

Prova 6  
19.05.2024 - 15:15

Femin., 800m Livres

Infantis  
Resultados

Rec Regional Inf A	9:27.51	Rafaela Gomes Azevedo	POR	Algés	2015
Rec Regional Inf B	9:49.25	Beatriz Rodrigues Conde	POR	Tavira	2010
Rec Regional Absoluto	8:23.23	Diana Margarida Duraes	POR	Felgueiras	2018
Rec Nacional Inf A	9:03.90	Alexandra Maria Silva	POR	Porto	1980
Rec Nacional Inf B	9:33.95	Filipa Vilas Ruivo	POR	Nazaré	2009
Rec Nacional Absoluto	8:23.23	Diana Margarida Duraes	POR	Felgueiras	2018

Mínimo Participação Inf B: 12:52.38; Inf A: 12:15.60

Pontos: FINA 2023

Pos.	Nadador	Ano	Clube	Tempo	Pts
<b>Infantis B</b>					
1.	Maria Ines Nunes	12	Sporting	<b>10:23.96</b>	447
	50m: 37.40	37.40	250m: 3:14.22	39.44	450m: 5:52.85
	100m: 1:15.75	38.35	300m: 3:54.16	39.94	500m: 6:32.27
	150m: 1:54.94	39.19	350m: 4:34.34	40.18	550m: 7:12.13
	200m: 2:34.78	39.84	400m: 5:13.93	39.59	600m: 7:51.63
				38.92	650m: 8:30.66
				39.42	700m: 9:09.72
				39.86	750m: 9:48.17
				39.50	800m: 10:23.96
					39.03
					39.06
					38.45
					35.79
2.	Sofia Dias Ferreira	12	Palmela Desporto	<b>10:42.79</b>	409
	50m: 36.35	36.35	250m: 3:18.22	40.84	450m: 6:02.07
	100m: 1:16.32	39.97	300m: 3:59.45	41.23	500m: 6:42.83
	150m: 1:56.53	40.21	350m: 4:40.14	40.69	550m: 7:24.48
	200m: 2:37.38	40.85	400m: 5:21.17	41.03	600m: 8:05.19
				40.90	650m: 8:46.37
				40.76	700m: 9:26.96
				41.65	750m: 10:08.12
				40.71	800m: 10:42.79
					41.18
					40.59
					41.16
					34.67
3.	Laura Flores Serra	12	Vikings	<b>10:56.75</b>	384
	50m: 38.97	38.97	250m: 3:19.05	40.94	450m: 6:02.80
	100m: 1:18.41	39.44	300m: 3:59.66	40.61	500m: 6:44.82
	150m: 1:57.88	39.47	350m: 4:40.22	40.56	550m: 7:26.74
	200m: 2:38.11	40.23	400m: 5:21.42	41.20	600m: 8:08.74
				41.38	650m: 8:50.85
				42.02	700m: 9:33.48
				41.92	750m: 10:16.34
				42.00	800m: 10:56.75
					42.11
					42.63
					42.86
					40.41
4.	Maria Ines Monjardino	12	Colegio Int Monte Maior	<b>11:02.19</b>	374
	50m: 39.62	39.62	250m: 3:22.24	40.98	450m: 6:08.59
	100m: 1:19.64	40.02	300m: 4:03.55	41.31	500m: 6:50.70
	150m: 2:00.39	40.75	350m: 4:45.83	42.28	550m: 7:32.76
	200m: 2:41.26	40.87	400m: 5:27.23	41.40	600m: 8:15.02
				41.36	650m: 8:56.77
				42.11	700m: 9:38.74
				42.06	750m: 10:20.61
				42.26	800m: 11:02.19
					41.75
					41.97
					41.87
					41.58
5.	Maria Ines Antunes	12	Benfica	<b>11:11.75</b>	358
	50m: 39.13	39.13	250m: 3:27.59	42.21	450m: 6:17.92
	100m: 1:20.62	41.49	300m: 4:10.24	42.65	500m: 7:00.09
	150m: 2:02.66	42.04	350m: 4:52.68	42.44	550m: 7:42.90
	200m: 2:45.38	42.72	400m: 5:35.45	42.77	600m: 8:25.36
				42.47	650m: 9:07.64
				42.17	700m: 9:50.06
				42.81	750m: 10:31.79
				42.46	800m: 11:11.75
					42.28
					42.42
					41.73
					39.96
6.	Matilde Pires Guerra	12	Colegio Int Monte Maior	<b>11:14.32</b>	354
	50m: 41.04	41.04	250m: 3:30.78	42.85	450m: 6:21.53
	100m: 1:23.06	42.02	300m: 4:13.60	42.82	500m: 7:03.95
	150m: 2:05.22	42.16	350m: 4:56.23	42.63	550m: 7:46.62
	200m: 2:47.93	42.71	400m: 5:38.92	42.69	600m: 8:29.01
				42.61	650m: 9:11.12
				42.42	700m: 9:52.89
				42.67	750m: 10:34.79
				42.39	800m: 11:14.32
					42.11
					41.77
					41.90
					39.53
7.	Isabella Andrea Carvalho	12	Colegio Int Monte Maior	<b>11:16.06</b>	352
	50m: 40.84	40.84	250m: 3:34.47	43.55	450m: 6:24.32
	100m: 1:23.69	42.85	300m: 4:17.69	43.22	500m: 7:05.40
	150m: 2:07.65	43.96	350m: 5:00.63	42.94	550m: 7:47.58
	200m: 2:50.92	43.27	400m: 5:42.63	42.00	600m: 8:29.71
				41.69	650m: 9:11.21
				41.08	700m: 9:53.22
				42.18	750m: 10:34.34
				42.13	800m: 11:16.06
					41.50
					42.01
					41.12
					41.72
8.	Carlota Velada Pereira	12	Sporting	<b>11:18.68</b>	348
	50m: 40.76	40.76	250m: 3:32.23	43.05	450m: 6:22.96
	100m: 1:22.99	42.23	300m: 4:15.02	42.79	500m: 7:04.83
	150m: 2:06.18	43.19	350m: 4:58.47	43.45	550m: 7:46.90
	200m: 2:49.18	43.00	400m: 5:41.00	42.53	600m: 8:28.72
				41.96	650m: 9:10.94
				41.87	700m: 9:53.82
				42.07	750m: 10:37.59
				41.82	800m: 11:18.68
					42.22
					42.88
					43.77
					41.09
9.	Jade Duarte Bexigas	12	Geslours	<b>11:30.00</b>	331
	50m: 41.53	41.53	250m: 3:35.05	43.68	450m: 6:29.40
	100m: 1:25.09	43.56	300m: 4:19.12	44.07	500m: 7:12.93
	150m: 2:08.89	43.80	350m: 5:02.31	43.19	550m: 7:55.90
	200m: 2:51.37	42.48	400m: 5:46.75	44.44	600m: 8:40.09
				42.65	650m: 9:22.81
				43.53	700m: 10:05.96
				42.97	750m: 10:49.08
				44.19	800m: 11:30.00
					42.72
					43.15
					43.12
					40.92
10.	Telma Filipa Magalhaes	12	Fisica Torres Vedras	<b>11:33.14</b>	326
	50m: 40.40	40.40	250m: 3:30.90	43.37	450m: 6:26.59
	100m: 1:22.11	41.71	300m: 4:13.68	42.78	500m: 7:11.44
	150m: 2:04.78	42.67	350m: 4:57.58	43.90	550m: 7:56.27
	200m: 2:47.53	42.75	400m: 5:41.74	44.16	600m: 8:40.96
				44.85	650m: 9:25.12
				44.85	700m: 10:09.20
				44.83	750m: 10:52.76
				44.69	800m: 11:33.14
					44.16
					44.08
					43.56
					40.38
11.	Ines Moreira Pedro	12	Benfica	<b>11:35.46</b>	323
	50m: 40.92	40.92	250m: 3:34.32	43.58	450m: 6:32.04
	100m: 1:23.36	42.44	300m: 4:18.93	44.61	500m: 7:16.67
	150m: 2:06.79	43.43	350m: 5:03.23	44.30	550m: 8:00.78
	200m: 2:50.74	43.95	400m: 5:47.29	44.06	600m: 8:44.41
				44.75	650m: 9:27.84
				44.63	700m: 10:12.36
				44.11	750m: 10:56.32
				43.63	800m: 11:35.46
					43.43
					44.52
					43.96
					39.14

