

Prova 26  
21/07/2024 - 15:30

Femin., 400m Livres

Infantis B  
Resultados

Rec Nac Open	4:08.77	MARTINS, Francisca Soares	FOCA	Canet-en-Roussillon (FRA)	14/05/2023
Rec Nac INF B	4:43.70	SILVA, Alexandra Maria	FCP	Funchal	27/07/1979

Infantis B 50m: 5:25.80 - 25m: 5:19.41

Pontos: Rudolph Table 2023

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
1.	NUNES, Maria Ines	12	Sporting	<b>4:58.82</b>	+0,88	12,7
	50m: 34.39 34.39	150m: 1:49.13 38.25	250m: 3:06.31 38.73	350m: 4:22.62 37.79		
	100m: 1:10.88 36.49	200m: 2:27.58 38.45	300m: 3:44.83 38.52	400m: 4:58.82 36.20		
2.	BIBI, Matilde Casimiro	12	BUZIOS - Coruche	<b>5:03.54</b>	+0,89	11,5
	50m: 33.29 33.29	150m: 1:49.14 38.55	250m: 3:07.20 39.46	350m: 4:25.57 39.30		
	100m: 1:10.59 37.30	200m: 2:27.74 38.60	300m: 3:46.27 39.07	400m: 5:03.54 37.97		
3.	SIMOES, Maria Luis	12	Porto	<b>5:08.60</b>		10,3
	50m: 35.11 35.11	150m: 1:53.69 39.44	250m: 3:12.80 39.73	350m: 4:31.38 38.84		
	100m: 1:14.25 39.14	200m: 2:33.07 39.38	300m: 3:52.54 39.74	400m: 5:08.60 37.22		
4.	PEREIRA, Maria Clara	12	Porto	<b>5:08.97</b>	+0,88	10,2
	50m: 34.94 34.94	150m: 1:53.56 39.24	250m: 3:13.00 39.78	350m: 4:31.72 39.08		
	100m: 1:14.32 39.38	200m: 2:33.22 39.66	300m: 3:52.64 39.64	400m: 5:08.97 37.25		
5.	CUNHA, Alice Bezerra	12	Vilacondense	<b>5:09.19</b>	+0,78	10,2
	50m: 34.47 34.47	150m: 1:53.39 40.17	250m: 3:13.40 40.13	350m: 4:31.68 39.22		
	100m: 1:13.22 38.75	200m: 2:33.27 39.88	300m: 3:52.46 39.06	400m: 5:09.19 37.51		
6.	SOUSA, Leonor Simoes	12	Cnac	<b>5:10.34</b>	+0,85	9,9
	50m: 35.72 35.72	150m: 1:54.88 40.19	250m: 3:13.59 38.45	350m: 4:32.31 39.33		
	100m: 1:14.69 38.97	200m: 2:35.14 40.26	300m: 3:52.98 39.39	400m: 5:10.34 38.03		
7.	NOGUEIRA, Maria Luisa	12	Academica de Coimbra	<b>5:10.96</b>	+0,78	9,8
