

| Prova 1 20.06.2019 - 9:00 | Femin., 400m Livres Absolutos (NP) | | | | Absoluto Resultados Elimin |
|------------------------------|---------------------------------------|------------------------|-----|---------------------|-------------------------------|
| Rec Taça Gesloures Sen | 4:25.26 | Beatriz Paulo Ranito | POR | Loures | 14.05.2017 |
| Rec Taça Gesloures Jun | 4:33.78 | Ana Raquel Graveto | POR | Sto Antº Cavaleiros | 01.07.2018 |
| Rec Taça Gesloures Juv A | 4:31.04 | Ema Jeronimo Conceicao | POR | Sto Antº Cavaleiros | 01.07.2018 |
| Rec Taça Gesloures Juv B | 4:40.54 | Maria Carlota Rebelo | POR | Loures | 14.05.2017 |
| Rec Taça Gesloures Inf A | 4:43.54 | Ana Beatriz Simoes | POR | Sto Antº Cavaleiros | 01.07.2018 |
| Rec Taça Gesloures Inf B | 4:50.92 | Isadora Maia Andre | POR | Loures | 14.05.2017 |
| Rec Regional Abs | 4:04.61 | Diana Margarida Duraes | SLB | Copenhagen (DEN) | 17.12.2017 |
| Rec Nacional Abs | 4:04.61 | Diana Margarida Duraes | SLB | Copenhagen (DEN) | 17.12.2017 |

Pontos: FINA 2018

| Pos. | Nadador | Ano | Clube | T.Inscr. | Tempo | Pts |
|-----------------|---|-----|--------------------------------|------------------------------|----------------|-----|
| Infantis | | | | | | |
| 1. | Maria Leonor Coelho | 06 | Benfica | 4:48.48 | 4:49.92 | 529 |
| | 50m: 33.54 33.54 100m: 1:10.25 36.71 | | 150m: 2:24.83 200m: 3:39.41 | 250m: 350m: 300m: 3:49.92 | 400m: 4:49.92 | |
| 2. | Beatriz Fernandes Gama | 06 | Sporting | 5:01.95 | 5:05.46 | 452 |
| | 50m: 35.31 35.31 100m: 1:13.61 38.30 | | 150m: 2:31.65 200m: 3:48.78 | 250m: 350m: 300m: 4:05.46 | 400m: 5:05.46 | |
| 3. | Maria Pinto Monteiro | 06 | União Piedense | 5:07.38 | 5:08.31 | 440 |
| | 50m: 34.09 34.09 100m: 1:12.62 38.53 | | 150m: 2:32.65 200m: 3:51.50 | 250m: 350m: 300m: 5:08.31 | 400m: 5:08.31 | |
| 4. | Madalena Correa Sa | 06 | Gesloures | 5:15.97 | 5:09.71 | 434 |
| | 50m: 33.84 33.84 100m: 1:11.96 38.12 | | 150m: 2:31.03 200m: 3:50.43 | 250m: 350m: 300m: 5:09.71 | 400m: 5:09.71 | |
| 5. | Beatriz Mocego Niza | 06 | Amadora | 4:54.72 | 5:10.28 | 431 |
| | 50m: 35.93 35.93 100m: 1:14.40 38.47 | | 150m: 2:33.93 200m: 3:48.37 | 250m: 350m: 300m: 5:10.28 | 400m: 5:10.28 | |
| 6. | Marta Silva Santos | 06 | Naval Setubalense | 5:13.32 | 5:11.54 | 426 |
| | 50m: 35.95 35.95 100m: 1:14.83 38.88 | | 150m: 2:34.64 200m: 3:54.43 | 250m: 350m: 300m: 5:11.54 | 400m: 5:11.54 | |
| 7. | Maria Teresa Garcell | 07 | Fisica Torres Vedras | 5:13.80 | 5:14.92 | 412 |
| | 50m: 34.51 34.51 100m: 1:13.10 38.59 | | 150m: 2:23.80 200m: 3:54.73 | 250m: 350m: 300m: 5:14.92 | 400m: 5:14.92 | |
| 8. | Leticia Rodrigues Magalhaes | 07 | Palmela Desporto | 5:23.92 | 5:17.94 | 401 |
| | 50m: 34.60 34.60 100m: 1:13.40 38.80 | | 150m: 2:34.12 200m: 3:55.98 | 250m: 350m: 300m: 5:17.94 | 400m: 5:17.94 | |
| 9. | Teresa Joao Pires | 07 | Algés | 5:43.38 | 5:26.30 | 371 |
| | 50m: 37.97 37.97 100m: 1:18.12 40.15 | | 150m: 2:41.68 200m: 4:04.85 | 250m: 350m: 300m: 5:26.30 | 400m: 5:26.30 | |
| 10. | Catarina Danae Duarte | 06 | Bombeiros dos Estoris | 5:24.19 | 5:35.37 | 341 |
| | 50m: 34.84 34.84 100m: 1:14.68 39.84 | | 150m: 2:40.06 200m: 4:07.43 | 250m: 350m: 300m: 5:35.37 | 400m: 5:35.37 | |
| 11. | Sofia Medeiros Pereira | 06 | C N Montijo | 5:48.41 | 5:37.93 | 334 |
| | 50m: 37.84 37.84 100m: 1:19.25 41.41 | | 150m: 2:45.03 200m: 4:11.37 | 250m: 350m: 300m: 5:37.93 | 400m: 5:37.93 | |
| 12. | Ines Santos Silva | 07 | Colégio Int Monte Maior | 5:35.09 | 5:38.56 | 332 |
| | 50m: 40.28 40.28 100m: 1:23.57 43.29 | | 150m: 2:50.11 200m: 4:14.33 | 250m: 350m: 300m: 5:38.56 | 400m: 5:38.56 | |
| 13. | Marta Filipa Cruz | 07 | Laranjeiro | 6:10.66 | 6:00.67 | 274 |
| | 50m: 38.95 38.95 100m: 1:24.72 45.77 | | 150m: 2:59.07 200m: 4:32.48 | 250m: 350m: 300m: 6:00.67 | 400m: 6:00.67 | |

