

Prova 20  
6.12.15 - 10:36

Femin., 400m Livres

Juvenis  
Resultados

Rec Nacional Juv B	4:23.08	Susana Patricia Miguel	SFUAP	Alhandra	2004
Rec Nacional Juv A	4:18.39	Ana Claudia Santos	SFUAP	Cantanhede	2004
Rec Nacional Absoluto	4:11.62	Diana Margarida Duraes	FCP	Vila Real St. Antonio	2015

Mínimos de Participação Juv B: 5:05.93; Juv A: 4:57.35

Pontos: FINA 2015

Pos.	Nadador	Ano	Clube	Tempo	Pts
<b>Juvenis B</b>					
1.	Mariana Amaral Mendes	02	Colégio Monte Maior	<b>4:37.83</b>	601
	50m: 31.74 31.74	150m: 1:41.62 35.22	250m: 2:53.07 35.74	350m: 4:03.91 35.42	
	100m: 1:06.40 34.66	200m: 2:17.33 35.71	300m: 3:28.49 35.42	400m: 4:37.83 33.92	
2.	Clara Gomes Pereira	02	Algés	<b>4:39.98</b>	587
	50m: 32.57 32.57	150m: 1:44.04 35.83	250m: 2:54.90 35.10	350m: 4:06.04 35.63	
	100m: 1:08.21 35.64	200m: 2:19.80 35.76	300m: 3:30.41 35.51	400m: 4:39.98 33.94	
3.	Alexandra Couto Frazao	02	Amadora	<b>4:43.85</b>	563
	50m: 32.29 32.29	150m: 1:43.08 35.93	250m: 2:55.69 36.38	350m: 4:08.22 36.25	
	100m: 1:07.15 34.86	200m: 2:19.31 36.23	300m: 3:31.97 36.28	400m: 4:43.85 35.63	
4.	Carolina Silverio Carpinteiro	02	Natacao do Tejo	<b>4:45.37</b>	555
	50m: 31.96 31.96	150m: 1:43.15 36.20	250m: 2:56.62 37.34	350m: 4:11.00 37.19	
	100m: 1:06.95 34.99	200m: 2:19.28 36.13	300m: 3:33.81 37.19	400m: 4:45.37 34.37	
5.	Leonor Camacho Fernandes	02	Sporting	<b>4:45.83</b>	552
	50m: 32.59 32.59	150m: 1:43.71 36.04	250m: 2:56.00 35.84	350m: 4:09.59 36.97	
	100m: 1:07.67 35.08	200m: 2:20.16 36.45	300m: 3:32.62 36.62	400m: 4:45.83 36.24	
6.	Maria Margarida Belo	02	Sporting	<b>4:46.17</b>	550
	50m: 32.56 32.56	150m: 1:45.35 36.72	250m: 2:57.47 35.77	350m: 4:10.39 36.56	
	100m: 1:08.63 36.07	200m: 2:21.70 36.35	300m: 3:33.83 36.36	400m: 4:46.17 35.78	
7.	Ana Ferreira Costa	02	Nautico Marinha Grande	<b>4:48.77</b>	535
	50m: 33.41 33.41	150m: 1:47.07 37.05	250m: 3:01.18 36.98	350m: 4:13.81 36.02	
	100m: 1:10.02 36.61	200m: 2:24.20 37.13	300m: 3:37.79 36.61	400m: 4:48.77 34.96	
8.	Constanca Filipa Rodrigues	02	Benedita Sport Clube	<b>4:53.76</b>	508
	50m: 33.14 33.14	150m: 1:47.36 37.60	250m: 3:03.33 37.93	350m: 4:18.41 37.28	
	100m: 1:09.76 36.62	200m: 2:25.40 38.04	300m: 3:41.13 37.80	400m: 4:53.76 35.35	
9.	Elisa Sauval Goncalves	02	Natação de Olhão	<b>4:54.96</b>	502
	50m: 32.24 32.24	150m: 1:44.52 36.93	250m: 3:00.14 37.88	350m: 4:17.09 38.51	
	100m: 1:07.59 35.35	200m: 2:22.26 37.74	300m: 3:38.58 38.44	400m: 4:54.96 37.87	
10.	Filipa Cardigo Fitas	02	Assoc.20km-Almeirim	<b>4:56.56</b>	494
	50m: 33.07 33.07	150m: 1:47.91 37.91	250m: 3:04.07 38.45	350m: 4:19.65 37.24	
	100m: 1:10.00 36.93	200m: 2:25.62 37.71	300m: 3:42.41 38.34	400m: 4:56.56 36.91	
11.	Ana Correia Ferreira	02	Nautico Marinha Grande	<b>4:56.66</b>	494
	50m: 32.97 32.97	150m: 1:47.95 38.02	250m: 3:04.06 38.18	350m: 4:20.08 38.06	
	100m: 1:09.93 36.96	200m: 2:25.88 37.93	300m: 3:42.02 37.96	400m: 4:56.66 36.58	
12.	Joana Filipa Varandas	02	Desporto Setúbal	<b>5:00.60</b>	474
	50m: 33.22 33.22	150m: 1:47.83 37.71	250m: 3:04.89 38.76	350m: 4:22.95 38.94	
	100m: 1:10.12 36.90	200m: 2:26.13 38.30	300m: 3:44.01 39.12	400m: 5:00.60 37.65	
13.	Carolina Ganhao Ferro	02	Gesloures	<b>5:00.93</b>	473
	50m: 33.00 33.00	150m: 1:48.25 38.18	250m: 3:05.22 39.03	350m: 4:23.92 39.53	
	100m: 1:10.07 37.07	200m: 2:26.19 37.94	300m: 3:44.39 39.17	400m: 5:00.93 37.01	
14.	Carolina Guerra Pisco	02	Assoc.20km-Almeirim	<b>5:02.66</b>	465
	50m: 34.97 34.97	150m: 1:48.71 38.16	250m: 3:05.93 38.64	350m: 4:25.03 39.48	
	100m: 1:10.55 35.58	200m: 2:27.29 38.58	300m: 3:45.55 39.62	400m: 5:02.66 37.63	
15.	Carolina Morais Oliveira	02	Amadora	<b>5:04.86</b>	455
	50m: 33.67 33.67	150m: 1:49.30 38.30	250m: 3:08.06 39.59	350m: 4:26.45 39.48	
	100m: 1:11.00 37.33	200m: 2:28.47 39.17	300m: 3:46.97 38.91	400m: 5:04.86 38.41	
16.	Ana Daniela Espingardeiro	02	Naval Praia da Vitoria	<b>5:04.97</b>	454
	50m: 33.81 33.81	150m: 1:49.89 38.72	250m: 3:08.26 39.41	350m: 4:27.22 39.45	
	100m: 1:11.17 37.36	200m: 2:28.85 38.96	300m: 3:47.77 39.51	400m: 5:04.97 37.75	
17.	Catarina Pinho Estevez	02	Naval Setubalense	<b>5:05.56</b>	452
	50m: 33.77 33.77	150m: 1:49.68 38.58	250m: 3:08.45 39.31	350m: 4:27.36 39.44	
	100m: 1:11.10 37.33	200m: 2:29.14 39.46	300m: 3:47.92 39.47	400m: 5:05.56 38.20	

