

Prova 1	Femin., 400m Livres				Masters
23/01/2026 - 11:00					Resultados
RN A(25-29)	4:36.93	RIESENBERGER, Bruna Martins	CIRL	Funchal	22/11/2023
RN B(30-34)	4:27.23	GRILO, Ana Paula	UDCA	Inatel	25/05/2002
RN C(35-39)	4:30.30	GRILO, Ana Paula	UDCA	Palma Maiorca (ESP)	18/04/2004
RN D(40-44)	4:49.44	GOMES, Susana Clara	CNF	Mealhada	18/01/2019
RN E(45-49)	5:03.00	GRILO, Ana Paula	NDCO	Mealhada	26/01/2014
RN F(50-54)	5:06.50	COUTINHO, Gisela Barbosa	CFP	Porto	01/11/2025
RN G(55-59)	5:22.20	FERREIRA, Isabel Baptista	ADRCIMM	Caldas da Rainha	26/01/2024
RN H(60-64)	5:56.54	OSORIO, Maria Claudia	CFP	Porto	01/11/2025
RN I(65-69)	6:06.65	FERREIRA, Ana Maria	SAD	Sines	04/03/2017
RN J(70-74)	6:23.87	FERREIRA, Ana Maria	SAD	Sines	07/03/2020
RN K(75-79)	7:11.81	BASTO, Luisa Bessone	SAD	Mealhada	18/01/2019
RN L(80-84)	59:00.00	, start			01/01/1800
RN M(85-89)	59:00.00	, start			01/01/1800

Lugar	Nome	TReac	Licença	Clube	Tempo Final	DSV	Pts
Masters A							
1.	FERNANDES, Ana Ines	119258		Vitória Sport Clube	5:08.94	651	16,00
	50m: 35.59 35.59	150m: 1:53.19	39.03	250m: 3:11.36	39.26	350m: 4:30.42	39.50
	100m: 1:14.16 38.57	200m: 2:32.10	38.91	300m: 3:50.92	39.56	400m: 5:08.94	38.52
2.	FERREIRA, Beatriz Marques	122579		Cfp	5:16.92	603	15,00
	50m: 34.20 34.20	150m: 1:51.08	39.29	250m: 3:13.29	41.34	350m: 4:36.55	41.77
	100m: 1:11.79 37.59	200m: 2:31.95	40.87	300m: 3:54.78	41.49	400m: 5:16.92	40.37
3.	DIAS, Maria Beatriz	108045		Clube Naval Povoense	5:18.57	594	14,00
	50m: 36.29 36.29	150m: 1:55.27	40.03	250m: 3:16.30	40.49	350m: 4:38.83	41.39
	100m: 1:15.24 38.95	200m: 2:35.81	40.54	300m: 3:57.44	41.14	400m: 5:18.57	39.74
4.	SANTOS, Raquel Fernandes	111454		Clube Natacao Masters de Alma	5:26.97	549	13,00
