

Prova 32

Femin., 400m Estilos

Open

06/04/2025 - 9:00

Resultados Elimin

Recordes Nacionais 50m Open	4:40.11	KAMINSKAYA, Victoria	POR	Pontevedra (ESP)	09/04/2017
Recordes Nacionais 50m 18 +	4:40.11	KAMINSKAYA, Victoria	POR	Pontevedra (ESP)	09/04/2017
Recordes Nacionais 50m Jun 17	4:52.12	KAMINSKAYA, Victoria	PIMP	Oeiras	27/07/2012
Recordes Nacionais 50m Jun 16	4:54.00	ROCHA, Ines Neto	SANNP	Gijón (ESP)	20/05/2017
Recordes Nacionais 50m Juv A	4:58.08	DURAES, Diana Margarida	FOCA	Povoa de Varzim	05/08/2011
Recordes Nacionais 50m Juv B	5:01.00	ROCHA, Ines Neto	CAP	Coimbra	24/07/2015
Recordes Nacionais 50m 13	5:11.29	ROCHA, Diana Ramos	EDV	Faro	20/07/2007
Recordes Nacionais 50m 12	5:14.05	RUIVO, Filipa Vilas	DNMG	S. Joao da Madeira	24/07/2009

Pontos: AQUA 2024

Lugar	Name	Ano	Nac	Club	Time	TReac	AQUA
<b>Juvenis B</b>							
1.	KOSLOVA, Valeria	11	POR	Braga	<b>5:23.11</b>	+0,64	557 A
	50m: 34.20 34.20	150m: 1:57.23	43.04	250m: 3:23.00	44.24	350m: 4:45.04	37.81
	100m: 1:14.19 39.99	200m: 2:38.76	41.53	300m: 4:07.23	44.23	400m: 5:23.11	38.07
2.	FELICIANO, Francisca Moreira	11	POR	Alcobaca	<b>5:26.53</b>	+0,68	539 B
	50m: 33.73 33.73	150m: 1:54.50	42.11	250m: 3:23.30	47.08	350m: 4:49.66	39.00
	100m: 1:12.39 38.66	200m: 2:36.22	41.72	300m: 4:10.66	47.36	400m: 5:26.53	36.87
3.	CUNHA, Mariana Fernandes	11	POR	Foca Quinta Da Lixa - Cnf	<b>5:32.85</b>	+0,69	509 R
	50m: 34.98 34.98	150m: 1:59.87	43.39	250m: 3:30.23	49.02	350m: 4:56.38	38.06
	100m: 1:16.48 41.50	200m: 2:41.21	41.34	300m: 4:18.32	48.09	400m: 5:32.85	36.47
4.	ALMEIDA, Eva Miranda	11	POR	Columbofila Cantanhedense	<b>5:48.14</b>	+0,68	445
	50m: 37.04 37.04	150m: 2:05.97	45.08	250m: 3:41.91	51.32	350m: 5:10.29	38.10
	100m: 1:20.89 43.85	200m: 2:50.59	44.62	300m: 4:32.19	50.28	400m: 5:48.14	37.85
5.	VALA, Maria Joao	11	POR	Pimpoes/Cimai	<b>5:49.89</b>	+0,90	438
	50m: 36.69 36.69	150m: 2:04.84	44.59	250m: 3:39.29	51.84	350m: 5:10.63	39.74
	100m: 1:20.25 43.56	200m: 2:47.45	42.61	300m: 4:30.89	51.60	400m: 5:49.89	39.26
6.	NEVES, Joana Cura	11	POR	Condeixa Aqua Clube	<b>5:51.50</b>	+0,82	432
	50m: 36.28 36.28	150m: 2:07.85	48.10	250m: 3:43.93	49.67	350m: 5:15.24	38.79
	100m: 1:19.75 43.47	200m: 2:54.26	46.41	300m: 4:36.45	52.52	400m: 5:51.50	36.26
7.	PEREIRA, Matilde Sofia	11	POR	Condeixa Aqua Clube	<b>5:51.53</b>		432
	50m: 37.40 37.40	150m: 2:05.66	44.47	250m: 3:40.77	52.12	350m: 5:14.08	40.53
	100m: 1:21.19 43.79	200m: 2:48.65	42.99	300m: 4:33.55	52.78	400m: 5:51.53	37.45