Prova 6, Femin., 800m Livres, Infantis B

Pos.	Nadador	Ano	Clube	Tempo	Pts
12.	Margarida Sofia Morais	12	Palmela Desporto	<b>11:38.59</b>	319
	50m: 38.25 38.25	250m: 3:29.32 43.65	450m: 6:28.00 44.61	650m: 9:26.61 43.96	
	100m: 1:19.64 41.39	300m: 4:13.43 44.11	500m: 7:12.65 44.65	700m: 10:11.28 44.67	
	150m: 2:02.40 42.76	350m: 4:58.47 45.04	550m: 7:57.80 45.15	750m: 10:55.90 44.62	
	200m: 2:45.67 43.27	400m: 5:43.39 44.92	600m: 8:42.65 44.85	800m: 11:38.59 42.69	
13.	Ines Alexandra Mariano	12	Vikings	<b>11:51.47</b>	302
	50m: 41.81 41.81	250m: 3:38.32 44.51	450m: 6:36.53 44.44	650m: 9:37.08 45.52	
	100m: 1:25.49 43.68	300m: 4:22.31 43.99	500m: 7:21.22 44.69	700m: 10:22.51 45.43	
	150m: 2:09.54 44.05	350m: 5:07.34 45.03	550m: 8:06.51 45.29	750m: 11:07.96 45.45	
	200m: 2:53.81 44.27	400m: 5:52.09 44.75	600m: 8:51.56 45.05	800m: 11:51.47 43.51	
14.	Marta Almeida Lopes	12	Benfica	<b>11:52.50</b>	300
	50m: 41.73 41.73	250m: 3:35.81 43.39	450m: 6:33.16 44.28	650m: 9:35.76 46.77	
	100m: 1:24.98 43.25	300m: 4:20.73 44.92	500m: 7:17.73 44.57	700m: 10:22.25 46.49	
	150m: 2:08.50 43.52	350m: 5:05.17 44.44	550m: 8:03.27 45.54	750m: 11:08.11 45.86	
	200m: 2:52.42 43.92	400m: 5:48.88 43.71	600m: 8:48.99 45.72	800m: 11:52.50 44.39	
15.	Matilde Lopes Cruz	12	Colegio Int Monte Maior	<b>11:58.31</b>	293
	50m: 42.35 42.35	250m: 3:41.63 44.71	450m: 6:43.33 45.12	650m: 9:46.58 46.28	
	100m: 1:26.72 44.37	300m: 4:27.24 45.61	500m: 7:29.18 45.85	700m: 10:31.50 44.92	
	150m: 2:11.98 45.26	350m: 5:12.71 45.47	550m: 8:14.52 45.34	750m: 11:14.80 43.30	
	200m: 2:56.92 44.94	400m: 5:58.21 45.50	600m: 9:00.30 45.78	800m: 11:58.31 43.51	
16.	Maria Lin Moniz	12	Naval Setubalense	<b>12:03.91</b>	286
	50m: 44.09 44.09	250m: 3:47.76 46.31	450m: 6:49.63 44.70	650m: 9:50.98 45.11	
	100m: 1:30.00 45.91	300m: 4:33.82 46.06	500m: 7:35.54 45.91	700m: 10:36.60 45.62	
	150m: 2:15.25 45.25	350m: 5:19.09 45.27	550m: 8:20.96 45.42	750m: 11:21.46 44.86	
	200m: 3:01.45 46.20	400m: 6:04.93 45.84	600m: 9:05.87 44.91	800m: 12:03.91 42.45	
17.	Ana Carolina Nogueira	12	Vikings	<b>12:10.02</b>	279
	50m: 42.02 42.02	250m: 3:45.30 46.39	450m: 6:49.96 46.57	650m: 9:57.54 47.31	
	100m: 1:28.05 46.03	300m: 4:30.88 45.58	500m: 7:36.93 46.97	700m: 10:43.65 46.11	
	150m: 2:13.81 45.76	350m: 5:17.44 46.56	550m: 8:22.71 45.78	750m: 11:29.26 45.61	
	200m: 2:58.91 45.10	400m: 6:03.39 45.95	600m: 9:10.23 47.52	800m: 12:10.02 40.76	