	50m: 35.16 35.16	150m: 1:54.48	40.38	250m: 3:18.94	42.29	350m: 4:44.87	43.15
	100m: 1:14.10 38.94	200m: 2:36.65	42.17	300m: 4:01.72	42.78	400m: 5:26.97	42.10
5.	DIAS, Joana Teixeira	105455		CLAC-Entroncamento	5:32.77	521	12,00
	50m: 37.42 37.42	150m: 1:58.81	40.79	250m: 3:23.18	42.62	350m: 4:50.70	43.78
	100m: 1:18.02 40.60	200m: 2:40.56	41.75	300m: 4:06.92	43.74	400m: 5:32.77	42.07
6.	ROCHA, Rita Oliveira	116897		Leixoes Sport Club	5:55.96	426	11,00
	50m: 38.90 38.90	150m: 2:04.18	43.60	250m: 3:35.94	46.62	350m: 5:10.25	47.49
	100m: 1:20.58 41.68	200m: 2:49.32	45.14	300m: 4:22.76	46.82	400m: 5:55.96	45.71
7.	MARTINS, Maria Teresa	105948		Galitos / Bresimar	6:08.53	384	10,00
	50m: 38.33 38.33	150m: 2:06.23	45.00	250m: 3:42.49	48.73	350m: 5:20.71	49.24
	100m: 1:21.23 42.90	200m: 2:53.76	47.53	300m: 4:31.47	48.98	400m: 6:08.53	47.82
8.	VIEIRA SOUSA, Rita	224880		Famalicão	6:32.76	317	9,00
	50m: 45.00 45.00	150m: 2:22.97	49.48	250m: 4:02.09	49.16	350m: 5:41.31	49.81
	100m: 1:33.49 48.49	200m: 3:12.93	49.96	300m: 4:51.50	49.41	400m: 6:32.76	51.45
9.	PEDRO, Ana Rita	202430		O2-Portimao	6:44.66	290	8,00
	50m: 45.44 45.44	150m: 2:25.23	50.81	250m: 4:09.61	52.34	350m: 5:53.88	52.00
	100m: 1:34.42 48.98	200m: 3:17.27	52.04	300m: 5:01.88	52.27	400m: 6:44.66	50.78
10.	GONCALVES, Francisca Isabel	218666		Cfp	6:47.03	285	7,00
	50m: 45.88 45.88	150m: 2:29.31	52.38	250m: 4:13.22	51.74	350m: 5:57.81	52.12
	100m: 1:36.93 51.05	200m: 3:21.48	52.17	300m: 5:05.69	52.47	400m: 6:47.03	49.22
11.	FERNANDES, Ana Rita	224208		Porto	6:53.12	272	6,00
	50m: 44.80 44.80	150m: 2:27.02	51.82	250m: 4:13.41	53.56	350m: 6:00.69	53.91
	100m: 1:35.20 50.40	200m: 3:19.85	52.83	300m: 5:06.78	53.37	400m: 6:53.12	52.43