	50m: 35.05 35.05	150m: 1:53.02 39.68	250m: 3:13.64 40.34	350m: 4:33.40 39.67		
	100m: 1:13.34 38.29	200m: 2:33.30 40.28	300m: 3:53.73 40.09	400m: 5:10.96 37.56		
8.	ALVES, Leonor Cunha	12	Famalicao	<b>5:12.88</b>	+0,89	9,3
	50m: 33.68 33.68	150m: 1:52.81 40.41	250m: 3:14.66 41.53	350m: 4:35.01 40.49		
	100m: 1:12.40 38.72	200m: 2:33.13 40.32	300m: 3:54.52 39.86	400m: 5:12.88 37.87		
9.	GOMES, Leonor Matos	12	Aquatico Pacense	<b>5:13.31</b>	+0,95	9,2
	50m: 34.78 34.78	150m: 1:53.76 39.63	250m: 3:13.77 39.94	350m: 4:35.02 40.55		
	100m: 1:14.13 39.35	200m: 2:33.83 40.07	300m: 3:54.47 40.70	400m: 5:13.31 38.29		
10.	JESUS, Mariana Canarias	12	Lagoa Academico Clube	<b>5:14.92</b>	+0,76	8,8
	50m: 35.28 35.28	150m: 1:54.61 40.10	250m: 3:14.66 39.97	350m: 4:36.81 40.67		
	100m: 1:14.51 39.23	200m: 2:34.69 40.08	300m: 3:56.14 41.48	400m: 5:14.92 38.11		
11.	VALENTIM, Rita Gomes	12	Torres Novas	<b>5:15.33</b>	+0,73	8,7
	50m: 34.83 34.83	150m: 1:55.47 41.10	250m: 3:16.42 40.50	350m: 4:36.95 39.71		
	100m: 1:14.37 39.54	200m: 2:35.92 40.45	300m: 3:57.24 40.82	400m: 5:15.33 38.38		
12.	FERREIRA, Sofia Dias	12	Pdem	<b>5:15.80</b>	+0,92	8,6
	50m: 34.96 34.96	150m: 1:54.81 40.21	250m: 3:16.56 40.94	350m: 4:38.45 40.50		
	100m: 1:14.60 39.64	200m: 2:35.62 40.81	300m: 3:57.95 41.39	400m: 5:15.80 37.35		
13.	LOBO, Maria Leonor	12	Condeixa Aqua Clube	<b>5:18.78</b>	+0,88	7,9
	50m: 36.45 36.45	150m: 1:57.11 40.73	250m: 3:18.23 40.73	350m: 4:39.32 40.36		
	100m: 1:16.38 39.93	200m: 2:37.50 40.39	300m: 3:58.96 40.73	400m: 5:18.78 39.46		
14.	LOURA, Rita Maria	12	Clube de Natacao de Faro	<b>5:19.93</b>	+0,74	7,6
	50m: 35.76 35.76	150m: 1:56.62 41.11	250m: 3:19.00 41.24	350m: 4:40.87 40.37		
	100m: 1:15.51 39.75	200m: 2:37.76 41.14	300m: 4:00.50 41.50	400m: 5:19.93 39.06		