Juvenis

| | | | | | | |
|----|---|----|--|--|--|-----|
| 1. | Marta Macedo Inacio | 04 | Sporting | 4:38.39 | 4:44.28 | 561 |
| | 50m: 33.28 33.28 100m: 1:09.23 35.95 | | 150m: 1:45.57 36.34 200m: 2:21.71 36.14 | 250m: 2:57.55 35.84 300m: 3:33.44 35.89 | 350m: 4:09.40 35.96 400m: 4:44.28 34.88 | |
| 2. | Mariana Marques Santos | 05 | Gesloures | 4:48.61 | 4:44.85 | 558 |
| | 50m: 32.73 32.73 100m: 1:08.51 35.78 | | 150m: 1:44.67 36.16 200m: 2:20.94 36.27 | 250m: 2:57.15 36.21 300m: 3:33.64 36.49 | 350m: 4:09.62 35.98 400m: 4:44.85 35.23 | |
| 3. | Maria Martins Camacho | 04 | União Piedense | 4:52.07 | 4:53.09 | 512 |
| | 50m: 32.79 32.79 100m: 1:09.48 36.69 | | 150m: 1:46.14 36.66 200m: 2:23.37 37.23 | 250m: 3:00.72 37.35 300m: 3:38.99 38.27 | 350m: 4:16.22 37.23 400m: 4:53.09 36.87 | |

Prova 1, Femin., 400m Livres, Elimin, Juvenis

| Pos. | Nadador | Ano | Clube | T.Inscr. | Tempo | Pts | |
|------|--|-----|----------------------|--|----------------|----------------|-----|
| 4. | Diana Valadas Horta 50m: 33.57 33.57 100m: 1:10.69 37.12 | 04 | Laranjeiro | 150m: 1:47.86 37.17 200m: 2:25.32 37.46 250m: 3:02.71 37.39 300m: 3:40.67 37.96 350m: 4:18.29 37.62 400m: 4:55.39 37.10 | 5:13.28 | 4:55.39 | 500 |
| 5. | Mariana Fragoso Guterres 50m: 33.70 33.70 100m: 1:10.53 36.83 | 04 | Benfica | 150m: 1:48.48 37.95 200m: 2:27.00 38.52 250m: 3:06.10 39.10 300m: 3:45.42 39.32 350m: 4:23.88 38.46 400m: 5:02.05 38.17 | 4:51.60 | 5:02.05 | 468 |
| 6. | Luisa Morais Marques 50m: 33.21 33.21 100m: 1:10.59 37.38 | 05 | Fisica Torres Vedras | 150m: 1:49.60 39.01 200m: 2:29.47 39.87 250m: 3:09.48 40.01 300m: 3:50.16 40.68 350m: 4:30.46 40.30 400m: 5:09.98 39.52 | 5:07.98 | 5:09.98 | 433 |
| 7. | Carolina Anjos Frischknecht 50m: 35.56 35.56 100m: 1:14.91 39.35 | 04 | Naval Setubalense | 150m: 1:55.24 40.33 200m: 2:35.86 40.62 250m: 3:16.11 40.25 300m: 3:56.10 39.99 350m: 4:36.20 40.10 400m: 5:14.47 38.27 | 5:11.93 | 5:14.47 | 414 |
| 8. | Margarida Mendes Bras 50m: 35.48 35.48 100m: 1:14.89 39.41 | 04 | C N Montijo | 150m: 1:55.38 40.49 200m: 2:36.39 41.01 250m: 3:17.41 41.02 300m: 3:59.71 42.30 350m: 4:41.95 42.24 400m: 5:22.09 40.14 | 5:36.80 | 5:22.09 | 386 |
| 9. | Luana Santos Freitas 50m: 36.23 36.23 100m: 1:16.58 40.35 | 04 | Amadora | 150m: 1:58.32 41.74 200m: 2:39.56 41.24 250m: 3:22.16 42.60 300m: 4:04.82 42.66 350m: 4:45.46 40.64 400m: 5:25.39 39.93 | 5:19.24 | 5:25.39 | 374 |