Infantis A

1.	Margarida Santos Moura	11	Sporting	<b>9:54.70</b>	517
	50m: 36.15 36.15	250m: 3:06.03 37.75	450m: 5:36.09 37.48	650m: 8:05.65 37.12	
	100m: 1:13.48 37.33	300m: 3:43.71 37.68	500m: 6:13.86 37.77	700m: 8:42.69 37.04	
	150m: 1:50.96 37.48	350m: 4:21.49 37.78	550m: 6:51.35 37.49	750m: 9:19.16 36.47	
	200m: 2:28.28 37.32	400m: 4:58.61 37.12	600m: 7:28.53 37.18	800m: 9:54.70 35.54	
2.	Margarida Almeida Ferreira	11	Sporting	<b>10:03.77</b>	494
	50m: 36.33 36.33	250m: 3:06.81 37.85	450m: 5:39.12 38.42	650m: 8:11.62 37.92	
	100m: 1:13.72 37.39	300m: 3:44.74 37.93	500m: 6:17.07 37.95	700m: 8:49.78 38.16	
	150m: 1:51.32 37.60	350m: 4:22.83 38.09	550m: 6:55.46 38.39	750m: 9:27.27 37.49	
	200m: 2:28.96 37.64	400m: 5:00.70 37.87	600m: 7:33.70 38.24	800m: 10:03.77 36.50	
3.	Ana Filipa Serra	11	CPCD - Póvoa Sta Iria	<b>10:28.20</b>	438
	50m: 36.60 36.60	250m: 3:12.23 38.31	450m: 5:48.44 39.67	650m: 8:28.79 40.21	
	100m: 1:15.16 38.56	300m: 3:51.06 38.83	500m: 6:27.88 39.44	700m: 9:09.34 40.55	
	150m: 1:54.89 39.73	350m: 4:30.45 39.39	550m: 7:08.27 40.39	750m: 9:49.23 39.89	
	200m: 2:33.92 39.03	400m: 5:08.77 38.32	600m: 7:48.58 40.31	800m: 10:28.20 38.97	
4.	Francisca Meneses Gonçalves	11	Benfica	<b>10:36.21</b>	422
	50m: 36.94 36.94	250m: 3:15.47 39.76	450m: 5:55.70 39.04	650m: 8:39.69 41.11	
	100m: 1:16.31 39.37	300m: 3:55.82 40.35	500m: 6:36.81 41.11	700m: 9:20.27 40.58	
	150m: 1:56.06 39.75	350m: 4:35.63 39.81	550m: 7:16.71 39.90	750m: 9:59.80 39.53	
	200m: 2:35.71 39.65	400m: 5:16.66 41.03	600m: 7:58.58 41.87	800m: 10:36.21 36.41	
5.	Madalena Correia Gomes	11	Colegio Int Monte Maior	<b>10:37.80</b>	419
	50m: 38.88 38.88	250m: 3:21.47 41.18	450m: 6:01.24 39.60	650m: 8:39.86 39.50	
	100m: 1:19.08 40.20	300m: 4:01.65 40.18	500m: 6:41.61 40.37	700m: 9:19.88 40.02	
	150m: 1:59.74 40.66	350m: 4:41.76 40.11	550m: 7:20.39 38.78	750m: 9:59.63 39.75	
	200m: 2:40.29 40.55	400m: 5:21.64 39.88	600m: 8:00.36 39.97	800m: 10:37.80 38.17	
6.	Ana Mao de Ferro	11	Sporting	<b>10:38.09</b>	418
	50m: 37.49 37.49	250m: 3:14.88 39.95	450m: 5:53.66 40.01	650m: 8:36.79 41.62	
	100m: 1:16.47 38.98	300m: 3:54.35 39.47	500m: 6:33.55 39.89	700m: 9:18.06 41.27	
	150m: 1:55.91 39.44	350m: 4:34.11 39.76	550m: 7:14.28 40.73	750m: 9:58.92 40.86	
	200m: 2:34.93 39.02	400m: 5:13.65 39.54	600m: 7:55.17 40.89	800m: 10:38.09 39.17	
7.	Ines Freitas Abrantes	11	Colegio Int Monte Maior	<b>10:39.90</b>	415
	50m: 38.99 38.99	250m: 3:21.67 40.48	450m: 6:01.75 40.09	650m: 8:41.62 40.32	
	100m: 1:19.51 40.52	300m: 4:01.61 39.94	500m: 6:41.56 39.81	700m: 9:21.85 40.23	
	150m: 2:00.48 40.97	350m: 4:42.00 40.39	550m: 7:21.22 39.66	750m: 10:01.81 39.96	
	200m: 2:41.19 40.71	400m: 5:21.66 39.66	600m: 8:01.30 40.08	800m: 10:39.90 38.09	