Juvenis A

1.	AZEVEDO, Constanca Lourenc	10	POR	Lagoa Academico Clube	<b>5:21.48</b>	+0,72	565 A
	50m: 33.87 33.87	150m: 1:53.64	40.07	250m: 3:20.66	47.81	350m: 4:45.52	37.05
	100m: 1:13.57 39.70	200m: 2:32.85	39.21	300m: 4:08.47	47.81	400m: 5:21.48	35.96
2.	MARCELO, Camila Duarte	10	POR	Condeixa Aqua Clube	<b>5:21.51</b>	+0,82	565 A
	50m: 33.56 33.56	150m: 1:55.87	44.68	250m: 3:25.95	47.41	350m: 4:48.62	35.68
	100m: 1:11.19 37.63	200m: 2:38.54	42.67	300m: 4:12.94	46.99	400m: 5:21.51	32.89
3.	SIMOES, Maria Neto	10	POR	Condeixa Aqua Clube	<b>5:23.72</b>	+0,73	553 B
	50m: 33.96 33.96	150m: 1:57.16	42.95	250m: 3:25.66	45.78	350m: 4:48.99	36.89
	100m: 1:14.21 40.25	200m: 2:39.88	42.72	300m: 4:12.10	46.44	400m: 5:23.72	34.73
4.	CUNHA, Maria Rita	10	POR	Colegio Efanor	<b>5:32.08</b>	+0,79	513 B
	50m: 35.59 35.59	150m: 1:58.19	41.74	250m: 3:26.61	47.45	350m: 4:54.05	39.11
	100m: 1:16.45 40.86	200m: 2:39.16	40.97	300m: 4:14.94	48.33	400m: 5:32.08	38.03

Prova 32, Femin., 400m Estilos, Elimin, Juvenis A

Lugar	Name	Ano	Nac	Club	Time	TReac	AQUA	
5.	PIMENTEL, Eduarda Dias	10	POR	Porto	<b>5:36.03</b>	+0,69	495	
	50m: 34.55	34.55	150m: 1:57.08	44.06	250m: 3:28.97	48.98	350m: 4:57.61	39.91
	100m: 1:13.02	38.47	200m: 2:39.99	42.91	300m: 4:17.70	48.73	400m: 5:36.03	38.42
6.	GANTE, Maria Ines	10	POR	Cnac	<b>5:39.98</b>	+0,75	478	
	50m: 35.57	35.57	150m: 2:00.99	44.85	250m: 3:35.03	50.01	350m: 5:02.42	38.97
	100m: 1:16.14	40.57	200m: 2:45.02	44.03	300m: 4:23.45	48.42	400m: 5:39.98	37.56
7.	MARTINS, Leonor Sombreiro	10	POR	BUZIOS - Coruche	<b>5:41.15</b>	+0,87	473	
	50m: 34.00	34.00	150m: 1:59.04	43.40	250m: 3:34.83	52.27	350m: 5:04.80	37.47
	100m: 1:15.64	41.64	200m: 2:42.56	43.52	300m: 4:27.33	52.50	400m: 5:41.15	36.35
8.	GOMES, Rita Braga	10	POR	Alges	<b>5:42.42</b>	+0,63	468	
	50m: 33.98	33.98	150m: 2:01.30	45.73	250m: 3:35.00	48.56	350m: 5:03.18	38.59
	100m: 1:15.57	41.59	200m: 2:46.44	45.14	300m: 4:24.59	49.59	400m: 5:42.42	39.24
9.	VELEZ, Vida Sofia	10	POR	Ba-Leiria	<b>5:43.19</b>	+0,78	464	
	50m: 37.37	37.37	150m: 2:07.37	43.95	250m: 3:38.28	50.21	350m: 5:07.09	39.34
	100m: 1:23.42	46.05	200m: 2:48.07	40.70	300m: 4:27.75	49.47	400m: 5:43.19	36.10
10.	NOGUEIRA, Ana Laura	10	POR	Braga	<b>5:47.54</b>	+0,69	447	
	50m: 34.88	34.88	150m: 2:03.14	45.92	250m: 3:36.56	49.69	350m: 5:08.19	40.13
	100m: 1:17.22	42.34	200m: 2:46.87	43.73	300m: 4:28.06	51.50	400m: 5:47.54	39.35
11.	BERNAT, Alicia Del Rio	10	POR	Alges	<b>6:03.40</b>	+0,67	391	
	50m: 34.92	34.92	150m: 2:07.12	51.33	250m: 3:47.00	52.01	350m: 5:22.39	43.13
	100m: 1:15.79	40.87	200m: 2:54.99	47.87	300m: 4:39.26	52.26	400m: 6:03.40	41.01

