

Prova 14  
22/12/2024 - 16:53

Femin., 400m Livres

12 - 13 anos  
Resultados

Pontos: FINA 2023

Lugar	Nome	Licen�a	Clube	Tempo Final	AQUA
<b>Infantis B</b>					
1.	Ines Esteves, CARVALHO	214490	Individual Norte de Portugal	<b>5:13.69</b>	400
	50m: 34.64 34.64	150m: 1:53.16 39.72	250m: 3:13.93 40.37	350m: 4:34.77	40.09
	100m: 1:13.44 38.80	200m: 2:33.56 40.40	300m: 3:54.68 40.75	400m: 5:13.69	38.92
2.	Ana Lia, TEIXEIRA	215545	Foca Quinta da Lixa CNF	<b>5:19.63</b>	378
	50m: 35.44 35.44	150m: 1:56.46 40.68	250m: 3:18.60 40.13	350m: 4:41.06	41.17
	100m: 1:15.78 40.34	200m: 2:38.47 42.01	300m: 3:59.89 41.29	400m: 5:19.63	38.57
3.	Daniela Lopes, MAGALHAES	215542	Nata�o Clube de Fafe	<b>5:24.18</b>	363
	50m: 35.44 35.44	150m: 1:56.10 40.62	250m: 3:18.42 41.37	350m: 4:42.72	41.32
	100m: 1:15.48 40.04	200m: 2:37.05 40.95	300m: 4:01.40 42.98	400m: 5:24.18	41.46
4.	Ines Correia, DUARTE	216257	Colegio Efanor	<b>5:31.70</b>	339
	50m: 36.74 36.74	150m: 2:00.33 42.47	250m: 3:26.17 43.07	350m: 4:51.30	42.35
	100m: 1:17.86 41.12	200m: 2:43.10 42.77	300m: 4:08.95 42.78	400m: 5:31.70	40.40
5.	Sara Soares, AZEVEDO	214761	Colegio Efanor	<b>5:32.16</b>	337
	50m: 38.46 38.46	150m: 2:03.15 42.96	250m: 3:27.60 42.16	350m: 4:51.85	41.60
	100m: 1:20.19 41.73	200m: 2:45.44 42.29	300m: 4:10.25 42.65	400m: 5:32.16	40.31
6.	Ana Beatriz, MOREIRA	214021	Lousada Sec. XXI	<b>5:39.76</b>	315
	50m: 38.11 38.11	150m: 2:04.05 44.01	250m: 3:32.88 44.21	350m: 5:00.29	43.03
	100m: 1:20.04 41.93	200m: 2:48.67 44.62	300m: 4:17.26 44.38	400m: 5:39.76	39.47
7.	Laura Margarida, GOMES	216849	Leix�es Sport Clube	<b>5:43.20</b>	306
	50m: 38.30 38.30	150m: 2:05.13 43.76	250m: 3:35.09 44.87	350m: 5:02.06	43.85
	100m: 1:21.37 43.07	200m: 2:50.22 45.09	300m: 4:18.21 43.12	400m: 5:43.20	41.14
8.	Margarida Sousa, CASAL	214022	Lousada Sec. XXI	<b>5:43.40</b>	305
	50m: 38.51 38.51	150m: 2:07.20 44.76	250m: 3:35.64 44.27	350m: 5:02.82	42.96
	100m: 1:22.44 43.93	200m: 2:51.37 44.17	300m: 4:19.86 44.22	400m: 5:43.40	40.58
9.	Matilde Cunha, GUIMARAES	215552	Nata�o Clube de Fafe	<b>5:45.98</b>	298
	50m: 38.21 38.21	150m: 2:06.57 45.06	250m: 3:36.29 44.45	350m: 5:05.17	43.64
	100m: 1:21.51 43.30	200m: 2:51.84 45.27	300m: 4:21.53 45.24	400m: 5:45.98	40.81
10.	Maria Leonor, BONFIM	217010	Vilacondense	<b>5:47.75</b>	294
	50m: 37.56 37.56	150m: 2:05.30 45.12	250m: 3:35.75 45.32	350m: 5:05.27	44.98
	100m: 1:20.18 42.62	200m: 2:50.43 45.13	300m: 4:20.29 44.54	400m: 5:47.75	42.48
11.	Joana Soares, CASTRO	215548	Nata�o Clube de Fafe	<b>5:48.27</b>	292
	50m: 38.15 38.15	150m: 2:07.59 45.90	250m: 3:36.09 45.02	350m: 5:07.12	45.34
	100m: 1:21.69 43.54	200m: 2:51.07 43.48	300m: 4:21.78 45.69	400m: 5:48.27	41.15
12.	Carolina Costa, OLIVEIRA	215388	Porto	<b>5:51.13</b>	285
	50m: 39.40 39.40	150m: 2:09.20 45.50	250m: 3:39.93 44.69	350m: 5:09.12	43.86
	100m: 1:23.70 44.30	200m: 2:55.24 46.04	300m: 4:25.26 45.33	400m: 5:51.13	42.01
13.	Salome Ferreira, PEREIRA	213867	Famali�o	<b>5:52.39</b>	282
	50m: 37.35 37.35	150m: 2:07.38 45.85	250m: 3:39.10 45.45	350m: 5:09.17	44.94
	100m: 1:21.53 44.18	200m: 2:53.65 46.27	300m: 4:24.23 45.13	400m: 5:52.39	43.22
14.	Margarida Peixoto, BRAGANCA	213808	Famali�o	<b>5:54.55</b>	277
	50m: 39.82 39.82	150m: 2:09.55 45.59	250m: 3:41.65 45.74	350m: 5:13.19	45.27
	100m: 1:23.96 44.14	200m: 2:55.91 46.36	300m: 4:27.92 46.27	400m: 5:54.55	41.36
15.	Ines Barbosa, AMORIM	213805	Famali�o	<b>5:54.61</b>	277
	50m: 41.01 41.01	150m: 2:10.02 45.10	250m: 3:40.28 45.01	350m: 5:10.82	45.03
	100m: 1:24.92 43.91	200m: 2:55.27 45.25	300m: 4:25.79 45.51	400m: 5:54.61	43.79
16.	Joana Margarida, SILVA	214362	Vilacondense	<b>5:54.90</b>	276
	50m: 38.84 38.84	150m: 2:08.86 46.10	250m: 3:41.04 46.04	350m: 5:12.53	45.82
	100m: 1:22.76 43.92	200m: 2:55.00 46.14	300m: 4:26.71 45.67	400m: 5:54.90	42.37
17.	Maria Miguel, BARROS	216248	Vilacondense	<b>5:55.57</b>	275
	50m: 38.71 38.71	150m: 2:08.37 46.37	250m: 3:40.86 46.06	350m: 5:11.96	45.51
	100m: 1:22.00 43.29	200m: 2:54.80 46.43	300m: 4:26.45 45.59	400m: 5:55.57	43.61
18.	Maria Alves, MARTINS	214320	Famali�o	<b>5:55.94</b>	274
	50m: 41.52 41.52	150m: 2:11.22 45.17	250m: 3:42.52 45.87	350m: 5:13.58	45.28
	100m: 1:26.05 44.53	200m: 2:56.65 45.43	300m: 4:28.30 45.78	400m: 5:55.94	42.36

