

Prova 3
7.5.16 - 17:50

Femin., 100m Costas

Infantis & Juvenis
Resultados

Rec Regional Inf B	1:10.43	Susana Patricia Miguel	SFUAP		2002
Rec Regional Inf A	1:05.36	Ines Camacho Fernandes	SCP	Tavira	2010
Rec Regional Juv B	1:02.96	Ines Camacho Fernandes	SCP	Alapraia	2011
Rec Regional Juv A	1:01.43	Inês Camacho Fernandes	SCP	Mealhada	2011
Rec Regional Absoluto	1:01.40	Francisca Gomes Azevedo	SAD	Porto	2015
Rec Nacional Inf B	1:09.96	Ana Margarida Guedes	SARNN	Abrantes	2013
Rec Nacional Inf A	1:05.36	Ines Camacho Fernandes	SCP	Tavira	2010
Rec Nacional Juv B	1:02.96	Ines Camacho Fernandes	SCP	Alapraia	2011
Rec Nacional Juv A	1:01.43	Ines Camacho Fernandes	SCP	Mealhada	2011
Rec Nacional Absoluto	1:00.64	Ana Sofia Leite	GCVR	Porto	2015

Pontos: FINA 2015

Lugar	Nome do Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts	50m	100m
Infantis B								
1.	Maria Ferreira Moura	04	Geslours	1:11.55	1:12.02	446	35.71	36.31
2.	Susana Chanoca Narciso	04	Desportivo Sesimbra	1:13.78	1:15.25	391	36.71	38.54
3.	Joana Maia Antunes	04	Sporting	1:17.60	1:17.85	353	37.65	40.20
4.	Maria Gomes Pereira	04	Alges	1:19.40	1:17.86	353	38.62	39.24
5.	Barbara Almeida Ribeiro	04	Colégio Vasco da Gama	1:20.14	1:18.26	347	38.16	40.10
6.	Mariana Morais Delfino	04	Avançado EULx	1:17.04	1:18.27	347	38.37	39.90
7.	Leonor Alves Morganho	04	Alges	1:43.00	1:19.34	333	38.99	40.35
8.	Lidiana Rodrigues	04	Individual ANL	1:23.05	1:19.65	329	39.83	39.82
9.	Carolina Jose Nascimento	04	CPCD Póvoa Sta Iria	1:16.26	1:19.70	329	39.39	40.31
10.	Vera Figueiredo Narra	04	Amadora	1:21.36	1:20.00	325	39.30	40.70
11.	Marta Macedo Inacio	04	Sporting	1:19.96	1:20.42	320	39.38	41.04
12.	Carolina Fale Costa	04	Colégio Monte Maior	1:20.83	1:21.12	312	40.68	40.44
13.	Ana Costa Goncalves	04	Sporting	1:17.29	1:22.26	299	40.71	41.55
14.	Sofia Vilardell Rodrigues	04	Geslours	1:20.36	1:22.42	297	40.60	41.82
15.	Rita Santos Boioes	04	C N Montijo	1:24.32	1:22.44	297	38.73	43.71
16.	Maria Martins Camacho	04	União Piedense	1:21.81	1:22.46	297	40.80	41.66
17.	Alice Jesus Morgado	04	Desportivo Vialonga	1:25.16	1:23.43	286	41.75	41.68
18.	Marta Pereira Domingos	04	Naval Amorense	1:29.94	1:23.70	284	40.46	43.24
19.	Daniela Filipa Marques	04	Palmela Desporto	1:22.45	1:23.85	282	40.97	42.88
20.	Raquel Raposo Lopes	04	Nautica do Seixal	1:24.18	1:24.18	279	41.44	42.74
21.	Sara Alexandra Castro	04	C N Montijo	1:21.46	1:24.30	278	40.59	43.71
22.	Aleksandra Bozanic Borcic	04	Alges	1:22.73	1:24.37	277	41.36	43.01
23.	Joana Marinho Coelho	04	Sporting	1:25.34	1:24.61	275	41.36	43.25
24.	Matilde Calhau Silva	04	Sporting	1:29.63	1:24.90	272	41.43	43.47
25.	Madalena da Graca Gerales	04	Sporting	1:24.56	1:25.09	270	41.96	43.13
26.	Andreia Velho Magalhaes	04	Benfica	1:24.24	1:25.48	266	41.68	43.80
27.	Alice Castico Moreira	04	C N Montijo	1:25.54	1:25.72	264	41.43	44.29
28.	Leonor Esteves Santos	04	Avançado EULx	1:29.00	1:26.10	261	42.26	43.84
29.	Maria Freire Alves	04	Bombeiros Estoris	1:24.32	1:26.37	258	42.65	43.72
	Margarida Carvalho Barao	04	Colégio Vasco da Gama	1:27.52	1:26.37	258	42.06	44.31
31.	Maria Silva Angelino	04	Palmela Desporto	1:33.59	1:26.77	255	41.20	45.57
	Daniela Alexandra Pedro	04	Colégio Vasco da Gama	1:22.92	1:26.77	255	43.31	43.46
33.	Alice Carvalho Amigo	04	Desportivo Sesimbra	1:25.22	1:27.04	252	41.86	45.18
34.	Carolina Porem Henriques	04	Amadora	1:43.00	1:27.95	244	44.09	43.86
35.	Mariana Frago Guterres	04	Benfica	1:30.66	1:29.24	234	43.02	46.22
36.	Marta Silva Figueiredo	04	Naval Amorense	1:28.69	1:29.30	234	43.52	45.78
37.	Margarida Filipe Ferreira	04	Nautica do Seixal	1:32.38	1:29.56	231	44.86	44.70
38.	Beatriz Costa Melo	04	Alges	1:40.89	1:30.09	227	44.98	45.11
39.	Catarina Alexandra Marques	04	Colégio Vasco da Gama	1:31.12	1:30.15	227	43.16	46.99
40.	Matilde Carvalho Barao	04	Colégio Vasco da Gama	1:33.81	1:31.81	215	44.49	47.32
41.	Ines Marques Joaquim	04	Benfica	1:42.95	1:32.25	212	44.58	47.67
42.	Andreia Santos Silva	04	Colégio Vasco da Gama	1:32.80	1:32.73	208	45.20	47.53
43.	Luana Santos Freitas	04	Individual ANL	1:34.15	1:32.89	207	45.34	47.55
44.	Margarida Mendes Bras	04	C N Montijo	1:33.04	1:33.90	201	45.16	48.74
45.	Constanca Ferreira Almeida	04	Colégio Vasco da Gama	1:42.25	1:39.09	171	48.14	50.95