Juniores

1.	AMBRUS, Beatriz Alves	09	POR	Porto	<b>5:15.20</b>	+0,72	600 A	
	50m: 33.35	33.35	150m: 1:51.59	40.78	250m: 3:16.88	45.82	350m: 4:39.38	36.45
	100m: 1:10.81	37.46	200m: 2:31.06	39.47	300m: 4:02.93	46.05	400m: 5:15.20	35.82
2.	ALVES, Catarina Alexandra	07	POR	Gesloures	<b>5:18.16</b>	+0,68	583 A	
	50m: 32.36	32.36	150m: 1:52.99	42.80	250m: 3:19.95	45.43	350m: 4:42.78	36.90
	100m: 1:10.19	37.83	200m: 2:34.52	41.53	300m: 4:05.88	45.93	400m: 5:18.16	35.38
3.	BRAS, Raquel Sofia	09	POR	Os Belenenses	<b>5:21.47</b>	+0,82	565 A	
	50m: 34.04	34.04	150m: 1:56.36	43.18	250m: 3:23.34	45.09	350m: 4:45.78	36.81
	100m: 1:13.18	39.14	200m: 2:38.25	41.89	300m: 4:08.97	45.63	400m: 5:21.47	35.69
4.	PINTO, Margarida Vieira	07	POR	Braga	<b>5:22.40</b>	+0,80	560 A	
	50m: 33.15	33.15	150m: 1:54.80	42.42	250m: 3:22.07	46.47	350m: 4:46.56	37.99
	100m: 1:12.38	39.23	200m: 2:35.60	40.80	300m: 4:08.57	46.50	400m: 5:22.40	35.84
5.	CRAVEIRO, Luana Ferreira	09	POR	Nautico Marinha Grande	<b>5:25.01</b>	+0,73	547 B	
	50m: 33.77	33.77	150m: 1:58.00	43.01	250m: 3:26.18	44.70	350m: 4:49.74	37.56
	100m: 1:14.99	41.22	200m: 2:41.48	43.48	300m: 4:12.18	46.00	400m: 5:25.01	35.27
6.	MATIAS, Alana Costa	09	POR	Cnac	<b>5:25.46</b>	+0,78	545 B	
	50m: 33.10	33.10	150m: 1:57.74	43.34	250m: 3:26.53	46.16	350m: 4:50.05	35.84
	100m: 1:14.40	41.30	200m: 2:40.37	42.63	300m: 4:14.21	47.68	400m: 5:25.46	35.41
7.	SILVA, Nuria Soares	07	POR	Sporting Clube Sao Joao Ver	<b>5:28.22</b>	+0,86	531 B	
	50m: 32.18	32.18	150m: 1:55.53	44.89	250m: 3:25.40	45.52	350m: 4:50.54	38.81
	100m: 1:10.64	38.46	200m: 2:39.88	44.35	300m: 4:11.73	46.33	400m: 5:28.22	37.68