Prova 20, Fem., 400m Livres, Juvenis B

Pos.	Nadador	Ano	Clube	Tempo	Pts
18.	Carolina Lopes Vieira <i>FTL (Fora do Tempo Limite)</i>	02	Gualdim Pais	<b>5:07.25</b>	444
	50m: 34.71 34.71	150m: 1:51.55 39.16	250m: 3:11.13 39.79	350m: 4:29.73 39.17	
	100m: 1:12.39 37.68	200m: 2:31.34 39.79	300m: 3:50.56 39.43	400m: 5:07.25 37.52	
19.	Mafalda Marques Pinto <i>FTL (Fora do Tempo Limite)</i>	02	Benfica	<b>5:07.39</b>	444
	50m: 32.32 32.32	150m: 1:49.05 38.92	250m: 3:08.21 39.64	350m: 4:27.37 39.69	
	100m: 1:10.13 37.81	200m: 2:28.57 39.52	300m: 3:47.68 39.47	400m: 5:07.39 40.02	
20.	Maria Leitao Carvalho <i>FTL (Fora do Tempo Limite)</i>	02	Bairro dos Anjos/Bomcar	<b>5:08.00</b>	441
	50m: 33.97 33.97	150m: 1:51.27 39.13	250m: 3:11.03 39.87	350m: 4:29.66 39.40	
	100m: 1:12.14 38.17	200m: 2:31.16 39.89	300m: 3:50.26 39.23	400m: 5:08.00 38.34	
21.	Catarina Trigo Ferreira <i>FTL (Fora do Tempo Limite)</i>	02	Amadora	<b>5:08.63</b>	438
	50m: 34.84 34.84	150m: 1:51.98 38.97	250m: 3:11.10 39.55	350m: 4:30.16 39.43	
	100m: 1:13.01 38.17	200m: 2:31.55 39.57	300m: 3:50.73 39.63	400m: 5:08.63 38.47	
DSQ	Ana Reis Sousa <i>G1 - Efectuou falsa partida (SW 4.4)</i>	02	Litoral Alentejano		