Juniores & Seniores

| | | | | | | | |
|-----|--|----|-------------------------|--|----------------|----------------|-----|
| 1. | Francisca Salvador Mesquita <i>Recorde da Taça</i> 50m: 30.86 30.86 100m: 1:04.50 33.64 | 02 | Colégio Int Monte Maior | 150m: 1:38.26 33.76 200m: 2:12.52 34.26 250m: 2:46.55 34.03 300m: 3:20.55 34.00 350m: 3:54.59 34.04 400m: 4:28.18 33.59 | 4:26.63 | 4:28.18 | 668 |
| 2. | Ema Jeronimo Conceicao 50m: 31.49 31.49 100m: 1:05.16 33.67 | 03 | Fisica Torres Vedras | 150m: 1:39.12 33.96 200m: 2:13.61 34.49 250m: 2:48.06 34.45 300m: 3:22.03 33.97 350m: 3:56.20 34.17 400m: 4:31.01 34.81 | 4:28.28 | 4:31.01 | 648 |
| 3. | Sofia Alexandra Rolao 50m: 30.37 30.37 100m: 1:04.83 34.46 | 98 | Benfica | 150m: 1:39.47 34.64 200m: 2:14.15 34.68 250m: 2:48.73 34.58 300m: 3:23.91 35.18 350m: 3:59.20 35.29 400m: 4:32.18 32.98 | 5:03.00 | 4:32.18 | 639 |
| 4. | Teresa Miguel Veloso 50m: 31.37 31.37 100m: 1:04.94 33.57 | 00 | Sporting | 150m: 1:38.93 33.99 200m: 2:13.34 34.41 250m: 2:47.97 34.63 300m: 3:22.90 34.93 350m: 3:58.16 35.26 400m: 4:33.33 35.17 | 4:25.11 | 4:33.33 | 631 |
| 5. | Bruna Martins Riesenberger 50m: 31.73 31.73 100m: 1:06.06 34.33 | 97 | Laranjeiro | 150m: 1:41.24 35.18 200m: 2:16.45 35.21 250m: 2:51.66 35.21 300m: 3:27.07 35.41 350m: 4:02.82 35.75 400m: 4:37.55 34.73 | 4:30.72 | 4:37.55 | 603 |
| 6. | Margarida Sobral Pimenta 50m: 31.59 31.59 100m: 1:06.22 34.63 | 99 | Belenenses | 150m: 1:41.45 35.23 200m: 2:16.87 35.42 250m: 2:52.21 35.34 300m: 3:27.61 35.40 350m: 4:03.03 35.42 400m: 4:37.66 34.63 | 4:34.13 | 4:37.66 | 602 |
| 7. | Margarida Messias Ribeiro 50m: 32.05 32.05 100m: 1:07.63 35.58 | 98 | Gesloures | 150m: 1:44.33 36.70 200m: 2:20.55 36.22 250m: 2:56.70 36.15 300m: 3:33.33 36.63 350m: 4:09.24 35.91 400m: 4:44.93 35.69 | 4:32.79 | 4:44.93 | 557 |
| 8. | Beatriz Quintao Amantes 50m: 32.40 32.40 100m: 1:07.48 35.08 | 03 | União Piedense | 150m: 1:43.12 35.64 200m: 2:19.20 36.08 250m: 2:55.80 36.60 300m: 3:33.51 37.71 350m: 4:11.34 37.83 400m: 4:47.77 36.43 | 4:44.88 | 4:47.77 | 541 |
| 9. | Iolanda Sofia Clerigo 50m: 32.35 32.35 100m: 1:09.23 36.88 | 02 | Palmela Desporto | 150m: 1:46.86 37.63 200m: 2:24.63 37.77 250m: 3:03.40 38.77 300m: 3:42.68 39.28 350m: 4:22.39 39.71 400m: 5:00.66 38.27 | 5:02.29 | 5:00.66 | 474 |
| 10. | Catarina Ines Correia 50m: 34.53 34.53 100m: 1:12.34 37.81 | 03 | Naval Setubalense | 150m: 1:50.83 38.49 200m: 2:29.90 39.07 250m: 3:09.04 39.14 300m: 3:48.01 38.97 350m: 4:26.89 38.88 400m: 5:03.97 37.08 | 5:00.34 | 5:03.97 | 459 |

Absoluto

| | | | | | | | |
|----|--|----|-------------------------|--|----------------|----------------|-----|
| 1. | Francisca Salvador Mesquita <i>Recorde da Taça</i> 50m: 30.86 30.86 100m: 1:04.50 33.64 | 02 | Colégio Int Monte Maior | 150m: 1:38.26 33.76 200m: 2:12.52 34.26 250m: 2:46.55 34.03 300m: 3:20.55 34.00 350m: 3:54.59 34.04 400m: 4:28.18 33.59 | 4:26.63 | 4:28.18 | 668 |
| 2. | Ema Jeronimo Conceicao 50m: 31.49 31.49 100m: 1:05.16 33.67 | 03 | Fisica Torres Vedras | 150m: 1:39.12 33.96 200m: 2:13.61 34.49 250m: 2:48.06 34.45 300m: 3:22.03 33.97 350m: 3:56.20 34.17 400m: 4:31.01 34.81 | 4:28.28 | 4:31.01 | 648 |
| 3. | Sofia Alexandra Rolao 50m: 30.37 30.37 100m: 1:04.83 34.46 | 98 | Benfica | 150m: 1:39.47 34.64 200m: 2:14.15 34.68 250m: 2:48.73 34.58 300m: 3:23.91 35.18 350m: 3:59.20 35.29 400m: 4:32.18 32.98 | 5:03.00 | 4:32.18 | 639 |

