

Prova 2 Femin., 400m Estilos Absolutos  
 23.11.2018 - 17:35 Resultados

Rec Regional Abs	4:36.19	Victoria Kaminskaya	ESJB	Copenhagen (DEN)	2017
Rec Regional Sen	4:36.19	Victoria Kaminskaya	ESJB	Copenhagen (DEN)	2017
Rec Regional Jun 2	4:49.07	Raquel Gomes Pereira	SAD	Felgueiras	2017
Rec Regional Jun 1	4:51.07	Susana Patricia Miguel	SFUAP	Tomar	2005
Rec Regional Juv A	4:51.85	Ana Claudia Santos	SFUAP	Setubal	2004
Rec Regional Juv B	4:57.68	Susana Patricia Miguel	SFUAP	Penafiel	2004
Rec Nacional Abs	4:36.19	Victoria Kaminskaya	ESJB	Copenhagen (DEN)	2017
Rec Nacional Sen	4:36.19	Victoria Kaminskaya	ESJB	Copenhagen (DEN)	2017
Rec Nacional Jun 2	4:48.80	Victoria Kaminskaya	PMP	Silves	2011
Rec Nacional Jun 1	4:50.85	Diana Margarida Duraes	FOCA	Silves	2011
Rec Nacional Juv A	4:51.85	Ana Claudia Santos	SFUAP	Setubal	2004
Rec Nacional Juv B	4:57.68	Susana Patricia Miguel	SFUAP	Penafiel	2004