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

Lugar	Name	Ano	Nac	Club	Time	TReac	AQUA
8.	RODRIGUES, Laura Sofia	07	POR	Juventude Atlantico Clube	<b>5:29.33</b>	+0,74	526 B
	50m: 33.67 33.67	150m: 1:56.46	42.71	250m: 3:24.11	46.37	350m: 4:51.03	40.38
	100m: 1:13.75 40.08	200m: 2:37.74	41.28	300m: 4:10.65	46.54	400m: 5:29.33	38.30
9.	NUNES, Carolina Mendes	08	POR	Clube Desportivo de Estarreja	<b>5:30.96</b>	+0,82	518 B
	50m: 32.93 32.93	150m: 1:55.90	43.83	250m: 3:26.05	46.76	350m: 4:52.52	38.44
	100m: 1:12.07 39.14	200m: 2:39.29	43.39	300m: 4:14.08	48.03	400m: 5:30.96	38.44
10.	CRUZ, Laura Maria	07	POR	Adrcimm	<b>5:31.34</b>	+0,72	516 B
	50m: 35.52 35.52	150m: 1:57.39	41.99	250m: 3:26.11	48.64	350m: 4:52.86	38.59
	100m: 1:15.40 39.88	200m: 2:37.47	40.08	300m: 4:14.27	48.16	400m: 5:31.34	38.48
11.	BRAZ, Sofia Pereira	07	POR	CLIP Teams	<b>5:33.30</b>	+0,69	507 R
	50m: 32.92 32.92	150m: 1:55.20	43.12	250m: 3:27.03	48.88	350m: 4:54.73	38.45
	100m: 1:12.08 39.16	200m: 2:38.15	42.95	300m: 4:16.28	49.25	400m: 5:33.30	38.57
12.	GOMES, Rita Cunha	07	POR	Viana Natacao	<b>5:33.89</b>	+0,91	504
	50m: 34.79 34.79	150m: 1:59.04	43.77	250m: 3:30.45	48.29	350m: 4:57.22	38.74
	100m: 1:15.27 40.48	200m: 2:42.16	43.12	300m: 4:18.48	48.03	400m: 5:33.89	36.67
13.	RODRIGUES, Teresa Isabel	09	POR	Foca Quinta Da Lixa - Cnf	<b>5:40.20</b>	+0,82	477
	50m: 35.54 35.54	150m: 2:00.79	43.98	250m: 3:32.65	48.97	350m: 5:02.03	40.10
	100m: 1:16.81 41.27	200m: 2:43.68	42.89	300m: 4:21.93	49.28	400m: 5:40.20	38.17

OPEN

1.	CARDEAL, Beatriz Nunes	04	POR	Condeixa Aqua Clube	<b>5:08.42</b>	+0,59	640 A
	50m: 31.09 31.09	150m: 1:47.92	41.71	250m: 3:12.80	45.18	350m: 4:33.99	36.32
	100m: 1:06.21 35.12	200m: 2:27.62	39.70	300m: 3:57.67	44.87	400m: 5:08.42	34.43
2.	LOPES, Daniela Magalhaes	05	POR	Porto	<b>5:12.01</b>	+0,80	618 A
	50m: 32.47 32.47	150m: 1:51.71	42.42	250m: 3:16.23	44.32	350m: 4:36.64	35.86
	100m: 1:09.29 36.82	200m: 2:31.91	40.20	300m: 4:00.78	44.55	400m: 5:12.01	35.37
3.	AMBRUS, Beatriz Alves	09	POR	Porto	<b>5:15.20</b>	+0,72	600 A
	50m: 33.35 33.35	150m: 1:51.59	40.78	250m: 3:16.88	45.82	350m: 4:39.38	36.45
	100m: 1:10.81 37.46	200m: 2:31.06	39.47	300m: 4:02.93	46.05	400m: 5:15.20	35.82
4.	ALVES, Catarina Alexandra	07	POR	Gesloures	<b>5:18.16</b>	+0,68	583 A
	50m: 32.36 32.36	150m: 1:52.99	42.80	250m: 3:19.95	45.43	350m: 4:42.78	36.90
	100m: 1:10.19 37.83	200m: 2:34.52	41.53	300m: 4:05.88	45.93	400m: 5:18.16	35.38
5.	BRAS, Raquel Sofia	09	POR	Os Belenenses	<b>5:21.47</b>	+0,82	565 A
	50m: 34.04 34.04	150m: 1:56.36	43.18	250m: 3:23.34	45.09	350m: 4:45.78	36.81
	100m: 1:13.18 39.14	200m: 2:38.25	41.89	300m: 4:08.97	45.63	400m: 5:21.47	35.69
6.	AZEVEDO, Constanca Lourenc	10	POR	Lagoa Academico Clube	<b>5:21.48</b>	+0,72	565 A
	50m: 33.87 33.87	150m: 1:53.64	40.07	250m: 3:20.66	47.81	350m: 4:45.52	37.05
	100m: 1:13.57 39.70	200m: 2:32.85	39.21	300m: 4:08.47	47.81	400m: 5:21.48	35.96
7.	MARCELO, Camila Duarte	10	POR	Condeixa Aqua Clube	<b>5:21.51</b>	+0,82	565 A
	50m: 33.56 33.56	150m: 1:55.87	44.68	250m: 3:25.95	47.41	350m: 4:48.62	35.68
	100m: 1:11.19 37.63	200m: 2:38.54	42.67	300m: 4:12.94	46.99	400m: 5:21.51	32.89
8.	PINTO, Margarida Vieira	07	POR	Braga	<b>5:22.40</b>	+0,80	560 A
	50m: 33.15 33.15	150m: 1:54.80	42.42	250m: 3:22.07	46.47	350m: 4:46.56	37.99
	100m: 1:12.38 39.23	200m: 2:35.60	40.80	300m: 4:08.57	46.50	400m: 5:22.40	35.84