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Prova 14, Femin., 400m Livres, Infantis B

Lugar	Nome	Licena	Clube	Tempo Final	AQUA
19.	Maria Ribeiro, OLIVEIRA	219886	Famalic�o	<b>5:56.15</b>	273
	50m: 42.07 42.07 150m: 2:13.32 45.79 250m: 3:44.24 45.38 350m: 5:14.08 44.70	200m: 2:58.86 45.54 300m: 4:29.38 45.14 400m: 5:56.15 42.07			
20.	Rita Oliveira, ARAUJO	213810	Famalic�o	<b>5:56.22</b>	273
	50m: 40.43 40.43 150m: 2:11.62 45.68 250m: 3:43.75 45.85 350m: 5:15.14 45.53	200m: 2:57.90 46.28 300m: 4:29.61 45.86 400m: 5:56.22 41.08			
21.	Maria Joao, OLIVEIRA	215547	Natao Clube de Fafe	<b>5:56.52</b>	273
	50m: 40.22 40.22 150m: 2:10.17 45.02 250m: 3:39.77 44.66 350m: 5:10.51 45.48	200m: 2:55.11 44.94 300m: 4:25.03 45.26 400m: 5:56.52 46.01			
22.	Maria Carolina, FERREIRA	216985	Colegio Efanor	<b>6:00.02</b>	265
	50m: 40.19 40.19 150m: 2:11.61 46.33 250m: 3:44.22 46.68 350m: 5:16.55 46.75	200m: 2:57.54 45.93 300m: 4:29.80 45.58 400m: 6:00.02 43.47			
23.	Maria Miranda, CANDEIAS	219891	Fluvial Portuense	<b>6:01.38</b>	262
	50m: 38.02 38.02 150m: 2:08.31 46.10 250m: 3:43.30 47.51 350m: 5:17.27 46.82	200m: 2:55.79 47.48 300m: 4:30.45 47.15 400m: 6:01.38 44.11			
24.	Erica Beatriz, TEIXEIRA	215947	Aquatico Pacense	<b>6:03.82</b>	256
	50m: 40.04 40.04 150m: 2:13.42 47.76 250m: 3:47.86 47.65 350m: 5:21.67 46.14	200m: 3:00.21 46.79 300m: 4:35.53 47.67 400m: 6:03.82 42.15			
25.	Miriam Neto, MARTINS	213882	Propaganda da Natao	<b>6:05.05</b>	254
	50m: 40.02 40.02 150m: 2:12.29 46.70 250m: 3:47.17 46.78 350m: 5:20.77 46.30	200m: 3:00.39 48.10 300m: 4:34.47 47.30 400m: 6:05.05 44.28			
26.	Beatriz Afonso, NUNES	215418	Foca Quinta da Lixa CNF	<b>6:05.35</b>	253
	50m: 42.04 42.04 150m: 2:16.07 47.49 250m: 3:47.82 45.89 350m: 5:20.42 46.43	200m: 3:01.93 45.86 300m: 4:33.99 46.17 400m: 6:05.35 44.93			
27.	Catarina Sofia, CORDEIRO	216797	Aquatico Pacense	<b>6:05.58</b>	253
	50m: 42.36 42.36 150m: 2:15.27 46.69 250m: 3:48.52 46.58 350m: 5:21.93 46.70	200m: 3:01.94 46.67 300m: 4:35.23 46.71 400m: 6:05.58 43.65			
28.	Matilde Neves, SA	213809	Famalic�o	<b>6:08.39</b>	247
	50m: 40.70 40.70 150m: 2:15.62 47.32 250m: 3:50.04 47.10 350m: 5:24.12 46.66	200m: 3:02.94 47.32 300m: 4:37.46 47.42 400m: 6:08.39 44.27			
29.	Leonor Teixeira, SAMPAIO	215424	Foca Quinta da Lixa CNF	<b>6:08.64</b>	247
	50m: 40.36 40.36 150m: 2:11.79 46.54 250m: 3:46.79 47.43 350m: 5:23.31 48.84	200m: 2:59.36 47.57 300m: 4:34.47 47.68 400m: 6:08.64 45.33			
30.	Filipa Gomes, NETO	216189	Aquatico Pacense	<b>6:09.34</b>	245
	50m: 43.84 43.84 150m: 2:17.75 47.50 250m: 3:52.00 46.75 350m: 5:25.18 45.74	200m: 3:05.25 47.50 300m: 4:39.44 47.44 400m: 6:09.34 44.16			
31.	Matilde Sousa, MAGALHAES	215428	Foca Quinta da Lixa CNF	<b>6:09.80</b>	244
	50m: 42.43 42.43 150m: 2:16.34 46.98 250m: 3:50.12 46.69 350m: 5:24.34 47.84	200m: 3:03.43 47.09 300m: 4:36.50 46.38 400m: 6:09.80 45.46			
32.	Ana Luis, FERREIRA	214766	Colegio Efanor	<b>6:10.78</b>	242
	50m: 42.76 42.76 150m: 2:17.43 47.35 250m: 3:51.83 46.67 350m: 5:25.30 46.40	200m: 3:05.16 47.73 300m: 4:38.90 47.07 400m: 6:10.78 45.48			
33.	Leonor Vera-Cruz, FREITAS	220340	Vit�ria Sport Clube	<b>6:10.86</b>	242
	50m: 40.29 40.29 150m: 2:11.89 47.17 250m: 3:47.89 48.02 350m: 5:25.18 48.90	200m: 2:59.87 47.98 300m: 4:36.28 48.39 400m: 6:10.86 45.68			
34.	Maria Francisca, SILVA	216980	Colegio Efanor	<b>6:10.91</b>	242
	50m: 43.85 43.85 150m: 2:18.60 47.75 250m: 3:52.86 47.29 350m: 5:26.59 46.54	200m: 3:05.57 46.97 300m: 4:40.05 47.19 400m: 6:10.91 44.32			
35.	Lara Raquel, LOPES	218825	Foca Quinta da Lixa CNF	<b>6:15.32</b>	234
	50m: 41.44 41.44 150m: 2:16.55 48.42 250m: 3:53.83 48.46 350m: 5:29.84 47.18	200m: 3:05.37 48.82 300m: 4:42.66 48.83 400m: 6:15.32 45.48			
36.	Mafalda Rocha, MENDES	219606	Fluvial Portuense	<b>6:15.97</b>	232
	50m: 42.47 42.47 150m: 2:17.92 48.22 250m: 3:54.05 48.18 350m: 5:29.40 47.57	200m: 3:05.87 47.95 300m: 4:41.83 47.78 400m: 6:15.97 46.57			
37.	Vitoria Sofia, FERREIRA	213813	Famalic�o	<b>6:16.32</b>	232
	50m: 45.30 45.30 150m: 2:19.04 47.97 250m: 3:53.85 47.40 350m: 5:30.23 48.00	200m: 3:06.45 47.41 300m: 4:42.23 48.38 400m: 6:16.32 46.09			
38.	Luisa Borges, PORTELA	214359	Fluvial Portuense	<b>6:16.82</b>	231
	50m: 40.15 40.15 150m: 2:15.18 48.51 250m: 3:52.35 48.73 350m: 5:29.83 47.38	200m: 3:03.62 48.44 300m: 4:42.45 50.10 400m: 6:16.82 46.99			

