

Campeonato Interdistrital Juvenis, Juniores, Seniores e Absolutos Inverno
Coimbra, 21 - 23/3/2025

Prova 15 Femin., 400m Livres 14 anos e mais velhos
22/03/2025 - 10:12 Resultados

Rec Nacionais Open	4:08.77	Francisca Soares, MARTINS	FOCA	Canet-en-Roussillion (FRA)	14/05/2023
Rec Nacionais 18 +	4:08.77	Francisca Soares, MARTINS	FOCA	Canet-en-Roussillion (FRA)	14/05/2023
Rec Nacionais Jun 17	4:14.67	Tamila Hryhorivna, HOLUB	SCB	Oeiras	23/07/2016
Rec Nacionais Jun 16	4:20.37	Marta Andreia, FERREIRA	POR	Berlim (GER)	04/08/2002
Rec Nacionais Juv A	4:20.78	Tamila Hryhorivna, HOLUB	POR	Porto	07/06/2014
Rec Nacionais Juv B	4:26.20	Maria Francisca, CABRAL	FCP	Oeiras	26/07/2014

TA JUVB-FEM Juv B: 5:32.29 / TA JUVA-FEM Juv A: 5:24.59 / TA JUN-FEM Jun: 5:16.90 / TA SEN-FEM Sen: 5:09.21

Pontos: AQUA 2024

Lugar			Ano			Tempo final			Pts
Juv B									
1.	Filipa Ferreira, LOISAS		11	Columbofila Cantanhedense		4:54.06			512
	50m:	33.67 33.67	150m:	1:47.47 37.49	250m:	3:02.58 37.84	350m:	4:17.89 37.65	
	100m:	1:09.98 36.31	200m:	2:24.74 37.27	300m:	3:40.24 37.66	400m:	4:54.06 36.17	
2.	Beatriz Oliveira, PORTULEZ		11	Columbofila Cantanhedense		4:55.15			507
	50m:	33.58 33.58	150m:	1:47.65 37.40	250m:	3:03.32 37.88	350m:	4:18.65 37.39	
	100m:	1:10.25 36.67	200m:	2:25.44 37.79	300m:	3:41.26 37.94	400m:	4:55.15 36.50	
3.	Zoe Pinho, NUNES		11	Galitos / Bresimar		4:56.86			498
	50m:	32.23 32.23	150m:	1:45.50 37.40	250m:	3:01.51 38.41	350m:	4:18.78 38.91	
	100m:	1:08.10 35.87	200m:	2:23.10 37.60	300m:	3:39.87 38.36	400m:	4:56.86 38.08	
4.	Francisca Moreira, FELICIANO		11	Alcobaca		4:58.80			488
	50m:	32.95 32.95	150m:	1:47.30 38.00	250m:	3:03.96 38.17	350m:	4:21.76 39.08	
	100m:	1:09.30 36.35	200m:	2:25.79 38.49	300m:	3:42.68 38.72	400m:	4:58.80 37.04	
5.	Eva Miranda, ALMEIDA		11	Columbofila Cantanhedense		5:00.92			478
	50m:	33.17 33.17	150m:	1:48.24 37.53	250m:	3:05.12 38.40	350m:	4:22.91 1:07.76	
	100m:	1:10.71 37.54	200m:	2:26.72 38.48	300m:	3:15.15 10.03	400m:	5:00.92 38.01	
6.	Joana Cura, NEVES		11	Condeixa Clube		5:03.17			468
	50m:	34.15 34.15	150m:	1:52.14 39.99	250m:	3:09.34 38.67	350m:	4:26.27 38.51	
	100m:	1:12.15 38.00	200m:	2:30.67 38.53	300m:	3:47.76 38.42	400m:	5:03.17 36.90	
7.	Alice Maria, RODRIGUES		11	Academico de Viseu		5:04.54			461
	50m:	34.57 34.57	150m:	1:50.90 38.81	250m:	3:09.03 39.02	350m:	4:27.65 39.15	
	100m:	1:12.09 37.52	200m:	2:30.01 39.11	300m:	3:48.50 39.47	400m:	5:04.54 36.89	
8.	Laura Duarte, NEVES		11	Louzan Natacao/EFAPEL		5:04.78			460
	50m:	35.29 35.29	150m:	1:51.17 38.31	250m:	3:08.92 39.25	350m:	4:27.85 39.57	
	100m:	1:12.86 37.57	200m:	2:29.67 38.50	300m:	3:48.28 39.36	400m:	5:04.78 36.93	
9.	Carlota Sa, SANTOS		11	Nucleo de Pombal		5:06.02			455
	50m:	34.71 34.71	150m:	1:51.41 38.66	250m:	3:10.24 39.04	350m:	4:29.26 39.17	
	100m:	1:12.75 38.04	200m:	2:31.20 39.79	300m:	3:50.09 39.85	400m:	5:06.02 36.76	
10.	Anastasiya, PRYMACHENKO		11	Nucleo de Pombal		5:06.25			454
	50m:	32.80 32.80	150m:	1:49.81 39.74	250m:	3:10.10 39.72	350m:	4:28.80 39.23	
	100m:	1:10.07 37.27	200m:	2:30.38 40.57	300m:	3:49.57 39.47	400m:	5:06.25 37.45	
11.	Maria Joao, VALA		11	Pimpoes/Cimai		5:07.04			450
	50m:	34.20 34.20	150m:	1:51.33 39.35	250m:	3:10.05 39.70	350m:	4:29.17 39.53	
	100m:	1:11.98 37.78	200m:	2:30.35 39.02	300m:	3:49.64 39.59	400m:	5:07.04 37.87	
12.	Carolina Damas, PITA		11	Nautico Academico		5:08.90			442
	50m:	35.10 35.10	150m:	1:52.64 38.66	250m:	3:10.39 38.42	350m:	4:29.81 39.35	
	100m:	1:13.98 38.88	200m:	2:31.97 39.33	300m:	3:50.46 40.07	400m:	5:08.90 39.09	
13.	Matilde Conde, FIGUEIREDO		11	Condeixa Clube		5:09.70			439
	50m:	35.81 35.81	150m:	1:54.79 40.07	250m:	3:13.64 39.51	350m:	4:31.88 39.24	
	100m:	1:14.72 38.91	200m:	2:34.13 39.34	300m:	3:52.64 39.00	400m:	5:09.70 37.82	
14.	Carolina Silva, CASTANHEIRA		11	Nautico de Leiria - VOID		5:12.37			427
	50m:	34.38 34.38	150m:	1:53.66 39.78	250m:	3:14.21 39.82	350m:	4:35.25 39.71	
	100m:	1:13.88 39.50	200m:	2:34.39 40.73	300m:	3:55.54 41.33	400m:	5:12.37 37.12	
15.	Lia Tome, MATEUS		11	Natacao de Vagos		5:20.05			397
	50m:	36.79 36.79	150m:	1:56.58 40.09	250m:	3:17.92 40.37	350m:	4:40.24 41.24	
	100m:	1:16.49 39.70	200m:	2:37.55 40.97	300m:	3:59.00 41.08	400m:	5:20.05 39.81	