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

Lugar	Name	Ano	Nac	Club	Time	TReac	AQUA
9.	RIBEIRO, Maria Joao	05	POR	Sporting Clube Sao Joao Ver	<b>5:22.71</b>	+0,72	559 A
	50m: 32.72 32.72	150m: 1:54.99 45.51	250m: 3:21.92 42.89	350m: 4:45.05 38.58			
	100m: 1:09.48 36.76	200m: 2:39.03 44.04	300m: 4:06.47 44.55	400m: 5:22.71 37.66			
10.	KOSLOVA, Valeria	11	POR	Braga	<b>5:23.11</b>	+0,64	557 A
	50m: 34.20 34.20	150m: 1:57.23 43.04	250m: 3:23.00 44.24	350m: 4:45.04 37.81			
	100m: 1:14.19 39.99	200m: 2:38.76 41.53	300m: 4:07.23 44.23	400m: 5:23.11 38.07			
11.	SIMOES, Maria Neto	10	POR	Condeixa Aqua Clube	<b>5:23.72</b>	+0,73	553 B
	50m: 33.96 33.96	150m: 1:57.16 42.95	250m: 3:25.66 45.78	350m: 4:48.99 36.89			
	100m: 1:14.21 40.25	200m: 2:39.88 42.72	300m: 4:12.10 46.44	400m: 5:23.72 34.73			
12.	CRAVEIRO, Luana Ferreira	09	POR	Nautico Marinha Grande	<b>5:25.01</b>	+0,73	547 B
	50m: 33.77 33.77	150m: 1:58.00 43.01	250m: 3:26.18 44.70	350m: 4:49.74 37.56			
	100m: 1:14.99 41.22	200m: 2:41.48 43.48	300m: 4:12.18 46.00	400m: 5:25.01 35.27			
13.	MATIAS, Alana Costa	09	POR	Cnac	<b>5:25.46</b>	+0,78	545 B
	50m: 33.10 33.10	150m: 1:57.74 43.34	250m: 3:26.53 46.16	350m: 4:50.05 35.84			
	100m: 1:14.40 41.30	200m: 2:40.37 42.63	300m: 4:14.21 47.68	400m: 5:25.46 35.41			
14.	FELICIANO, Francisca Moreira	11	POR	Alcobaca	<b>5:26.53</b>	+0,68	539 B
	50m: 33.73 33.73	150m: 1:54.50 42.11	250m: 3:23.30 47.08	350m: 4:49.66 39.00			
	100m: 1:12.39 38.66	200m: 2:36.22 41.72	300m: 4:10.66 47.36	400m: 5:26.53 36.87			
15.	SILVA, Nuria Soares	07	POR	Sporting Clube Sao Joao Ver	<b>5:28.22</b>	+0,86	531 B
	50m: 32.18 32.18	150m: 1:55.53 44.89	250m: 3:25.40 45.52	350m: 4:50.54 38.81			
	100m: 1:10.64 38.46	200m: 2:39.88 44.35	300m: 4:11.73 46.33	400m: 5:28.22 37.68			
16.	RODRIGUES, Laura Sofia	07	POR	Juventude Atlantico Clube	<b>5:29.33</b>	+0,74	526 B