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Prova 14, Femin., 400m Livres, Infantis B

Lugar	Nome	Licena	Clube	Tempo Final	AQUA
39.	Catarina Dias, NUNES	215945	Aquatico Pacense	<b>6:18.63</b>	227
	50m: 41.51 41.51	150m: 2:18.70 49.53	250m: 3:55.99 48.62	350m: 5:32.58	48.22
	100m: 1:29.17 47.66	200m: 3:07.37 48.67	300m: 4:44.36 48.37	400m: 6:18.63	46.05
40.	Maria Rosa, CARMO	221729	Clube Naval Povoense	<b>6:19.43</b>	226
	50m: 42.29 42.29	150m: 2:18.04 48.96	250m: 3:56.50 50.32	350m: 5:34.47	49.00
	100m: 1:29.08 46.79	200m: 3:06.18 48.14	300m: 4:45.47 48.97	400m: 6:19.43	44.96
41.	Victoria Filipe, GRILO	215279	Vilacondense	<b>6:20.19</b>	225
	50m: 44.31 44.31	150m: 2:21.60 48.00	250m: 4:01.05 49.29	350m: 5:35.42	47.68
	100m: 1:33.60 49.29	200m: 3:11.76 50.16	300m: 4:47.74 46.69	400m: 6:20.19	44.77
42.	Matilde Moreira, SILVA	219228	Nat�o Club de Fafe	<b>6:20.32</b>	224
	50m: 40.71 40.71	150m: 2:17.61 48.56	250m: 3:54.93 48.25	350m: 5:33.18	49.49
	100m: 1:29.05 48.34	200m: 3:06.68 49.07	300m: 4:43.69 48.76	400m: 6:20.32	47.14
43.	Ana Rita, MOREIRA	215943	Aquatico Pacense	<b>6:20.80</b>	224
	50m: 44.86 44.86	150m: 2:23.03 49.42	250m: 4:00.59 48.42	350m: 5:36.61	46.59
	100m: 1:33.61 48.75	200m: 3:12.17 49.14	300m: 4:50.02 49.43	400m: 6:20.80	44.19
44.	Catarina Galante, BERNARDO	214850	Vilacondense	<b>6:24.06</b>	218
	50m: 42.65 42.65	150m: 2:21.80 50.23	250m: 4:01.34 49.21	350m: 5:37.97	48.61
	100m: 1:31.57 48.92	200m: 3:12.13 50.33	300m: 4:49.36 48.02	400m: 6:24.06	46.09
45.	Beatriz Cunha, HENRIQUES	213939	Foca Quinta da Lixa CNF	<b>6:25.41</b>	216
	50m: 43.38 43.38	150m: 2:22.74 49.94	250m: 4:01.28 49.04	350m: 5:38.83	48.63
	100m: 1:32.80 49.42	200m: 3:12.24 49.50	300m: 4:50.20 48.92	400m: 6:25.41	46.58
46.	Aurea Maria, OLIVEIRA	213812	Famalio	<b>6:26.42</b>	214
	50m: 42.10 42.10	150m: 2:20.69 49.60	250m: 4:00.37 49.91	350m: 5:41.28	49.80
	100m: 1:31.09 48.99	200m: 3:10.46 49.77	300m: 4:51.48 51.11	400m: 6:26.42	45.14
47.	Beatriz Guedes, PAULO	219714	Lousada Sec. XXI	<b>6:26.54</b>	214
	50m: 44.46 44.46	150m: 2:24.55 50.64	250m: 4:04.70 49.80	350m: 5:43.40	49.11
	100m: 1:33.91 49.45	200m: 3:14.90 50.35	300m: 4:54.29 49.59	400m: 6:26.54	43.14
48.	Eva Pereira, GONCALVES	219217	Nat�o Club de Fafe	<b>6:31.97</b>	205
	50m: 41.65 41.65	150m: 2:19.22 49.98	250m: 4:00.69 51.15	350m: 5:43.00	51.06
	100m: 1:29.24 47.59	200m: 3:09.54 50.32	300m: 4:51.94 51.25	400m: 6:31.97	48.97
49.	Clara Monteiro, PINTO	214366	Vilacondense	<b>6:34.53</b>	201
	50m: 43.58 43.58	150m: 2:22.52 50.12	250m: 4:03.27 50.50	350m: 5:46.14	51.92
	100m: 1:32.40 48.82	200m: 3:12.77 50.25	300m: 4:54.22 50.95	400m: 6:34.53	48.39
50.	Maria Almeida, FERREIRA	215214	Natacao de Valongo	<b>6:38.50</b>	195
	50m: 42.13 42.13	150m: 2:22.44 50.82	250m: 4:06.60 52.12	350m: 5:50.85	51.50
	100m: 1:31.62 49.49	200m: 3:14.48 52.04	300m: 4:59.35 52.75	400m: 6:38.50	47.65
51.	Sofia Freitas, ARAUJO	217516	Fluvial Portuense	<b>6:41.77</b>	190