Prova 1, Femin., 400m Livres, Masters A

Lugar	Nome	TReac	Licença	Clube	Tempo Final	DSV	Pts	
12.	DIAS, Luisa Alves		222424	Natacao de Valongo	6:56.98	265	5,00	
	50m: 47.46	47.46	150m: 2:32.31	53.18	250m: 4:22.15	54.73	350m: 6:07.40	51.64
	100m: 1:39.13	51.67	200m: 3:27.42	55.11	300m: 5:15.76	53.61	400m: 6:56.98	49.58

Masters B

1.	RODRIGUES, Ana Margarida		103868	Galitos / Bresimar	5:02.83	704	16,00	
	50m: 33.62	33.62	150m: 1:47.75	37.52	250m: 3:05.66	39.34	350m: 4:25.70	40.00
	100m: 1:10.23	36.61	200m: 2:26.32	38.57	300m: 3:45.70	40.04	400m: 5:02.83	37.13
2.	RODRIGUES, Joana Aguiar		15401	Porto	5:15.84	621	15,00	
	50m: 37.34	37.34	150m: 1:55.75	39.78	250m: 3:16.27	40.21	350m: 4:36.79	40.23
	100m: 1:15.97	38.63	200m: 2:36.06	40.31	300m: 3:56.56	40.29	400m: 5:15.84	39.05
3.	LOUSA, Irina Filipa		102467	Porto	5:19.72	598	14,00	
	50m: 35.39	35.39	150m: 1:51.08	38.38	250m: 3:12.59	41.76	350m: 4:37.55	42.75
	100m: 1:12.70	37.31	200m: 2:30.83	39.75	300m: 3:54.80	42.21	400m: 5:19.72	42.17
4.	GOMES, Carolina Francisco		26365	Lisboa PoolSharks	5:26.14	564	13,00	
	50m: 36.32	36.32	150m: 1:55.83	40.49	250m: 3:19.27	42.09	350m: 4:44.57	42.68
	100m: 1:15.34	39.02	200m: 2:37.18	41.35	300m: 4:01.89	42.62	400m: 5:26.14	41.57
5.	BARGADO, Catarina Isabel		12537	Lisboa PoolSharks	5:33.38	528	12,00	
	50m: 34.73	34.73	150m: 1:53.05	40.49	250m: 3:19.57	44.34	350m: 4:50.15	45.23
	100m: 1:12.56	37.83	200m: 2:35.23	42.18	300m: 4:04.92	45.35	400m: 5:33.38	43.23
6.	ROSAS, Joana Filipa		102023	Individual ANNP	5:35.85	516	11,00	
	50m: 36.17	36.17	150m: 1:55.17	40.71	250m: 3:20.86	43.66	350m: 4:51.13	45.34
	100m: 1:14.46	38.29	200m: 2:37.20	42.03	300m: 4:05.79	44.93	400m: 5:35.85	44.72
7.	LEITE, Teresa Sofia		13596	Clube Desportivo Feirense	5:51.35	451	10,00	
	50m: 37.40	37.40	150m: 2:03.83	44.38	250m: 3:35.41	45.80	350m: 5:07.41	45.75
	100m: 1:19.45	42.05	200m: 2:49.61	45.78	300m: 4:21.66	46.25	400m: 5:51.35	43.94
8.	MARCELINO, Catarina Matias		127055	GSC Grândola Sports club	6:35.93	315	9,00	
	50m: 43.90	43.90	150m: 2:23.13	50.50	250m: 4:04.05	51.05	350m: 5:45.65	50.27
	100m: 1:32.63	48.73	200m: 3:13.00	49.87	300m: 4:55.38	51.33	400m: 6:35.93	50.28
9.	PERES, Ines Marques		222022	Clube Naval de Ponta Delgada	6:45.04	294	8,00	
	50m: 42.86	42.86	150m: 2:22.74	51.09	250m: 4:06.32	51.53	350m: 5:52.13	53.57
	100m: 1:31.65	48.79	200m: 3:14.79	52.05	300m: 4:58.56	52.24	400m: 6:45.04	52.91
10.	OLIVEIRA, Beatriz Manata FTL		213519	Gafanha da Encarnação	7:50.00	188	-	
	50m: 52.69	52.69	150m: 2:47.12	58.06	250m: 4:50.09	1:02.21	350m: 6:52.59	1:00.50
	100m: 1:49.06	56.37	200m: 3:47.88	1:00.76	300m: 5:52.09	1:02.00	400m: 7:50.00	57.41

Masters C

1.	ALVES, Joana Isabel		130453	Universitario do Porto	5:25.42	591	16,00	
	50m: 36.25	36.25	150m: 1:56.27	40.84	250m: 3:19.92	41.71	350m: 4:43.95	41.99
	100m: 1:15.43	39.18	200m: 2:38.21	41.94	300m: 4:01.96	42.04	400m: 5:25.42	41.47
2.	RODRIGUES, Sara Daniela		12281	Galitos / Bresimar	5:36.47	534	15,00	
	50m: 37.72	37.72	150m: 2:00.39	41.86	250m: 3:25.25	42.55	350m: 4:53.19	44.55
	100m: 1:18.53	40.81	200m: 2:42.70	42.31	300m: 4:08.64	43.39	400m: 5:36.47	43.28
3.	MELO, Silvia Claudia		15709	Porto	5:36.93	532	14,00	
	50m: 39.28	39.28	150m: 2:02.60	41.85	250m: 3:27.68	42.66	350m: 4:54.22	43.55
	100m: 1:20.75	41.47	200m: 2:45.02	42.42	300m: 4:10.67	42.99	400m: 5:36.93	42.71