Prova 1, Femin., 400m Livres, Elimin, Absoluto

| Pos. | Nadador | Ano | Clube | T.Inscr. | Tempo | Pts |
|------|-----------------------------|---------------------|----------------------|---------------------|----------------|-----|
| 4. | Teresa Miguel Veloso | 00 | Sporting | 4:25.11 | 4:33.33 | 631 |
| | 50m: 31.37 31.37 | 150m: 1:38.93 33.99 | 250m: 2:47.97 34.63 | 350m: 3:58.16 35.26 | | |
| | 100m: 1:04.94 33.57 | 200m: 2:13.34 34.41 | 300m: 3:22.90 34.93 | 400m: 4:33.33 35.17 | | |
| 5. | Bruna Martins Riesenberger | 97 | Laranjeiro | 4:30.72 | 4:37.55 | 603 |
| | 50m: 31.73 31.73 | 150m: 1:41.24 35.18 | 250m: 2:51.66 35.21 | 350m: 4:02.82 35.75 | | |
| | 100m: 1:06.06 34.33 | 200m: 2:16.45 35.21 | 300m: 3:27.07 35.41 | 400m: 4:37.55 34.73 | | |
| 6. | Margarida Sobral Pimenta | 99 | Belenenses | 4:34.13 | 4:37.66 | 602 |
| | 50m: 31.59 31.59 | 150m: 1:41.45 35.23 | 250m: 2:52.21 35.34 | 350m: 4:03.03 35.42 | | |
| | 100m: 1:06.22 34.63 | 200m: 2:16.87 35.42 | 300m: 3:27.61 35.40 | 400m: 4:37.66 34.63 | | |
| 7. | Marta Macedo Inacio | 04 | Sporting | 4:38.39 | 4:44.28 | 561 |
| | 50m: 33.28 33.28 | 150m: 1:45.57 36.34 | 250m: 2:57.55 35.84 | 350m: 4:09.40 35.96 | | |
| | 100m: 1:09.23 35.95 | 200m: 2:21.71 36.14 | 300m: 3:33.44 35.89 | 400m: 4:44.28 34.88 | | |
| 8. | Mariana Marques Santos | 05 | Gesloures | 4:48.61 | 4:44.85 | 558 |
| | 50m: 32.73 32.73 | 150m: 1:44.67 36.16 | 250m: 2:57.15 36.21 | 350m: 4:09.62 35.98 | | |
| | 100m: 1:08.51 35.78 | 200m: 2:20.94 36.27 | 300m: 3:33.64 36.49 | 400m: 4:44.85 35.23 | | |
| 9. | Margarida Messias Ribeiro | 98 | Gesloures | 4:32.79 | 4:44.93 | 557 |
| | 50m: 32.05 32.05 | 150m: 1:44.33 36.70 | 250m: 2:56.70 36.15 | 350m: 4:09.24 35.91 | | |
| | 100m: 1:07.63 35.58 | 200m: 2:20.55 36.22 | 300m: 3:33.33 36.63 | 400m: 4:44.93 35.69 | | |
| 10. | Beatriz Quintao Amantes | 03 | União Piedense | 4:44.88 | 4:47.77 | 541 |
| | 50m: 32.40 32.40 | 150m: 1:43.12 35.64 | 250m: 2:55.80 36.60 | 350m: 4:11.34 37.83 | | |
| | 100m: 1:07.48 35.08 | 200m: 2:19.20 36.08 | 300m: 3:33.51 37.71 | 400m: 4:47.77 36.43 | | |
| 11. | Maria Leonor Coelho | 06 | Benfica | 4:48.48 | 4:49.92 | 529 |
| | 50m: 33.54 33.54 | 150m: 1:47.86 37.17 | 250m: 3:02.71 37.39 | 350m: 4:18.29 37.62 | | |
| | 100m: 1:10.25 36.71 | 200m: 2:24.83 37.23 | 300m: 3:39.41 37.96 | 400m: 4:49.92 37.10 | | |
| 12. | Maria Martins Camacho | 04 | União Piedense | 4:52.07 | 4:53.09 | 512 |
| | 50m: 32.79 32.79 | 150m: 1:46.14 36.66 | 250m: 3:00.72 37.35 | 350m: 4:16.22 37.23 | | |
| | 100m: 1:09.48 36.69 | 200m: 2:23.37 37.23 | 300m: 3:38.99 38.27 | 400m: 4:53.09 36.87 | | |
| 13. | Diana Valadas Horta | 04 | Laranjeiro | 5:13.28 | 4:55.39 | 500 |
| | 50m: 33.57 33.57 | 150m: 1:47.86 37.17 | 250m: 3:02.71 37.39 | 350m: 4:18.29 37.62 | | |
| | 100m: 1:10.69 37.12 | 200m: 2:25.32 37.46 | 300m: 3:40.67 37.96 | 400m: 4:55.39 37.10 | | |
| 14. | Iolanda Sofia Clerigo | 02 | Palmela Desporto | 5:02.29 | 5:00.66 | 474 |
| | 50m: 32.35 32.35 | 150m: 1:46.86 37.63 | 250m: 3:03.40 38.77 | 350m: 4:22.39 39.71 | | |