Prova 3, Femin., 100m Costas

Infantis A

1.	Filipa Ramos Peixeira	03	Sporting	1:04.85	1:08.62	515	32.65	35.97
2.	Joana Ribeiro Martins	03	Benfica	1:12.74	1:09.49	496	34.50	34.99
3.	Sara Moura Cruz	03	Alges	1:13.05	1:09.79	490	34.36	35.43
4.	Beatriz Azevedo Isaias	03	Colégio Monte Maior	1:09.06	1:10.37	478	34.43	35.94
5.	Margarida Mota Silva	03	C N Montijo	1:13.75	1:12.54	436	35.53	37.01
6.	Ema Jeronimo Conceicao	03	Fisica Torres Vedras	1:13.63	1:14.57	401	36.69	37.88
7.	Mariana Marques Mercedes	03	Individual ANL	1:31.50	1:15.44	388	36.84	38.60
8.	Ana Margarida Soares	03	Naval Setubalense	1:14.60	1:16.01	379	37.04	38.97
9.	Margarida Teixeira Moreira	03	Belenenses	1:15.57	1:16.20	376	36.44	39.76
10.	Catarina Guimaraes Moreira	03	Alges	1:20.48	1:16.33	374	37.63	38.70
11.	Barbara Sofia Amaral	03	Geslours	1:16.78	1:16.74	368	37.16	39.58
12.	Beatriz Vaz Rebelo	03	Geslours	1:14.30	1:16.84	367	37.39	39.45
13.	Maria Ines Ribeiro	03	Alges	1:17.29	1:17.36	359	38.14	39.22
14.	Beatriz Picanço Martins	03	Benfica	1:17.63	1:18.20	348	38.00	40.20
15.	Margarida Sousa Gaspar	03	Colégio Monte Maior	1:18.42	1:18.58	343	39.00	39.58
16.	Catarina Inês Correia	03	Naval Setubalense	1:18.27	1:19.03	337	39.11	39.92
17.	Daniela Mascarenhas Henriques	03	Geslours	1:20.80	1:19.15	336	39.25	39.90
18.	Claudia Beatriz Martins	03	Geslours	1:18.18	1:19.63	330	39.11	40.52
19.	Raquel Pereira Pinto	03	Naval Setubalense	1:19.66	1:20.02	325	40.47	39.55
20.	Leonor Sequeira Barardo	03	Fisica Torres Vedras	1:22.11	1:20.07	324	39.20	40.87
	Marta Sousa Caxaria	03	C N Montijo	1:20.31	1:20.07	324	39.99	40.08
22.	Sofia Peres Ferrao	03	Desportivo Vialonga	1:26.23	1:20.23	322	39.50	40.73
23.	Rafaela Sofia Silva	03	Benfica	1:22.57	1:20.38	320	38.73	41.65
24.	Mariana Bança Ferreira	03	Naval Setubalense	1:22.30	1:20.54	318	39.99	40.55
25.	Leonor Maria Neves	03	Desportivo Vialonga	1:22.54	1:20.74	316	40.02	40.72
26.	Tatiana Valentim Oliveira	03	Fisica Torres Vedras	1:27.78	1:20.90	314	39.98	40.92
27.	Joana Sousa Almeida	03	Sporting	1:19.61	1:20.91	314	39.98	40.93
28.	Beatriz Quintao Amantes	03	União Piedense	1:25.08	1:21.05	312	39.51	41.54
29.	Mafalda Viegas Cruz	03	Sporting	1:23.69	1:21.73	305	40.38	41.35
30.	Joana Isabel Pulquerio	03	União Piedense	1:26.11	1:21.90	303	39.24	42.66
31.	Leonor Ramos Zacarias	03	Naval Setubalense	1:25.05	1:24.83	272	42.29	42.54
32.	Madalena Reis Cerdeira	03	Avançado EULx	1:27.98	1:25.36	267	42.44	42.92
33.	Rafaela Rodrigues Moura	03	Desporto Setúbal	1:28.27	1:26.14	260	42.02	44.12
34.	Caetana Neves Carneiro	03	Individual ANL	1:31.03	1:28.62	239	43.06	45.56
35.	Laura Morais Marques	03	Fisica Torres Vedras	1:31.20	1:29.95	228	44.13	45.82