Prova 26, Femin., 400m Livres, Infantis B

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
15.	FERREIRA, Maria Olívia	12	Galitos / Bresimar	<b>5:20.02</b>	+0,94	7,6
	50m: 35.72 35.72	150m: 1:56.38 40.69	250m: 3:18.42 41.22	350m: 4:40.82 40.84	400m: 5:20.02 39.20	
	100m: 1:15.69 39.97	200m: 2:37.20 40.82	300m: 3:59.98 41.56			
16.	FERRO, Maria Franco	12	Clube Naval do Funchal	<b>5:21.82</b>	+0,80	7,1
	50m: 35.77 35.77	150m: 1:57.51 41.14	250m: 3:20.48 41.54	350m: 4:43.03 40.58	400m: 5:21.82 38.79	
	100m: 1:16.37 40.60	200m: 2:38.94 41.43	300m: 4:02.45 41.97			
17.	FONTINHA, Constanca Sousa	12	O Crasto	<b>5:21.84</b>	+0,91	7,1
	50m: 37.60 37.60	150m: 2:01.00 41.79	250m: 3:23.58 40.50	350m: 4:44.39 40.22	400m: 5:21.84 37.45	
	100m: 1:19.21 41.61	200m: 2:43.08 42.08	300m: 4:04.17 40.59			
18.	SANTOS, Camila Ganito	12	Galitos / Bresimar	<b>5:21.86</b>	+0,88	7,1
	50m: 36.38 36.38	150m: 1:56.73 40.73	250m: 3:19.65 41.43	350m: 4:42.35 41.29	400m: 5:21.86 39.51	
	100m: 1:16.00 39.62	200m: 2:38.22 41.49	300m: 4:01.06 41.41			
19.	MONTEIRO, Sofia Apalyonova	12	Cn Vagos	<b>5:22.86</b>	+0,78	6,9
	50m: 37.06 37.06	150m: 1:59.05 41.22	250m: 3:23.21 42.08	350m: 4:45.59 41.25	400m: 5:22.86 37.27	
	100m: 1:17.83 40.77	200m: 2:41.13 42.08	300m: 4:04.34 41.13			
20.	DOMINGUES, Maria Pereira	12	Leixoes Sport Clube	<b>5:23.93</b>	+0,92	6,6
	50m: 37.04 37.04	150m: 1:59.79 41.75	250m: 3:23.51 41.58	350m: 4:43.86 40.03	400m: 5:23.93 40.07	
	100m: 1:18.04 41.00	200m: 2:41.93 42.14	300m: 4:03.83 40.32			
21.	GUERRA, Matilde Pires	12	Adrcimm	<b>5:24.14</b>	+0,87	6,6
	50m: 36.11 36.11	150m: 1:58.44 41.88	250m: 3:21.25 42.07	350m: 4:44.18 41.04	400m: 5:24.14 39.96	
	100m: 1:16.56 40.45	200m: 2:39.18 40.74	300m: 4:03.14 41.89			
22.	GOMES, Laura Daniela	12	Foca Quinta da Lixa CNF	<b>5:24.65</b>	+0,90	6,5
	50m: 36.37 36.37	150m: 1:58.21 41.12	250m: 3:21.90 41.98	350m: 4:44.84 41.54	400m: 5:24.65 39.81	
	100m: 1:17.09 40.72	200m: 2:39.92 41.71	300m: 4:03.30 41.40			
23.	BASTOS, Margarida Costa	12	Porto	<b>5:24.83</b>	+0,82	6,4
	50m: 36.10 36.10	150m: 1:58.75 41.96	250m: 3:21.68 41.84	350m: 4:44.98 41.97	400m: 5:24.83 39.85	
	100m: 1:16.79 40.69	200m: 2:39.84 41.09	300m: 4:03.01 41.33			
24.	ANTUNES, Maria Ines	12	Benfica	<b>5:25.67</b>	+0,80	6,2
	50m: 37.68 37.68	150m: 2:01.56 42.50	250m: 3:25.42 41.92	350m: 4:46.64 39.43	400m: 5:25.67 39.03	
	100m: 1:19.06 41.38	200m: 2:43.50 41.94	300m: 4:07.21 41.79			
25.	CARVALHO, Isabella Andrea	12	Adrcimm	<b>5:25.96</b>	+0,97	6,1
	<i>FTL</i>					
	50m: 37.54 37.54	150m: 2:00.63 41.67	250m: 3:23.97 41.36	350m: 4:46.50 41.41	400m: 5:25.96 39.46	
	100m: 1:18.96 41.42	200m: 2:42.61 41.98	300m: 4:05.09 41.12			
26.	SAMPAIO, Clarisse Pereira	12	Foca Quinta da Lixa CNF	<b>5:26.21</b>	+0,83	6,1
	<i>FTL</i>					
	50m: 35.96 35.96	150m: 1:56.33 40.56	250m: 3:21.19 42.21	350m: 4:44.92 41.78	400m: 5:26.21 41.29	
	100m: 1:15.77 39.81	200m: 2:38.98 42.65	300m: 4:03.14 41.95			
27.	SARAIVA, Emiliania Arruda	12	Vieirense	<b>5:26.88</b>	+0,88	5,9
	<i>FTL</i>					
	50m: 35.46 35.46	150m: 2:00.01 43.75	250m: 3:25.60 43.42	350m: 4:48.83 41.64	400m: 5:26.88 38.05	
	100m: 1:16.26 40.80	200m: 2:42.18 42.17	300m: 4:07.19 41.59			
28.	BORRALHO, Bruna Filipa	12	Lagoa Academico Clube	<b>5:27.22</b>	+0,99	5,8
	<i>FTL</i>					
	50m: 36.87 36.87	150m: 2:00.70 42.51	250m: 3:23.61 40.77	350m: 4:47.85 42.04	400m: 5:27.22 39.37	
	100m: 1:18.19 41.32	200m: 2:42.84 42.14	300m: 4:05.81 42.20			