TAC Juv B: 6:03.19; Juv A: 5:53.10; Jun 1: 5:43.22; Jun 2: 5:39.89; Sen: 5:38.23

Pontos: FINA 2018

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts
<b>Juvenis B</b>						
1.	Soraia Alexandra Delgado	05	CPCD Póvoa Sta Iria	5:11.06	<b>5:12.73</b>	567
	50m: 33.19 33.19		150m: 1:53.61 41.62	250m: 3:18.07 44.29	350m: 4:38.30 34.61	
	100m: 1:11.99 38.80		200m: 2:33.78 40.17	300m: 4:03.69 45.62	400m: 5:12.73 34.43	
2.	Erica Cristina Reis	05	Sporting	5:19.07	<b>5:21.59</b>	522
	50m: 34.51 34.51		150m: 1:56.00 41.70	250m: 3:21.45 44.54	350m: 4:45.32 38.18	
	100m: 1:14.30 39.79		200m: 2:36.91 40.91	300m: 4:07.14 45.69	400m: 5:21.59 36.27	
3.	Marta Joao Pires	05	Alges	5:27.65	<b>5:23.59</b>	512
	50m: 34.75 34.75		150m: 1:57.09 43.49	250m: 3:25.67 47.01	350m: 4:49.53 36.00	
	100m: 1:13.60 38.85		200m: 2:38.66 41.57	300m: 4:13.53 47.86	400m: 5:23.59 34.06	
4.	Ana Beatriz Simoes	05	Sporting	5:26.12	<b>5:25.12</b>	505
	50m: 34.79 34.79		150m: 1:55.69 40.72	250m: 3:25.25 49.65	350m: 4:50.12 36.02	
	100m: 1:14.97 40.18		200m: 2:35.60 39.91	300m: 4:14.10 48.85	400m: 5:25.12 35.00	
5.	Isadora Maia Andre	05	Benfica	6:03.19	<b>5:28.40</b>	490
	50m: 32.89 32.89		150m: 1:53.00 42.63	250m: 3:23.19 47.35	350m: 4:51.81 39.19	
	100m: 1:10.37 37.48		200m: 2:35.84 42.84	300m: 4:12.62 49.43	400m: 5:28.40 36.59	
6.	Margarida Domingues Nunes	05	Avançado EULx	5:33.08	<b>5:29.24</b>	486
	50m: 36.21 36.21		150m: 2:03.12 43.88	250m: 3:28.11 43.05	350m: 4:51.29 38.54	
	100m: 1:19.24 43.03		200m: 2:45.06 41.94	300m: 4:12.75 44.64	400m: 5:29.24 37.95	
7.	Mafalda Santos Costa	05	Colegio Int Monte Maior	5:36.44	<b>5:31.11</b>	478
	50m: 37.03 37.03		150m: 2:01.34 42.29	250m: 3:31.72 47.86	350m: 4:55.47 36.53	
	100m: 1:19.05 42.02		200m: 2:43.86 42.52	300m: 4:18.94 47.22	400m: 5:31.11 35.64	
8.	Joana Rocha Ferreira	05	Benfica	5:41.17	<b>5:32.17</b>	473
	50m: 35.40 35.40		150m: 1:59.90 42.63	250m: 3:29.16 46.95	350m: 4:55.29 38.46	
	100m: 1:17.27 41.87		200m: 2:42.21 42.31	300m: 4:16.83 47.67	400m: 5:32.17 36.88	
9.	Sofia Antunes Sebastiao	05	Amadora	5:41.86	<b>5:33.54</b>	467
	50m: 34.42 34.42		150m: 1:58.80 42.86	250m: 3:29.75 48.64	350m: 4:56.95 37.79	
	100m: 1:15.94 41.52		200m: 2:41.11 42.31	300m: 4:19.16 49.41	400m: 5:33.54 36.59	
10.	Mariana Andreia Silva	05	Sporting	5:40.92	<b>5:35.37</b>	460
	50m: 35.08 35.08		150m: 2:03.83 45.43	250m: 3:32.65 46.61	350m: 4:58.51 37.64	
	100m: 1:18.40 43.32		200m: 2:46.04 42.21	300m: 4:20.87 48.22	400m: 5:35.37 36.86	
11.	Vera Di Martino Serafim	05	Sporting	5:43.75	<b>5:39.87</b>	442
	50m: 35.14 35.14		150m: 2:00.11 43.73	250m: 3:32.42 49.31	350m: 5:02.47 39.40	
	100m: 1:16.38 41.24		200m: 2:43.11 43.00	300m: 4:23.07 50.65	400m: 5:39.87 37.40	
12.	Marta Sofia Carvalho	05	Colegio Int Monte Maior	6:00.62	<b>5:47.76</b>	412
	50m: 37.41 37.41		150m: 2:03.69 42.35	250m: 3:35.77 49.92	350m: 5:07.73 41.00	
	100m: 1:21.34 43.93		200m: 2:45.85 42.16	300m: 4:26.73 50.96	400m: 5:47.76 40.03	
13.	Francisca Otao Tribuna	05	Benfica	6:03.19	<b>5:49.52</b>	406
	50m: 37.38 37.38		150m: 2:05.17 42.91	250m: 3:39.76 52.63	350m: 5:12.22 39.54	
	100m: 1:22.26 44.88		200m: 2:47.13 41.96	300m: 4:32.68 52.92	400m: 5:49.52 37.30	
14.	Rafaela Diogo Martins	05	Naval Setubalense	6:00.50	<b>5:49.54</b>	406
	50m: 35.50 35.50		150m: 2:03.77 44.82	250m: 3:37.61 50.63	350m: 5:08.56 40.37	
	100m: 1:18.95 43.45		200m: 2:46.98 43.21	300m: 4:28.19 50.58	400m: 5:49.54 40.98	
15.	Luisa Morais Marques	05	Fisica Torres Vedras	5:54.76	<b>5:51.36</b>	400
	50m: 35.64 35.64		150m: 2:05.37 45.46	250m: 3:40.76 51.25	350m: 5:12.25 39.67	
	100m: 1:19.91 44.27		200m: 2:49.51 44.14	300m: 4:32.58 51.82	400m: 5:51.36 39.11	