Prova 6, Femin., 800m Livres, Infantis A

Pos.	Nadador	Ano	Clube	Tempo	Pts
8.	Madalena Ferreira Baldo	11	Colegio Int Monte Maior	<b>10:52.05</b>	392
	50m: 37.84 37.84	250m: 3:15.41 39.79	450m: 5:56.41 38.38	650m: 8:46.82 42.77	
	100m: 1:16.68 38.84	300m: 3:55.64 40.23	500m: 6:38.48 42.07	700m: 9:29.93 43.11	
	150m: 1:56.17 39.49	350m: 4:35.97 40.33	550m: 7:21.24 42.76	750m: 10:11.60 41.67	
	200m: 2:35.62 39.45	400m: 5:18.03 42.06	600m: 8:04.05 42.81	800m: 10:52.05 40.45	
9.	Raquel Silva Delgado	11	Palmela Desporto	<b>10:56.48</b>	384
	50m: 37.53 37.53	250m: 3:20.11 40.92	450m: 6:05.30 42.05	650m: 8:51.42 41.37	
	100m: 1:16.95 39.42	300m: 4:01.16 41.05	500m: 6:46.99 41.69	700m: 9:33.98 42.56	
	150m: 1:57.73 40.78	350m: 4:41.79 40.63	550m: 7:28.32 41.33	750m: 10:15.73 41.75	
	200m: 2:39.19 41.46	400m: 5:23.25 41.46	600m: 8:10.05 41.73	800m: 10:56.48 40.75	
10.	Rafaela Marreiros Oliveira	11	Palmela Desporto	<b>10:56.98</b>	383
	50m: 38.04 38.04	250m: 3:20.02 40.87	450m: 6:06.01 41.41	650m: 8:54.05 41.72	
	100m: 1:17.58 39.54	300m: 4:01.09 41.07	500m: 6:47.78 41.77	700m: 9:36.21 42.16	
	150m: 1:58.07 40.49	350m: 4:42.89 41.80	550m: 7:30.09 42.31	750m: 10:16.79 40.58	
	200m: 2:39.15 41.08	400m: 5:24.60 41.71	600m: 8:12.33 42.24	800m: 10:56.98 40.19	
11.	Matilde Bento Pereira	11	Geslours	<b>10:58.84</b>	380
	50m: 39.75 39.75	250m: 3:25.42 41.14	450m: 6:11.04 41.30	650m: 8:56.77 41.06	
	100m: 1:21.61 41.86	300m: 4:06.90 41.48	500m: 6:52.79 41.75	700m: 9:37.75 40.98	
	150m: 2:03.02 41.41	350m: 4:48.65 41.75	550m: 7:34.51 41.72	750m: 10:18.93 41.18	
	200m: 2:44.28 41.26	400m: 5:29.74 41.09	600m: 8:15.71 41.20	800m: 10:58.84 39.91	
12.	Leonor Coelho Silva	11	Vikings	<b>11:03.55</b>	372
	50m: 38.71 38.71	250m: 3:22.28 41.15	450m: 6:09.69 42.19	650m: 8:58.25 42.28	
	100m: 1:19.42 40.71	300m: 4:04.14 41.86	500m: 6:51.85 42.16	700m: 9:40.35 42.10	
	150m: 2:00.16 40.74	350m: 4:46.05 41.91	550m: 7:33.95 42.10	750m: 10:22.39 42.04	
	200m: 2:41.13 40.97	400m: 5:27.50 41.45	600m: 8:15.97 42.02	800m: 11:03.55 41.16	
13.	Laura Aguiar Bergamo	11	Alges	<b>11:12.74</b>	357
	50m: 39.54 39.54	250m: 3:26.77 42.28	450m: 6:18.75 42.82	650m: 9:07.70 42.41	
	100m: 1:20.71 41.17	300m: 4:09.02 42.25	500m: 7:00.93 42.18	700m: 9:50.53 42.83	
	150m: 2:02.49 41.78	350m: 4:52.16 43.14	550m: 7:42.85 41.92	750m: 10:32.38 41.85	
	200m: 2:44.49 42.00	400m: 5:35.93 43.77	600m: 8:25.29 42.44	800m: 11:12.74 40.36	
14.	Carolina Melo Camejo	11	Sporting	<b>11:16.49</b>	351
	50m: 37.95 37.95	250m: 3:27.64 42.56	450m: 6:19.54 42.84	650m: 9:09.89 43.23	
	100m: 1:19.43 41.48	300m: 4:10.45 42.81	500m: 7:01.91 42.37	700m: 9:52.86 42.97	
	150m: 2:01.79 42.36	350m: 4:53.45 43.00	550m: 7:44.10 42.19	750m: 10:34.01 41.15	
	200m: 2:45.08 43.29	400m: 5:36.70 43.25	600m: 8:26.66 42.56	800m: 11:16.49 42.48	
15.	Catarina Ribeiro Fernandez	11	Geslours	<b>11:29.58</b>	331
	50m: 39.83 39.83	250m: 3:29.74 42.28	450m: 6:22.90 43.43	650m: 9:19.23 44.46	
	100m: 1:21.50 41.67	300m: 4:12.70 42.96	500m: 7:06.63 43.73	700m: 10:03.55 44.32	
	150m: 2:04.47 42.97	350m: 4:55.94 43.24	550m: 7:50.55 43.92	750m: 10:48.02 44.47	
	200m: 2:47.46 42.99	400m: 5:39.47 43.53	600m: 8:34.77 44.22	800m: 11:29.58 41.56	
16.	Maria Madeira Carvalho	11	Alges	<b>11:45.23</b>	310
	50m: 41.48 41.48	250m: 3:39.26 44.94	450m: 6:39.63 45.27	650m: 9:39.43 45.11	
	100m: 1:25.17 43.69	300m: 4:23.73 44.47	500m: 7:24.50 44.87	700m: 10:22.91 43.48	
	150m: 2:09.50 44.33	350m: 5:09.25 45.52	550m: 8:09.60 45.10	750m: 11:06.13 43.22	
	200m: 2:54.32 44.82	400m: 5:54.36 45.11	600m: 8:54.32 44.72	800m: 11:45.23 39.10	
17.	Konstansa Georgieva Ivanova	11	Palmela Desporto	<b>11:55.00</b>	297
	50m: 40.90 40.90	250m: 3:42.76 45.87	450m: 6:45.37 45.13	650m: 9:46.10 44.87	
	100m: 1:25.17 44.27	300m: 4:28.86 46.10	500m: 7:30.82 45.45	700m: 10:31.08 44.98	
	150m: 2:10.96 45.79	350m: 5:14.45 45.59	550m: 8:16.14 45.32	750m: 11:14.42 43.34	
	200m: 2:56.89 45.93	400m: 6:00.24 45.79	600m: 9:01.23 45.09	800m: 11:55.00 40.58	
18.	Madalena Carreiro Rodrigues	11	Benfica	<b>11:55.14</b>	297
	50m: 41.14 41.14	250m: 3:37.22 43.98	450m: 6:37.33 45.66	650m: 9:41.92 45.88	
	100m: 1:25.26 44.12	300m: 4:21.63 44.41	500m: 7:23.87 46.54	700m: 10:28.44 46.52	
	150m: 2:09.45 44.19	350m: 5:06.86 45.23	550m: 8:10.17 46.30	750m: 11:13.54 45.10	
	200m: 2:53.24 43.79	400m: 5:51.67 44.81	600m: 8:56.04 45.87	800m: 11:55.14 41.60	
19.	Madalena Costa Almeida	11	Alges	<b>12:06.97</b>	283
	50m: 43.49 43.49	250m: 3:46.12 46.30	450m: 6:51.77 46.09	650m: 9:56.17 46.21	
	100m: 1:28.63 45.14	300m: 4:32.52 46.40	500m: 7:37.49 45.72	700m: 10:41.30 45.13	
	150m: 2:14.11 45.48	350m: 5:19.17 46.65	550m: 8:24.21 46.72	750m: 11:25.32 44.02	
	200m: 2:59.82 45.71	400m: 6:05.88 46.51	600m: 9:09.96 45.75	800m: 12:06.97 41.65	
20.	Carolina Pinto Fonseca	11	Fisica Torres Vedras	<b>12:08.08</b>	281
	50m: 42.26 42.26	250m: 3:40.58 44.94	450m: 6:44.85 46.70	650m: 9:54.03 47.66	
	100m: 1:25.66 43.40	300m: 4:26.90 46.32	500m: 7:30.69 45.84	700m: 10:41.78 47.75	
	150m: 2:09.90 44.24	350m: 5:13.31 46.41	550m: 8:18.36 47.67	750m: 11:28.42 46.64	
	200m: 2:55.64 45.74	400m: 5:58.15 44.84	600m: 9:06.37 48.01	800m: 12:08.08 39.66	
DNS	Maria Rendeiro Correia	11	Alges		