Prova 26, Femin., 400m Livres, Infantis B

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
29.	PEREIRA, Carlota Velada <i>FTL</i>	12	Sporting	<b>5:27.92</b>	+0,95	5,7
	50m: 36.91 36.91	150m: 2:00.03 41.98	250m: 3:24.60 42.25	350m: 4:47.90 41.26		
	100m: 1:18.05 41.14	200m: 2:42.35 42.32	300m: 4:06.64 42.04	400m: 5:27.92 40.02		
30.	MONJARDINO, Maria Ines <i>FTL</i>	12	Adrcimm	<b>5:27.99</b>	+0,89	5,7
	50m: 37.12 37.12	150m: 1:59.88 41.92	250m: 3:23.89 41.75	350m: 4:47.68 42.56		
	100m: 1:17.96 40.84	200m: 2:42.14 42.26	300m: 4:05.12 41.23	400m: 5:27.99 40.31		
31.	CORTES, Carolina Torres <i>FTL</i>	12	Braga	<b>5:28.09</b>	+0,90	5,6
	50m: 36.73 36.73	150m: 1:59.42 42.06	250m: 3:24.38 42.61	350m: 4:49.38 42.53		
	100m: 1:17.36 40.63	200m: 2:41.77 42.35	300m: 4:06.85 42.47	400m: 5:28.09 38.71		
32.	ESPINHEIRA, Karen Gilova <i>FTL</i>	12	Porto	<b>5:28.37</b>	+0,82	5,6
	50m: 36.85 36.85	150m: 2:00.13 42.24	250m: 3:23.65 41.60	350m: 4:47.46 41.37		
	100m: 1:17.89 41.04	200m: 2:42.05 41.92	300m: 4:06.09 42.44	400m: 5:28.37 40.91		
33.	BEXIGAS, Jade Duarte <i>FTL</i>	12	Gesloures	<b>5:30.65</b>	+0,88	5,0
	50m: 37.70 37.70	150m: 2:02.11 42.35	250m: 3:26.82 42.56	350m: 4:51.00 41.50		
	100m: 1:19.76 42.06	200m: 2:44.26 42.15	300m: 4:09.50 42.68	400m: 5:30.65 39.65		
34.	DIAS, Filipa Carneiro <i>FTL</i>	12	Academico Viseu Futebol Clube	<b>5:31.20</b>	+0,99	4,9
	50m: 38.27 38.27	150m: 2:03.28 43.16	250m: 3:27.38 42.51	350m: 4:51.27 41.12		
	100m: 1:20.12 41.85	200m: 2:44.87 41.59	300m: 4:10.15 42.77	400m: 5:31.20 39.93		
35.	PIMENTA, Ana Carolina <i>FTL</i>	12	Galitos / Bresimar	<b>5:32.00</b>	+0,86	4,7
	50m: 37.41 37.41	150m: 2:01.60 43.00	250m: 3:26.72 43.29	350m: 4:52.18 42.72		
	100m: 1:18.60 41.19	200m: 2:43.43 41.83	300m: 4:09.46 42.74	400m: 5:32.00 39.82		
36.	SERRA, Laura Flores <i>FTL</i>	12	Vikings Sports Club	<b>5:32.08</b>	+0,93	4,7
	50m: 37.37 37.37	150m: 2:01.17 42.26	250m: 3:24.46 41.13	350m: 4:50.10 43.14		
	100m: 1:18.91 41.54	200m: 2:43.33 42.16	300m: 4:06.96 42.50	400m: 5:32.08 41.98		
37.	BERNARDINO, Mafalda Varela <i>FTL</i>	12	Alcobaca	<b>5:32.09</b>	+0,85	4,7
	50m: 37.93 37.93	150m: 2:02.30 42.91	250m: 3:27.26 42.81	350m: 4:51.84 42.60		
	100m: 1:19.39 41.46	200m: 2:44.45 42.15	300m: 4:09.24 41.98	400m: 5:32.09 40.25		
38.	PORTELA, Matilde Neves <i>FTL</i>	12	Colegio Efanor	<b>5:32.57</b>	+0,90	4,5
	50m: 37.63 37.63	150m: 2:02.43 42.31	250m: 3:28.04 42.35	350m: 4:53.44 41.58		
	100m: 1:20.12 42.49	200m: 2:45.69 43.26	300m: 4:11.86 43.82	400m: 5:32.57 39.13		
39.	MAGALHAES, Telma Filipa <i>FTL</i>	12	Fisica Torres Vedras	<b>5:33.31</b>	+0,83	4,4
	50m: 37.43 37.43	150m: 2:01.38 42.39	250m: 3:27.51 43.03	350m: 4:52.97 42.70		
	100m: 1:18.99 41.56	200m: 2:44.48 43.10	300m: 4:10.27 42.76	400m: 5:33.31 40.34		