Prova 1, Femin., 400m Livres, Masters C

Lugar	Nome	TReac	Licença	Clube	Tempo Final	DSV	Pts
4.	PIRES, Rafaela Barreiros		13418	Braga	5:42.42	507	13,00
	50m: 37.97 37.97	150m: 2:00.86	41.78	250m: 3:27.63	43.97	350m: 4:57.50	44.70
	100m: 1:19.08 41.11	200m: 2:43.66	42.80	300m: 4:12.80	45.17	400m: 5:42.42	44.92
5.	O'LEARY, Kirstin Lynn		224799	Nacional de Nataçã	6:01.26	432	12,00
	50m: 39.68 39.68	150m: 2:10.71	46.44	250m: 3:43.95	46.64	350m: 5:16.61	46.44
	100m: 1:24.27 44.59	200m: 2:57.31	46.60	300m: 4:30.17	46.22	400m: 6:01.26	44.65
6.	PAIS, Oleksandra		224454	Porto	6:30.46	342	11,00
	50m: 40.32 40.32	150m: 2:13.45	48.38	250m: 3:56.50	52.18	350m: 5:41.11	51.68
	100m: 1:25.07 44.75	200m: 3:04.32	50.87	300m: 4:49.43	52.93	400m: 6:30.46	49.35
7.	SANTOS, Nadia Filipa FTL		200465	Alcobaca	8:39.91	144	-
	50m: 51.16 51.16	150m: 2:56.70	1:03.69	250m: 4:59.44	1:00.67	350m: 6:56.82	54.92
	100m: 1:53.01 1:01.85	200m: 3:58.77	1:02.07	300m: 6:01.90	1:02.46	400m: 8:39.91	1:43.09

Masters D

1.	LUCAS, Mariana Sa		204193	Litoral Alentejano	5:04.42	752	16,00
	50m: 34.09 34.09	150m: 1:49.90	38.67	250m: 3:07.23	38.45	350m: 4:26.22	39.43
	100m: 1:11.23 37.14	200m: 2:28.78	38.88	300m: 3:46.79	39.56	400m: 5:04.42	38.20
2.	SANTOS, Mariana Moura		100102	Lagoa Academico Clube	5:22.23	634	15,00
	50m: 36.43 36.43	150m: 1:57.55	41.24	250m: 3:20.42	41.74	350m: 4:43.80	41.69
	100m: 1:16.31 39.88	200m: 2:38.68	41.13	300m: 4:02.11	41.69	400m: 5:22.23	38.43
3.	ARENAS, Lina Orrego		211228	Porto	5:56.27	469	14,00
	50m: 39.36 39.36	150m: 2:07.91	44.61	250m: 3:38.43	45.76	350m: 5:11.38	46.16
	100m: 1:23.30 43.94	200m: 2:52.67	44.76	300m: 4:25.22	46.79	400m: 5:56.27	44.89
4.	PINTO, Rita Loureiro		131353	Ginásio Clube Português	6:20.92	384	13,00
	50m: 39.76 39.76	150m: 2:11.97	47.82	250m: 3:51.28	50.26	350m: 5:31.85	50.38
	100m: 1:24.15 44.39	200m: 3:01.02	49.05	300m: 4:41.47	50.19	400m: 6:20.92	49.07
5.	MARTIN, Emma		220976	Portinado	7:50.52	203	12,00
	50m: 49.87 49.87	150m: 2:44.32	59.26	250m: 4:48.13	1:03.16	350m: 6:51.13	1:01.01
	100m: 1:45.06 55.19	200m: 3:44.97	1:00.65	300m: 5:50.12	1:01.99	400m: 7:50.52	59.39