Campeonato Interdistrital Juvenis, Juniores, Seniores e Absolutos Inverno
Coimbra, 21 - 23/3/2025

Prova 15, Femin., 400m Livres, Juv B

Lugar	Ano	Tempo final	Pts
16. Leonor Cioga, MOREIRA	11	5:21.46	392
50m: 35.82 35.82	150m: 1:54.55 40.36	250m: 3:17.87 42.01	350m: 4:41.55 41.84
100m: 1:14.19 38.37	200m: 2:35.86 41.31	300m: 3:59.71 41.84	400m: 5:21.46 39.91
17. Mariana Moreira, LOPES	11	5:24.27	382
50m: 35.35 35.35	150m: 1:56.63 41.05	250m: 3:20.88 42.28	350m: 4:45.88 42.08
100m: 1:15.58 40.23	200m: 2:38.60 41.97	300m: 4:03.80 42.92	400m: 5:24.27 38.39

Juv A

1. Leonor Nunes, CARDEAL	10	4:39.47	597
50m: 31.06 31.06	150m: 1:41.01 35.36	250m: 2:53.20 35.75	350m: 4:05.08 35.54
100m: 1:05.65 34.59	200m: 2:17.45 36.44	300m: 3:29.54 36.34	400m: 4:39.47 34.39
2. Maria Neto, SIMOES	10	4:47.21	550
50m: 33.09 33.09	150m: 1:45.59 36.71	250m: 2:59.24 36.94	350m: 4:12.54 36.58
100m: 1:08.88 35.79	200m: 2:22.30 36.71	300m: 3:35.96 36.72	400m: 4:47.21 34.67
3. Leonor Antunes, PAIVA	10	4:49.49	537
50m: 32.66 32.66	150m: 1:46.65 37.52	250m: 3:00.15 36.56	350m: 4:14.33 37.25
100m: 1:09.13 36.47	200m: 2:23.59 36.94	300m: 3:37.08 36.93	400m: 4:49.49 35.16
4. Sofia Rodrigues, VASCONCELOS	10	4:55.10	507
50m: 33.34 33.34	150m: 1:48.39 37.72	250m: 3:03.79 37.52	350m: 4:19.59 37.77
100m: 1:10.67 37.33	200m: 2:26.27 37.88	300m: 3:41.82 38.03	400m: 4:55.10 35.51
5. Leonor Mosca, SILVA	10	4:56.30	501
50m: 34.03 34.03	150m: 1:48.05 37.31	250m: 3:03.51 38.00	350m: 4:19.46 38.41
100m: 1:10.74 36.71	200m: 2:25.51 37.46	300m: 3:41.05 37.54	400m: 4:56.30 36.84
6. Diana Isabel, ALVES	10	4:59.53	485
50m: 33.88 33.88	150m: 1:49.94 38.22	250m: 3:07.26 38.33	350m: 4:24.15 38.07
100m: 1:11.72 37.84	200m: 2:28.93 38.99	300m: 3:46.08 38.82	400m: 4:59.53 35.38
7. Matilde Santos, VIEIRA	10	4:59.60	484
50m: 33.84 33.84	150m: 1:49.55 38.14	250m: 3:07.11 38.68	350m: 4:23.54 37.90
100m: 1:11.41 37.57	200m: 2:28.43 38.88	300m: 3:45.64 38.53	400m: 4:59.60 36.06
8. Laura Helena, AMORIM	10	5:02.42	471
50m: 32.70 32.70	150m: 1:47.72 38.07	250m: 3:05.32 38.58	350m: 4:24.18 39.31
100m: 1:09.65 36.95	200m: 2:26.74 39.02	300m: 3:44.87 39.55	400m: 5:02.42 38.24
9. Vida Sofia, VELEZ	10	5:03.49	466
50m: 33.27 33.27	150m: 1:49.49 38.62	250m: 3:08.20 39.81	350m: 4:26.49 38.89
100m: 1:10.87 37.60	200m: 2:28.39 38.90	300m: 3:47.60 39.40	400m: 5:03.49 37.00
10. Bianca Balbino, MENDES	10	5:05.12	459
50m: 33.44 33.44	150m: 1:48.97 38.19	250m: 3:07.60 39.17	350m: 4:26.12 38.93
100m: 1:10.78 37.34	200m: 2:28.43 39.46	300m: 3:47.19 39.59	400m: 5:05.12 39.00
11. Constanca Rolim, PEDRO	10	5:08.22	445
50m: 34.76 34.76	150m: 1:51.49 39.19	250m: 3:10.64 40.05	350m: 4:30.25 39.52
100m: 1:12.30 37.54	200m: 2:30.59 39.10	300m: 3:50.73 40.09	400m: 5:08.22 37.97
12. Barbara Balbino, MENDES	10	5:12.48	427
50m: 34.71 34.71	150m: 1:52.69 39.38	250m: 3:12.86 40.10	350m: 4:33.72 40.15
100m: 1:13.31 38.60	200m: 2:32.76 40.07	300m: 3:53.57 40.71	400m: 5:12.48 38.76
13. Beatriz Ribeiro, VELOSO	10	5:13.26	424
50m: 35.06 35.06	150m: 1:54.54 40.14	250m: 3:15.33 40.00	350m: 4:35.25 39.47
100m: 1:14.40 39.34	200m: 2:35.33 40.79	300m: 3:55.78 40.45	400m: 5:13.26 38.01
14. Laura Samora, GONCALVES	10	5:14.97	417
50m: 34.35 34.35	150m: 1:53.22 39.70	250m: 3:15.68 40.50	350m: 4:36.30 40.70
100m: 1:13.52 39.17	200m: 2:35.18 41.96	300m: 3:55.60 39.92	400m: 5:14.97 38.67
15. Mariana Dias, PEREIRA	10	5:15.37	415
50m: 33.91 33.91	150m: 1:50.65 39.33	250m: 3:12.85 41.71	350m: 4:34.52 40.96
100m: 1:11.32 37.41	200m: 2:31.14 40.49	300m: 3:53.56 40.71	400m: 5:15.37 40.85