Prova 26, Femin., 400m Livres, Infantis B

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
40.	BARATA, Margarida Afonso <i>FTL</i>	12	Adrcimm	<b>5:33.80</b>	+0,88	4,3
	50m: 38.47 38.47	150m: 2:02.31 41.66	250m: 3:27.35 42.46	350m: 4:52.57 41.44		
	100m: 1:20.65 42.18	200m: 2:44.89 42.58	300m: 4:11.13 43.78	400m: 5:33.80 41.23		
41.	RIBEIRO, Ines Gomes <i>FTL</i>	12	Famalicao	<b>5:34.10</b>	+0,92	4,2
	50m: 37.08 37.08	150m: 2:02.63 42.94	250m: 3:29.24 42.91	350m: 4:53.56 41.44		
	100m: 1:19.69 42.61	200m: 2:46.33 43.70	300m: 4:12.12 42.88	400m: 5:34.10 40.54		
42.	MORAIS, Margarida Sofia <i>FTL</i>	12	Pdem	<b>5:35.08</b>	+0,85	3,9
	50m: 36.56 36.56	150m: 2:00.00 43.03	250m: 3:26.66 43.52	350m: 4:52.80 42.97		
	100m: 1:16.97 40.41	200m: 2:43.14 43.14	300m: 4:09.83 43.17	400m: 5:35.08 42.28		
43.	PEDRO, Ines Moreira <i>FTL</i>	12	Benfica	<b>5:35.13</b>	+0,99	3,9
	50m: 37.23 37.23	150m: 2:02.63 43.05	250m: 3:29.07 43.14	350m: 4:55.12 42.78		
	100m: 1:19.58 42.35	200m: 2:45.93 43.30	300m: 4:12.34 43.27	400m: 5:35.13 40.01		
44.	FERNANDES, Matilde Soares <i>FTL</i>	12	Academico Viseu Futebol Clube	<b>5:35.28</b>	+0,98	3,9
	50m: 39.68 39.68	150m: 2:05.40 42.53	250m: 3:31.38 42.82	350m: 4:55.56 42.28		
	100m: 1:22.87 43.19	200m: 2:48.56 43.16	300m: 4:13.28 41.90	400m: 5:35.28 39.72		
45.	LOPES, Matilde Martins <i>FTL</i>	12	Vilacondense	<b>5:35.38</b>	+0,97	3,9
	50m: 37.18 37.18	150m: 2:02.46 43.21	250m: 3:30.26 43.99	350m: 4:55.30 41.62		
	100m: 1:19.25 42.07	200m: 2:46.27 43.81	300m: 4:13.68 43.42	400m: 5:35.38 40.08		
46.	MARQUES, Eva Valente <i>FTL</i>	12	Sporting Clube de Aveiro	<b>5:35.77</b>	+0,91	3,8
	50m: 37.81 37.81	150m: 2:02.55 42.66	250m: 3:29.16 43.68	350m: 4:55.62 43.02		
	100m: 1:19.89 42.08	200m: 2:45.48 42.93	300m: 4:12.60 43.44	400m: 5:35.77 40.15		
47.	PINHEIRO, Julia Pinto <i>FTL</i>	12	Pimpoes/Cimai	<b>5:35.85</b>		3,8
	50m: 38.93 38.93	150m: 2:03.61 42.30	250m: 3:29.32 42.55	350m: 4:54.91 42.23		
	100m: 1:21.31 42.38	200m: 2:46.77 43.16	300m: 4:12.68 43.36	400m: 5:35.85 40.94		
48.	ROSA, Rita Maria <i>FTL</i>	12	BUZIOS - Coruche	<b>5:36.50</b>	+0,87	3,6
	50m: 37.64 37.64	150m: 2:02.98 43.37	250m: 3:31.43 44.14	350m: 4:58.36 42.99		
	100m: 1:19.61 41.97	200m: 2:47.29 44.31	300m: 4:15.37 43.94	400m: 5:36.50 38.14		
49.	MARTINS, Ines Pinto <i>FTL</i>	12	Pimpoes/Cimai	<b>5:36.86</b>	+0,94	3,5
	50m: 37.85 37.85	150m: 2:03.32 42.40	250m: 3:29.57 43.12	350m: 4:56.90 43.34		
	100m: 1:20.92 43.07	200m: 2:46.45 43.13	300m: 4:13.56 43.99	400m: 5:36.86 39.96		
50.	LOPES, Maria Miguel <i>FTL</i>	12	Academico Viseu Futebol Clube	<b>5:37.38</b>	+0,97	3,4
	50m: 38.60 38.60	150m: 2:05.31 42.82	250m: 3:31.63 43.23	350m: 4:57.57 42.77		
	100m: 1:22.49 43.89	200m: 2:48.40 43.09	300m: 4:14.80 43.17	400m: 5:37.38 39.81		

