100m: 1:14.78 40.45	200m: 2:41.04	42.92	300m: 4:10.71	45.18	400m: 5:23.39	35.67
17.	RODRIGUES, Leonor Carreiro	07	POR	Benfica	5:23.60	+0,72	554 B
	50m: 34.08 34.08	150m: 1:55.01	41.62	250m: 3:22.86	45.79	350m: 4:47.47	38.00
	100m: 1:13.39 39.31	200m: 2:37.07	42.06	300m: 4:09.47	46.61	400m: 5:23.60	36.13
18.	TOMAS, Constanca Baptista	09	POR	Alcobaca	5:25.63	+0,63	544 B
	50m: 32.83 32.83	150m: 1:55.22	43.86	250m: 3:25.66	47.05	350m: 4:49.94	36.12
	100m: 1:11.36 38.53	200m: 2:38.61	43.39	300m: 4:13.82	48.16	400m: 5:25.63	35.69
19.	FERREIRA, Constanca Santos	08	POR	Alges	5:25.74	+0,80	543 B
	50m: 32.88 32.88	150m: 1:52.34	41.69	250m: 3:20.85	47.22	350m: 4:48.31	38.36
	100m: 1:10.65 37.77	200m: 2:33.63	41.29	300m: 4:09.95	49.10	400m: 5:25.74	37.43
20.	CUNHA, Maria Rita	10	POR	Colegio Efanor	5:26.22	+0,69	541 B
	50m: 35.46 35.46	150m: 1:56.58	41.16	250m: 3:23.77	47.10	350m: 4:49.00	37.90
	100m: 1:15.42 39.96	200m: 2:36.67	40.09	300m: 4:11.10	47.33	400m: 5:26.22	37.22
21.	SILVA, Ana Francisca FTL	06	POR	Alcobaca	5:27.59	+0,76	534 R
	50m: 34.74 34.74	150m: 1:56.28	42.10	250m: 3:25.75	48.80	350m: 4:51.52	37.82
	100m: 1:14.18 39.44	200m: 2:36.95	40.67	300m: 4:13.70	47.95	400m: 5:27.59	36.07
22.	RODRIGUES, Teresa Isabel	09	POR	Foca Quinta Da Lixa - Cnf	5:29.74	+0,74	524 R
	50m: 34.62 34.62	150m: 1:58.13	43.16	250m: 3:27.61	47.33	350m: 4:53.15	38.13
	100m: 1:14.97 40.35	200m: 2:40.28	42.15	300m: 4:15.02	47.41	400m: 5:29.74	36.59
23.	SIMOES, Maria Neto	10	POR	Condeixa Aqua Clube	5:30.25	+0,66	521
	50m: 35.03 35.03	150m: 1:59.27	43.34	250m: 3:29.01	46.79	350m: 4:53.82	37.56
	100m: 1:15.93 40.90	200m: 2:42.22	42.95	300m: 4:16.26	47.25	400m: 5:30.25	36.43
24.	AZEVEDO, Constanca Lourenco	10	POR	Lagoa Academico Clube	5:31.09	+0,79	517
	50m: 35.17 35.17	150m: 1:58.24	42.07	250m: 3:27.76	49.34	350m: 4:54.02	38.58
	100m: 1:16.17 41.00	200m: 2:38.42	40.18	300m: 4:15.44	47.68	400m: 5:31.09	37.07
25.	COSTA, Maria Joao FTL	08	POR	Vilacondense	5:31.19	+0,74	517
	50m: 33.29 33.29	150m: 1:57.63	45.09	250m: 3:29.21	46.93	350m: 4:55.46	37.79
	100m: 1:12.54 39.25	200m: 2:42.28	44.65	300m: 4:17.67	48.46	400m: 5:31.19	35.73
26.	FERREIRA, Carolina Amadeu FTL	08	POR	Leixoes Sport Clube	5:31.39	+0,71	516
	50m: 34.31 34.31	150m: 1:57.56	41.19	250m: 3:28.99	51.19	350m: 4:57.14	35.35
	100m: 1:16.37 42.06	200m: 2:37.80	40.24	300m: 4:21.79	52.80	400m: 5:31.39	34.25
27.	MONTEIRO, Ana Carolina FTL	04	POR	Clube Uniao 1919	5:31.58	+0,67	515
	50m: 33.20 33.20	150m: 1:55.82	44.62	250m: 3:26.76	47.48	350m: 4:54.07	39.47
	100m: 1:11.20 38.00	200m: 2:39.28	43.46	300m: 4:14.60	47.84	400m: 5:31.58	37.51
28.	CRUZ, Laura Maria FTL	07	POR	Colegio Int Monte Maior	5:31.70	+0,76	514
	50m: 36.53 36.53	150m: 2:00.71	42.03	250m: 3:29.68	48.31	350m: 4:55.10	38.57
	100m: 1:18.68 42.15	200m: 2:41.37	40.66	300m: 4:16.53	46.85	400m: 5:31.70	36.60