Prova 6, Femin., 800m Livres, Infantis A

Pos.	Nadador	Ano	Clube	Tempo	Pts
DNS	Francisca Cunha Monteiro	11	Benfica		
DNS	Vitoria Alves Penedo	11	Palmela Desporto		

Infantis

1.	Margarida Santos Moura	11	Sporting	<b>9:54.70</b>	517
	50m: 36.15 36.15	250m: 3:06.03 37.75	450m: 5:36.09 37.48	650m: 8:05.65 37.12	
	100m: 1:13.48 37.33	300m: 3:43.71 37.68	500m: 6:13.86 37.77	700m: 8:42.69 37.04	
	150m: 1:50.96 37.48	350m: 4:21.49 37.78	550m: 6:51.35 37.49	750m: 9:19.16 36.47	
	200m: 2:28.28 37.32	400m: 4:58.61 37.12	600m: 7:28.53 37.18	800m: 9:54.70 35.54	
2.	Margarida Almeida Ferreira	11	Sporting	<b>10:03.77</b>	494
	50m: 36.33 36.33	250m: 3:06.81 37.85	450m: 5:39.12 38.42	650m: 8:11.62 37.92	
	100m: 1:13.72 37.39	300m: 3:44.74 37.93	500m: 6:17.07 37.95	700m: 8:49.78 38.16	
	150m: 1:51.32 37.60	350m: 4:22.83 38.09	550m: 6:55.46 38.39	750m: 9:27.27 37.49	
	200m: 2:28.96 37.64	400m: 5:00.70 37.87	600m: 7:33.70 38.24	800m: 10:03.77 36.50	
3.	Maria Ines Nunes	12	Sporting	<b>10:23.96</b>	447
	50m: 37.40 37.40	250m: 3:14.22 39.44	450m: 5:52.85 38.92	650m: 8:30.66 39.03	
	100m: 1:15.75 38.35	300m: 3:54.16 39.94	500m: 6:32.27 39.42	700m: 9:09.72 39.06	
	150m: 1:54.94 39.19	350m: 4:34.34 40.18	550m: 7:12.13 39.86	750m: 9:48.17 38.45	
	200m: 2:34.78 39.84	400m: 5:13.93 39.59	600m: 7:51.63 39.50	800m: 10:23.96 35.79	
4.	Ana Filipa Serra	11	CPCD - Póvoa Sta Iria	<b>10:28.20</b>	438
	50m: 36.60 36.60	250m: 3:12.23 38.31	450m: 5:48.44 39.67	650m: 8:28.79 40.21	
	100m: 1:15.16 38.56	300m: 3:51.06 38.83	500m: 6:27.88 39.44	700m: 9:09.34 40.55	
	150m: 1:54.89 39.73	350m: 4:30.45 39.39	550m: 7:08.27 40.39	750m: 9:49.23 39.89	
	200m: 2:33.92 39.03	400m: 5:08.77 38.32	600m: 7:48.58 40.31	800m: 10:28.20 38.97	
5.	Francisca Meneses Gonçalves	11	Benfica	<b>10:36.21</b>	422
	50m: 36.94 36.94	250m: 3:15.47 39.76	450m: 5:55.70 39.04	650m: 8:39.69 41.11	
	100m: 1:16.31 39.37	300m: 3:55.82 40.35	500m: 6:36.81 41.11	700m: 9:20.27 40.58	
	150m: 1:56.06 39.75	350m: 4:35.63 39.81	550m: 7:16.71 39.90	750m: 9:59.80 39.53	
	200m: 2:35.71 39.65	400m: 5:16.66 41.03	600m: 7:58.58 41.87	800m: 10:36.21 36.41	
6.	Madalena Correia Gomes	11	Colegio Int Monte Maior	<b>10:37.80</b>	419
	50m: 38.88 38.88	250m: 3:21.47 41.18	450m: 6:01.24 39.60	650m: 8:39.86 39.50	
	100m: 1:19.08 40.20	300m: 4:01.65 40.18	500m: 6:41.61 40.37	700m: 9:19.88 40.02	
	150m: 1:59.74 40.66	350m: 4:41.76 40.11	550m: 7:20.39 38.78	750m: 9:59.63 39.75	
	200m: 2:40.29 40.55	400m: 5:21.64 39.88	600m: 8:00.36 39.97	800m: 10:37.80 38.17	
7.	Ana Mao de Ferro	11	Sporting	<b>10:38.09</b>	418
	50m: 37.49 37.49	250m: 3:14.88 39.95	450m: 5:53.66 40.01	650m: 8:36.79 41.62	
	100m: 1:16.47 38.98	300m: 3:54.35 39.47	500m: 6:33.55 39.89	700m: 9:18.06 41.27	
	150m: 1:55.91 39.44	350m: 4:34.11 39.76	550m: 7:14.28 40.73	750m: 9:58.92 40.86	
	200m: 2:34.93 39.02	400m: 5:13.65 39.54	600m: 7:55.17 40.89	800m: 10:38.09 39.17	
8.	Ines Freitas Abrantes	11	Colegio Int Monte Maior	<b>10:39.90</b>	415
	50m: 38.99 38.99	250m: 3:21.67 40.48	450m: 6:01.75 40.09	650m: 8:41.62 40.32	
	100m: 1:19.51 40.52	300m: 4:01.61 39.94	500m: 6:41.56 39.81	700m: 9:21.85 40.23	
	150m: 2:00.48 40.97	350m: 4:42.00 40.39	550m: 7:21.22 39.66	750m: 10:01.81 39.96	
	200m: 2:41.19 40.71	400m: 5:21.66 39.66	600m: 8:01.30 40.08	800m: 10:39.90 38.09	
9.	Sofia Dias Ferreira	12	Palmela Desporto	<b>10:42.79</b>	409
	50m: 36.35 36.35	250m: 3:18.22 40.84	450m: 6:02.07 40.90	650m: 8:46.37 41.18	
	100m: 1:16.32 39.97	300m: 3:59.45 41.23	500m: 6:42.83 40.76	700m: 9:26.96 40.59	
	150m: 1:56.53 40.21	350m: 4:40.14 40.69	550m: 7:24.48 41.65	750m: 10:08.12 41.16	
	200m: 2:37.38 40.85	400m: 5:21.17 41.03	600m: 8:05.19 40.71	800m: 10:42.79 34.67	
10.	Madalena Ferreira Baldo	11	Colegio Int Monte Maior	<b>10:52.05</b>	392
	50m: 37.84 37.84	250m: 3:15.41 39.79	450m: 5:56.41 38.38	650m: 8:46.82 42.77	
	100m: 1:16.68 38.84	300m: 3:55.64 40.23	500m: 6:38.48 42.07	700m: 9:29.93 43.11	
	150m: 1:56.17 39.49	350m: 4:35.97 40.33	550m: 7:21.24 42.76	750m: 10:11.60 41.67	
	200m: 2:35.62 39.45	400m: 5:18.03 42.06	600m: 8:04.05 42.81	800m: 10:52.05 40.45	
11.	Raquel Silva Delgado	11	Palmela Desporto	<b>10:56.48</b>	384
	50m: 37.53 37.53	250m: 3:20.11 40.92	450m: 6:05.30 42.05	650m: 8:51.42 41.37	
	100m: 1:16.95 39.42	300m: 4:01.16 41.05	500m: 6:46.99 41.69	700m: 9:33.98 42.56	
	150m: 1:57.73 40.78	350m: 4:41.79 40.63	550m: 7:28.32 41.33	750m: 10:15.73 41.75	
	200m: 2:39.19 41.46	400m: 5:23.25 41.46	600m: 8:10.05 41.73	800m: 10:56.48 40.75	
12.	Laura Flores Serra	12	Vikings	<b>10:56.75</b>	384
	50m: 38.97 38.97	250m: 3:19.05 40.94	450m: 6:02.80 41.38	650m: 8:50.85 42.11	
	100m: 1:18.41 39.44	300m: 3:59.66 40.61	500m: 6:44.82 42.02	700m: 9:33.48 42.63	
	150m: 1:57.88 39.47	350m: 4:40.22 40.56	550m: 7:26.74 41.92	750m: 10:16.34 42.86	
	200m: 2:38.11 40.23	400m: 5:21.42 41.20	600m: 8:08.74 42.00	800m: 10:56.75 40.41	