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Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
51.	MARIANO, Ines Alexandra <i>FTL</i>	12	Vikings Sports Club	<b>5:37.84</b>	+0,80	3,3
	50m: 38.31 38.31	150m: 2:02.35 41.99	250m: 3:28.31 43.58	350m: 4:55.68 43.55		
	100m: 1:20.36 42.05	200m: 2:44.73 42.38	300m: 4:12.13 43.82	400m: 5:37.84 42.16		
52.	REBELO, Mariana Vidal <i>FTL</i>	12	Galitos / Bresimar	<b>5:38.20</b>	+0,93	3,2
	50m: 37.25 37.25	150m: 2:02.56 43.90	250m: 3:31.77 45.15	350m: 4:58.74 43.89		
	100m: 1:18.66 41.41	200m: 2:46.62 44.06	300m: 4:14.85 43.08	400m: 5:38.20 39.46		
53.	NOBRE, Carolina Ribeiro <i>FTL</i>	12	Natacao de Valongo	<b>5:39.54</b>	+0,96	2,9
	50m: 38.05 38.05	150m: 2:03.04 42.88	250m: 3:30.04 44.06	350m: 4:57.63 44.01		
	100m: 1:20.16 42.11	200m: 2:45.98 42.94	300m: 4:13.62 43.58	400m: 5:39.54 41.91		
54.	SOUSA, Ines Teixeira <i>FTL</i>	12	Foca Quinta da Lixa CNF	<b>5:41.18</b>	+0,92	2,5
	50m: 36.81 36.81	150m: 2:03.17 43.51	250m: 3:31.18 43.27	350m: 4:59.05 43.20		
	100m: 1:19.66 42.85	200m: 2:47.91 44.74	300m: 4:15.85 44.67	400m: 5:41.18 42.13		
55.	MACHADO, Sarah Camila <i>FTL</i>	12	Clube Naval do Funchal	<b>5:41.46</b>		2,4
	50m: 39.59 39.59	150m: 2:06.68 44.23	250m: 3:34.67 44.29	350m: 5:02.14 44.02		
	100m: 1:22.45 42.86	200m: 2:50.38 43.70	300m: 4:18.12 43.45	400m: 5:41.46 39.32		
56.	FERREIRA, Leonor Ribeiro <i>FTL</i>	12	Columbofila Cantanhedense	<b>5:41.78</b>	+0,94	2,3
	50m: 38.68 38.68	150m: 2:05.33 43.34	250m: 3:32.86 43.81	350m: 5:00.42 43.03		
	100m: 1:21.99 43.31	200m: 2:49.05 43.72	300m: 4:17.39 44.53	400m: 5:41.78 41.36		
57.	LOPES, Marta Almeida <i>FTL</i>	12	Benfica	<b>5:41.79</b>	+0,95	2,3
	50m: 37.67 37.67	150m: 2:03.66 44.07	250m: 3:30.76 43.59	350m: 4:59.27 44.51		
	100m: 1:19.59 41.92	200m: 2:47.17 43.51	300m: 4:14.76 44.00	400m: 5:41.79 42.52		
58.	CARDOSO, Dania Pereira <i>FTL</i>	12	Aej	<b>5:42.79</b>	+0,99	2,1
	50m: 39.11 39.11	150m: 2:06.75 43.99	250m: 3:35.53 44.87	350m: 5:03.36 43.37		
	100m: 1:22.76 43.65	200m: 2:50.66 43.91	300m: 4:19.99 44.46	400m: 5:42.79 39.43		
59.	CUNHA, Sofia Lopes <i>FTL</i>	12	Porto	<b>5:42.91</b>	+0,99	2,1
	50m: 40.53 40.53	150m: 2:08.36 43.92	250m: 3:35.46 42.66	350m: 5:01.20 42.45		
	100m: 1:24.44 43.91	200m: 2:52.80 44.44	300m: 4:18.75 43.29	400m: 5:42.91 41.71		
60.	PEREIRA, Luna Francisco <i>FTL</i>	12	Nucleo de Pombal	<b>5:43.92</b>	+0,93	1,8
	50m: 38.39 38.39	150m: 2:05.37 43.87	250m: 3:34.26 45.10	350m: 5:02.81 44.07		
	100m: 1:21.50 43.11	200m: 2:49.16 43.79	300m: 4:18.74 44.48	400m: 5:43.92 41.11		
61.	FERRAZ, Luisa Barros <i>FTL</i>	12	Leixoes Sport Clube	<b>5:44.29</b>	+0,97	1,7
	50m: 38.26 38.26	150m: 2:05.46 43.99	250m: 3:34.33 44.16	350m: 5:02.57 43.78		
	100m: 1:21.47 43.21	200m: 2:50.17 44.71	300m: 4:18.79 44.46	400m: 5:44.29 41.72		