| | 100m: 1:09.23 36.88 | 200m: 2:24.63 37.77 | 300m: 3:42.68 39.28 | 400m: 5:00.66 38.27 | | |
| 15. | Mariana Fragoso Guterres | 04 | Benfica | 4:51.60 | 5:02.05 | 468 |
| | 50m: 33.70 33.70 | 150m: 1:48.48 37.95 | 250m: 3:06.10 39.10 | 350m: 4:23.88 38.46 | | |
| | 100m: 1:10.53 36.83 | 200m: 2:27.00 38.52 | 300m: 3:45.42 39.32 | 400m: 5:02.05 38.17 | | |
| 16. | Catarina Ines Correia | 03 | Naval Setubalense | 5:00.34 | 5:03.97 | 459 |
| | 50m: 34.53 34.53 | 150m: 1:50.83 38.49 | 250m: 3:09.04 39.14 | 350m: 4:26.89 38.88 | | |
| | 100m: 1:12.34 37.81 | 200m: 2:29.90 39.07 | 300m: 3:48.01 39.97 | 400m: 5:03.97 37.08 | | |
| 17. | Beatriz Fernandes Gama | 06 | Sporting | 5:01.95 | 5:05.46 | 452 |
| | 50m: 35.31 35.31 | 150m: 1:51.65 36.34 | 250m: 3:10.78 39.13 | 350m: 4:28.91 38.13 | | |
| | 100m: 1:13.61 38.30 | 200m: 2:31.65 39.98 | 300m: 3:48.78 39.07 | 400m: 5:05.46 36.55 | | |
| 18. | Maria Pinto Monteiro | 06 | União Piedense | 5:07.38 | 5:08.31 | 440 |
| | 50m: 34.09 34.09 | 150m: 1:49.60 39.01 | 250m: 3:09.48 40.01 | 350m: 4:30.46 40.30 | | |
| | 100m: 1:12.62 38.53 | 200m: 2:32.65 39.05 | 300m: 3:51.50 40.68 | 400m: 5:08.31 39.52 | | |
| 19. | Madalena Correa Sa | 06 | Gesloures | 5:15.97 | 5:09.71 | 434 |
| | 50m: 33.84 33.84 | 150m: 1:50.03 36.19 | 250m: 3:10.43 39.40 | 350m: 4:31.91 40.48 | | |
| | 100m: 1:11.96 38.12 | 200m: 2:31.03 39.00 | 300m: 3:50.43 39.03 | 400m: 5:09.71 38.80 | | |
| 20. | Luisa Morais Marques | 05 | Fisica Torres Vedras | 5:07.98 | 5:09.98 | 433 |
| | 50m: 33.21 33.21 | 150m: 1:49.60 39.01 | 250m: 3:09.48 40.01 | 350m: 4:30.46 40.30 | | |
| | 100m: 1:10.59 37.38 | 200m: 2:29.47 39.87 | 300m: 3:50.16 40.68 | 400m: 5:09.98 39.52 | | |
| 21. | Beatriz Mocego Niza | 06 | Amadora | 4:54.72 | 5:10.28 | 431 |
| | 50m: 35.93 35.93 | 150m: 1:51.93 36.00 | 250m: 3:11.93 40.00 | 350m: 4:33.93 41.00 | | |
| | 100m: 1:14.40 38.47 | 200m: 2:33.93 42.00 | 300m: 3:48.37 34.44 | 400m: 5:10.28 31.95 | | |
| 22. | Marta Silva Santos | 06 | Naval Setubalense | 5:13.32 | 5:11.54 | 426 |
| | 50m: 35.95 35.95 | 150m: 1:50.64 34.69 | 250m: 3:12.33 41.69 | 350m: 4:35.02 42.69 | | |
| | 100m: 1:14.83 38.88 | 200m: 2:34.64 43.00 | 300m: 3:54.43 40.79 | 400m: 5:11.54 37.11 | | |
| 23. | Carolina Anjos Frischknecht | 04 | Naval Setubalense | 5:11.93 | 5:14.47 | 414 |
| | 50m: 35.56 35.56 | 150m: 1:55.24 40.33 | 250m: 3:16.11 40.25 | 350m: 4:36.20 40.10 | | |
| | 100m: 1:14.91 39.35 | 200m: 2:35.86 40.62 | 300m: 3:56.10 39.99 | 400m: 5:14.47 38.27 | | |
| 24. | Maria Teresa Garcell | 07 | Fisica Torres Vedras | 5:13.80 | 5:14.92 | 412 |
| | 50m: 34.51 34.51 | 150m: 1:52.80 38.29 | 250m: 3:14.73 39.93 | 350m: 4:37.66 42.93 | | |
| | 100m: 1:13.10 38.59 | 200m: 2:23.80 31.02 | 300m: 3:54.73 40.93 | 400m: 5:14.92 38.26 | | |
| 25. | Leticia Rodrigues Magalhaes | 07 | Palmela Desporto | 5:23.92 | 5:17.94 | 401 |
| | 50m: 34.60 34.60 | 150m: 1:54.12 39.52 | 250m: 3:16.04 41.92 | 350m: 4:38.96 42.92 | | |
| | 100m: 1:13.40 38.80 | 200m: 2:34.12 39.00 | 300m: 3:55.98 40.86 | 400m: 5:17.94 39.96 | | |