Juvenis B

1.	Rafaela Gomes Azevedo	02	Alges	1:04.58	1:04.53	620	31.65	32.88
2.	Francisca Salvador Mesquita	02	Colégio Monte Maior	1:13.81	1:08.44	519	33.77	34.67
3.	Madalena Maria Ferreira	02	Sporting	1:08.21	1:09.55	495	33.71	35.84
4.	Maria Margarida Belo	02	Sporting	1:11.11	1:10.25	480	34.51	35.74
5.	Ana Rita Matos	02	Geslours	1:11.24	1:10.68	471	34.92	35.76
6.	Leonor Camacho Fernandes	02	Sporting	1:11.72	1:11.25	460	34.69	36.56
7.	Maria Mousinho Esteves	02	Amadora	1:08.40	1:11.30	459	34.80	36.50
8.	Maria Oliveira Paulo	02	Desportivo Sesimbra	1:12.70	1:12.25	441	34.41	37.84
	Mariana Amaral Mendes	02	Colégio Monte Maior	1:16.36	1:12.25	441	36.04	36.21
10.	Clara Gomes Pereira	02	Alges	1:11.96	1:12.32	440	35.50	36.82
11.	Carina Vlasyuk	02	Sporting	1:14.14	1:12.87	430	35.81	37.06
12.	Carolina Barros Domingos	02	Sporting	1:12.55	1:13.10	426	35.93	37.17
13.	Ana Raquel Graveto	02	Benfica	1:20.16	1:13.36	422	36.33	37.03
14.	Mafalda Marques Pinto	02	Individual ANL	1:13.44	1:14.11	409	36.04	38.07
15.	Beatriz Sanches Infante	02	Alges	1:14.62	1:15.04	394	37.16	37.88
16.	Catarina Trigo Ferreira	02	Amadora	1:13.59	1:16.13	377	37.53	38.60
17.	Filipa Inacio Cazeiro	02	Clube Instrucao Laranjeiro	1:17.56	1:16.81	367	36.85	39.96
18.	Carolina Ganhao Ferro	02	Geslours	1:19.89	1:16.85	367	37.85	39.00
19.	Natacha Sofia Silva	02	Benfica	1:22.83	1:17.00	365	37.88	39.12
20.	Mariana Freitas Neto	02	Sporting	1:20.65	1:17.77	354	37.91	39.86
21.	Catarina Pinho Estevez	02	Naval Setubalense	1:18.92	1:19.37	333	38.89	40.48
22.	Constanca Viana Goncalves	02	C N Montijo	1:19.79	1:19.82	327	38.02	41.80
23.	Mariana Pedro Pereira	02	Geslours	1:21.73	1:20.85	315	39.85	41.00
24.	Carolina Morais Oliveira	02	Amadora	1:14.95	1:21.25	310	39.78	41.47
25.	Debora Alexandra Jesus	02	Desportivo Sesimbra	1:24.95	1:22.15	300	39.72	42.43