Campeonato Interdistrital Juvenis, Juniores, Seniores e Absolutos Inverno
Coimbra, 21 - 23/3/2025

Prova 15, Femin., 400m Livres, Juv A

Lugar			Ano					Tempo final	Pts
16.	Eva Santos, FERREIRA		10	O Crasto				5:19.26	400
	50m:	35.18 35.18	150m:	1:56.89	41.58	250m:	3:19.00 41.31	350m:	4:40.77 40.89
	100m:	1:15.31 40.13	200m:	2:37.69	40.80	300m:	3:59.88 40.88	400m:	5:19.26 38.49
17.	Mariana Pina, MACEDO		10	Estamos Juntos				5:19.77	398
	50m:	35.04 35.04	150m:	1:56.95	41.81	250m:	3:19.16 41.37	350m:	4:41.17 40.99
	100m:	1:15.14 40.10	200m:	2:37.79	40.84	300m:	4:00.18 41.02	400m:	5:19.77 38.60
18.	Isabella Scavone, LOPES <i>FTL</i>		10	Miranda do Corvo				5:25.65	377
	50m:	34.61 34.61	150m:	1:54.64	40.78	250m:	3:19.43 42.90	350m:	4:44.49 42.56
	100m:	1:13.86 39.25	200m:	2:36.53	41.89	300m:	4:01.93 42.50	400m:	5:25.65 41.16