	50m: 33.67 33.67	150m: 1:56.46 42.71	250m: 3:24.11 46.37	350m: 4:51.03 40.38			
	100m: 1:13.75 40.08	200m: 2:37.74 41.28	300m: 4:10.65 46.54	400m: 5:29.33 38.30			
17.	NUNES, Carolina Mendes	08	POR	Clube Desportivo de Estarreja	<b>5:30.96</b>	+0,82	518 B
	50m: 32.93 32.93	150m: 1:55.90 43.83	250m: 3:26.05 46.76	350m: 4:52.52 38.44			
	100m: 1:12.07 39.14	200m: 2:39.29 43.39	300m: 4:14.08 48.03	400m: 5:30.96 38.44			
18.	MARQUES, Barbara Nunes	06	POR	Clube Desportivo de Estarreja	<b>5:31.20</b>	+0,65	517 B
	50m: 34.37 34.37	150m: 1:57.48 42.92	250m: 3:25.94 47.37	350m: 4:53.41 39.38			
	100m: 1:14.56 40.19	200m: 2:38.57 41.09	300m: 4:14.03 48.09	400m: 5:31.20 37.79			
19.	CRUZ, Laura Maria	07	POR	Adrcimm	<b>5:31.34</b>	+0,72	516 B
	50m: 35.52 35.52	150m: 1:57.39 41.99	250m: 3:26.11 48.64	350m: 4:52.86 38.59			
	100m: 1:15.40 39.88	200m: 2:37.47 40.08	300m: 4:14.27 48.16	400m: 5:31.34 38.48			
20.	CUNHA, Maria Rita	10	POR	Colegio Efanor	<b>5:32.08</b>	+0,79	513 B
	50m: 35.59 35.59	150m: 1:58.19 41.74	250m: 3:26.61 47.45	350m: 4:54.05 39.11			
	100m: 1:16.45 40.86	200m: 2:39.16 40.97	300m: 4:14.94 48.33	400m: 5:32.08 38.03			
21.	CUNHA, Mariana Fernandes	11	POR	Foca Quinta Da Lixa - Cnf	<b>5:32.85</b>	+0,69	509 R
	50m: 34.98 34.98	150m: 1:59.87 43.39	250m: 3:30.23 49.02	350m: 4:56.38 38.06			
	100m: 1:16.48 41.50	200m: 2:41.21 41.34	300m: 4:18.32 48.09	400m: 5:32.85 36.47			
22.	BRAZ, Sofia Pereira	07	POR	CLIP Teams	<b>5:33.30</b>	+0,69	507 R
	50m: 32.92 32.92	150m: 1:55.20 43.12	250m: 3:27.03 48.88	350m: 4:54.73 38.45			
	100m: 1:12.08 39.16	200m: 2:38.15 42.95	300m: 4:16.28 49.25	400m: 5:33.30 38.57			
23.	GOMES, Rita Cunha	07	POR	Viana Natacao	<b>5:33.89</b>	+0,91	504
	50m: 34.79 34.79	150m: 1:59.04 43.77	250m: 3:30.45 48.29	350m: 4:57.22 38.74			
	100m: 1:15.27 40.48	200m: 2:42.16 43.12	300m: 4:18.48 48.03	400m: 5:33.89 36.67			