Prova 32, Femin., 400m Estilos, Elimin, OPEN

Lugar	Name	Ano	Nac	Club	Time	TReac	AQUA
29.	ALVES, Catarina Alexandra <i>FTL</i>	07	POR	Gesloures	5:31.91	+0,71	513
	50m: 33.10 33.10	150m: 1:55.78	44.00	250m: 3:26.62	48.71	350m: 4:54.95	38.80
	100m: 1:11.78 38.68	200m: 2:37.91	42.13	300m: 4:16.15	49.53	400m: 5:31.91	36.96
30.	MATEUS, Eleine Vieira	09	POR	Desportivo Nacional	5:32.52	+0,72	511
	50m: 34.38 34.38	150m: 1:56.09	43.09	250m: 3:29.25	51.10	350m: 4:55.67	37.67
	100m: 1:13.00 38.62	200m: 2:38.15	42.06	300m: 4:18.00	48.75	400m: 5:32.52	36.85
31.	BARROS, Adriana Ribeiro <i>FTL</i>	08	POR	Braga	5:33.20	+0,76	508
	50m: 34.32 34.32	150m: 1:58.85	43.09	250m: 3:29.90	48.06	350m: 4:57.26	38.82
	100m: 1:15.76 41.44	200m: 2:41.84	42.99	300m: 4:18.44	48.54	400m: 5:33.20	35.94
32.	SANTOS, Rita Machita <i>FTL</i>	07	POR	Naval Setubalense	5:35.56	+0,78	497
	50m: 33.59 33.59	150m: 1:59.73	46.15	250m: 3:30.78	45.78	350m: 4:56.99	40.01
	100m: 1:13.58 39.99	200m: 2:45.00	45.27	300m: 4:16.98	46.20	400m: 5:35.56	38.57
33.	GOMES, Rita Cunha <i>FTL</i>	07	POR	Viana Natacao	5:35.69	+0,92	496
	50m: 35.39 35.39	150m: 1:59.71	43.56	250m: 3:31.80	49.17	350m: 4:58.72	38.47
	100m: 1:16.15 40.76	200m: 2:42.63	42.92	300m: 4:20.25	48.45	400m: 5:35.69	36.97
34.	NUNES, Carolina Mendes <i>FTL</i>	08	POR	Estarreja/PROZINCO	5:35.88	+0,83	495
	50m: 33.61 33.61	150m: 1:58.59	44.45	250m: 3:28.55	47.10	350m: 4:56.92	38.93
	100m: 1:14.14 40.53	200m: 2:41.45	42.86	300m: 4:17.99	49.44	400m: 5:35.88	38.96
35.	CAMARA, Ines Cruz <i>FTL</i>	07	POR	Desportivo Nacional	5:37.33	+0,74	489
	50m: 33.49 33.49	150m: 1:58.18	45.50	250m: 3:31.08	49.15	350m: 4:59.62	38.62
	100m: 1:12.68 39.19	200m: 2:41.93	43.75	300m: 4:21.00	49.92	400m: 5:37.33	37.71
36.	MARTINS, Carolina Correia	09	POR	Porto	5:38.56	+0,67	484
	50m: 35.26 35.26	150m: 1:59.06	42.01	250m: 3:32.27	49.70	350m: 5:00.80	37.66
	100m: 1:17.05 41.79	200m: 2:42.57	43.51	300m: 4:23.14	50.87	400m: 5:38.56	37.76
37.	FREITAS, Diana Gomes <i>FTL</i>	08	POR	Amigos da Montanha	5:40.80	+0,83	474
	50m: 34.59 34.59	150m: 2:02.31	46.93	250m: 3:37.26	50.15	350m: 5:04.68	36.94
	100m: 1:15.38 40.79	200m: 2:47.11	44.80	300m: 4:27.74	50.48	400m: 5:40.80	36.12
38.	NOGUEIRA, Ana Laura	10	POR	Braga	5:42.02	+0,96	469
	50m: 35.43 35.43	150m: 2:02.52	46.17	250m: 3:36.17	49.97	350m: 5:04.87	38.65
	100m: 1:16.35 40.92	200m: 2:46.20	43.68	300m: 4:26.22	50.05	400m: 5:42.02	37.15
39.	SILVA, Marta Oliveira <i>FTL</i>	09	POR	Sanjoanense/FEPSA	5:44.29	+0,84	460
	50m: 34.23 34.23	150m: 2:00.53	46.53	250m: 3:36.37	51.16	350m: 5:06.11	39.71
	100m: 1:14.00 39.77	200m: 2:45.21	44.68	300m: 4:26.40	50.03	400m: 5:44.29	38.18
40.	BERNAT, Alicia Del Rio	10	POR	Alges	5:44.90	+0,76	458
	50m: 34.09 34.09	150m: 2:00.65	46.54	250m: 3:37.03	50.17	350m: 5:07.13	39.06
	100m: 1:14.11 40.02	200m: 2:46.86	46.21	300m: 4:28.07	51.04	400m: 5:44.90	37.77