Prova 1, Femin., 400m Livres, Elimin, Absoluto

| Pos. | Nadador | Ano | Clube | T.Inscr. | Tempo | Pts |
|------|---|-----|---|---|--|-----|
| 26. | Margarida Mendes Bras 50m: 35.48 35.48 100m: 1:14.89 39.41 | 04 | C N Montijo 150m: 1:55.38 40.49 200m: 2:36.39 41.01 | 5:36.80 350m: 3:17.41 41.02 400m: 3:59.71 42.30 | 5:22.09 4:41.95 42.24 5:22.09 40.14 | 386 |
| 27. | Luana Santos Freitas 50m: 36.23 36.23 100m: 1:16.58 40.35 | 04 | Amadora 150m: 1:58.32 41.74 200m: 2:39.56 41.24 | 5:19.24 250m: 3:22.16 42.60 300m: 4:04.82 42.66 | 5:25.39 4:45.46 40.64 5:25.39 39.93 | 374 |
| 28. | Teresa Joao Pires 50m: 37.97 37.97 100m: 1:18.12 40.15 | 07 | Algés 150m: 2:41.68 200m: 3:00m: 4:04.85 | 5:43.38 250m: 350m: 4:00m: 5:26.30 | 5:26.30 | 371 |
| 29. | Catarina Danae Duarte 50m: 34.84 34.84 100m: 1:14.68 39.84 | 06 | Bombeiros dos Estoris 150m: 250m: 4:07.43 200m: 2:40.06 300m: | 5:24.19 350m: 400m: 5:35.37 | 5:35.37 | 341 |
| 30. | Sofia Medeiros Pereira 50m: 37.84 37.84 100m: 1:19.25 41.41 | 06 | C N Montijo 150m: 250m: 4:11.37 200m: 2:45.03 300m: | 5:48.41 350m: 400m: 5:37.93 | 5:37.93 | 334 |
| 31. | Ines Santos Silva 50m: 40.28 40.28 100m: 1:23.57 43.29 | 07 | Colégio Int Monte Maior 150m: 250m: 4:14.33 200m: 2:50.11 300m: | 5:35.09 350m: 400m: 5:38.56 | 5:38.56 | 332 |
| 32. | Marta Filipa Cruz 50m: 38.95 38.95 100m: 1:24.72 45.77 | 07 | Laranjeiro 150m: 250m: 4:32.48 200m: 2:59.07 300m: | 6:10.66 350m: 400m: 6:00.67 | 6:00.67 | 274 |

Infantis B

| | | | | | | |
|----|--|----|---|--------------------------------|----------------|-----|
| 1. | Maria Teresa Garcell 50m: 34.51 34.51 100m: 1:13.10 38.59 | 07 | Fisica Torres Vedras 150m: 250m: 3:54.73 200m: 2:23.80 300m: | 5:13.80 350m: 400m: 5:14.92 | 5:14.92 | 412 |
| 2. | Leticia Rodrigues Magalhaes 50m: 34.60 34.60 100m: 1:13.40 38.80 | 07 | Palmela Desporto 150m: 250m: 3:55.98 200m: 2:34.12 300m: | 5:23.92 350m: 400m: 5:17.94 | 5:17.94 | 401 |
| 3. | Teresa Joao Pires 50m: 37.97 37.97 100m: 1:18.12 40.15 | 07 | Algés 150m: 250m: 4:04.85 200m: 2:41.68 300m: | 5:43.38 350m: 400m: 5:26.30 | 5:26.30 | 371 |
| 4. | Ines Santos Silva 50m: 40.28 40.28 100m: 1:23.57 43.29 | 07 | Colégio Int Monte Maior 150m: 250m: 4:14.33 200m: 2:50.11 300m: | 5:35.09 350m: 400m: 5:38.56 | 5:38.56 | 332 |
| 5. | Marta Filipa Cruz 50m: 38.95 38.95 100m: 1:24.72 45.77 | 07 | Laranjeiro 150m: 250m: 4:32.48 200m: 2:59.07 300m: | 6:10.66 350m: 400m: 6:00.67 | 6:00.67 | 274 |

Infantis A

| | | | | | | |
|----|---|----|---|--------------------------------|----------------|-----|
| 1. | Maria Leonor Coelho 50m: 33.54 33.54 100m: 1:10.25 36.71 | 06 | Benfica 150m: 250m: 3:39.41 200m: 2:24.83 300m: | 4:48.48 350m: 400m: 4:49.92 | 4:49.92 | 529 |
| 2. | Beatriz Fernandes Gama 50m: 35.31 35.31 100m: 1:13.61 38.30 | 06 | Sporting 150m: 250m: 3:48.78 200m: 2:31.65 300m: | 5:01.95 350m: 400m: 5:05.46 | 5:05.46 | 452 |
| 3. | Maria Pinto Monteiro 50m: 34.09 34.09 100m: 1:12.62 38.53 | 06 | União Piedense 150m: 250m: 3:51.50 200m: 2:32.65 300m: | 5:07.38 350m: 400m: 5:08.31 | 5:08.31 | 440 |
| 4. | Madalena Correa Sa 50m: 33.84 33.84 100m: 1:11.96 38.12 | 06 | Gesloures 150m: 250m: 3:50.43 200m: 2:31.03 300m: | 5:15.97 350m: 400m: 5:09.71 | 5:09.71 | 434 |
| 5. | Beatriz Mocego Niza 50m: 35.93 35.93 100m: 1:14.40 38.47 | 06 | Amadora 150m: 250m: 3:48.37 200m: 2:33.93 300m: | 4:54.72 350m: 400m: 5:10.28 | 5:10.28 | 431 |
| 6. | Marta Silva Santos 50m: 35.95 35.95 100m: 1:14.83 38.88 | 06 | Naval Setubalense 150m: 250m: 3:54.43 200m: 2:34.64 300m: | 5:13.32 350m: 400m: 5:11.54 | 5:11.54 | 426 |
| 7. | Catarina Danae Duarte 50m: 34.84 34.84 100m: 1:14.68 39.84 | 06 | Bombeiros dos Estoris 150m: 250m: 4:07.43 200m: 2:40.06 300m: | 5:24.19 350m: 400m: 5:35.37 | 5:35.37 | 341 |
| 8. | Sofia Medeiros Pereira 50m: 37.84 37.84 100m: 1:19.25 41.41 | 06 | C N Montijo 150m: 250m: 4:11.37 200m: 2:45.03 300m: | 5:48.41 350m: 400m: 5:37.93 | 5:37.93 | 334 |