Masters E

1.	SWERTS, T.		209748	Braga	5:29.84	637	16,00
	50m: 37.85 37.85	150m: 2:00.27	41.80	250m: 3:25.58	42.89	350m: 4:49.52	41.76
	100m: 1:18.47 40.62	200m: 2:42.69	42.42	300m: 4:07.76	42.18	400m: 5:29.84	40.32
2.	RESENDES, Ana Marta		12798	Clube Desportivo Escolar de Ag	5:38.54	589	15,00
	50m: 37.07 37.07	150m: 1:58.88	41.84	250m: 3:25.68	43.82	350m: 4:54.32	44.54
	100m: 1:17.04 39.97	200m: 2:41.86	42.98	300m: 4:09.78	44.10	400m: 5:38.54	44.22
3.	OLIVEIRA, Ana Mafalda		23193	Natacao da Maia	5:46.08	551	14,00
	50m: 38.70 38.70	150m: 2:03.89	43.23	250m: 3:33.11	45.14	350m: 5:02.55	44.78
	100m: 1:20.66 41.96	200m: 2:47.97	44.08	300m: 4:17.77	44.66	400m: 5:46.08	43.53
4.	ERVILHA, Joana Antunes		13980	CNLeiria - VOID	6:07.32	461	13,00
	50m: 40.67 40.67	150m: 2:11.99	46.95	250m: 3:47.51	47.83	350m: 5:22.00	46.71
	100m: 1:25.04 44.37	200m: 2:59.68	47.69	300m: 4:35.29	47.78	400m: 6:07.32	45.32
5.	SA, Inez Correa		215609	Lagoa Academico Clube	6:19.79	417	12,00
	50m: 43.29 43.29	150m: 2:18.17	48.33	250m: 3:55.61	48.85	350m: 5:32.57	48.34
	100m: 1:29.84 46.55	200m: 3:06.76	48.59	300m: 4:44.23	48.62	400m: 6:19.79	47.22

Prova 1, Femin., 400m Livres, Masters E

Lugar	Nome	TReac	Licença	Clube	Tempo Final	DSV	Pts
6.	MUELLER, Carmen Eliana		225307	Lagoa Academico Clube	6:30.75	383	11,00
	50m: 43.84 43.84	150m: 2:22.08		49.23 250m: 4:02.63	50.54 350m: 5:41.96		48.81
	100m: 1:32.85 49.01	200m: 3:12.09		50.01 300m: 4:53.15	50.52 400m: 6:30.75		48.79
7.	LUZ, Carmen Silvia		148558	Litoral Alentejano	7:12.99	281	10,00
	50m: 48.91 48.91	150m: 2:37.43		54.75 250m: 4:27.78	55.43 350m: 6:19.20		55.35
	100m: 1:42.68 53.77	200m: 3:32.35		54.92 300m: 5:23.85	56.07 400m: 7:12.99		53.79
8.	MARTINS, Ana Maria		123246	Sporting Clube de Aveiro	7:13.63	280	9,00
	50m: 49.23 49.23	150m: 2:38.08		54.53 250m: 4:29.17	55.34 350m: 6:20.39		55.10
	100m: 1:43.55 54.32	200m: 3:33.83		55.75 300m: 5:25.29	56.12 400m: 7:13.63		53.24
9.	INACIO, Vanessa Mendes		215618	Rio Maior	7:15.73	276	8,00
	50m: 46.17 46.17	150m: 2:33.95		54.66 250m: 4:28.55	58.04 350m: 6:21.13		55.74
	100m: 1:39.29 53.12	200m: 3:30.51		56.56 300m: 5:25.39	56.84 400m: 7:15.73		54.60