	50m: 46.02 46.02	150m: 2:26.49 50.15	250m: 4:08.28 51.17	350m: 5:51.62	51.29
	100m: 1:36.34 50.32	200m: 3:17.11 50.62	300m: 5:00.33 52.05	400m: 6:41.77	50.15
52.	Maria Francisca, FERREIRA	216986	Colegio Efanor	<b>6:46.47</b>	184
	50m: 45.41 45.41	150m: 2:26.12 50.75	250m: 4:09.48 51.38	350m: 5:55.19	52.53
	100m: 1:35.37 49.96	200m: 3:18.10 51.98	300m: 5:02.66 53.18	400m: 6:46.47	51.28
53.	Leonor Vilar, FERNANDES	213127	Natacao de Valongo	<b>6:48.37</b>	181
	50m: 45.93 45.93	150m: 2:27.71 52.09	250m: 4:13.43 52.96	350m: 5:59.32	52.62
	100m: 1:35.62 49.69	200m: 3:20.47 52.76	300m: 5:06.70 53.27	400m: 6:48.37	49.05
54.	Carolina Margarida, CUNHA	218982	Lousada Sec. XXI	<b>6:50.43</b>	178
	50m: 44.04 44.04	150m: 2:28.24 53.43	250m: 4:16.14 54.15	350m: 6:02.06	51.31
	100m: 1:34.81 50.77	200m: 3:21.99 53.75	300m: 5:10.75 54.61	400m: 6:50.43	48.37
55.	Maria Leonor, TEIXEIRA	219226	Nat�o Club de Fafe	<b>6:53.47</b>	175
	50m: 47.67 47.67	150m: 2:31.68 53.04	250m: 4:18.42 53.95	350m: 6:04.52	52.55
	100m: 1:38.64 50.97	200m: 3:24.47 52.79	300m: 5:11.97 53.55	400m: 6:53.47	48.95
56.	Gabriela Silva, RODRIGUES	216723	Vit�ria Sport Clube	<b>7:08.69</b>	157
	50m: 44.11 44.11	150m: 2:30.46 54.46	250m: 4:19.88 55.18	350m: 6:12.47	57.00
	100m: 1:36.00 51.89	200m: 3:24.70 54.24	300m: 5:15.47 55.59	400m: 7:08.69	56.22
57.	Mafalda Machado, SILVA	216858	Lousada Sec. XXI	<b>7:15.13</b>	150
	50m: 44.97 44.97	150m: 2:35.23 57.04	250m: 4:28.64 57.70	350m: 6:21.16	56.09
	100m: 1:38.19 53.22	200m: 3:30.94 55.71	300m: 5:25.07 56.43	400m: 7:15.13	53.97
58.	Margarida Carneiro, ROCHA	221944	Aquatico Pacense	<b>7:25.03</b>	140
	50m: 51.68 51.68	150m: 2:45.51 57.53	250m: 4:38.95 57.14	350m: 6:30.04	53.96
	100m: 1:47.98 56.30	200m: 3:41.81 56.30	300m: 5:36.08 57.13	400m: 7:25.03	54.99

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ORGANIZAO



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Prova 14, Femin., 400m Livres, Infantis B

Lugar	Nome	Licença	Clube	Tempo Final	AQUA
59.	Matilde Fernandes, RIBEIRO	217186	Nataç�o Clube de Fafe	<b>7:34.07</b>	132
	50m: 49.39 49.39	150m: 2:44.77 58.72	250m: 4:45.89 1:00.04	350m: 6:40.93	57.99
	100m: 1:46.05 56.66	200m: 3:45.85 1:01.08	300m: 5:42.94 57.05	400m: 7:34.07	53.14
60.	Iris Sofia, RIBEIRO	215423	Foca Quinta da Lixa CNF	<b>7:40.95</b>	126
	50m: 55.14 55.14	150m: 2:52.92 58.72	250m: 4:52.56 1:00.39	350m: 6:47.68	56.11
	100m: 1:54.20 59.06	200m: 3:52.17 59.25	300m: 5:51.57 59.01	400m: 7:40.95	53.27
61.	Matilde Almeida, MARTINS	224052	Propaganda da Nataç�o	<b>8:30.91</b>	92
	50m: 53.92 53.92	150m: 3:03.63 1:05.81	250m: 5:17.83 1:07.61	350m: 7:31.06	1:05.83
	100m: 1:57.82 1:03.90	200m: 4:10.22 1:06.59	300m: 6:25.23 1:07.40	400m: 8:30.91	59.85
WDR	Laura Jorge, ALVES	216844	Ginasio de Vila Real		
WDR	Vitoria Almeida, SARAIVA	220909	Ginasio de Vila Real		
WDR	Mariana Sofia, FREIRE	215767	Lousada Sec. XXI		
WDR	Francisca Machado, CASTRO	219133	Porto		