Prova 6, Femin., 800m Livres, Infantis

Pos.	Nadador	Ano	Clube	Tempo	Pts
13.	Rafaela Marreiros Oliveira	11	Palmela Desporto	<b>10:56.98</b>	<b>383</b>
	50m: 38.04 38.04	250m: 3:20.02 40.87	450m: 6:06.01 41.41	650m: 8:54.05 41.72	
	100m: 1:17.58 39.54	300m: 4:01.09 41.07	500m: 6:47.78 41.77	700m: 9:36.21 42.16	
	150m: 1:58.07 40.49	350m: 4:42.89 41.80	550m: 7:30.09 42.31	750m: 10:16.79 40.58	
	200m: 2:39.15 41.08	400m: 5:24.60 41.71	600m: 8:12.33 42.24	800m: 10:56.98 40.19	
14.	Matilde Bento Pereira	11	Gesloures	<b>10:58.84</b>	<b>380</b>
	50m: 39.75 39.75	250m: 3:25.42 41.14	450m: 6:11.04 41.30	650m: 8:56.77 41.06	
	100m: 1:21.61 41.86	300m: 4:06.90 41.48	500m: 6:52.79 41.75	700m: 9:37.75 40.98	
	150m: 2:03.02 41.41	350m: 4:48.65 41.75	550m: 7:34.51 41.72	750m: 10:18.93 41.18	
	200m: 2:44.28 41.26	400m: 5:29.74 41.09	600m: 8:15.71 41.20	800m: 10:58.84 39.91	
15.	Maria Ines Monjardino	12	Colegio Int Monte Maior	<b>11:02.19</b>	<b>374</b>
	50m: 39.62 39.62	250m: 3:22.24 40.98	450m: 6:08.59 41.36	650m: 8:56.77 41.75	
	100m: 1:19.64 40.02	300m: 4:03.55 41.31	500m: 6:50.70 42.11	700m: 9:38.74 41.97	
	150m: 2:00.39 40.75	350m: 4:45.83 42.28	550m: 7:32.76 42.06	750m: 10:20.61 41.87	
	200m: 2:41.26 40.87	400m: 5:27.23 41.40	600m: 8:15.02 42.26	800m: 11:02.19 41.58	
16.	Leonor Coelho Silva	11	Vikings	<b>11:03.55</b>	<b>372</b>
	50m: 38.71 38.71	250m: 3:22.28 41.15	450m: 6:09.69 42.19	650m: 8:58.25 42.28	
	100m: 1:19.42 40.71	300m: 4:04.14 41.86	500m: 6:51.85 42.16	700m: 9:40.35 42.10	
	150m: 2:00.16 40.74	350m: 4:46.05 41.91	550m: 7:33.95 42.10	750m: 10:22.39 42.04	
	200m: 2:41.13 40.97	400m: 5:27.50 41.45	600m: 8:15.97 42.02	800m: 11:03.55 41.16	
17.	Maria Ines Antunes	12	Benfica	<b>11:11.75</b>	<b>358</b>
	50m: 39.13 39.13	250m: 3:27.59 42.21	450m: 6:17.92 42.47	650m: 9:07.64 42.28	
	100m: 1:20.62 41.49	300m: 4:10.24 42.65	500m: 7:00.09 42.17	700m: 9:50.06 42.42	
	150m: 2:02.66 42.04	350m: 4:52.68 42.44	550m: 7:42.90 42.81	750m: 10:31.79 41.73	
	200m: 2:45.38 42.72	400m: 5:35.45 42.77	600m: 8:25.36 42.46	800m: 11:11.75 39.96	
18.	Laura Aguiar Bergamo	11	Alges	<b>11:12.74</b>	<b>357</b>
	50m: 39.54 39.54	250m: 3:26.77 42.28	450m: 6:18.75 42.82	650m: 9:07.70 42.41	
	100m: 1:20.71 41.17	300m: 4:09.02 42.25	500m: 7:00.93 42.18	700m: 9:50.53 42.83	
	150m: 2:02.49 41.78	350m: 4:52.16 43.14	550m: 7:42.85 41.92	750m: 10:32.38 41.85	
	200m: 2:44.49 42.00	400m: 5:35.93 43.77	600m: 8:25.29 42.44	800m: 11:12.74 40.36	
19.	Matilde Pires Guerra	12	Colegio Int Monte Maior	<b>11:14.32</b>	<b>354</b>
	50m: 41.04 41.04	250m: 3:30.78 42.85	450m: 6:21.53 42.61	650m: 9:11.12 42.11	
	100m: 1:23.06 42.02	300m: 4:13.60 42.82	500m: 7:03.95 42.42	700m: 9:52.89 41.77	
	150m: 2:05.22 42.16	350m: 4:56.23 42.63	550m: 7:46.62 42.67	750m: 10:34.79 41.90	
	200m: 2:47.93 42.71	400m: 5:38.92 42.69	600m: 8:29.01 42.39	800m: 11:14.32 39.53	