Jun

1.	Carolina Vizinho, CABRAL		07	Natação de Vagos				4:37.83	608
	50m:	30.87 30.87	150m:	1:38.68	34.14	250m:	2:47.99 34.49	350m:	4:01.10 36.95
	100m:	1:04.54 33.67	200m:	2:13.50	34.82	300m:	3:24.15 36.16	400m:	4:37.83 36.73
2.	Luana Ferreira, CRAVEIRO		09	Nautico Marinha Grande				4:39.52	597
	50m:	31.21 31.21	150m:	1:41.18	36.06	250m:	2:52.56 35.70	350m:	4:05.54 36.60
	100m:	1:05.12 33.91	200m:	2:16.86	35.68	300m:	3:28.94 36.38	400m:	4:39.52 33.98
3.	Leonor Mil, MANO		07	Nautico Academico				4:42.33	579
	50m:	32.14 32.14	150m:	1:44.01	36.21	250m:	2:55.12 35.06	350m:	4:06.85 35.75
	100m:	1:07.80 35.66	200m:	2:20.06	36.05	300m:	3:31.10 35.98	400m:	4:42.33 35.48
4.	Matilde Violante, VIANA		07	Nautico de Leiria - VOID				4:42.35	579
	50m:	31.95 31.95	150m:	1:42.36	35.60	250m:	2:54.61 36.39	350m:	4:07.43 36.53
	100m:	1:06.76 34.81	200m:	2:18.22	35.86	300m:	3:30.90 36.29	400m:	4:42.35 34.92
5.	Alana Costa, MATIAS		09	Nautico Academico				4:43.61	571
	50m:	31.04 31.04	150m:	1:40.58	35.03	250m:	2:53.29 36.35	350m:	4:07.26 36.80
	100m:	1:05.55 34.51	200m:	2:16.94	36.36	300m:	3:30.46 37.17	400m:	4:43.61 36.35
6.	Laura Carvalho, FERNANDES		08	Nautico Academico				4:47.12	550
	50m:	32.98 32.98	150m:	1:45.53	37.10	250m:	2:59.00 36.76	350m:	4:11.98 36.53
	100m:	1:08.43 35.45	200m:	2:22.24	36.71	300m:	3:35.45 36.45	400m:	4:47.12 35.14
7.	Lara Catarina, MAIA		09	Estarreja				4:50.26	533
	50m:	32.25 32.25	150m:	1:43.94	36.56	250m:	2:58.66 37.64	350m:	4:14.01 37.84
	100m:	1:07.38 35.13	200m:	2:21.02	37.08	300m:	3:36.17 37.51	400m:	4:50.26 36.25
8.	Carolina Mendes, NUNES		08	Estarreja				4:52.37	521
	50m:	31.67 31.67	150m:	1:42.01	35.48	250m:	2:57.21 37.79	350m:	4:14.31 38.12
	100m:	1:06.53 34.86	200m:	2:19.42	37.41	300m:	3:36.19 38.98	400m:	4:52.37 38.06
9.	Francisca Ramos, NUNES		09	Naval de Peniche				4:54.75	509
	50m:	32.98 32.98	150m:	1:47.23	37.85	250m:	3:02.76 37.95	350m:	4:18.38 38.01
	100m:	1:09.38 36.40	200m:	2:24.81	37.58	300m:	3:40.37 37.61	400m:	4:54.75 36.37
10.	Francisca Soreto, PEDREIRO		09	Galitos / Bresimar				5:02.34	471
	50m:	34.30 34.30	150m:	1:49.42	38.46	250m:	3:06.34 38.97	350m:	4:24.32 39.23
	100m:	1:10.96 36.66	200m:	2:27.37	37.95	300m:	3:45.09 38.75	400m:	5:02.34 38.02
11.	Caetana Amado, SANTOS		09	Miranda do Corvo				5:02.94	469
	50m:	33.65 33.65	150m:	1:50.48	39.23	250m:	3:09.17 39.41	350m:	4:26.49 38.68
	100m:	1:11.25 37.60	200m:	2:29.76	39.28	300m:	3:47.81 38.64	400m:	5:02.94 36.45
12.	Rita Isabel, NEVES		08	Condeixa Clube				5:03.17	468
	50m:	34.28 34.28	150m:	1:49.18	37.87	250m:	3:06.98 39.47	350m:	4:25.19 39.40
	100m:	1:11.31 37.03	200m:	2:27.51	38.33	300m:	3:45.79 38.81	400m:	5:03.17 37.98
13.	Alice Mendes, MACEDO		08	Estamos Juntos				5:03.92	464
	50m:	33.73 33.73	150m:	1:48.73	38.29	250m:	3:06.45 39.28	350m:	4:25.93 40.18
	100m:	1:10.44 36.71	200m:	2:27.17	38.44	300m:	3:45.75 39.30	400m:	5:03.92 37.99
14.	Sofia Pereira, JORGE		08	Galitos / Bresimar				5:09.23	441
	50m:	34.21 34.21	150m:	1:51.88	39.29	250m:	3:10.78 39.07	350m:	4:29.99 39.73
	100m:	1:12.59 38.38	200m:	2:31.71	39.83	300m:	3:50.26 39.48	400m:	5:09.23 39.24

Campeonato Interdistrital Juvenis, Juniores, Seniores e Absolutos Inverno
Coimbra, 21 - 23/3/2025

Prova 15, Femin., 400m Livres

Sen

1.	Joana Nunes, CARDEAL	02	Condeixa Clube	4:25.62	695
	50m: 30.04 30.04	150m: 1:36.55	33.76 250m: 2:44.18	33.78	350m: 3:52.50
	100m: 1:02.79 32.75	200m: 2:10.40	33.85 300m: 3:18.25	34.07	400m: 4:25.62
					33.12
2.	Beatriz Nunes, CARDEAL	04	Condeixa Clube	4:26.88	686
	50m: 30.19 30.19	150m: 1:36.30	33.61 250m: 2:45.23	34.86	350m: 3:53.85
	100m: 1:02.69 32.50	200m: 2:10.37	34.07 300m: 3:19.53	34.30	400m: 4:26.88
					33.03
3.	Ines Jacinto, HENRIQUES	00	Louzan Natacao/EFAPEL	4:28.59	673
	50m: 30.69 30.69	150m: 1:38.26	34.30 250m: 2:46.70	34.29	350m: 3:54.89
	100m: 1:03.96 33.27	200m: 2:12.41	34.15 300m: 3:20.78	34.08	400m: 4:28.59
					33.70
4.	Ana Carolina, MONTEIRO	04	Académica de Coimbra	4:46.86	552
	50m: 32.27 32.27	150m: 1:44.36	36.69 250m: 2:57.88	36.69	350m: 4:11.38
	100m: 1:07.67 35.40	200m: 2:21.19	36.83 300m: 3:34.75	36.87	400m: 4:46.86
					35.48
5.	Joana Silva, ALVES	05	Pimpoes/Cimai	4:48.54	542
	50m: 32.77 32.77	150m: 1:44.86	36.75 250m: 2:58.89	36.59	350m: 4:12.37
	100m: 1:08.11 35.34	200m: 2:22.30	37.44 300m: 3:35.61	36.72	400m: 4:48.54
					36.17
6.	Sara Calisto, PIMENTEL	05	Académica de Coimbra	4:54.54	510
	50m: 33.04 33.04	150m: 1:45.69	36.71 250m: 3:00.07	37.17	350m: 4:16.61
	100m: 1:08.98 35.94	200m: 2:22.90	37.21 300m: 3:38.42	38.35	400m: 4:54.54
					37.93
7.	Ana Claudia, FERREIRA	90	Alcobaca	5:03.49	466
	50m: 32.91 32.91	150m: 1:47.34	38.16 250m: 3:05.56	39.95	350m: 4:24.94
	100m: 1:09.18 36.27	200m: 2:25.61	38.27 300m: 3:44.82	39.26	400m: 5:03.49
					38.55
8.	Dalila Leal, BERNARDINO FTL	06	Nucleo de Pombal	5:16.98	409
	50m: 33.76 33.76	150m: 1:49.96	38.88 250m: 3:11.33	41.18	350m: 4:35.82
	100m: 1:11.08 37.32	200m: 2:30.15	40.19 300m: 3:53.45	42.12	400m: 5:16.98
					41.16