Infantis A

1.	Mar�a Luis, SIMOES	211707	Porto	<b>4:59.53</b>	460
	50m: 34.10 34.10	150m: 1:49.50 37.75	250m: 3:06.18 38.20	350m: 4:22.24	37.97
	100m: 1:11.75 37.65	200m: 2:27.98 38.48	300m: 3:44.27 38.09	400m: 4:59.53	37.29
2.	Leonor Cunha, ALVES	217136	Famalic�o	<b>4:59.61</b>	460
	50m: 34.27 34.27	150m: 1:48.72 38.13	250m: 3:06.19 38.36	350m: 4:24.01	38.76
	100m: 1:10.59 36.32	200m: 2:27.83 39.11	300m: 3:45.25 39.06	400m: 4:59.61	35.60
3.	Alice Bezerra, CUNHA	214367	Vilacondense	<b>5:00.81</b>	454
	50m: 33.95 33.95	150m: 1:50.88 38.62	250m: 3:08.03 38.30	350m: 4:24.68	38.11
	100m: 1:12.26 38.31	200m: 2:29.73 38.85	300m: 3:46.57 38.54	400m: 5:00.81	36.13
4.	Mar�a Clara, PEREIRA	214669	Porto	<b>5:07.81</b>	424
	50m: 34.85 34.85	150m: 1:52.52 39.39	250m: 3:11.31 38.93	350m: 4:29.64	38.80
	100m: 1:13.13 38.28	200m: 2:32.38 39.86	300m: 3:50.84 39.53	400m: 5:07.81	38.17
5.	Leonor Matos, GOMES	211680	Aquatico Pacense	<b>5:09.30</b>	418
	50m: 34.39 34.39	150m: 1:51.01 38.81	250m: 3:09.29 39.11	350m: 4:29.99	40.08
	100m: 1:12.20 37.81	200m: 2:30.18 39.17	300m: 3:49.91 40.62	400m: 5:09.30	39.31
6.	Mar�a Pereira, DOMINGUES	219722	Leix�es Sport Clube	<b>5:13.75</b>	400
	50m: 35.12 35.12	150m: 1:53.85 40.32	250m: 3:13.68 39.54	350m: 4:33.60	39.25
	100m: 1:13.53 38.41	200m: 2:34.14 40.29	300m: 3:54.35 40.67	400m: 5:13.75	40.15
7.	Laura Daniela, GOMES	211983	Foca Quinta da Lixa CNF	<b>5:16.37</b>	390
	50m: 34.98 34.98	150m: 1:53.78 40.03	250m: 3:14.90 40.80	350m: 4:37.11	40.57
	100m: 1:13.75 38.77	200m: 2:34.10 40.32	300m: 3:56.54 41.64	400m: 5:16.37	39.26
8.	Matilde Neves, PORTELA	215223	Colegio Efanor	<b>5:17.57</b>	386
	50m: 36.26 36.26	150m: 1:57.20 40.77	250m: 3:18.60 40.68	350m: 4:39.02	39.97
	100m: 1:16.43 40.17	200m: 2:37.92 40.72	300m: 3:59.05 40.45	400m: 5:17.57	38.55
9.	Karen Gilova, ESPINHEIRA	214671	Porto	<b>5:21.90</b>	370
	50m: 35.97 35.97	150m: 1:55.52 40.21	250m: 3:17.46 40.78	350m: 4:41.29	42.11
	100m: 1:15.31 39.34	200m: 2:36.68 41.16	300m: 3:59.18 41.72	400m: 5:21.90	40.61
10.	Clarisse Pereira, SAMPAIO	211982	Foca Quinta da Lixa CNF	<b>5:22.45</b>	369
	50m: 36.30 36.30	150m: 1:57.89 41.07	250m: 3:20.70 41.34	350m: 4:42.98	41.04
	100m: 1:16.82 40.52	200m: 2:39.36 41.47	300m: 4:01.94 41.24	400m: 5:22.45	39.47
11.	Carolina Bouhaddoune, ARAGAO	211990	Fluvial Portuense	<b>5:22.69</b>	368
	50m: 35.17 35.17	150m: 1:55.94 40.74	250m: 3:19.03 41.68	350m: 4:42.12	41.60
	100m: 1:15.20 40.03	200m: 2:37.35 41.41	300m: 4:00.52 41.49	400m: 5:22.69	40.57
12.	Ines Teixeira, SOUSA	214337	Foca Quinta da Lixa CNF	<b>5:23.72</b>	364
	50m: 37.10 37.10	150m: 1:59.50 41.73	250m: 3:22.67 41.28	350m: 4:44.59	40.39
	100m: 1:17.77 40.67	200m: 2:41.39 41.89	300m: 4:04.20 41.53	400m: 5:23.72	39.13
13.	Margarida Costa, BASTOS	212272	Porto	<b>5:24.10</b>	363
	50m: 35.91 35.91	150m: 1:57.72 41.42	250m: 3:20.97 41.52	350m: 4:44.11	41.44
	100m: 1:16.30 40.39	200m: 2:39.45 41.73	300m: 4:02.67 41.70	400m: 5:24.10	39.99
14.	Carolina Ribeiro, NOBRE	210919	Natacao de Valongo	<b>5:26.22</b>	356
	50m: 36.38 36.38	150m: 1:58.58 41.22	250m: 3:22.01 42.36	350m: 4:46.47	42.31
	100m: 1:17.36 40.98	200m: 2:39.65 41.07	300m: 4:04.16 42.15	400m: 5:26.22	39.75
15.	Barbara Lopes, ALMEIDA	217775	Leix�es Sport Clube	<b>5:31.12</b>	340
	50m: 37.16 37.16	150m: 2:01.85 43.01	250m: 3:28.16 43.31	350m: 4:52.11	41.67
	100m: 1:18.84 41.68	200m: 2:44.85 43.00	300m: 4:10.44 42.28	400m: 5:31.12	39.01

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Prova 14, Femin., 400m Livres, Infantis A