Prova 3, Femin., 100m Costas, Juvenis B

Lugar	Nome do Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts	50m	100m
26.	Margarida Bento Raposo	02	C N Montijo	1:19.43	1:22.38	298	39.81	42.57
27.	Mariana Lopes Albuquerque	02	Naval Setubalense	1:24.24	1:22.65	295	41.39	41.26
28.	Margarida Cunha Barros	02	Naval Amorense	1:22.87	1:22.77	293	40.37	42.40
29.	Lara Moutinho Silva	02	Palmela Desporto	1:19.97	1:23.10	290	40.72	42.38
30.	Leticia Maia Andre	02	União Piedense	1:28.50	1:24.18	279	41.58	42.60
31.	Patricia Alexandra Boto	02	Nautica do Seixal	1:23.45	1:24.37	277	40.80	43.57
32.	Daniela Sofia Fernandes	02	CPCD Póvoa Sta Iria	1:28.50	1:25.60	265	41.98	43.62
33.	Maria Angelina Vicetto	02	C N Montijo	1:28.41	1:27.63	247	42.59	45.04
DNS	Patricia Marques Bacelar	02	Desportivo Sesimbra	1:18.89				

Juvenis A

1.	Anna Baptista Ferreira	01	Alges	1:07.56	1:07.27	547	32.61	34.66
2.	Filipa Serrano Rodrigues	01	União Piedense	1:06.45	1:07.33	545	33.21	34.12
3.	Luisa Maria Machado	01	União Piedense	1:13.40	1:09.15	503	33.78	35.37
4.	Carolina Rosa Marcelino	01	Alges	1:09.32	1:09.25	501	33.40	35.85
5.	Mariana Delicado Correia	01	Sporting	1:10.37	1:10.48	475	34.46	36.02
6.	Celeste Santos Ricardo	01	Naval Amorense	1:08.63	1:10.60	473	34.30	36.30
7.	Mafalda Sofia Dias	01	Naval Setubalense	1:09.60	1:11.10	463	34.71	36.39
8.	Raquel Antunes Tremoco	01	Sporting	1:08.52	1:11.19	461	34.31	36.88
9.	Filipa Bile Grilo	01	Benfica	1:11.08	1:11.26	460	35.00	36.26
10.	Tatiana Raquel Pombo	01	Nautica do Seixal	1:15.72	1:11.27	460	34.95	36.32
11.	Rita Alexandra Vital	01	Alges	1:12.92	1:11.39	458	35.16	36.23
12.	Raquel Santos Sousa	01	Individual ANL	1:11.58	1:11.82	449	34.51	37.31
13.	Beatriz Seixas Goncalves	01	Colégio Monte Maior	1:11.32	1:11.96	447	35.58	36.38
14.	Mafalda Rato Monteiro	01	Naval Setubalense	1:11.46	1:12.10	444	35.61	36.49
15.	Joana Mira Pereira	01	Naval Setubalense	1:13.31	1:12.13	444	35.30	36.83
16.	Mariana Sobral Galacha	01	Sporting	1:10.24	1:12.30	440	34.67	37.63
17.	Luana Correia Rodrigues	01	Individual ANL	1:14.66	1:12.52	436	36.09	36.43
18.	Juliana Goncalves Domingues	01	Benfica	1:11.75	1:12.63	434	35.10	37.53
19.	Tatiana Alexandre Cardoso	01	Amadora	1:15.98	1:13.28	423	36.17	37.11
20.	Ana Cruz Antunes	01	Benfica	1:12.15	1:13.48	420	35.88	37.60
21.	Ana Margarida Branco	01	Alges	1:17.44	1:13.52	419	36.08	37.44
22.	Barbara Daniela Quaresma	01	Nautica do Seixal	1:14.60	1:14.03	410	36.30	37.73
23.	Liliana Simoes Romao	01	Geslours	1:13.20	1:14.20	407	35.78	38.42
24.	Vera Serrano Santos	01	Alges	1:13.13	1:14.76	398	36.79	37.97
25.	Sara Rulin Loureiro	01	Benfica	1:14.47	1:14.89	396	37.62	37.27
26.	Catarina Rodrigues Belchior	01	Desporto Setúbal	1:14.53	1:15.35	389	36.83	38.52
27.	Ines Rodrigues Ferreira	01	Benfica	1:17.42	1:15.95	380	37.11	38.84
28.	Sara Alexandra Sousa	01	Geslours	1:18.01	1:16.34	374	37.28	39.06
29.	Carolina Maria Silveiro	01	Clube Instrucao Laranjeiro	1:23.50	1:17.41	359	37.34	40.07
30.	Maria Rodrigues Tome	01	Individual ANL	1:17.59	1:17.43	358	37.34	40.09
31.	Margarida Rocha Rodrigues	01	Sporting	1:16.92	1:18.79	340	38.90	39.89
32.	Madalena Marques Joaquim	01	Benfica	1:23.50	1:19.32	333	38.15	41.17
33.	Adriana Nogueira Mascarenhas	01	Naval Setubalense	1:21.91	1:20.39	320	39.36	41.03
34.	Rita Figueiredo Narra	01	Amadora	1:23.31	1:24.29	278	40.89	43.40
DSQ	Barbara Francisco Ferreira	01	Geslours	1:23.50				

C32 - Depois de perder a posição dorsal, não iniciou a viragem (aos 25m) imediatamente após o final da braçada.