Masters F

1.	BARBARA, Carla Santa		118948	Porto	5:22.54	699	16,00
	50m: 36.01 36.01	150m: 1:55.59		39.97 250m: 3:17.95	41.75 350m: 4:41.26		41.91
	100m: 1:15.62 39.61	200m: 2:36.20		40.61 300m: 3:59.35	41.40 400m: 5:22.54		41.28
2.	ROTHES, Ines Maria		124731	Cfp	5:35.02	624	15,00
	50m: 37.19 37.19	150m: 1:59.01		41.58 250m: 3:25.11	43.48 350m: 4:52.44		43.69
	100m: 1:17.43 40.24	200m: 2:41.63		42.62 300m: 4:08.75	43.64 400m: 5:35.02		42.58
3.	PARAMIO, Maria Luz		206727	Clube Naval de Ponta Delgada	5:58.65	509	14,00
	50m: 39.75 39.75	150m: 2:06.88		44.43 250m: 3:37.99	45.95 350m: 5:11.99		47.20
	100m: 1:22.45 42.70	200m: 2:52.04		45.16 300m: 4:24.79	46.80 400m: 5:58.65		46.66
4.	BARBARA, Sandra Santa		104504	Ginásio Sto. Tirso	6:09.49	465	13,00
	50m: 39.13 39.13	150m: 2:08.40		45.75 250m: 3:43.96	48.05 350m: 5:21.36		48.77
	100m: 1:22.65 43.52	200m: 2:55.91		47.51 300m: 4:32.59	48.63 400m: 6:09.49		48.13
5.	SANTINHA, Fernanda Maria		100478	Clube Natacao Masters de Almaraz	7:00.20	316	12,00
	50m: 47.53 47.53	150m: 2:32.94		53.37 250m: 4:20.50	53.21 350m: 6:07.90		53.49
	100m: 1:39.57 52.04	200m: 3:27.29		54.35 300m: 5:14.41	53.91 400m: 7:00.20		52.30
6.	PINTO, Isabel Maria		207697	Cfp	7:20.93	273	11,00
	50m: 51.63 51.63	150m: 2:42.75		56.03 250m: 4:35.15	56.23 350m: 6:27.07		56.22
	100m: 1:46.72 55.09	200m: 3:38.92		56.17 300m: 5:30.85	55.70 400m: 7:20.93		53.86
7.	LIPCIUC, Cristina Nicoleta		215964	Braga	7:26.06	264	10,00
	50m: 47.91 47.91	150m: 2:39.34		56.58 250m: 4:33.66	57.19 350m: 6:30.22		57.85
	100m: 1:42.76 54.85	200m: 3:36.47		57.13 300m: 5:32.37	58.71 400m: 7:26.06		55.84
8.	NUNES, Marcia Silva		122495	Lagoa Academico Clube	7:47.97	229	9,00
	50m: 50.85 50.85	150m: 2:44.84		57.07 250m: 4:42.16	59.85 350m: 6:46.92		1:04.01
	100m: 1:47.77 56.92	200m: 3:42.31		57.47 300m: 5:42.91	1:00.75 400m: 7:47.97		1:01.05
9.	MATIAS, Claudia Maria		209789	Lagoa Academico Clube	7:55.14	218	8,00
	50m: 53.15 53.15	150m: 2:55.52		59.56 250m: 4:54.47	59.72 350m: 6:55.80		1:00.55
	100m: 1:55.96 1:02.81	200m: 3:54.75		59.23 300m: 5:55.25	1:00.78 400m: 7:55.14		59.34
10.	MOTA, Teresa Susana		215976	Braga	8:49.64	158	7,00
	50m: 53.74 53.74	150m: 3:03.82		1:07.94 250m: 5:24.16	1:10.70 350m: 7:43.55		1:09.62
	100m: 1:55.88 1:02.14	200m: 4:13.46		1:09.64 300m: 6:33.93	1:09.77 400m: 8:49.64		1:06.09
11.	COSTA, Isabel Maria		214948	Clube Naval de Ponta Delgada	9:07.93	142	6,00
	50m: 56.93 56.93	150m: 3:15.72		1:11.53 250m: 5:38.30	1:11.20 350m: 7:59.84		1:10.75
	100m: 2:04.19 1:07.26	200m: 4:27.10		1:11.38 300m: 6:49.09	1:10.79 400m: 9:07.93		1:08.09

Prova 1, Femin., 400m Livres, Masters F

Lugar	Nome	TReac	Licença	Clube	Tempo Final	DSV	Pts
12.	ROMA, Sandra Cristina <i>FTL</i>		212003	CNLeiria - VOID	10:04.42	106	-
	50m: 1:05.83 1:05.83	150m: 3:39.10	1:18.93	250m: 6:14.83	1:17.67	350m: 8:53.27	1:19.15
	100m: 2:20.17 1:14.34	200m: 4:57.16	1:18.06	300m: 7:34.12	1:19.29	400m: 10:04.42	1:11.15