Juvenis A

1.	Filipa Serrano Rodrigues	01	União Piedense	<b>4:29.67</b>	657
	50m: 31.31 31.31	150m: 1:38.62 33.90	250m: 2:47.26 34.23	350m: 3:56.10 34.28	
	100m: 1:04.72 33.41	200m: 2:13.03 34.41	300m: 3:21.82 34.56	400m: 4:29.67 33.57	
2.	Carolina Rosa Marcelino	01	Algés	<b>4:34.81</b>	621
	50m: 32.46 32.46	150m: 1:43.45 35.92	250m: 2:52.83 34.90	350m: 4:01.52 34.32	
	100m: 1:07.53 35.07	200m: 2:17.93 34.48	300m: 3:27.20 34.37	400m: 4:34.81 33.29	
3.	Luisa Maria Machado	01	União Piedense	<b>4:37.31</b>	604
	50m: 30.47 30.47	150m: 1:39.29 35.18	250m: 2:50.63 35.59	350m: 4:02.58 35.83	
	100m: 1:04.11 33.64	200m: 2:15.04 35.75	300m: 3:26.75 36.12	400m: 4:37.31 34.73	
4.	Carolina Marques Neves	01	Torres Novas	<b>4:42.59</b>	571
	50m: 32.04 32.04	150m: 1:42.83 35.82	250m: 2:54.60 35.62	350m: 4:06.85 35.97	
	100m: 1:07.01 34.97	200m: 2:18.98 36.15	300m: 3:30.88 36.28	400m: 4:42.59 35.74	
5.	Tatiana Raquel Pombo	01	Nautica do Seixal	<b>4:44.81</b>	558
	50m: 31.01 31.01	150m: 1:41.31 35.58	250m: 2:54.88 37.15	350m: 4:09.71 37.40	
	100m: 1:05.73 34.72	200m: 2:17.73 36.42	300m: 3:32.31 37.43	400m: 4:44.81 35.10	
6.	Ana Margarida Branco	01	Algés	<b>4:48.77</b>	535
	50m: 32.39 32.39	150m: 1:44.12 36.79	250m: 2:58.49 36.80	350m: 4:13.24 37.39	
	100m: 1:07.33 34.94	200m: 2:21.69 37.57	300m: 3:35.85 37.36	400m: 4:48.77 35.53	
7.	Catarina Miguel Silva	01	Natação de Faro	<b>4:48.78</b>	535
	50m: 33.08 33.08	150m: 1:45.75 36.41	250m: 2:58.37 36.44	350m: 4:13.11 37.49	
	100m: 1:09.34 36.26	200m: 2:21.93 36.18	300m: 3:35.62 37.25	400m: 4:48.78 35.67	
8.	Raquel Antunes Tremoco	01	Sporting	<b>4:49.08</b>	533
	50m: 32.98 32.98	150m: 1:46.27 36.91	250m: 3:00.80 37.12	350m: 4:13.56 36.08	
	100m: 1:09.36 36.38	200m: 2:23.68 37.41	300m: 3:37.48 36.68	400m: 4:49.08 35.52	
9.	Mariana Sobral Galacha	01	Sporting	<b>4:49.27</b>	532
	50m: 32.47 32.47	150m: 1:44.15 35.89	250m: 2:57.84 36.79	350m: 4:13.18 37.84	
	100m: 1:08.26 35.79	200m: 2:21.05 36.90	300m: 3:35.34 37.50	400m: 4:49.27 36.09	
10.	Mafalda Rato Monteiro	01	Naval Setubalense	<b>4:50.27</b>	527
	50m: 32.63 32.63	150m: 1:46.26 37.04	250m: 3:00.77 37.11	350m: 4:15.03 37.04	
	100m: 1:09.22 36.59	200m: 2:23.66 37.40	300m: 3:37.99 37.22	400m: 4:50.27 35.24	
11.	Patricia Goncalves Leal	01	Bairro dos Anjos/Bomcar	<b>4:54.12</b>	506
	50m: 32.64 32.64	150m: 1:47.09 37.73	250m: 3:03.08 37.94	350m: 4:18.10 37.35	
	100m: 1:09.36 36.72	200m: 2:25.14 38.05	300m: 3:40.75 37.67	400m: 4:54.12 36.02	
12.	Sara Rulin Loureiro	01	Benfica	<b>4:54.44</b>	505
	50m: 33.24 33.24	150m: 1:45.61 36.64	250m: 3:00.55 37.68	350m: 4:16.69 38.16	
	100m: 1:08.97 35.73	200m: 2:22.87 37.26	300m: 3:38.53 37.98	400m: 4:54.44 37.75	
13.	Ana Cruz Antunes <i>FTL (Fora do Tempo Limite)</i>	01	Benfica	<b>4:59.80</b>	478
	50m: 32.49 32.49	150m: 1:46.16 37.59	250m: 3:03.67 39.06	350m: 4:21.81 38.90	
	100m: 1:08.57 36.08	200m: 2:24.61 38.45	300m: 3:42.91 39.24	400m: 4:59.80 37.99	