Infantis & Juvenis

1.	Rafaela Gomes Azevedo	02	Alges	1:04.58	1:04.53	620	31.65	32.88
2.	Anna Baptista Ferreira	01	Alges	1:07.56	1:07.27	547	32.61	34.66
3.	Filipa Serrano Rodrigues	01	União Piedense	1:06.45	1:07.33	545	33.21	34.12
4.	Francisca Salvador Mesquita	02	Colégio Monte Maior	1:13.81	1:08.44	519	33.77	34.67
5.	Filipa Ramos Peixeira	03	Sporting	1:04.85	1:08.62	515	32.65	35.97
6.	Luisa Maria Machado	01	União Piedense	1:13.40	1:09.15	503	33.78	35.37
7.	Carolina Rosa Marcelino	01	Alges	1:09.32	1:09.25	501	33.40	35.85
8.	Joana Ribeiro Martins	03	Benfica	1:12.74	1:09.49	496	34.50	34.99
9.	Madalena Maria Ferreira	02	Sporting	1:08.21	1:09.55	495	33.71	35.84
10.	Sara Moura Cruz	03	Alges	1:13.05	1:09.79	490	34.36	35.43
11.	Maria Margarida Belo	02	Sporting	1:11.11	1:10.25	480	34.51	35.74
12.	Beatriz Azevedo Isaias	03	Colégio Monte Maior	1:09.06	1:10.37	478	34.43	35.94