Juv B/Abs

1.	Joana Nunes, CARDEAL	02	Condeixa Clube	4:25.62	695
	50m: 30.04 30.04	150m: 1:36.55	33.76 250m: 2:44.18	33.78	350m: 3:52.50
	100m: 1:02.79 32.75	200m: 2:10.40	33.85 300m: 3:18.25	34.07	400m: 4:25.62
					33.12
2.	Beatriz Nunes, CARDEAL	04	Condeixa Clube	4:26.88	686
	50m: 30.19 30.19	150m: 1:36.30	33.61 250m: 2:45.23	34.86	350m: 3:53.85
	100m: 1:02.69 32.50	200m: 2:10.37	34.07 300m: 3:19.53	34.30	400m: 4:26.88
					33.03
3.	Ines Jacinto, HENRIQUES	00	Louzan Natacao/EFAPEL	4:28.59	673
	50m: 30.69 30.69	150m: 1:38.26	34.30 250m: 2:46.70	34.29	350m: 3:54.89
	100m: 1:03.96 33.27	200m: 2:12.41	34.15 300m: 3:20.78	34.08	400m: 4:28.59
					33.70
4.	Carolina Vizinho, CABRAL	07	Natacao de Vagos	4:37.83	608
	50m: 30.87 30.87	150m: 1:38.68	34.14 250m: 2:47.99	34.49	350m: 4:01.10
	100m: 1:04.54 33.67	200m: 2:13.50	34.82 300m: 3:24.15	36.16	400m: 4:37.83
					36.73
5.	Leonor Nunes, CARDEAL	10	Condeixa Clube	4:39.47	597
	50m: 31.06 31.06	150m: 1:41.01	35.36 250m: 2:53.20	35.75	350m: 4:05.08
	100m: 1:05.65 34.59	200m: 2:17.45	36.44 300m: 3:29.54	36.34	400m: 4:39.47
					34.39
6.	Luana Ferreira, CRAVEIRO	09	Nautico Marinha Grande	4:39.52	597
	50m: 31.21 31.21	150m: 1:41.18	36.06 250m: 2:52.56	35.70	350m: 4:05.54
	100m: 1:05.12 33.91	200m: 2:16.86	35.68 300m: 3:28.94	36.38	400m: 4:39.52
					33.98
7.	Leonor Mil, MANO	07	Nautico Academico	4:42.33	579
	50m: 32.14 32.14	150m: 1:44.01	36.21 250m: 2:55.12	35.06	350m: 4:06.85
	100m: 1:07.80 35.66	200m: 2:20.06	36.05 300m: 3:31.10	35.98	400m: 4:42.33
					35.48
8.	Matilde Violante, VIANA	07	Nautico de Leiria - VOID	4:42.35	579
	50m: 31.95 31.95	150m: 1:42.36	35.60 250m: 2:54.61	36.39	350m: 4:07.43
	100m: 1:06.76 34.81	200m: 2:18.22	35.86 300m: 3:30.90	36.29	400m: 4:42.35
					34.92