Prova 20, Femin., 400m Livres, Juvenis A

Pos.	Nadador	Ano	Clube	Tempo	Pts
14.	Tatiana Alexandre Cardoso <i>FTL (Fora do Tempo Limite)</i>	01	Amadora	<b>5:04.97</b>	454
	50m: 34.55 34.55	150m: 1:49.84 38.08	250m: 3:06.14 37.97	350m: 4:25.32 40.29	
	100m: 1:11.76 37.21	200m: 2:28.17 38.33	300m: 3:45.03 38.89	400m: 5:04.97 39.65	
DNS	Raquel Santos Sousa	01	Belenenses		

Juvenis

1.	Filipa Serrano Rodrigues	01	União Piedense	<b>4:29.67</b>	657
	50m: 31.31 31.31	150m: 1:38.62 33.90	250m: 2:47.26 34.23	350m: 3:56.10 34.28	
	100m: 1:04.72 33.41	200m: 2:13.03 34.41	300m: 3:21.82 34.56	400m: 4:29.67 33.57	
2.	Carolina Rosa Marcelino	01	Algés	<b>4:34.81</b>	621
	50m: 32.46 32.46	150m: 1:43.45 35.92	250m: 2:52.83 34.90	350m: 4:01.52 34.32	
	100m: 1:07.53 35.07	200m: 2:17.93 34.48	300m: 3:27.20 34.37	400m: 4:34.81 33.29	
3.	Luisa Maria Machado	01	União Piedense	<b>4:37.31</b>	604
	50m: 30.47 30.47	150m: 1:39.29 35.18	250m: 2:50.63 35.59	350m: 4:02.58 35.83	
	100m: 1:04.11 33.64	200m: 2:15.04 35.75	300m: 3:26.75 36.12	400m: 4:37.31 34.73	
4.	Mariana Amaral Mendes	02	Colégio Monte Maior	<b>4:37.83</b>	601
	50m: 31.74 31.74	150m: 1:41.62 35.22	250m: 2:53.07 35.74	350m: 4:03.91 35.42	
	100m: 1:06.40 34.66	200m: 2:17.33 35.71	300m: 3:28.49 35.42	400m: 4:37.83 33.92	
5.	Clara Gomes Pereira	02	Algés	<b>4:39.98</b>	587
	50m: 32.57 32.57	150m: 1:44.04 35.83	250m: 2:54.90 35.10	350m: 4:06.04 35.63	
	100m: 1:08.21 35.64	200m: 2:19.80 35.76	300m: 3:30.41 35.51	400m: 4:39.98 33.94	
6.	Carolina Marques Neves	01	Torres Novas	<b>4:42.59</b>	571
	50m: 32.04 32.04	150m: 1:42.83 35.82	250m: 2:54.60 35.62	350m: 4:06.85 35.97	
	100m: 1:07.01 34.97	200m: 2:18.98 36.15	300m: 3:30.88 36.28	400m: 4:42.59 35.74	
7.	Alexandra Couto Frazao	02	Amadora	<b>4:43.85</b>	563
	50m: 32.29 32.29	150m: 1:43.08 35.93	250m: 2:55.69 36.38	350m: 4:08.22 36.25	
	100m: 1:07.15 34.86	200m: 2:19.31 36.23	300m: 3:31.97 36.28	400m: 4:43.85 35.63	
8.	Tatiana Raquel Pombo	01	Nautica do Seixal	<b>4:44.81</b>	558
	50m: 31.01 31.01	150m: 1:41.31 35.58	250m: 2:54.88 37.15	350m: 4:09.71 37.40	
	100m: 1:05.73 34.72	200m: 2:17.73 36.42	300m: 3:32.31 37.43	400m: 4:44.81 35.10	
9.	Carolina Silverio Carpinteiro	02	Natacao do Tejo	<b>4:45.37</b>	555