Prova 32, Femin., 400m Estilos, Elimin, OPEN

Lugar	Name	Ano	Nac	Club	Time	TReac	AQUA
41.	VIEIRA, Matilde Santos	10	POR	Nautico Marinha Grande	5:46.81	+0,58	450
	50m: 34.70 34.70	150m: 2:03.56	45.94	250m: 3:38.93	50.36	350m: 5:09.19	38.55
	100m: 1:17.62 42.92	200m: 2:48.57	45.01	300m: 4:30.64	51.71	400m: 5:46.81	37.62
42.	CARDEAL, Leonor Nunes	10	POR	Individual ANCPN	5:47.52	+0,70	447
	FTL						
	50m: 36.11 36.11	150m: 2:04.83	45.58	250m: 3:39.99	51.15	350m: 5:09.88	38.80
	100m: 1:19.25 43.14	200m: 2:48.84	44.01	300m: 4:31.08	51.09	400m: 5:47.52	37.64
43.	GOMES, Rita Braga	10	POR	Sporting	5:48.69	+0,72	443
	FTL						
	50m: 35.67 35.67	150m: 2:05.13	46.04	250m: 3:39.48	48.82	350m: 5:09.74	39.61
	100m: 1:19.09 43.42	200m: 2:50.66	45.53	300m: 4:30.13	50.65	400m: 5:48.69	38.95
44.	MARTINS, Leonor Sombreiro	10	POR	BUZIOS - Coruche	5:50.16	+0,82	437
	FTL						
	50m: 36.08 36.08	150m: 2:02.49	43.49	250m: 3:40.04	53.58	350m: 5:12.49	38.32
	100m: 1:19.00 42.92	200m: 2:46.46	43.97	300m: 4:34.17	54.13	400m: 5:50.16	37.67
45.	NETO, Maria Ines	09	POR	Bombeiros de Ponta Delgada	5:58.27	+0,79	408
	FTL						
	50m: 35.00 35.00	150m: 2:05.49	48.31	250m: 3:43.94	52.22	350m: 5:18.64	41.31
	100m: 1:17.18 42.18	200m: 2:51.72	46.23	300m: 4:37.33	53.39	400m: 5:58.27	39.63

DSQ GANTE, Maria Ines 10 POR Nautico Academico
725 - Movimento alternado pernas percurso subaquático - SW 7.4, Após a viragem aos 200 metros.