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

Lugar	Name	Ano	Nac	Club	Time	TReac	AQUA
24.	PIMENTEL, Eduarda Dias	10	POR	Porto	<b>5:36.03</b>	+0,69	495
	50m: 34.55 34.55	150m: 1:57.08	44.06	250m: 3:28.97	48.98	350m: 4:57.61	39.91
	100m: 1:13.02 38.47	200m: 2:39.99	42.91	300m: 4:17.70	48.73	400m: 5:36.03	38.42
25.	GANTE, Maria Ines	10	POR	Cnac	<b>5:39.98</b>	+0,75	478
	50m: 35.57 35.57	150m: 2:00.99	44.85	250m: 3:35.03	50.01	350m: 5:02.42	38.97
	100m: 1:16.14 40.57	200m: 2:45.02	44.03	300m: 4:23.45	48.42	400m: 5:39.98	37.56
26.	RODRIGUES, Teresa Isabel	09	POR	Foca Quinta Da Lixa - Cnf	<b>5:40.20</b>	+0,82	477
	50m: 35.54 35.54	150m: 2:00.79	43.98	250m: 3:32.65	48.97	350m: 5:02.03	40.10
	100m: 1:16.81 41.27	200m: 2:43.68	42.89	300m: 4:21.93	49.28	400m: 5:40.20	38.17
27.	MARTINS, Leonor Sombreiro	10	POR	BUZIOS - Coruche	<b>5:41.15</b>	+0,87	473
	50m: 34.00 34.00	150m: 1:59.04	43.40	250m: 3:34.83	52.27	350m: 5:04.80	37.47
	100m: 1:15.64 41.64	200m: 2:42.56	43.52	300m: 4:27.33	52.50	400m: 5:41.15	36.35
28.	HURYNOVICH, Varvara	11	BLR	Alges	<b>5:41.49</b>	+0,86	471
	50m: 36.38 36.38	150m: 2:03.11	44.31	250m: 3:34.79	46.82	350m: 5:02.87	39.49
	100m: 1:18.80 42.42	200m: 2:47.97	44.86	300m: 4:23.38	48.59	400m: 5:41.49	38.62
29.	GOMES, Rita Braga	10	POR	Alges	<b>5:42.42</b>	+0,63	468
	50m: 33.98 33.98	150m: 2:01.30	45.73	250m: 3:35.00	48.56	350m: 5:03.18	38.59
	100m: 1:15.57 41.59	200m: 2:46.44	45.14	300m: 4:24.59	49.59	400m: 5:42.42	39.24
30.	VELEZ, Vida Sofia	10	POR	Ba-Leiria	<b>5:43.19</b>	+0,78	464
	50m: 37.37 37.37	150m: 2:07.37	43.95	250m: 3:38.28	50.21	350m: 5:07.09	39.34
	100m: 1:23.42 46.05	200m: 2:48.07	40.70	300m: 4:27.75	49.47	400m: 5:43.19	36.10
31.	NOGUEIRA, Ana Laura	10	POR	Braga	<b>5:47.54</b>	+0,69	447
	50m: 34.88 34.88	150m: 2:03.14	45.92	250m: 3:36.56	49.69	350m: 5:08.19	40.13
	100m: 1:17.22 42.34	200m: 2:46.87	43.73	300m: 4:28.06	51.50	400m: 5:47.54	39.35
32.	ALMEIDA, Eva Miranda	11	POR	Columbofila Cantanhedense	<b>5:48.14</b>	+0,68	445
	50m: 37.04 37.04	150m: 2:05.97	45.08	250m: 3:41.91	51.32	350m: 5:10.29	38.10
	100m: 1:20.89 43.85	200m: 2:50.59	44.62	300m: 4:32.19	50.28	400m: 5:48.14	37.85
33.	VALA, Maria Joao	11	POR	Pimpoes/Cimai	<b>5:49.89</b>	+0,90	438
	50m: 36.69 36.69	150m: 2:04.84	44.59	250m: 3:39.29	51.84	350m: 5:10.63	39.74
	100m: 1:20.25 43.56	200m: 2:47.45	42.61	300m: 4:30.89	51.60	400m: 5:49.89	39.26
34.	NEVES, Joana Cura	11	POR	Condeixa Aqua Clube	<b>5:51.50</b>	+0,82	432
	50m: 36.28 36.28	150m: 2:07.85	48.10	250m: 3:43.93	49.67	350m: 5:15.24	38.79
	100m: 1:19.75 43.47	200m: 2:54.26	46.41	300m: 4:36.45	52.52	400m: 5:51.50	36.26
35.	PEREIRA, Matilde Sofia	11	POR	Condeixa Aqua Clube	<b>5:51.53</b>		432
	50m: 37.40 37.40	150m: 2:05.66	44.47	250m: 3:40.77	52.12	350m: 5:14.08	40.53
	100m: 1:21.19 43.79	200m: 2:48.65	42.99	300m: 4:33.55	52.78	400m: 5:51.53	37.45
36.	BERNAT, Alicia Del Rio	10	POR	Alges	<b>6:03.40</b>	+0,67	391
	50m: 34.92 34.92	150m: 2:07.12	51.33	250m: 3:47.00	52.01	350m: 5:22.39	43.13
	100m: 1:15.79 40.87	200m: 2:54.99	47.87	300m: 4:39.26	52.26	400m: 6:03.40	41.01