Prova 3, Femin., 100m Costas, Infantis & Juvenis

Lugar	Nome do Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts	50m	100m
13.	Mariana Delicado Correia	01	Sporting	1:10.37	1:10.48	475	34.46	36.02
14.	Celeste Santos Ricardo	01	Naval Amorense	1:08.63	1:10.60	473	34.30	36.30
15.	Ana Rita Matos	02	Geslours	1:11.24	1:10.68	471	34.92	35.76
16.	Mafalda Sofia Dias	01	Naval Setubalense	1:09.60	1:11.10	463	34.71	36.39
17.	Raquel Antunes Tremoco	01	Sporting	1:08.52	1:11.19	461	34.31	36.88
18.	Leonor Camacho Fernandes	02	Sporting	1:11.72	1:11.25	460	34.69	36.56
19.	Filipa Bile Grilo	01	Benfica	1:11.08	1:11.26	460	35.00	36.26
20.	Tatiana Raquel Pombo	01	Nautica do Seixal	1:15.72	1:11.27	460	34.95	36.32
21.	Maria Mousinho Esteves	02	Amadora	1:08.40	1:11.30	459	34.80	36.50
22.	Rita Alexandra Vital	01	Alges	1:12.92	1:11.39	458	35.16	36.23
23.	Raquel Santos Sousa	01	Individual ANL	1:11.58	1:11.82	449	34.51	37.31
24.	Beatriz Seixas Goncalves	01	Colégio Monte Maior	1:11.32	1:11.96	447	35.58	36.38
25.	Maria Ferreira Moura	04	Geslours	1:11.55	1:12.02	446	35.71	36.31
26.	Mafalda Rato Monteiro	01	Naval Setubalense	1:11.46	1:12.10	444	35.61	36.49
27.	Joana Mira Pereira	01	Naval Setubalense	1:13.31	1:12.13	444	35.30	36.83
28.	Maria Oliveira Paulo	02	Desportivo Sesimbra	1:12.70	1:12.25	441	34.41	37.84
	Mariana Amaral Mendes	02	Colégio Monte Maior	1:16.36	1:12.25	441	36.04	36.21
30.	Mariana Sobral Galacha	01	Sporting	1:10.24	1:12.30	440	34.67	37.63
31.	Clara Gomes Pereira	02	Alges	1:11.96	1:12.32	440	35.50	36.82
32.	Luana Correia Rodrigues	01	Individual ANL	1:14.66	1:12.52	436	36.09	36.43
33.	Margarida Mota Silva	03	C N Montijo	1:13.75	1:12.54	436	35.53	37.01
34.	Juliana Goncalves Domingues	01	Benfica	1:11.75	1:12.63	434	35.10	37.53
35.	Carina Vlasyuk	02	Sporting	1:14.14	1:12.87	430	35.81	37.06
36.	Carolina Barros Domingos	02	Sporting	1:12.55	1:13.10	426	35.93	37.17
37.	Tatiana Alexandre Cardoso	01	Amadora	1:15.98	1:13.28	423	36.17	37.11
38.	Ana Raquel Graveto	02	Benfica	1:20.16	1:13.36	422	36.33	37.03
39.	Ana Cruz Antunes	01	Benfica	1:12.15	1:13.48	420	35.88	37.60
40.	Ana Margarida Branco	01	Alges	1:17.44	1:13.52	419	36.08	37.44
41.	Barbara Daniela Quaresma	01	Nautica do Seixal	1:14.60	1:14.03	410	36.30	37.73
42.	Mafalda Marques Pinto	02	Individual ANL	1:13.44	1:14.11	409	36.04	38.07
43.	Liliana Simoes Romao	01	Geslours	1:13.20	1:14.20	407	35.78	38.42
44.	Ema Jeronimo Conceicao	03	Fisica Torres Vedras	1:13.63	1:14.57	401	36.69	37.88
45.	Vera Serrano Santos	01	Alges	1:13.13	1:14.76	398	36.79	37.97
46.	Sara Rulin Loureiro	01	Benfica	1:14.47	1:14.89	396	37.62	37.27
47.	Beatriz Sanches Infante	02	Alges	1:14.62	1:15.04	394	37.16	37.88
48.	Susana Chanoca Narciso	04	Desportivo Sesimbra	1:13.78	1:15.25	391	36.71	38.54
49.	Catarina Rodrigues Belchior	01	Desporto Setúbal	1:14.53	1:15.35	389	36.83	38.52
50.	Mariana Marques Mercedes	03	Individual ANL	1:31.50	1:15.44	388	36.84	38.60
51.	Ines Rodrigues Ferreira	01	Benfica	1:17.42	1:15.95	380	37.11	38.84
52.	Ana Margarida Soares	03	Naval Setubalense	1:14.60	1:16.01	379	37.04	38.97
53.	Catarina Trigo Ferreira	02	Amadora	1:13.59	1:16.13	377	37.53	38.60
54.	Margarida Teixeira Moreira	03	Belenenses	1:15.57	1:16.20	376	36.44	39.76
55.	Catarina Guimaraes Moreira	03	Alges	1:20.48	1:16.33	374	37.63	38.70
56.	Sara Alexandra Sousa	01	Geslours	1:18.01	1:16.34	374	37.28	39.06
57.	Barbara Sofia Amaral	03	Geslours	1:16.78	1:16.74	368	37.16	39.58
58.	Filipa Inacio Cazeiro	02	Clube Instrucao Laranjeiro	1:17.56	1:16.81	367	36.85	39.96
59.	Beatriz Vaz Rebelo	03	Geslours	1:14.30	1:16.84	367	37.39	39.45
60.	Carolina Ganhao Ferro	02	Geslours	1:19.89	1:16.85	367	37.85	39.00
61.	Natacha Sofia Silva	02	Benfica	1:22.83	1:17.00	365	37.88	39.12
62.	Maria Ines Ribeiro	03	Alges	1:17.29	1:17.36	359	38.14	39.22
63.	Carolina Maria Silveiro	01	Clube Instrucao Laranjeiro	1:23.50	1:17.41	359	37.34	40.07
64.	Maria Rodrigues Tome	01	Individual ANL	1:17.59	1:17.43	358	37.34	40.09
65.	Mariana Freitas Neto	02	Sporting	1:20.65	1:17.77	354	37.91	39.86
66.	Joana Maia Antunes	04	Sporting	1:17.60	1:17.85	353	37.65	40.20
67.	Maria Gomes Pereira	04	Alges	1:19.40	1:17.86	353	38.62	39.24
68.	Beatriz Picanço Martins	03	Benfica	1:17.63	1:18.20	348	38.00	40.20
69.	Barbara Almeida Ribeiro	04	Colégio Vasco da Gama	1:20.14	1:18.26	347	38.16	40.10
70.	Mariana Morais Delfino	04	Avançado EULx	1:17.04	1:18.27	347	38.37	39.90
71.	Margarida Sousa Gaspar	03	Colégio Monte Maior	1:18.42	1:18.58	343	39.00	39.58
72.	Margarida Rocha Rodrigues	01	Sporting	1:16.92	1:18.79	340	38.90	39.89
73.	Catarina Inês Correia	03	Naval Setubalense	1:18.27	1:19.03	337	39.11	39.92
74.	Daniela Mascarenhas Henriques	03	Geslours	1:20.80	1:19.15	336	39.25	39.90
75.	Madalena Marques Joaquim	01	Benfica	1:23.50	1:19.32	333	38.15	41.17
76.	Leonor Alves Morganho	04	Alges	1:43.00	1:19.34	333	38.99	40.35