Lugar	Nome	Licena	Clube	Tempo Final	AQUA
16.	Sofia Alexandra, FERREIRA	216252	Natacao da Maia	<b>5:32.12</b>	337
	50m: 37.69 37.69	150m: 2:03.26 43.22	250m: 3:28.34 42.58	350m: 4:52.45	41.88
	100m: 1:20.04 42.35	200m: 2:45.76 42.50	300m: 4:10.57 42.23	400m: 5:32.12	39.67
17.	Gabriela Silva, GODINHO	212087	CLIP Teams	<b>5:32.56</b>	336
	50m: 36.60 36.60	150m: 2:00.06 43.00	250m: 3:26.74 43.13	350m: 4:52.38	42.12
	100m: 1:17.06 40.46	200m: 2:43.61 43.55	300m: 4:10.26 43.52	400m: 5:32.56	40.18
18.	Leonor Santos, VILELA	215443	Leix�es Sport Clube	<b>5:32.88</b>	335
	50m: 38.08 38.08	150m: 2:01.63 42.14	250m: 3:27.20 42.32	350m: 4:51.88	41.49
	100m: 1:19.49 41.41	200m: 2:44.88 43.25	300m: 4:10.39 43.19	400m: 5:32.88	41.00
19.	Luisa Barros, FERRAZ	215442	Leix�es Sport Clube	<b>5:33.06</b>	334
	50m: 37.10 37.10	150m: 2:01.23 42.59	250m: 3:26.66 42.78	350m: 4:51.72	42.32
	100m: 1:18.64 41.54	200m: 2:43.88 42.65	300m: 4:09.40 42.74	400m: 5:33.06	41.34
20.	Ines Gomes, RIBEIRO	211664	Famalio	<b>5:36.12</b>	325
	50m: 36.81 36.81	150m: 2:00.50 42.70	250m: 3:28.22 43.98	350m: 4:52.71	41.58
	100m: 1:17.80 40.99	200m: 2:44.24 43.74	300m: 4:11.13 42.91	400m: 5:36.12	43.41
21.	Matilde Magalhaes, SILVA	214643	Clube Naval Povoense	<b>5:41.59</b>	310
	50m: 38.36 38.36	150m: 2:03.78 43.51	250m: 3:32.72 44.39	350m: 5:00.12	43.42
	100m: 1:20.27 41.91	200m: 2:48.33 44.55	300m: 4:16.70 43.98	400m: 5:41.59	41.47
22.	Beatriz Esteves, COUTINHO	214237	Natao Clube de Fafe	<b>5:41.90</b>	309
	50m: 37.98 37.98	150m: 2:03.34 43.66	250m: 3:31.77 44.50	350m: 4:59.78	44.54
	100m: 1:19.68 41.70	200m: 2:47.27 43.93	300m: 4:15.24 43.47	400m: 5:41.90	42.12
23.	Bruna Almeida, COSTA	217129	Vilacondense	<b>5:41.94</b>	309
	50m: 36.51 36.51	150m: 2:02.89 43.88	250m: 3:31.57 44.79	350m: 4:59.71	43.91
	100m: 1:19.01 42.50	200m: 2:46.78 43.89	300m: 4:15.80 44.23	400m: 5:41.94	42.23
24.	Raquel Pedro, SANTOS	213718	Natacao da Maia	<b>5:43.28</b>	305
	50m: 36.47 36.47	150m: 2:01.72 43.82	250m: 3:31.49 44.59	350m: 5:00.93	44.01
	100m: 1:17.90 41.43	200m: 2:46.90 45.18	300m: 4:16.92 45.43	400m: 5:43.28	42.35
25.	Maria Beatriz, MARTINS	217007	Clube Naval Povoense	<b>5:43.41</b>	305
	50m: 38.43 38.43	150m: 2:05.04 43.74	250m: 3:34.21 45.08	350m: 5:02.65	43.66
	100m: 1:21.30 42.87	200m: 2:49.13 44.09	300m: 4:18.99 44.78	400m: 5:43.41	40.76
26.	Maria Ines, PINTO	211996	Lousada Sec. XXI	<b>5:45.11</b>	301
	50m: 38.63 38.63	150m: 2:07.14 44.76	250m: 3:37.24 44.89	350m: 5:05.21	43.50
	100m: 1:22.38 43.75	200m: 2:52.35 45.21	300m: 4:21.71 44.47	400m: 5:45.11	39.90
27.	Carolina Santos, VAZ	217307	Vilacondense	<b>5:45.46</b>	300
	50m: 39.74 39.74	150m: 2:06.07 43.59	250m: 3:35.08 44.76	350m: 5:04.69	44.78
	100m: 1:22.48 42.74	200m: 2:50.32 44.25	300m: 4:19.91 44.83	400m: 5:45.46	40.77
28.	Linda Ines, RIBEIRO	222878	Natacao da Maia	<b>5:47.27</b>	295
	50m: 40.44 40.44	150m: 2:09.70 44.88	250m: 3:40.84 46.33	350m: 5:08.37	42.34
	100m: 1:24.82 44.38	200m: 2:54.51 44.81	300m: 4:26.03 45.19	400m: 5:47.27	38.90
29.	Matilde Martins, LOPES	215153	Vilacondense	<b>5:50.56</b>	287
	50m: 37.43 37.43	150m: 2:03.91 44.22	250m: 3:34.17 44.50	350m: 5:05.79	46.21
	100m: 1:19.69 42.26	200m: 2:49.67 45.76	300m: 4:19.58 45.41	400m: 5:50.56	44.77
30.	Matilde Moreira, NOGUEIRA	217115	Natacao de Valongo	<b>5:55.62</b>	275
	50m: 41.22 41.22	150m: 2:12.68 45.56	250m: 3:42.69 45.69	350m: 5:12.53	43.76
	100m: 1:27.12 45.90	200m: 2:57.00 44.32	300m: 4:28.77 46.08	400m: 5:55.62	43.09
31.	Mariana Silva, FERREIRA	217114	Natacao de Valongo	<b>5:56.79</b>	272
	50m: 38.89 38.89	150m: 2:08.72 45.42	250m: 3:41.20 46.20	350m: 5:13.11	44.23
	100m: 1:23.30 44.41	200m: 2:55.00 46.28	300m: 4:28.88 47.68	400m: 5:56.79	43.68
32.	Madalena Moura, SOUSA	215235	Fluvial Portuense	<b>5:57.48</b>	270
	50m: 40.07 40.07	150m: 2:09.71 45.34	250m: 3:41.38 46.03	350m: 5:13.09	45.87
	100m: 1:24.37 44.30	200m: 2:55.35 45.64	300m: 4:27.22 45.84	400m: 5:57.48	44.39
33.	Lara Duarte, FONTOURA	211693	Natacao da Maia	<b>6:01.34</b>	262
	50m: 41.40 41.40	150m: 2:14.68 46.83	250m: 3:46.32 45.42	350m: 5:17.99	45.69
	100m: 1:27.85 46.45	200m: 3:00.90 46.22	300m: 4:32.30 45.98	400m: 6:01.34	43.35
34.	Leonor Pereira, BRAZ	214303	CLIP Teams	<b>6:01.95</b>	260
	50m: 41.37 41.37	150m: 2:13.62 46.60	250m: 3:46.65 46.26	350m: 5:18.70	45.87
	100m: 1:27.02 45.65	200m: 3:00.39 46.77	300m: 4:32.83 46.18	400m: 6:01.95	43.25
35.	Carolina Almeida, LAMOSA	219597	Vilacondense	<b>6:02.26</b>	260
	50m: 40.83 40.83	150m: 2:12.03 45.99	250m: 3:45.97 46.92	350m: 5:19.48	46.69
	100m: 1:26.04 45.21	200m: 2:59.05 47.02	300m: 4:32.79 46.82	400m: 6:02.26	42.78