	50m: 31.96 31.96	150m: 1:43.15 36.20	250m: 2:56.62 37.34	350m: 4:11.00 37.19	
	100m: 1:06.95 34.99	200m: 2:19.28 36.13	300m: 3:33.81 37.19	400m: 4:45.37 34.37	
10.	Leonor Camacho Fernandes	02	Sporting	<b>4:45.83</b>	552
	50m: 32.59 32.59	150m: 1:43.71 36.04	250m: 2:56.00 35.84	350m: 4:09.59 36.97	
	100m: 1:07.67 35.08	200m: 2:20.16 36.45	300m: 3:32.62 36.62	400m: 4:45.83 36.24	
11.	Maria Margarida Belo	02	Sporting	<b>4:46.17</b>	550
	50m: 32.56 32.56	150m: 1:45.35 36.72	250m: 2:57.47 35.77	350m: 4:10.39 36.56	
	100m: 1:08.63 36.07	200m: 2:21.70 36.35	300m: 3:33.83 36.36	400m: 4:46.17 35.78	
12.	Ana Ferreira Costa	02	Nautico Marinha Grande	<b>4:48.77</b>	535
	50m: 33.41 33.41	150m: 1:47.07 37.05	250m: 3:01.18 36.98	350m: 4:13.81 36.02	
	100m: 1:10.02 36.61	200m: 2:24.20 37.13	300m: 3:37.79 36.61	400m: 4:48.77 34.96	
	Ana Margarida Branco	01	Algés	<b>4:48.77</b>	535
	50m: 32.39 32.39	150m: 1:44.12 36.79	250m: 2:58.49 36.80	350m: 4:13.24 37.39	
	100m: 1:07.33 34.94	200m: 2:21.69 37.57	300m: 3:35.85 37.36	400m: 4:48.77 35.53	
14.	Catarina Miguel Silva	01	Natação de Faro	<b>4:48.78</b>	535
	50m: 33.08 33.08	150m: 1:45.75 36.41	250m: 2:58.37 36.44	350m: 4:13.11 37.49	
	100m: 1:09.34 36.26	200m: 2:21.93 36.18	300m: 3:35.62 37.25	400m: 4:48.78 35.67	
15.	Raquel Antunes Tremoco	01	Sporting	<b>4:49.08</b>	533
	50m: 32.98 32.98	150m: 1:46.27 36.91	250m: 3:00.80 37.12	350m: 4:13.56 36.08	
	100m: 1:09.36 36.38	200m: 2:23.68 37.41	300m: 3:37.48 36.68	400m: 4:49.08 35.52	
16.	Mariana Sobral Galacha	01	Sporting	<b>4:49.27</b>	532
	50m: 32.47 32.47	150m: 1:44.15 35.89	250m: 2:57.84 36.79	350m: 4:13.18 37.84	
	100m: 1:08.26 35.79	200m: 2:21.05 36.90	300m: 3:35.34 37.50	400m: 4:49.27 36.09	
17.	Mafalda Rato Monteiro	01	Naval Setubalense	<b>4:50.27</b>	527
	50m: 32.63 32.63	150m: 1:46.26 37.04	250m: 3:00.77 37.11	350m: 4:15.03 37.04	
	100m: 1:09.22 36.59	200m: 2:23.66 37.40	300m: 3:37.99 37.22	400m: 4:50.27 35.24	
18.	Constanca Filipa Rodrigues	02	Benedita Sport Clube	<b>4:53.76</b>	508
	50m: 33.14 33.14	150m: 1:47.36 37.60	250m: 3:03.33 37.93	350m: 4:18.41 37.28	
	100m: 1:09.76 36.62	200m: 2:25.40 38.04	300m: 3:41.13 37.80	400m: 4:53.76 35.35	