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Lugar			Ano					Tempo final	Pts		
9.	Alana Costa, MATIAS		09	Nautico Academico				4:43.61	571		
	50m:	31.04 31.04	150m:	1:40.58	35.03	250m:	2:53.29	36.35	350m:	4:07.26	36.80
	100m:	1:05.55 34.51	200m:	2:16.94	36.36	300m:	3:30.46	37.17	400m:	4:43.61	36.35
10.	Ana Carolina, MONTEIRO		04	Académica de Coimbra				4:46.86	552		
	50m:	32.27 32.27	150m:	1:44.36	36.69	250m:	2:57.88	36.69	350m:	4:11.38	36.63
	100m:	1:07.67 35.40	200m:	2:21.19	36.83	300m:	3:34.75	36.87	400m:	4:46.86	35.48
11.	Laura Carvalho, FERNANDES		08	Nautico Academico				4:47.12	550		
	50m:	32.98 32.98	150m:	1:45.53	37.10	250m:	2:59.00	36.76	350m:	4:11.98	36.53
	100m:	1:08.43 35.45	200m:	2:22.24	36.71	300m:	3:35.45	36.45	400m:	4:47.12	35.14
12.	Maria Neto, SIMOES		10	Condeixa Clube				4:47.21	550		
	50m:	33.09 33.09	150m:	1:45.59	36.71	250m:	2:59.24	36.94	350m:	4:12.54	36.58
	100m:	1:08.88 35.79	200m:	2:22.30	36.71	300m:	3:35.96	36.72	400m:	4:47.21	34.67
13.	Joana Silva, ALVES		05	Pimpoes/Cimai				4:48.54	542		
	50m:	32.77 32.77	150m:	1:44.86	36.75	250m:	2:58.89	36.59	350m:	4:12.37	36.76
	100m:	1:08.11 35.34	200m:	2:22.30	37.44	300m:	3:35.61	36.72	400m:	4:48.54	36.17
14.	Leonor Antunes, PAIVA		10	Nautico Academico				4:49.49	537		
	50m:	32.66 32.66	150m:	1:46.65	37.52	250m:	3:00.15	36.56	350m:	4:14.33	37.25
	100m:	1:09.13 36.47	200m:	2:23.59	36.94	300m:	3:37.08	36.93	400m:	4:49.49	35.16
15.	Lara Catarina, MAIA		09	Estarreja				4:50.26	533		
	50m:	32.25 32.25	150m:	1:43.94	36.56	250m:	2:58.66	37.64	350m:	4:14.01	37.84
	100m:	1:07.38 35.13	200m:	2:21.02	37.08	300m:	3:36.17	37.51	400m:	4:50.26	36.25
16.	Carolina Mendes, NUNES		08	Estarreja				4:52.37	521		
	50m:	31.67 31.67	150m:	1:42.01	35.48	250m:	2:57.21	37.79	350m:	4:14.31	38.12
	100m:	1:06.53 34.86	200m:	2:19.42	37.41	300m:	3:36.19	38.98	400m:	4:52.37	38.06
17.	Filipa Ferreira, LOISAS		11	Columbofila Cantanhedense				4:54.06	512		
	50m:	33.67 33.67	150m:	1:47.47	37.49	250m:	3:02.58	37.84	350m:	4:17.89	37.65
	100m:	1:09.98 36.31	200m:	2:24.74	37.27	300m:	3:40.24	37.66	400m:	4:54.06	36.17
18.	Sara Calisto, PIMENTEL		05	Académica de Coimbra				4:54.54	510		
	50m:	33.04 33.04	150m:	1:45.69	36.71	250m:	3:00.07	37.17	350m:	4:16.61	38.19
	100m:	1:08.98 35.94	200m:	2:22.90	37.21	300m:	3:38.42	38.35	400m:	4:54.54	37.93
19.	Francisca Ramos, NUNES		09	Naval de Peniche				4:54.75	509		
	50m:	32.98 32.98	150m:	1:47.23	37.85	250m:	3:02.76	37.95	350m:	4:18.38	38.01
	100m:	1:09.38 36.40	200m:	2:24.81	37.58	300m:	3:40.37	37.61	400m:	4:54.75	36.37
20.	Sofia Rodrigues, VASCONCELOS		10	Galitos / Bresimar				4:55.10	507		
	50m:	33.34 33.34	150m:	1:48.39	37.72	250m:	3:03.79	37.52	350m:	4:19.59	37.77
	100m:	1:10.67 37.33	200m:	2:26.27	37.88	300m:	3:41.82	38.03	400m:	4:55.10	35.51
21.	Beatriz Oliveira, PORTULEZ		11	Columbofila Cantanhedense				4:55.15	507		
	50m:	33.58 33.58	150m:	1:47.65	37.40	250m:	3:03.32	37.88	350m:	4:18.65	37.39
	100m:	1:10.25 36.67	200m:	2:25.44	37.79	300m:	3:41.26	37.94	400m:	4:55.15	36.50
22.	Leonor Mosca, SILVA		10	Columbofila Cantanhedense				4:56.30	501		
	50m:	34.03 34.03	150m:	1:48.05	37.31	250m:	3:03.51	38.00	350m:	4:19.46	38.41
	100m:	1:10.74 36.71	200m:	2:25.51	37.46	300m:	3:41.05	37.54	400m:	4:56.30	36.84
23.	Zoe Pinho, NUNES		11	Galitos / Bresimar				4:56.86	498		
	50m:	32.23 32.23	150m:	1:45.50	37.40	250m:	3:01.51	38.41	350m:	4:18.78	38.91
	100m:	1:08.10 35.87	200m:	2:23.10	37.60	300m:	3:39.87	38.36	400m:	4:56.86	38.08
24.	Francisca Moreira, FELICIANO		11	Alcobaca				4:58.80	488		
	50m:	32.95 32.95	150m:	1:47.30	38.00	250m:	3:03.96	38.17	350m:	4:21.76	39.08
	100m:	1:09.30 36.35	200m:	2:25.79	38.49	300m:	3:42.68	38.72	400m:	4:58.80	37.04
25.	Diana Isabel, ALVES		10	Pimpoes/Cimai				4:59.53	485		
	50m:	33.88 33.88	150m:	1:49.94	38.22	250m:	3:07.26	38.33	350m:	4:24.15	38.07
	100m:	1:11.72 37.84	200m:	2:28.93	38.99	300m:	3:46.08	38.82	400m:	4:59.53	35.38
26.	Matilde Santos, VIEIRA		10	Nautico Marinha Grande				4:59.60	484		
	50m:	33.84 33.84	150m:	1:49.55	38.14	250m:	3:07.11	38.68	350m:	4:23.54	37.90
	100m:	1:11.41 37.57	200m:	2:28.43	38.88	300m:	3:45.64	38.53	400m:	4:59.60	36.06