**Prova 2, Femin., 400m Estilos, Juvenis B**

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts
16.	Nicole Patriarca Franca	05	CPCD Póvoa Sta Iria	6:00.02	<b>5:51.45</b>	399
	50m: 34.36 34.36	150m: 2:05.38 47.31	250m: 3:42.36 51.19	350m: 5:14.62 39.55		
	100m: 1:18.07 43.71	200m: 2:51.17 45.79	300m: 4:35.07 52.71	400m: 5:51.45 36.83		
17.	Sara Nunes Conceicao	05	União Piedense	6:03.19	<b>6:02.05</b>	365
	50m: 39.46 39.46	150m: 2:14.99 43.51	250m: 3:50.13 51.83	350m: 5:22.48 38.66		
	100m: 1:31.48 52.02	200m: 2:58.30 43.31	300m: 4:43.82 53.69	400m: 6:02.05 39.57		
18.	Maria Sousa Caxaria <i>Fora Tempo Acesso</i>	05	C N Montijo	6:03.19	<b>6:13.11</b>	334
	50m: 39.07 39.07	150m: 2:14.05 47.40	250m: 3:52.92 51.36	350m: 5:30.45 44.15		
	100m: 1:26.65 47.58	200m: 3:01.56 47.51	300m: 4:46.30 53.38	400m: 6:13.11 42.66		
DSQ	Soraia Maria Salgado	05	Fisica Torres Vedras	5:48.24		
	<i>E-M36 - No percurso de mariposa, após a viragem aos 50 metros saiu da parede testa na posição dorsal (SW 8.1)</i>					
DSQ	Joana Fernandes Gama	05	Sporting	5:38.54		
	<i>E-B31 - No percurso de bruços, tocou com uma só mão na parede testa na viragem aos 275 metros (SW 7.6)</i>					