Prova 1, Femin., 400m Livres, Elimin

Juvenis B

| | | | | | |
|---------------------------|---------------------|----------------------|---------------------|----------------|-----|
| 1. Mariana Marques Santos | 05 | Gesloures | 4:48.61 | 4:44.85 | 558 |
| 50m: 32.73 32.73 | 150m: 1:44.67 36.16 | 250m: 2:57.15 36.21 | 350m: 4:09.62 35.98 | | |
| 100m: 1:08.51 35.78 | 200m: 2:20.94 36.27 | 300m: 3:33.64 36.49 | 400m: 4:44.85 35.23 | | |
| 2. Luisa Morais Marques | 05 | Fisica Torres Vedras | 5:07.98 | 5:09.98 | 433 |
| 50m: 33.21 33.21 | 150m: 1:49.60 39.01 | 250m: 3:09.48 40.01 | 350m: 4:30.46 40.30 | | |
| 100m: 1:10.59 37.38 | 200m: 2:29.47 39.87 | 300m: 3:50.16 40.68 | 400m: 5:09.98 39.52 | | |

Juvenis A

| | | | | | |
|--------------------------------|---------------------|---------------------|---------------------|----------------|-----|
| 1. Marta Macedo Inacio | 04 | Sporting | 4:38.39 | 4:44.28 | 561 |
| 50m: 33.28 33.28 | 150m: 1:45.57 36.34 | 250m: 2:57.55 35.84 | 350m: 4:09.40 35.96 | | |
| 100m: 1:09.23 35.95 | 200m: 2:21.71 36.14 | 300m: 3:33.44 35.89 | 400m: 4:44.28 34.88 | | |
| 2. Maria Martins Camacho | 04 | União Piedense | 4:52.07 | 4:53.09 | 512 |
| 50m: 32.79 32.79 | 150m: 1:46.14 36.66 | 250m: 3:00.72 37.35 | 350m: 4:16.22 37.23 | | |
| 100m: 1:09.48 36.69 | 200m: 2:23.37 37.23 | 300m: 3:38.99 38.27 | 400m: 4:53.09 36.87 | | |
| 3. Diana Valadas Horta | 04 | Laranjeiro | 5:13.28 | 4:55.39 | 500 |
| 50m: 33.57 33.57 | 150m: 1:47.86 37.17 | 250m: 3:02.71 37.39 | 350m: 4:18.29 37.62 | | |
| 100m: 1:10.69 37.12 | 200m: 2:25.32 37.46 | 300m: 3:40.67 37.96 | 400m: 4:55.39 37.10 | | |
| 4. Mariana Fragoso Guterres | 04 | Benfica | 4:51.60 | 5:02.05 | 468 |
| 50m: 33.70 33.70 | 150m: 1:48.48 37.95 | 250m: 3:06.10 39.10 | 350m: 4:23.88 38.46 | | |
| 100m: 1:10.53 36.83 | 200m: 2:27.00 38.52 | 300m: 3:45.42 39.32 | 400m: 5:02.05 38.17 | | |
| 5. Carolina Anjos Frischknecht | 04 | Naval Setubalense | 5:11.93 | 5:14.47 | 414 |
| 50m: 35.56 35.56 | 150m: 1:55.24 40.33 | 250m: 3:16.11 40.25 | 350m: 4:36.20 40.10 | | |
| 100m: 1:14.91 39.35 | 200m: 2:35.86 40.62 | 300m: 3:56.10 39.99 | 400m: 5:14.47 38.27 | | |
| 6. Margarida Mendes Bras | 04 | C N Montijo | 5:36.80 | 5:22.09 | 386 |
| 50m: 35.48 35.48 | 150m: 1:55.38 40.49 | 250m: 3:17.41 41.02 | 350m: 4:41.95 42.24 | | |
| 100m: 1:14.89 39.41 | 200m: 2:36.39 41.01 | 300m: 3:59.71 42.30 | 400m: 5:22.09 40.14 | | |
| 7. Luana Santos Freitas | 04 | Amadora | 5:19.24 | 5:25.39 | 374 |
| 50m: 36.23 36.23 | 150m: 1:58.32 41.74 | 250m: 3:22.16 42.60 | 350m: 4:45.46 40.64 | | |
| 100m: 1:16.58 40.35 | 200m: 2:39.56 41.24 | 300m: 4:04.82 42.66 | 400m: 5:25.39 39.93 | | |