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Lugar			Ano					Tempo final	Pts
27.	Eva Miranda, ALMEIDA		11	Columbofila Cantanhedense				5:00.92	478
	50m:	33.17 33.17	150m:	1:48.24	37.53	250m:	3:05.12 38.40	350m:	4:22.91 1:07.76
	100m:	1:10.71 37.54	200m:	2:26.72	38.48	300m:	3:15.15 10.03	400m:	5:00.92 38.01
28.	Francisca Soreto, PEDREIRO		09	Galitos / Bresimar				5:02.34	471
	50m:	34.30 34.30	150m:	1:49.42	38.46	250m:	3:06.34 38.97	350m:	4:24.32 39.23
	100m:	1:10.96 36.66	200m:	2:27.37	37.95	300m:	3:45.09 38.75	400m:	5:02.34 38.02
29.	Laura Helena, AMORIM		10	Nautico Marinha Grande				5:02.42	471
	50m:	32.70 32.70	150m:	1:47.72	38.07	250m:	3:05.32 38.58	350m:	4:24.18 39.31
	100m:	1:09.65 36.95	200m:	2:26.74	39.02	300m:	3:44.87 39.55	400m:	5:02.42 38.24
30.	Caetana Amado, SANTOS		09	Miranda do Corvo				5:02.94	469
	50m:	33.65 33.65	150m:	1:50.48	39.23	250m:	3:09.17 39.41	350m:	4:26.49 38.68
	100m:	1:11.25 37.60	200m:	2:29.76	39.28	300m:	3:47.81 38.64	400m:	5:02.94 36.45
31.	Joana Cura, NEVES		11	Condeixa Clube				5:03.17	468
	50m:	34.15 34.15	150m:	1:52.14	39.99	250m:	3:09.34 38.67	350m:	4:26.27 38.51
	100m:	1:12.15 38.00	200m:	2:30.67	38.53	300m:	3:47.76 38.42	400m:	5:03.17 36.90
	Rita Isabel, NEVES		08	Condeixa Clube				5:03.17	468
	50m:	34.28 34.28	150m:	1:49.18	37.87	250m:	3:06.98 39.47	350m:	4:25.19 39.40
	100m:	1:11.31 37.03	200m:	2:27.51	38.33	300m:	3:45.79 38.81	400m:	5:03.17 37.98
33.	Ana Claudia, FERREIRA		90	Alcobaca				5:03.49	466
	50m:	32.91 32.91	150m:	1:47.34	38.16	250m:	3:05.56 39.95	350m:	4:24.94 40.12
	100m:	1:09.18 36.27	200m:	2:25.61	38.27	300m:	3:44.82 39.26	400m:	5:03.49 38.55
	Vida Sofia, VELEZ		10	Bairro dos Anjos				5:03.49	466
	50m:	33.27 33.27	150m:	1:49.49	38.62	250m:	3:08.20 39.81	350m:	4:26.49 38.89
	100m:	1:10.87 37.60	200m:	2:28.39	38.90	300m:	3:47.60 39.40	400m:	5:03.49 37.00
35.	Alice Mendes, MACEDO		08	Estamos Juntos				5:03.92	464
	50m:	33.73 33.73	150m:	1:48.73	38.29	250m:	3:06.45 39.28	350m:	4:25.93 40.18
	100m:	1:10.44 36.71	200m:	2:27.17	38.44	300m:	3:45.75 39.30	400m:	5:03.92 37.99
36.	Alice Maria, RODRIGUES		11	Academico de Viseu				5:04.54	461
	50m:	34.57 34.57	150m:	1:50.90	38.81	250m:	3:09.03 39.02	350m:	4:27.65 39.15
	100m:	1:12.09 37.52	200m:	2:30.01	39.11	300m:	3:48.50 39.47	400m:	5:04.54 36.89
37.	Laura Duarte, NEVES		11	Louzan Natacao/EFAPEL				5:04.78	460
	50m:	35.29 35.29	150m:	1:51.17	38.31	250m:	3:08.92 39.25	350m:	4:27.85 39.57
	100m:	1:12.86 37.57	200m:	2:29.67	38.50	300m:	3:48.28 39.36	400m:	5:04.78 36.93
38.	Bianca Balbino, MENDES		10	Naval de Peniche				5:05.12	459
	50m:	33.44 33.44	150m:	1:48.97	38.19	250m:	3:07.60 39.17	350m:	4:26.12 38.93
	100m:	1:10.78 37.34	200m:	2:28.43	39.46	300m:	3:47.19 39.59	400m:	5:05.12 39.00
39.	Carlota Sa, SANTOS		11	Nucleo de Pombal				5:06.02	455
	50m:	34.71 34.71	150m:	1:51.41	38.66	250m:	3:10.24 39.04	350m:	4:29.26 39.17
	100m:	1:12.75 38.04	200m:	2:31.20	39.79	300m:	3:50.09 39.85	400m:	5:06.02 36.76
40.	Anastasiya, PRYMACHENKO		11	Nucleo de Pombal				5:06.25	454
	50m:	32.80 32.80	150m:	1:49.81	39.74	250m:	3:10.10 39.72	350m:	4:28.80 39.23
	100m:	1:10.07 37.27	200m:	2:30.38	40.57	300m:	3:49.57 39.47	400m:	5:06.25 37.45
41.	Maria Joao, VALA		11	Pimpoes/Cimai				5:07.04	450
	50m:	34.20 34.20	150m:	1:51.33	39.35	250m:	3:10.05 39.70	350m:	4:29.17 39.53
	100m:	1:11.98 37.78	200m:	2:30.35	39.02	300m:	3:49.64 39.59	400m:	5:07.04 37.87
42.	Constanca Rolim, PEDRO		10	Bairro dos Anjos				5:08.22	445
	50m:	34.76 34.76	150m:	1:51.49	39.19	250m:	3:10.64 40.05	350m:	4:30.25 39.52
	100m:	1:12.30 37.54	200m:	2:30.59	39.10	300m:	3:50.73 40.09	400m:	5:08.22 37.97
43.	Carolina Damas, PITA		11	Nautico Academico				5:08.90	442
	50m:	35.10 35.10	150m:	1:52.64	38.66	250m:	3:10.39 38.42	350m:	4:29.81 39.35
	100m:	1:13.98 38.88	200m:	2:31.97	39.33	300m:	3:50.46 40.07	400m:	5:08.90 39.09
44.	Sofia Pereira, JORGE		08	Galitos / Bresimar				5:09.23	441
	50m:	34.21 34.21	150m:	1:51.88	39.29	250m:	3:10.78 39.07	350m:	4:29.99 39.73
	100m:	1:12.59 38.38	200m:	2:31.71	39.83	300m:	3:50.26 39.48	400m:	5:09.23 39.24