Prova 3, Femin., 100m Costas, Infantis & Juvenis

Lugar	Nome do Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts	50m	100m
77.	Catarina Pinho Estevez	02	Naval Setubalense	1:18.92	1:19.37	333	38.89	40.48
78.	Claudia Beatriz Martins	03	Geslourses	1:18.18	1:19.63	330	39.11	40.52
79.	Lidiana Rodrigues	04	Individual ANL	1:23.05	1:19.65	329	39.83	39.82
80.	Carolina Jose Nascimento	04	CPCD Póvoa Sta Iria	1:16.26	1:19.70	329	39.39	40.31
81.	Constanca Viana Goncalves	02	C N Montijo	1:19.79	1:19.82	327	38.02	41.80
82.	Vera Figueiredo Narra	04	Amadora	1:21.36	1:20.00	325	39.30	40.70
83.	Raquel Pereira Pinto	03	Naval Setubalense	1:19.66	1:20.02	325	40.47	39.55
84.	Leonor Sequeira Barardo	03	Fisica Torres Vedras	1:22.11	1:20.07	324	39.20	40.87
	Marta Sousa Caxaria	03	C N Montijo	1:20.31	1:20.07	324	39.99	40.08
86.	Sofia Peres Ferrao	03	Desportivo Vialonga	1:26.23	1:20.23	322	39.50	40.73
87.	Rafaela Sofia Silva	03	Benfica	1:22.57	1:20.38	320	38.73	41.65
88.	Adriana Nogueira Mascarenhas	01	Naval Setubalense	1:21.91	1:20.39	320	39.36	41.03
89.	Marta Macedo Inacio	04	Sporting	1:19.96	1:20.42	320	39.38	41.04
90.	Mariana Bança Ferreira	03	Naval Setubalense	1:22.30	1:20.54	318	39.99	40.55
91.	Leonor Maria Neves	03	Desportivo Vialonga	1:22.54	1:20.74	316	40.02	40.72
92.	Mariana Pedro Pereira	02	Geslourses	1:21.73	1:20.85	315	39.85	41.00
93.	Tatiana Valentim Oliveira	03	Fisica Torres Vedras	1:27.78	1:20.90	314	39.98	40.92
94.	Joana Sousa Almeida	03	Sporting	1:19.61	1:20.91	314	39.98	40.93
95.	Beatriz Quintao Amantes	03	União Piedense	1:25.08	1:21.05	312	39.51	41.54
96.	Carolina Fale Costa	04	Colégio Monte Maior	1:20.83	1:21.12	312	40.68	40.44
97.	Carolina Morais Oliveira	02	Amadora	1:14.95	1:21.25	310	39.78	41.47
98.	Mafalda Viegas Cruz	03	Sporting	1:23.69	1:21.73	305	40.38	41.35
99.	Joana Isabel Pulquerio	03	União Piedense	1:26.11	1:21.90	303	39.24	42.66
100.	Debora Alexandra Jesus	02	Desportivo Sesimbra	1:24.95	1:22.15	300	39.72	42.43
101.	Ana Costa Goncalves	04	Sporting	1:17.29	1:22.26	299	40.71	41.55
102.	Margarida Bento Raposo	02	C N Montijo	1:19.43	1:22.38	298	39.81	42.57
103.	Sofia Vilardell Rodrigues	04	Geslourses	1:20.36	1:22.42	297	40.60	41.82
104.	Rita Santos Boioes	04	C N Montijo	1:24.32	1:22.44	297	38.73	43.71
105.	Maria Martins Camacho	04	União Piedense	1:21.81	1:22.46	297	40.80	41.66
106.	Mariana Lopes Albuquerque	02	Naval Setubalense	1:24.24	1:22.65	295	41.39	41.26
107.	Margarida Cunha Barros	02	Naval Amorense	1:22.87	1:22.77	293	40.37	42.40
108.	Lara Moutinho Silva	02	Palmela Desporto	1:19.97	1:23.10	290	40.72	42.38
109.	Alice Jesus Morgado	04	Desportivo Vialonga	1:25.16	1:23.43	286	41.75	41.68
110.	Marta Pereira Domingos	04	Naval Amorense	1:29.94	1:23.70	284	40.46	43.24
111.	Daniela Filipa Marques	04	Palmela Desporto	1:22.45	1:23.85	282	40.97	42.88
112.	Raquel Raposo Lopes	04	Nautica do Seixal	1:24.18	1:24.18	279	41.44	42.74
	Leticia Maia Andre	02	União Piedense	1:28.50	1:24.18	279	41.58	42.60
114.	Rita Figueiredo Narra	01	Amadora	1:23.31	1:24.29	278	40.89	43.40
115.	Sara Alexandra Castro	04	C N Montijo	1:21.46	1:24.30	278	40.59	43.71
116.	Patricia Alexandra Boto	02	Nautica do Seixal	1:23.45	1:24.37	277	40.80	43.57
	Aleksandra Bozanic Borcic	04	Alges	1:22.73	1:24.37	277	41.36	43.01
118.	Joana Marinho Coelho	04	Sporting	1:25.34	1:24.61	275	41.36	43.25
119.	Leonor Ramos Zacarias	03	Naval Setubalense	1:25.05	1:24.83	272	42.29	42.54
120.	Matilde Calhau Silva	04	Sporting	1:29.63	1:24.90	272	41.43	43.47
121.	Madalena da Graca Gerales	04	Sporting	1:24.56	1:25.09	270	41.96	43.13
122.	Madalena Reis Cerdeira	03	Avançado EULx	1:27.98	1:25.36	267	42.44	42.92
123.	Andreia Velho Magalhaes	04	Benfica	1:24.24	1:25.48	266	41.68	43.80
124.	Daniela Sofia Fernandes	02	CPCD Póvoa Sta Iria	1:28.50	1:25.60	265	41.98	43.62
125.	Alice Castico Moreira	04	C N Montijo	1:25.54	1:25.72	264	41.43	44.29
126.	Leonor Esteves Santos	04	Avançado EULx	1:29.00	1:26.10	261	42.26	43.84
127.	Rafaela Rodrigues Moura	03	Desporto Setúbal	1:28.27	1:26.14	260	42.02	44.12
128.	Maria Freire Alves	04	Bombeiros Estoris	1:24.32	1:26.37	258	42.65	43.72
	Margarida Carvalho Barao	04	Colégio Vasco da Gama	1:27.52	1:26.37	258	42.06	44.31
130.	Maria Silva Angelino	04	Palmela Desporto	1:33.59	1:26.77	255	41.20	45.57
	Daniela Alexandra Pedro	04	Colégio Vasco da Gama	1:22.92	1:26.77	255	43.31	43.46
132.	Alice Carvalho Amigo	04	Desportivo Sesimbra	1:25.22	1:27.04	252	41.86	45.18
133.	Maria Angelina Vicetto	02	C N Montijo	1:28.41	1:27.63	247	42.59	45.04
134.	Carolina Porem Henriques	04	Amadora	1:43.00	1:27.95	244	44.09	43.86
135.	Caetana Neves Carneiro	03	Individual ANL	1:31.03	1:28.62	239	43.06	45.56
136.	Mariana Frago Guterres	04	Benfica	1:30.66	1:29.24	234	43.02	46.22
137.	Marta Silva Figueiredo	04	Naval Amorense	1:28.69	1:29.30	234	43.52	45.78
138.	Margarida Filipe Ferreira	04	Nautica do Seixal	1:32.38	1:29.56	231	44.86	44.70
139.	Laura Morais Marques	03	Fisica Torres Vedras	1:31.20	1:29.95	228	44.13	45.82
140.	Beatriz Costa Melo	04	Alges	1:40.89	1:30.09	227	44.98	45.11