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Prova 14, Femin., 400m Livres, Infantis A

Lugar	Nome	Licena	Clube	Tempo Final	AQUA
36.	Mariana Sousa, MONTEIRO	219621	Penafiel	<b>6:06.62</b>	251
	50m: 41.06 41.06	150m: 2:13.13 46.97	250m: 3:47.15 46.72	350m: 5:20.27 46.98	46.49
	100m: 1:26.16 45.10	200m: 3:00.43 47.30	300m: 4:33.78 46.63	400m: 6:06.62 46.35	46.35
37.	Sofia Goncalves, ANTUNES	215543	Fafe	<b>6:07.30</b>	249
	50m: 40.35 40.35	150m: 2:13.69 47.57	250m: 3:48.72 47.41	350m: 5:23.17 46.98	46.98
	100m: 1:26.12 45.77	200m: 3:01.31 47.62	300m: 4:36.19 47.47	400m: 6:07.30 44.13	44.13
38.	Sofia Almeida, OLIVEIRA	218301	Fluvial Portuense	<b>6:18.51</b>	228
	50m: 41.35 41.35	150m: 2:17.26 48.44	250m: 3:54.13 48.79	350m: 5:31.33 47.81	47.81
	100m: 1:28.82 47.47	200m: 3:05.34 48.08	300m: 4:43.52 49.39	400m: 6:18.51 47.18	47.18
39.	Rita Silva, FERREIRA	217116	Natacao de Valongo	<b>6:20.14</b>	225
	50m: 42.73 42.73	150m: 2:19.99 48.80	250m: 3:58.43 48.47	350m: 5:34.67 47.18	47.18
	100m: 1:31.19 48.46	200m: 3:09.96 49.97	300m: 4:47.49 49.06	400m: 6:20.14 45.47	45.47
40.	Lara Freitas, MOREIRA	213126	Natacao de Valongo	<b>6:21.48</b>	222
	50m: 42.30 42.30	150m: 2:20.41 49.85	250m: 3:58.39 49.53	350m: 5:35.05 47.29	47.29
	100m: 1:30.56 48.26	200m: 3:08.86 48.45	300m: 4:47.76 49.37	400m: 6:21.48 46.43	46.43
41.	Bianca Valente, NOGUEIRA	217301	Penafiel	<b>6:23.48</b>	219
	50m: 42.97 42.97	150m: 2:21.61 50.00	250m: 4:01.76 50.78	350m: 5:42.27 49.86	49.86
	100m: 1:31.61 48.64	200m: 3:10.98 49.37	300m: 4:52.41 50.65	400m: 6:23.48 41.21	41.21
42.	Ariana Fernandes, COSTA	222559	Vit�ria Sport Clube	<b>6:33.84</b>	202
	50m: 41.55 41.55	150m: 2:20.31 50.49	250m: 4:02.32 51.17	350m: 5:44.24 50.65	50.65
	100m: 1:29.82 48.27	200m: 3:11.15 50.84	300m: 4:53.59 51.27	400m: 6:33.84 49.60	49.60
43.	Mafalda Pereira, LEITAO	219225	Natao Clube de Fafe	<b>6:33.91</b>	202
	50m: 42.63 42.63	150m: 2:21.68 50.41	250m: 4:03.71 50.99	350m: 5:46.31 50.77	50.77
	100m: 1:31.27 48.64	200m: 3:12.72 51.04	300m: 4:55.54 51.83	400m: 6:33.91 47.60	47.60
44.	Margarida Batista, MONTEIRO	221450	Vit�ria Sport Clube	<b>6:38.38</b>	195
	50m: 43.91 43.91	150m: 2:25.33 52.07	250m: 4:09.20 51.63	350m: 5:52.39 50.07	50.07
	100m: 1:33.26 49.35	200m: 3:17.57 52.24	300m: 5:02.32 53.12	400m: 6:38.38 45.99	45.99
45.	Mara Alexandra, SILVA	214256	CLIP Teams	<b>6:40.28</b>	192
	50m: 44.12 44.12	150m: 2:27.46 51.77	250m: 4:10.54 51.55	350m: 5:53.08 50.69	50.69
	100m: 1:35.69 51.57	200m: 3:18.99 51.53	300m: 5:02.39 51.85	400m: 6:40.28 47.20	47.20
46.	Mia Leite, MEDEIROS	215439	Lousada Sec. XXI	<b>6:40.51</b>	192
	50m: 44.41 44.41	150m: 2:23.80 50.79	250m: 4:07.74 51.11	350m: 5:50.94 51.10	51.10
	100m: 1:33.01 48.60	200m: 3:16.63 52.83	300m: 4:59.84 52.10	400m: 6:40.51 49.57	49.57
47.	Ana Francisca, TEIXEIRA	219212	Foca Quinta da Lixa CNF	<b>6:42.75</b>	189
	50m: 45.04 45.04	150m: 2:27.12 52.03	250m: 4:11.02 52.10	350m: 5:56.24 52.93	52.93
	100m: 1:35.09 50.05	200m: 3:18.92 51.80	300m: 5:03.31 52.29	400m: 6:42.75 46.51	46.51
48.	Monica Silva, GUEDES	224455	Associao Tubaroes de Gaia	<b>6:42.84</b>	189
	50m: 43.62 43.62	150m: 2:24.21 50.55	250m: 4:07.27 52.14	350m: 5:49.81 51.55	51.55
	100m: 1:33.66 50.04	200m: 3:15.13 50.92	300m: 4:58.26 50.99	400m: 6:42.84 53.03	53.03
49.	Carolina Cirne, SOUSA	217110	Natacao de Valongo	<b>6:46.78</b>	183
	50m: 44.87 44.87	150m: 2:28.45 52.67	250m: 4:14.57 53.36	350m: 6:00.76 52.31	52.31
	100m: 1:35.78 50.91	200m: 3:21.21 52.76	300m: 5:08.45 53.88	400m: 6:46.78 46.02	46.02
50.	Leonor Carvalho, LOUREIRO	223548	Natao Clube de Fafe	<b>6:51.43</b>	177
	50m: 47.40 47.40	150m: 2:34.53 53.78	250m: 4:22.91 54.54	350m: 6:07.13 51.67	51.67
	100m: 1:40.75 53.35	200m: 3:28.37 53.84	300m: 5:15.46 52.55	400m: 6:51.43 44.30	44.30
51.	Mafalda Vitoria, COELHO	218978	Penafiel	<b>6:55.58</b>	172
	50m: 45.41 45.41	150m: 2:26.86 52.33	250m: 4:14.43 54.66	350m: 6:06.49 55.64	55.64
	100m: 1:34.53 49.12	200m: 3:19.77 52.91	300m: 5:10.85 56.42	400m: 6:55.58 49.09	49.09
52.	Leonor Santiago, SILVA	217008	Lousada Sec. XXI	<b>7:06.60</b>	159
	50m: 46.11 46.11	150m: 2:34.03 55.25	250m: 4:26.28 56.20	350m: 6:19.13 56.69	56.69
	100m: 1:38.78 52.67	200m: 3:30.08 56.05	300m: 5:22.44 56.16	400m: 7:06.60 47.47	47.47
53.	Mariana Morim, GONCALVES	217004	Clube Naval Povoense	<b>7:07.54</b>	158
	50m: 47.04 47.04	150m: 2:34.08 54.93	250m: 4:24.77 55.27	350m: 6:15.10 56.35	56.35
	100m: 1:39.15 52.11	200m: 3:29.50 55.42	300m: 5:18.75 53.98	400m: 7:07.54 52.44	52.44
54.	Violeta Aguiar, SILVA	213594	Natacao de Valongo	<b>7:23.39</b>	141
	50m: 48.46 48.46	150m: 2:39.11 55.67	250m: 4:33.48 57.85	350m: 6:26.64 56.22	56.22
	100m: 1:43.44 54.98	200m: 3:35.63 56.52	300m: 5:30.42 56.94	400m: 7:23.39 56.75	56.75
WDR	Luz Santos, MIRANDA	217294	Leix�es Sport Clube		
WDR	Benedita, PINTO	217300	Penafiel		