Prova 20, Femín., 400m Livres, Juvenis

Pos.	Nadador	Ano	Clube	Tempo	Pts
19.	Patricia Goncalves Leal 50m: 32.64 32.64 100m: 1:09.36 36.72	01	Bairro dos Anjos/Bomcar	<b>4:54.12</b> 150m: 1:47.09 37.73 3:03.08 37.94 200m: 2:25.14 38.05 300m: 3:40.75 37.67 350m: 4:18.10 37.35 400m: 4:54.12 36.02	506
20.	Sara Rulin Loureiro 50m: 33.24 33.24 100m: 1:08.97 35.73	01	Benfica	<b>4:54.44</b> 150m: 1:45.61 36.64 3:00.55 37.68 200m: 2:22.87 37.26 250m: 3:00.55 37.68 300m: 3:38.53 37.98 350m: 4:16.69 38.16 400m: 4:54.44 37.75	505
21.	Elisa Sauval Goncalves 50m: 32.24 32.24 100m: 1:07.59 35.35	02	Natação de Olhão	<b>4:54.96</b> 150m: 1:44.52 36.93 3:00.14 37.88 200m: 2:22.26 37.74 250m: 3:00.14 37.88 300m: 3:38.58 38.44 350m: 4:17.09 38.51 400m: 4:54.96 37.87	502
22.	Filipa Cardigo Fitas 50m: 33.07 33.07 100m: 1:10.00 36.93	02	Assoc.20km-Almeirim	<b>4:56.56</b> 150m: 1:47.91 37.91 3:04.07 38.45 200m: 2:25.62 37.71 250m: 3:04.07 38.45 300m: 3:42.41 38.34 350m: 4:19.65 37.24 400m: 4:56.56 36.91	494
23.	Ana Correia Ferreira 50m: 32.97 32.97 100m: 1:09.93 36.96	02	Nautico Marinha Grande	<b>4:56.66</b> 150m: 1:47.95 38.02 3:04.06 38.18 200m: 2:25.88 37.93 250m: 3:04.06 38.18 300m: 3:42.02 37.96 350m: 4:20.08 38.06 400m: 4:56.66 36.58	494
24.	Ana Cruz Antunes FTL (Fora do Tempo Limite) 50m: 32.49 32.49 100m: 1:08.57 36.08	01	Benfica	<b>4:59.80</b> 150m: 1:46.16 37.59 3:03.67 39.06 200m: 2:24.61 38.45 250m: 3:03.67 39.06 300m: 3:42.91 39.24 350m: 4:21.81 38.90 400m: 4:59.80 37.99	478
25.	Joana Filipa Varandas 50m: 33.22 33.22 100m: 1:10.12 36.90	02	Desporto Setúbal	<b>5:00.60</b> 150m: 1:47.83 37.71 3:04.89 38.76 200m: 2:26.13 38.30 250m: 3:04.89 38.76 300m: 3:44.01 39.12 350m: 4:22.95 38.94 400m: 5:00.60 37.65	474
26.	Carolina Ganhao Ferro 50m: 33.00 33.00 100m: 1:10.07 37.07	02	Gesloures	<b>5:00.93</b> 150m: 1:48.25 38.18 3:05.22 39.03 200m: 2:26.19 37.94 250m: 3:05.22 39.03 300m: 3:44.39 39.17 350m: 4:23.92 39.53 400m: 5:00.93 37.01	473
27.	Carolina Guerra Pisco 50m: 34.97 34.97 100m: 1:10.55 35.58	02	Assoc.20km-Almeirim	<b>5:02.66</b> 150m: 1:48.71 38.16 3:05.93 38.64 200m: 2:27.29 38.58 250m: 3:05.93 38.64 300m: 3:45.55 39.62 350m: 4:25.03 39.48 400m: 5:02.66 37.63	465