Prova 3, Femin., 100m Costas, Infantis & Juvenis

Lugar	Nome do Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts	50m	100m
141.	Catarina Alexandra Marques	04	Colégio Vasco da Gama	1:31.12	1:30.15	227	43.16	46.99
142.	Matilde Carvalho Barao	04	Colégio Vasco da Gama	1:33.81	1:31.81	215	44.49	47.32
143.	Ines Marques Joaquim	04	Benfica	1:42.95	1:32.25	212	44.58	47.67
144.	Andreia Santos Silva	04	Colégio Vasco da Gama	1:32.80	1:32.73	208	45.20	47.53
145.	Luana Santos Freitas	04	Individual ANL	1:34.15	1:32.89	207	45.34	47.55
146.	Margarida Mendes Bras	04	C N Montijo	1:33.04	1:33.90	201	45.16	48.74
147.	Constanca Ferreira Almeida	04	Colégio Vasco da Gama	1:42.25	1:39.09	171	48.14	50.95
DSQ	Barbara Francisco Ferreira	01	Geslours	1:23.50				
	<i>C32 - Depois de perder a posição dorsal, não iniciou a viragem (aos 25m) imediatamente após o final da braçada.</i>							
DNS	Patricia Marques Bacelar	02	Desportivo Sesimbra	1:18.89				