Masters G

1.	BLANCO, Catarina Araujo	124701	Cfp	6:28.97	420	16,00
	50m: 44.53 44.53	150m: 2:23.51	49.74	250m: 4:03.73	50.31	350m: 5:43.84 50.18
	100m: 1:33.77 49.24	200m: 3:13.42	49.91	300m: 4:53.66	49.93	400m: 6:28.97 45.13
2.	CLEMENTE, Catarina Augusta	202808	Tnc	6:34.35	403	15,00
	50m: 45.06 45.06	150m: 2:24.01	49.79	250m: 4:04.05	50.21	350m: 5:44.85 50.36
	100m: 1:34.22 49.16	200m: 3:13.84	49.83	300m: 4:54.49	50.44	400m: 6:34.35 49.50
3.	FERREIRA, Maria Manuela	130114	Vitória Sport Clube	6:35.90	398	14,00
	50m: 44.47 44.47	150m: 2:22.23	49.45	250m: 4:02.98	50.33	350m: 5:45.95 51.86
	100m: 1:32.78 48.31	200m: 3:12.65	50.42	300m: 4:54.09	51.11	400m: 6:35.90 49.95
4.	SANTOS, Maria Paula	215339	Natacao de Valongo	7:22.35	285	13,00
	50m: 45.56 45.56	150m: 2:36.14	57.34	250m: 4:32.08	58.03	350m: 6:27.79 58.43
	100m: 1:38.80 53.24	200m: 3:34.05	57.91	300m: 5:29.36	57.28	400m: 7:22.35 54.56
5.	SOARES, Susana Maria	26158	Universitario do Porto	7:29.85	271	12,00
	50m: 49.24 49.24	150m: 2:42.85	57.59	250m: 4:38.41	57.48	350m: 6:34.64 58.68
	100m: 1:45.26 56.02	200m: 3:40.93	58.08	300m: 5:35.96	57.55	400m: 7:29.85 55.21

Masters H

1.	OSORIO, Maria Claudia	219153	Cfp	6:20.26	571	16,00
	50m: 40.98 40.98	150m: 2:12.87	47.15	250m: 3:50.37	49.56	350m: 5:31.16 50.63
	100m: 1:25.72 44.74	200m: 3:00.81	47.94	300m: 4:40.53	50.16	400m: 6:20.26 49.10
2.	URBANO, Maria Margarida	11355	Académica de Coimbra	6:46.63	467	15,00
	50m: 46.03 46.03	150m: 2:26.14	50.90	250m: 4:09.36	51.87	350m: 5:54.44 52.68
	100m: 1:35.24 49.21	200m: 3:17.49	51.35	300m: 5:01.76	52.40	400m: 6:46.63 52.19
3.	SMEED, Ann Violet	219923	Obidos Criativa, EEM	7:22.17	363	14,00
	50m: 47.11 47.11	150m: 2:34.77	54.82	250m: 4:29.61	57.86	350m: 6:25.06 57.93
	100m: 1:39.95 52.84	200m: 3:31.75	56.98	300m: 5:27.13	57.52	400m: 7:22.17 57.11
4.	NETO, Maria Manuela	102090	Natacao da Maia	7:43.39	315	13,00
	50m: 50.73 50.73	150m: 2:46.90	59.09	250m: 4:45.95	59.54	350m: 6:45.34 59.64
	100m: 1:47.81 57.08	200m: 3:46.41	59.51	300m: 5:45.70	59.75	400m: 7:43.39 58.05
5.	CANINAS, Maria Madalena	108658	Clube Natacao Masters de Alma	8:03.53	277	12,00
	50m: 50.20 50.20	150m: 2:48.22	1:00.50	250m: 4:53.25	1:04.05	350m: 7:00.58 1:03.70
	100m: 1:47.72 57.52	200m: 3:49.20	1:00.98	300m: 5:56.88	1:03.63	400m: 8:03.53 1:02.95
6.	CARDOSO, Helena Maria	205207	Cfp	8:49.25	211	11,00
	50m: 50.33 50.33	150m: 2:58.59	1:07.73	250m: 5:16.06	1:08.06	350m: 7:38.03 1:11.09
	100m: 1:50.86 1:00.53	200m: 4:08.00	1:09.41	300m: 6:26.94	1:10.88	400m: 8:49.25 1:11.22
7.	MARTINS, Delfina Maria	117387	Ginásio Sto. Tirso	9:14.79	183	10,00
	50m: 1:09.04 1:09.04	150m: 3:27.07	1:09.91	250m: 5:44.43	1:08.55	350m: 8:04.92 1:10.31
	100m: 2:17.16 1:08.12	200m: 4:35.88	1:08.81	300m: 6:54.61	1:10.18	400m: 9:14.79 1:09.87
8.	RIBEIRO, Margarida Maria	131782	Cfp	9:23.71	175	9,00
	50m: 56.65 56.65	150m: 3:17.46	1:12.60	250m: 5:44.11	1:13.67	350m: 8:13.17 1:14.56
	100m: 2:04.86 1:08.21	200m: 4:30.44	1:12.98	300m: 6:58.61	1:14.50	400m: 9:23.71 1:10.54