Prova 26, Femin., 400m Livres, Infantis B

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
62.	QUINTAL, Margarida Silva FTL	12	Juventude Atlantico Clube	<b>5:44.87</b>	+0,96	1,6
	50m: 39.60 39.60	150m: 2:08.53 45.13	250m: 3:37.10 44.23	350m: 5:04.20 43.82		
	100m: 1:23.40 43.80	200m: 2:52.87 44.34	300m: 4:20.38 43.28	400m: 5:44.87 40.67		
63.	HOMEM, Carolina Melo FTL	12	Sporting Clube de Aveiro	<b>5:45.48</b>	+0,84	1,4
	50m: 38.78 38.78	150m: 2:07.60 45.08	250m: 3:36.12 44.20	350m: 5:04.00 43.37		
	100m: 1:22.52 43.74	200m: 2:51.92 44.32	300m: 4:20.63 44.51	400m: 5:45.48 41.48		
64.	PEREIRA, Maria Ponte FTL	12	Braga	<b>5:46.02</b>	+0,99	1,3
	50m: 37.87 37.87	150m: 2:04.54 43.99	250m: 3:33.97 44.81	350m: 5:03.89 44.95		
	100m: 1:20.55 42.68	200m: 2:49.16 44.62	300m: 4:18.94 44.97	400m: 5:46.02 42.13		
65.	CORREIA, Margarida Paiva FTL	12	Miranda do Corvo	<b>5:47.88</b>	+0,80	
	50m: 39.14 39.14	150m: 2:05.68 43.92	250m: 3:35.29 44.79	350m: 5:03.95 43.93		
	100m: 1:21.76 42.62	200m: 2:50.50 44.82	300m: 4:20.02 44.73	400m: 5:47.88 43.93		
66.	RAIMUNDO, Maria Chenrim FTL	12	Fundacao Salesianos	<b>5:48.09</b>	+0,93	
	50m: 39.68 39.68	150m: 2:08.60 44.91	250m: 3:37.95 44.23	350m: 5:06.16 44.00		
	100m: 1:23.69 44.01	200m: 2:53.72 45.12	300m: 4:22.16 44.21	400m: 5:48.09 41.93		
67.	CRUZ, Matilde Lopes FTL	12	Adrcimm	<b>5:48.37</b>	+0,82	
	50m: 39.94 39.94	150m: 2:07.38 43.91	250m: 3:35.70 43.94	350m: 5:04.10 44.33		
	100m: 1:23.47 43.53	200m: 2:51.76 44.38	300m: 4:19.77 44.07	400m: 5:48.37 44.27		
68.	MONIZ, Maria Lin FTL	12	Clube Naval Setubalense	<b>5:48.89</b>	+0,88	
	50m: 38.26 38.26	150m: 2:08.47 45.40	250m: 3:37.10 44.09	350m: 5:06.56 44.64		
	100m: 1:23.07 44.81	200m: 2:53.01 44.54	300m: 4:21.92 44.82	400m: 5:48.89 42.33		
69.	ALMEIDA, Barbara Lopes FTL	12	Leixoes Sport Clube	<b>5:53.65</b>	+0,99	
	50m: 40.19 40.19	150m: 2:10.74 45.65	250m: 3:42.21 46.54	350m: 5:11.65 44.75		
	100m: 1:25.09 44.90	200m: 2:55.67 44.93	300m: 4:26.90 44.69	400m: 5:53.65 42.00		
70.	FELIX, Benedita Nunes FTL	12	Pimpoes/Cimai	<b>5:55.73</b>	+0,90	
	50m: 39.92 39.92	150m: 2:10.43 45.22	250m: 3:43.24 46.57	350m: 5:13.98 44.55		
	100m: 1:25.21 45.29	200m: 2:56.67 46.24	300m: 4:29.43 46.19	400m: 5:55.73 41.75		
71.	MADEIRA, Sara Marques FTL	12	Louletano / Loule Concelho	<b>5:56.42</b>	+0,86	
	50m: 38.99 38.99	150m: 2:08.92 46.11	250m: 3:42.07 47.36	350m: 5:12.82 45.29		
	100m: 1:22.81 43.82	200m: 2:54.71 45.79	300m: 4:27.53 45.46	400m: 5:56.42 43.60		
72.	NOGUEIRA, Matilde Ferreira FTL	12	Aej	<b>5:56.79</b>	+0,98	
	50m: 41.11 41.11	150m: 2:14.67 47.01	250m: 3:48.79 46.71	350m: 5:18.08 42.82		
	100m: 1:27.66 46.55	200m: 3:02.08 47.41	300m: 4:35.26 46.47	400m: 5:56.79 38.71		