28.	Carolina Morais Oliveira 50m: 33.67 33.67 100m: 1:11.00 37.33	02	Amadora	<b>5:04.86</b> 150m: 1:49.30 38.30 3:08.06 39.59 200m: 2:28.47 39.17 250m: 3:08.06 39.59 300m: 3:46.97 38.91 350m: 4:26.45 39.48 400m: 5:04.86 38.41	455
29.	Tatiana Alexandre Cardoso FTL (Fora do Tempo Limite) 50m: 34.55 34.55 100m: 1:11.76 37.21	01	Amadora	<b>5:04.97</b> 150m: 1:49.84 38.08 3:06.14 37.97 200m: 2:28.17 38.33 250m: 3:06.14 37.97 300m: 3:45.03 38.89 350m: 4:25.32 40.29 400m: 5:04.97 39.65	454
	Ana Daniela Espingardeiro 50m: 33.81 33.81 100m: 1:11.17 37.36	02	Naval Praia da Vitoria	<b>5:04.97</b> 150m: 1:49.89 38.72 3:08.26 39.41 200m: 2:28.85 38.96 250m: 3:08.26 39.41 300m: 3:47.77 39.51 350m: 4:27.22 39.45 400m: 5:04.97 37.75	454
31.	Catarina Pinho Estevez 50m: 33.77 33.77 100m: 1:11.10 37.33	02	Naval Setubalense	<b>5:05.56</b> 150m: 1:49.68 38.58 3:08.45 39.31 200m: 2:29.14 39.46 250m: 3:08.45 39.31 300m: 3:47.92 39.47 350m: 4:27.36 39.44 400m: 5:05.56 38.20	452
32.	Carolina Lopes Vieira FTL (Fora do Tempo Limite) 50m: 34.71 34.71 100m: 1:12.39 37.68	02	Gualdim Pais	<b>5:07.25</b> 150m: 1:51.55 39.16 3:11.13 39.79 200m: 2:31.34 39.79 250m: 3:11.13 39.79 300m: 3:50.56 39.43 350m: 4:29.73 39.17 400m: 5:07.25 37.52	444
33.	Mafalda Marques Pinto FTL (Fora do Tempo Limite) 50m: 32.32 32.32 100m: 1:10.13 37.81	02	Benfica	<b>5:07.39</b> 150m: 1:49.05 38.92 3:08.21 39.64 200m: 2:28.57 39.52 250m: 3:08.21 39.64 300m: 3:47.68 39.47 350m: 4:27.37 39.69 400m: 5:07.39 40.02	444
34.	Maria Leitao Carvalho FTL (Fora do Tempo Limite) 50m: 33.97 33.97 100m: 1:12.14 38.17	02	Bairro dos Anjos/Bomcar	<b>5:08.00</b> 150m: 1:51.27 39.13 3:11.03 39.87 200m: 2:31.16 39.89 250m: 3:11.03 39.87 300m: 3:50.26 39.23 350m: 4:29.66 39.40 400m: 5:08.00 38.34	441
35.	Catarina Trigo Ferreira FTL (Fora do Tempo Limite) 50m: 34.84 34.84 100m: 1:13.01 38.17	02	Amadora	<b>5:08.63</b> 150m: 1:51.98 38.97 3:11.10 39.55 200m: 2:31.55 39.57 250m: 3:11.10 39.55 300m: 3:50.73 39.63 350m: 4:30.16 39.43 400m: 5:08.63 38.47	438
DSQ	Ana Reis Sousa G1 - Efectuou falsa partida (SW 4.4)	02	Litoral Alentejano		
DNS	Raquel Santos Sousa	01	Belenenses		