20.	Isabella Andrea Carvalho	12	Colegio Int Monte Maior	<b>11:16.06</b>	<b>352</b>
	50m: 40.84 40.84	250m: 3:34.47 43.55	450m: 6:24.32 41.69	650m: 9:11.21 41.50	
	100m: 1:23.69 42.85	300m: 4:17.69 43.22	500m: 7:05.40 41.08	700m: 9:53.22 42.01	
	150m: 2:07.65 43.96	350m: 5:00.63 42.94	550m: 7:47.58 42.18	750m: 10:34.34 41.12	
	200m: 2:50.92 43.27	400m: 5:42.63 42.00	600m: 8:29.71 42.13	800m: 11:16.06 41.72	
21.	Carolina Melo Camejo	11	Sporting	<b>11:16.49</b>	<b>351</b>
	50m: 41.53 37.95	250m: 3:27.64 42.56	450m: 6:19.54 42.84	650m: 9:09.89 43.23	
	100m: 1:19.43 41.48	300m: 4:10.45 42.81	500m: 7:01.91 42.37	700m: 9:52.86 42.97	
	150m: 2:01.79 42.36	350m: 4:53.45 43.00	550m: 7:44.10 42.19	750m: 10:34.01 41.15	
	200m: 2:45.08 43.29	400m: 5:36.70 43.25	600m: 8:26.66 42.56	800m: 11:16.49 42.48	
22.	Carlota Velada Pereira	12	Sporting	<b>11:18.68</b>	<b>348</b>
	50m: 40.76 40.76	250m: 3:32.23 43.05	450m: 6:22.96 41.96	650m: 9:10.94 42.22	
	100m: 1:22.99 42.23	300m: 4:15.02 42.79	500m: 7:04.83 41.87	700m: 9:53.82 42.88	
	150m: 2:06.18 43.19	350m: 4:58.47 43.45	550m: 7:46.90 42.07	750m: 10:37.59 43.77	
	200m: 2:49.18 43.00	400m: 5:41.00 42.53	600m: 8:28.72 41.82	800m: 11:18.68 41.09	
23.	Catarina Ribeiro Fernandez	11	Gesloures	<b>11:29.58</b>	<b>331</b>
	50m: 39.83 39.83	250m: 3:29.74 42.28	450m: 6:22.90 43.43	650m: 9:19.23 44.46	
	100m: 1:21.50 41.67	300m: 4:12.70 42.96	500m: 7:06.63 43.73	700m: 10:03.55 44.32	
	150m: 2:04.47 42.97	350m: 4:55.94 43.24	550m: 7:50.55 43.92	750m: 10:48.02 44.47	
	200m: 2:47.46 42.99	400m: 5:39.47 43.53	600m: 8:34.77 44.22	800m: 11:29.58 41.56	
24.	Jade Duarte Bexigas	12	Gesloures	<b>11:30.00</b>	<b>331</b>
	50m: 41.53 41.53	250m: 3:35.05 43.68	450m: 6:29.40 42.65	650m: 9:22.81 42.72	
	100m: 1:25.09 43.56	300m: 4:19.12 44.07	500m: 7:12.93 43.53	700m: 10:05.96 43.15	
	150m: 2:08.89 43.80	350m: 5:02.31 43.19	550m: 7:55.90 42.97	750m: 10:49.08 43.12	
	200m: 2:51.37 42.48	400m: 5:46.75 44.44	600m: 8:40.09 44.19	800m: 11:30.00 40.92	
25.	Telma Filipa Magalhaes	12	Fisica Torres Vedras	<b>11:33.14</b>	<b>326</b>
	50m: 40.40 40.40	250m: 3:30.90 43.37	450m: 6:26.59 44.85	650m: 9:25.12 44.16	
	100m: 1:22.11 41.71	300m: 4:13.68 42.78	500m: 7:11.44 44.85	700m: 10:09.20 44.08	
	150m: 2:04.78 42.67	350m: 4:57.58 43.90	550m: 7:56.27 44.83	750m: 10:52.76 43.56	
	200m: 2:47.53 42.75	400m: 5:41.74 44.16	600m: 8:40.96 44.69	800m: 11:33.14 40.38	
26.	Ines Moreira Pedro	12	Benfica	<b>11:35.46</b>	<b>323</b>
	50m: 40.92 40.92	250m: 3:34.32 43.58	450m: 6:32.04 44.75	650m: 9:27.84 43.43	
	100m: 1:23.36 42.44	300m: 4:18.93 44.61	500m: 7:16.67 44.63	700m: 10:12.36 44.52	
	150m: 2:06.79 43.43	350m: 5:03.23 44.30	550m: 8:00.78 44.11	750m: 10:56.32 43.96	
	200m: 2:50.74 43.95	400m: 5:47.29 44.06	600m: 8:44.41 43.63	800m: 11:35.46 39.14	