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Lugar					Ano					Tempo final	Pts	
45.	Matilde Conde, FIGUEIREDO				11	Condeixa Clube				5:09.70	439	
	50m:	35.81	35.81	150m:	1:54.79	40.07	250m:	3:13.64	39.51	350m:	4:31.88	39.24
	100m:	1:14.72	38.91	200m:	2:34.13	39.34	300m:	3:52.64	39.00	400m:	5:09.70	37.82
46.	Carolina Silva, CASTANHEIRA				11	Nautico de Leiria - VOID				5:12.37	427	
	50m:	34.38	34.38	150m:	1:53.66	39.78	250m:	3:14.21	39.82	350m:	4:35.25	39.71
	100m:	1:13.88	39.50	200m:	2:34.39	40.73	300m:	3:55.54	41.33	400m:	5:12.37	37.12
47.	Barbara Balbino, MENDES				10	Naval de Peniche				5:12.48	427	
	50m:	34.71	34.71	150m:	1:52.69	39.38	250m:	3:12.86	40.10	350m:	4:33.72	40.15
	100m:	1:13.31	38.60	200m:	2:32.76	40.07	300m:	3:53.57	40.71	400m:	5:12.48	38.76
48.	Beatriz Ribeiro, VELOSO				10	Vigor da Mocidade				5:13.26	424	
	50m:	35.06	35.06	150m:	1:54.54	40.14	250m:	3:15.33	40.00	350m:	4:35.25	39.47
	100m:	1:14.40	39.34	200m:	2:35.33	40.79	300m:	3:55.78	40.45	400m:	5:13.26	38.01
49.	Laura Samora, GONCALVES				10	Nautico de Leiria - VOID				5:14.97	417	
	50m:	34.35	34.35	150m:	1:53.22	39.70	250m:	3:15.68	40.50	350m:	4:36.30	40.70
	100m:	1:13.52	39.17	200m:	2:35.18	41.96	300m:	3:55.60	39.92	400m:	5:14.97	38.67
50.	Mariana Dias, PEREIRA				10	Algés e Águeda XXI				5:15.37	415	
	50m:	33.91	33.91	150m:	1:50.65	39.33	250m:	3:12.85	41.71	350m:	4:34.52	40.96
	100m:	1:11.32	37.41	200m:	2:31.14	40.49	300m:	3:53.56	40.71	400m:	5:15.37	40.85
51.	Dalila Leal, BERNARDINO <i>FTL</i>				06	Nucleo de Pombal				5:16.98	409	
	50m:	33.76	33.76	150m:	1:49.96	38.88	250m:	3:11.33	41.18	350m:	4:35.82	42.37
	100m:	1:11.08	37.32	200m:	2:30.15	40.19	300m:	3:53.45	42.12	400m:	5:16.98	41.16
52.	Eva Santos, FERREIRA				10	O Crasto				5:19.26	400	
	50m:	35.18	35.18	150m:	1:56.89	41.58	250m:	3:19.00	41.31	350m:	4:40.77	40.89
	100m:	1:15.31	40.13	200m:	2:37.69	40.80	300m:	3:59.88	40.88	400m:	5:19.26	38.49
53.	Mariana Pina, MACEDO				10	Estamos Juntos				5:19.77	398	
	50m:	35.04	35.04	150m:	1:56.95	41.81	250m:	3:19.16	41.37	350m:	4:41.17	40.99
	100m:	1:15.14	40.10	200m:	2:37.79	40.84	300m:	4:00.18	41.02	400m:	5:19.77	38.60
54.	Lia Tome, MATEUS				11	Natação de Vagos				5:20.05	397	
	50m:	36.79	36.79	150m:	1:56.58	40.09	250m:	3:17.92	40.37	350m:	4:40.24	41.24
	100m:	1:16.49	39.70	200m:	2:37.55	40.97	300m:	3:59.00	41.08	400m:	5:20.05	39.81
55.	Leonor Cioga, MOREIRA				11	Condeixa Clube				5:21.46	392	
	50m:	35.82	35.82	150m:	1:54.55	40.36	250m:	3:17.87	42.01	350m:	4:41.55	41.84
	100m:	1:14.19	38.37	200m:	2:35.86	41.31	300m:	3:59.71	41.84	400m:	5:21.46	39.91
56.	Mariana Moreira, LOPES				11	Feirense				5:24.27	382	
	50m:	35.35	35.35	150m:	1:56.63	41.05	250m:	3:20.88	42.28	350m:	4:45.88	42.08
	100m:	1:15.58	40.23	200m:	2:38.60	41.97	300m:	4:03.80	42.92	400m:	5:24.27	38.39
57.	Isabella Scavone, LOPES <i>FTL</i>				10	Miranda do Corvo				5:25.65	377	
	50m:	34.61	34.61	150m:	1:54.64	40.78	250m:	3:19.43	42.90	350m:	4:44.49	42.56
	100m:	1:13.86	39.25	200m:	2:36.53	41.89	300m:	4:01.93	42.50	400m:	5:25.65	41.16