Prova 1, Femin., 400m Livres

Masters I

1. CANORA MARIN, M.	214254	Leixoes Sport Club	6:55.25	610	16,00
50m: 45.92 45.92	150m: 2:29.64	52.35	250m: 4:15.67	53.28	350m: 6:02.72 53.43
100m: 1:37.29 51.37	200m: 3:22.39	52.75	300m: 5:09.29	53.62	400m: 6:55.25 52.53
2. OLIVEIRA, Maria Teresa	10538	Académica de Coimbra	7:11.64	543	15,00
50m: 49.01 49.01	150m: 2:38.68	55.43	250m: 4:30.42	55.48	350m: 6:17.54 54.06
100m: 1:43.25 54.24	200m: 3:34.94	56.26	300m: 5:23.48	53.06	400m: 7:11.64 54.10
3. GONZALEZ, Carla Luisa	223406	Clube Desportivo de Estarreja	8:00.65	393	14,00
50m: 48.64 48.64	150m: 2:46.97	1:00.69	250m: 4:50.12	1:00.75	350m: 6:59.03 1:04.88
100m: 1:46.28 57.64	200m: 3:49.37	1:02.40	300m: 5:54.15	1:04.03	400m: 8:00.65 1:01.62
4. WERNICKE, Maria Giraldo	210543	Cfp	8:02.98	388	13,00
50m: 54.07 54.07	150m: 2:51.76	1:00.10	250m: 4:54.33	1:00.70	350m: 7:01.71 1:03.51
100m: 1:51.66 57.59	200m: 3:53.63	1:01.87	300m: 5:58.20	1:03.87	400m: 8:02.98 1:01.27
5. CAEIRO, Ana Maria	201953	Grupo dos Amigos da Natacao-A8	8:05.87	381	12,00
50m: 55.57 55.57	150m: 2:57.53	1:01.04	250m: 5:01.51	1:02.52	350m: 7:07.28 1:03.04
100m: 1:56.49 1:00.92	200m: 3:58.99	1:01.46	300m: 6:04.24	1:02.73	400m: 8:05.87 58.59

Masters J

1. PINTAO, Luisa Maria	26112	CCD Associacao De Nadadores	7:53.42	516	16,00
50m: 51.42 51.42	150m: 2:50.55	1:01.05	250m: 4:51.81	1:00.78	350m: 6:53.23 59.87
100m: 1:49.50 58.08	200m: 3:51.03	1:00.48	300m: 5:53.36	1:01.55	400m: 7:53.42 1:00.19

Masters K

1. HESSEL, Maria Helena	219554	Cfp	9:26.56	376	16,00
50m: 1:10.63 1:10.63	150m: 3:34.93	1:12.49	250m: 5:56.20	1:10.47	350m: 8:18.90 1:10.86
100m: 2:22.44 1:11.81	200m: 4:45.73	1:10.80	300m: 7:08.04	1:11.84	400m: 9:26.56 1:07.66