O Secret rio do Juri

O Juiz  rbitro

Prova 14, Femin., 400m Livres

EXH	Polina, ZABELINA		222799	Fluvial Portuense	<b>5:23.03</b>	367
	50m: 34.54 34.54	150m: 1:56.47 42.09		250m: 3:19.83 41.32	350m: 4:42.97	41.23
	100m: 1:14.38 39.84	200m: 2:38.51 42.04		300m: 4:01.74 41.91	400m: 5:23.03	40.06
EXH	Juliana Pereyra, SERRANO		219929	Clube Naval Povoense	<b>5:47.69</b>	294
	50m: 39.80 39.80	150m: 2:07.88 44.42		250m: 3:37.79 44.85	350m: 5:07.04	43.65
	100m: 1:23.46 43.66	200m: 2:52.94 45.06		300m: 4:23.39 45.60	400m: 5:47.69	40.65
EXH	Susana Pedro, CARVALHINHA		214488	Ginasio de Vila Real	<b>6:04.60</b>	255
	50m: 40.91 40.91	150m: 2:13.20 46.21		250m: 3:46.89 46.13	350m: 5:20.96	46.76
	100m: 1:26.99 46.08	200m: 3:00.76 47.56		300m: 4:34.20 47.31	400m: 6:04.60	43.64
EXH	Sofia Rodriguez, JULIO		221947	Associacao Tubaroes de Gaia	<b>6:07.36</b>	249
	50m: 40.32 40.32	150m: 2:13.22 47.46		250m: 3:48.37 47.01	350m: 5:23.61	47.60
	100m: 1:25.76 45.44	200m: 3:01.36 48.14		300m: 4:36.01 47.64	400m: 6:07.36	43.75
EXH	Benedita Martins, FERNANDES		214551	Ginasio de Vila Real	<b>6:27.81</b>	212
	50m: 42.02 42.02	150m: 2:20.54 49.38		250m: 4:01.48 51.00	350m: 5:41.23	49.56
	100m: 1:31.16 49.14	200m: 3:10.48 49.94		300m: 4:51.67 50.19	400m: 6:27.81	46.58
EXH	Carlota Teiga, CRUZ		217390	Ginasio de Vila Real	<b>6:47.31</b>	183
	50m: 46.85 46.85	150m: 2:30.51 52.15		250m: 4:16.64 52.61	350m: 5:59.74	50.43
	100m: 1:38.36 51.51	200m: 3:24.03 53.52		300m: 5:09.31 52.67	400m: 6:47.31	47.57
EXH	Diana Ribeiro, NOGUEIRA		217385	Ginasio de Vila Real	<b>6:50.96</b>	178
	50m: 45.09 45.09	150m: 2:27.16 50.75		250m: 4:12.82 52.78	350m: 5:58.07	52.80
	100m: 1:36.41 51.32	200m: 3:20.04 52.88		300m: 5:05.27 52.45	400m: 6:50.96	52.89