Prova 26, Femin., 400m Livres, Infantis B

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
73.	JARDIM, Maria Velosa <i>FTL</i>	12	Clube Naval do Funchal	<b>5:59.20</b>	<b>+0,84</b>	
	50m: 39.52 39.52	150m: 2:07.00 44.68	250m: 3:39.72 47.17	350m: 5:13.96 47.80		
	100m: 1:22.32 42.80	200m: 2:52.55 45.55	300m: 4:26.16 46.44	400m: 5:59.20 45.24		
74.	SILVA, Maria Francisca <i>FTL</i>	12	Bombeiros de Ponta Delgada	<b>5:59.65</b>	<b>+0,76</b>	
	50m: 39.90 39.90	150m: 2:12.12 46.84	250m: 3:46.10 46.47	350m: 5:15.59 44.50		
	100m: 1:25.28 45.38	200m: 2:59.63 47.51	300m: 4:31.09 44.99	400m: 5:59.65 44.06		
75.	FERREIRA, Ariana Oliveira <i>FTL</i>	12	O Crasto	<b>6:00.43</b>	<b>+0,88</b>	
	50m: 40.76 40.76	150m: 2:13.58 47.05	250m: 3:47.51 47.02	350m: 5:17.59 43.26		
	100m: 1:26.53 45.77	200m: 3:00.49 46.91	300m: 4:34.33 46.82	400m: 6:00.43 42.84		
76.	COUTINHO, Beatriz Esteves <i>FTL</i>	12	Assoc. Desportiva de Fafe	<b>6:02.41</b>	<b>+0,77</b>	
	50m: 40.71 40.71	150m: 2:11.59 46.18	250m: 3:45.65 47.31	350m: 5:18.03 45.38		
	100m: 1:25.41 44.70	200m: 2:58.34 46.75	300m: 4:32.65 47.00	400m: 6:02.41 44.38		
77.	CARREIRA, Yara Alexandra <i>FTL</i>	12	Sporting	<b>6:05.74</b>	<b>+0,87</b>	
	50m: 37.53 37.53	150m: 2:05.18 45.22	250m: 3:41.50 48.40	350m: 5:18.61 47.90		
	100m: 1:19.96 42.43	200m: 2:53.10 47.92	300m: 4:30.71 49.21	400m: 6:05.74 47.13		
DSQ	MOURATO, Matilde Figueiredo	12	Gesloures			
	<i>102 - O(a) atleta não completou o percurso, desistiu aos 300 metros- SW 10.2</i>					
EXH	CROUS, Rylie Ann	12	Lagoa Academico Clube	<b>4:58.64</b>	<b>+0,74</b>	<b>12,7</b>
	50m: 33.90 33.90	150m: 1:48.44 38.25	250m: 3:05.90 38.70	350m: 4:22.20 37.56		
	100m: 1:10.19 36.29	200m: 2:27.20 38.76	300m: 3:44.64 38.74	400m: 4:58.64 36.44		
EXH	AVRAMESCU, Emma <i>FTL</i>	12	Nautico Marinha Grande	<b>5:33.38</b>	<b>+0,98</b>	<b>4,4</b>
	50m: 37.03 37.03	150m: 2:02.44 43.82	250m: 3:28.96 44.24	350m: 4:53.71 42.36		
	100m: 1:18.62 41.59	200m: 2:44.72 42.28	300m: 4:11.35 42.39	400m: 5:33.38 39.67		