Prova 6, Femin., 800m Livres, Infantis

Pos.	Nadador	Ano	Clube	Tempo	Pts
27.	Margarida Sofia Morais	12	Palmela Desporto	<b>11:38.59</b>	319
	50m: 38.25 38.25	250m: 3:29.32 43.65	450m: 6:28.00 44.61	650m: 9:26.61 43.96	
	100m: 1:19.64 41.39	300m: 4:13.43 44.11	500m: 7:12.65 44.65	700m: 10:11.28 44.67	
	150m: 2:02.40 42.76	350m: 4:58.47 45.04	550m: 7:57.80 45.15	750m: 10:55.90 44.62	
	200m: 2:45.67 43.27	400m: 5:43.39 44.92	600m: 8:42.65 44.85	800m: 11:38.59 42.69	
28.	Maria Madeira Carvalho	11	Alges	<b>11:45.23</b>	310
	50m: 41.48 41.48	250m: 3:39.26 44.94	450m: 6:39.63 45.27	650m: 9:39.43 45.11	
	100m: 1:25.17 43.69	300m: 4:23.73 44.47	500m: 7:24.50 44.87	700m: 10:22.91 43.48	
	150m: 2:09.50 44.33	350m: 5:09.25 45.52	550m: 8:09.60 45.10	750m: 11:06.13 43.22	
	200m: 2:54.32 44.82	400m: 5:54.36 45.11	600m: 8:54.32 44.72	800m: 11:45.23 39.10	
29.	Ines Alexandra Mariano	12	Vikings	<b>11:51.47</b>	302
	50m: 41.81 41.81	250m: 3:38.32 44.51	450m: 6:36.53 44.44	650m: 9:37.08 45.52	
	100m: 1:25.49 43.68	300m: 4:22.31 43.99	500m: 7:21.22 44.69	700m: 10:22.51 45.43	
	150m: 2:09.54 44.05	350m: 5:07.34 45.03	550m: 8:06.51 45.29	750m: 11:07.96 45.45	
	200m: 2:53.81 44.27	400m: 5:52.09 44.75	600m: 8:51.56 45.05	800m: 11:51.47 43.51	
30.	Marta Almeida Lopes	12	Benfica	<b>11:52.50</b>	300
	50m: 41.73 41.73	250m: 3:35.81 43.39	450m: 6:33.16 44.28	650m: 9:35.76 46.77	
	100m: 1:24.98 43.25	300m: 4:20.73 44.92	500m: 7:17.73 44.57	700m: 10:22.25 46.49	
	150m: 2:08.50 43.52	350m: 5:05.17 44.44	550m: 8:03.27 45.54	750m: 11:08.11 45.86	
	200m: 2:52.42 43.92	400m: 5:48.88 43.71	600m: 8:48.99 45.72	800m: 11:52.50 44.39	
31.	Konstansa Georgieva Ivanova	11	Palmela Desporto	<b>11:55.00</b>	297
	50m: 40.90 40.90	250m: 3:42.76 45.87	450m: 6:45.37 45.13	650m: 9:46.10 44.87	
	100m: 1:25.17 44.27	300m: 4:28.86 46.10	500m: 7:30.82 45.45	700m: 10:31.08 44.98	
	150m: 2:10.96 45.79	350m: 5:14.45 45.59	550m: 8:16.14 45.32	750m: 11:14.42 43.34	
	200m: 2:56.89 45.93	400m: 6:00.24 45.79	600m: 9:01.23 45.09	800m: 11:55.00 40.58	
32.	Madalena Carreiro Rodrigues	11	Benfica	<b>11:55.14</b>	297
	50m: 41.14 41.14	250m: 3:37.22 43.98	450m: 6:37.33 45.66	650m: 9:41.92 45.88	
	100m: 1:25.26 44.12	300m: 4:21.63 44.41	500m: 7:23.87 46.54	700m: 10:28.44 46.52	
	150m: 2:09.45 44.19	350m: 5:06.86 45.23	550m: 8:10.17 46.30	750m: 11:13.54 45.10	
	200m: 2:53.24 43.79	400m: 5:51.67 44.81	600m: 8:56.04 45.87	800m: 11:55.14 41.60	
33.	Matilde Lopes Cruz	12	Colegio Int Monte Maior	<b>11:58.31</b>	293
	50m: 42.35 42.35	250m: 3:41.63 44.71	450m: 6:43.33 45.12	650m: 9:46.58 46.28	
	100m: 1:26.72 44.37	300m: 4:27.24 45.61	500m: 7:29.18 45.85	700m: 10:31.50 44.92	
	150m: 2:11.98 45.26	350m: 5:12.71 45.47	550m: 8:14.52 45.34	750m: 11:14.80 43.30	
	200m: 2:56.92 44.94	400m: 5:58.21 45.50	600m: 9:00.30 45.78	800m: 11:58.31 43.51	
34.	Maria Lin Moniz	12	Naval Setubalense	<b>12:03.91</b>	286
	50m: 44.09 44.09	250m: 3:47.76 46.31	450m: 6:49.63 44.70	650m: 9:50.98 45.11	
	100m: 1:30.00 45.91	300m: 4:33.82 46.06	500m: 7:35.54 45.91	700m: 10:36.60 45.62	
	150m: 2:15.25 45.25	350m: 5:19.09 45.27	550m: 8:20.96 45.42	750m: 11:21.46 44.86	
	200m: 3:01.45 46.20	400m: 6:04.93 45.84	600m: 9:05.87 44.91	800m: 12:03.91 42.45	
35.	Madalena Costa Almeida	11	Alges	<b>12:06.97</b>	283
	50m: 43.49 43.49	250m: 3:46.12 46.30	450m: 6:51.77 46.09	650m: 9:56.17 46.21	
	100m: 1:28.63 45.14	300m: 4:32.52 46.40	500m: 7:37.49 45.72	700m: 10:41.30 45.13	
	150m: 2:14.11 45.48	350m: 5:19.17 46.65	550m: 8:24.21 46.72	750m: 11:25.32 44.02	
	200m: 2:59.82 45.71	400m: 6:05.68 46.51	600m: 9:09.96 45.75	800m: 12:06.97 41.65	
36.	Carolina Pinto Fonseca	11	Fisica Torres Vedras	<b>12:08.08</b>	281
	50m: 42.26 42.26	250m: 3:40.58 44.94	450m: 6:44.85 46.70	650m: 9:54.03 47.66	
	100m: 1:25.66 43.40	300m: 4:26.90 46.32	500m: 7:30.69 45.84	700m: 10:41.78 47.75	
	150m: 2:09.90 44.24	350m: 5:13.31 46.41	550m: 8:18.36 47.67	750m: 11:28.42 46.64	
	200m: 2:55.64 45.74	400m: 5:58.15 44.84	600m: 9:06.37 48.01	800m: 12:08.08 39.66	
37.	Ana Carolina Nogueira	12	Vikings	<b>12:10.02</b>	279
	50m: 42.02 42.02	250m: 3:45.30 46.39	450m: 6:49.96 46.57	650m: 9:57.54 47.31	
	100m: 1:28.05 46.03	300m: 4:30.88 45.58	500m: 7:36.93 46.97	700m: 10:43.65 46.11	
	150m: 2:13.81 45.76	350m: 5:17.44 46.56	550m: 8:22.71 45.78	750m: 11:29.26 45.61	
	200m: 2:58.91 45.10	400m: 6:03.39 45.95	600m: 9:10.23 47.52	800m: 12:10.02 40.76	
DNS	Maria Rendeiro Correia	11	Alges		
DNS	Francisca Cunha Monteiro	11	Benfica		
DNS	Vitoria Alves Penedo	11	Palmela Desporto		