Juniores

| | | | | | |
|--|---------------------|-------------------------|---------------------|----------------|-----|
| 1. Francisca Salvador Mesquita <i>Recorde da Taça</i> | 02 | Colégio Int Monte Maior | 4:26.63 | 4:28.18 | 668 |
| 50m: 30.86 30.86 | 150m: 1:38.26 33.76 | 250m: 2:46.55 34.03 | 350m: 3:54.59 34.04 | | |
| 100m: 1:04.50 33.64 | 200m: 2:12.52 34.26 | 300m: 3:20.55 34.00 | 400m: 4:28.18 33.59 | | |
| 2. Ema Jeronimo Conceicao | 03 | Fisica Torres Vedras | 4:28.28 | 4:31.01 | 648 |
| 50m: 31.49 31.49 | 150m: 1:39.12 33.96 | 250m: 2:48.06 34.45 | 350m: 3:56.20 34.17 | | |
| 100m: 1:05.16 33.67 | 200m: 2:13.61 34.49 | 300m: 3:22.03 33.97 | 400m: 4:31.01 34.81 | | |
| 3. Beatriz Quintao Amantes | 03 | União Piedense | 4:44.88 | 4:47.77 | 541 |
| 50m: 32.40 32.40 | 150m: 1:43.12 35.64 | 250m: 2:55.80 36.60 | 350m: 4:11.34 37.83 | | |
| 100m: 1:07.48 35.08 | 200m: 2:19.20 36.08 | 300m: 3:33.51 37.71 | 400m: 4:47.77 36.43 | | |
| 4. Iolanda Sofia Clerigo | 02 | Palmela Desporto | 5:02.29 | 5:00.66 | 474 |
| 50m: 32.35 32.35 | 150m: 1:46.86 37.63 | 250m: 3:03.40 38.77 | 350m: 4:22.39 39.71 | | |
| 100m: 1:09.23 36.88 | 200m: 2:24.63 37.77 | 300m: 3:42.68 39.28 | 400m: 5:00.66 38.27 | | |
| 5. Catarina Ines Correia | 03 | Naval Setubalense | 5:00.34 | 5:03.97 | 459 |
| 50m: 34.53 34.53 | 150m: 1:50.83 38.49 | 250m: 3:09.04 39.14 | 350m: 4:26.89 38.88 | | |
| 100m: 1:12.34 37.81 | 200m: 2:29.90 39.07 | 300m: 3:48.01 38.97 | 400m: 5:03.97 37.08 | | |

Seniores

| | | | | | |
|-------------------------------|---------------------|---------------------|---------------------|----------------|-----|
| 1. Sofia Alexandra Rolao | 98 | Benfica | 5:03.00 | 4:32.18 | 639 |
| 50m: 30.37 30.37 | 150m: 1:39.47 34.64 | 250m: 2:48.73 34.58 | 350m: 3:59.20 35.29 | | |
| 100m: 1:04.83 34.46 | 200m: 2:14.15 34.68 | 300m: 3:23.91 35.18 | 400m: 4:32.18 32.98 | | |
| 2. Teresa Miguel Veloso | 00 | Sporting | 4:25.11 | 4:33.33 | 631 |
| 50m: 31.37 31.37 | 150m: 1:38.93 33.99 | 250m: 2:47.97 34.63 | 350m: 3:58.16 35.26 | | |
| 100m: 1:04.94 33.57 | 200m: 2:13.34 34.41 | 300m: 3:22.90 34.93 | 400m: 4:33.33 35.17 | | |
| 3. Bruna Martins Riesenberger | 97 | Laranjeiro | 4:30.72 | 4:37.55 | 603 |
| 50m: 31.73 31.73 | 150m: 1:41.24 35.18 | 250m: 2:51.66 35.21 | 350m: 4:02.82 35.75 | | |
| 100m: 1:06.06 34.33 | 200m: 2:16.45 35.21 | 300m: 3:27.07 35.41 | 400m: 4:37.55 34.73 | | |
| 4. Margarida Sobral Pimenta | 99 | Belenenses | 4:34.13 | 4:37.66 | 602 |
| 50m: 31.59 31.59 | 150m: 1:41.45 35.23 | 250m: 2:52.21 35.34 | 350m: 4:03.03 35.42 | | |
| 100m: 1:06.22 34.63 | 200m: 2:16.87 35.42 | 300m: 3:27.61 35.40 | 400m: 4:37.66 34.63 | | |

Prova 1, Femin., 400m Livres, Elimin, Seniores

| Pos. | Nadador | Ano | Clube | T.Inscr. | Tempo | Pts |
|------|---------------------------|---------------------|---------------|---------------------------|----------------|-----|
| 5. | Margarida Messias Ribeiro | 98 | Gesloures | 4:32.79 | 4:44.93 | 557 |
| | 50m: 32.05 32.05 | 150m: 1:44.33 36.70 | 250m: 2:56.70 | 36.15 350m: 4:09.24 35.91 | | |
| | 100m: 1:07.63 35.58 | 200m: 2:20.55 36.22 | 300m: 3:33.33 | 36.63 400m: 4:44.93 35.69 | | |
| EXH | Ines Gaspar Silva | 06 | Gesloures | 5:15.57 | 5:10.30 | 431 |
| | 50m: 33.82 33.82 | 150m: 2:30.15 | 250m: 3:50.19 | 350m: 5:10.30 | | |
| | 100m: 1:11.89 38.07 | | | | | |
| EXH | Magda Silva Pereira | 07 | Gesloures | 5:41.59 | 5:34.86 | 343 |
| | 50m: 36.56 36.56 | 150m: 2:42.56 | 250m: 4:07.81 | 350m: 5:34.86 | | |
| | 100m: 1:16.84 40.28 | 200m: 2:42.56 | 300m: 4:07.81 | 400m: 5:34.86 | | |
| EXH | Eva Sofia Ascenso | 07 | Gesloures | 5:58.44 | 5:58.58 | 279 |
| | 50m: 40.62 40.62 | 150m: 2:59.81 | 250m: 4:32.28 | 350m: 5:58.58 | | |
| | 100m: 1:26.16 45.54 | 200m: 2:59.81 | 300m: 4:32.28 | 400m: 5:58.58 | | |