**Juvenis A**

1.	Maria Gomes Pereira	04	Alges	4:59.82	<b>5:02.98</b>	624
	50m: 32.41 32.41	150m: 1:49.93 40.69	250m: 3:11.99 42.88	350m: 4:29.89 34.33		
	100m: 1:09.24 36.83	200m: 2:29.11 39.18	300m: 3:55.56 43.57	400m: 5:02.98 33.09		
2.	Maria Ferreira Moura	04	Sporting	5:01.96	<b>5:06.14</b>	605
	50m: 30.36 30.36	150m: 1:45.54 39.94	250m: 3:11.12 46.15	350m: 4:31.65 34.51		
	100m: 1:05.60 35.24	200m: 2:24.97 39.43	300m: 3:57.14 46.02	400m: 5:06.14 34.49		
3.	Leonor Esteves Santos	04	Avançado EULx	5:30.80	<b>5:12.19</b>	570
	50m: 34.94 34.94	150m: 1:56.72 42.55	250m: 3:19.51 41.44	350m: 4:37.67 36.31		
	100m: 1:14.17 39.23	200m: 2:38.07 41.35	300m: 4:01.36 41.85	400m: 5:12.19 34.52		
4.	Marta Macedo Inacio	04	Sporting	5:20.90	<b>5:16.96</b>	545
	50m: 32.88 32.88	150m: 1:51.56 40.19	250m: 3:16.15 45.10	350m: 4:40.59 37.83		
	100m: 1:11.37 38.49	200m: 2:31.05 39.49	300m: 4:02.76 46.61	400m: 5:16.96 36.37		
5.	Margarida Filipe Ferreira	04	Desportivo Cova da Piedade	5:30.36	<b>5:22.26</b>	518
	50m: 34.67 34.67	150m: 2:01.06 44.90	250m: 3:25.83 41.55	350m: 4:46.88 37.39		
	100m: 1:16.16 41.49	200m: 2:44.28 43.22	300m: 4:09.49 43.66	400m: 5:22.26 35.38		
6.	Carolina Fale Costa	04	Colegio Int Monte Maior	5:35.33	<b>5:26.05</b>	500
	50m: 33.91 33.91	150m: 1:53.11 41.82	250m: 3:21.12 47.53	350m: 4:48.78 39.03		
	100m: 1:11.29 37.38	200m: 2:33.59 40.48	300m: 4:09.75 48.63	400m: 5:26.05 37.27		
7.	Alice Jesus Morgado	04	Geslours	5:34.21	<b>5:26.46</b>	499
	50m: 33.34 33.34	150m: 1:52.46 40.45	250m: 3:19.27 46.63	350m: 4:47.28 39.25		
	100m: 1:12.01 38.67	200m: 2:32.64 40.18	300m: 4:08.03 48.76	400m: 5:26.46 39.18		
8.	Leonor Alves Morganho	04	Alges	5:19.60	<b>5:29.52</b>	485
	50m: 35.09 35.09	150m: 1:59.61 44.70	250m: 3:28.74 46.23	350m: 4:53.10 37.60		
	100m: 1:14.91 39.82	200m: 2:42.51 42.90	300m: 4:15.50 46.76	400m: 5:29.52 36.42		
9.	Madalena Graca Gerales	04	Sporting	5:30.00	<b>5:30.03</b>	482
	50m: 34.35 34.35	150m: 1:58.04 43.91	250m: 3:26.71 45.95	350m: 4:53.19 39.29		
	100m: 1:14.13 39.78	200m: 2:40.76 42.72	300m: 4:13.90 47.19	400m: 5:30.03 36.84		
10.	Carolina Porem Henriques	04	Sporting	5:28.45	<b>5:30.46</b>	481
	50m: 33.74 33.74	150m: 1:56.07 42.89	250m: 3:25.40 46.17	350m: 4:52.86 39.22		
	100m: 1:13.18 39.44	200m: 2:39.23 43.16	300m: 4:13.64 48.24	400m: 5:30.46 37.60		
11.	Maria Jardim Fidalgo	04	Colégio Vasco da Gama	5:29.71	<b>5:31.35</b>	477
	50m: 35.56 35.56	150m: 1:59.63 44.14	250m: 3:30.10 47.62	350m: 4:55.63 37.99		
	100m: 1:15.49 39.93	200m: 2:42.48 42.85	300m: 4:17.64 47.54	400m: 5:31.35 35.72		
12.	Mariana Morais Delfino	04	Sporting	5:53.10	<b>5:32.87</b>	470
	50m: 34.24 34.24	150m: 1:57.25 42.99	250m: 3:28.63 49.98	350m: 4:55.98 38.46		
	100m: 1:14.26 40.02	200m: 2:38.65 41.40	300m: 4:17.52 48.89	400m: 5:32.87 36.89		
13.	Ines Marques Joaquim	04	Benfica	5:34.60	<b>5:33.41</b>	468
	50m: 34.45 34.45	150m: 1:57.84 42.46	250m: 3:29.11 49.27	350m: 4:56.58 37.42		
	100m: 1:15.38 40.93	200m: 2:39.84 42.00	300m: 4:19.16 50.05	400m: 5:33.41 36.83		
14.	Anais Cloe Pereira	04	Sporting	5:35.41	<b>5:34.18</b>	465
	50m: 34.69 34.69	150m: 1:57.48 42.58	250m: 3:28.09 49.43	350m: 4:56.54 38.88		
	100m: 1:14.90 40.21	200m: 2:38.66 41.18	300m: 4:17.66 49.57	400m: 5:34.18 37.64		

**Prova 2, Femin., 400m Estilos, Juvenis A**

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts
15.	Marta Pereira Domingos	04	União Piedense	5:35.60	<b>5:34.62</b>	463
	50m: 35.90 35.90	150m: 2:02.90 44.74	250m: 3:31.69 45.30	350m: 4:56.62 39.38		
	100m: 1:18.16 42.26	200m: 2:46.39 43.49	300m: 4:17.24 45.55	400m: 5:34.62 38.00		
16.	Joana Marinho Coelho	04	Sporting	5:31.20	<b>5:40.13</b>	441
	50m: 35.57 35.57	150m: 1:59.89 43.15	250m: 3:31.52 49.56	350m: 5:00.70 39.13		
	100m: 1:16.74 41.17	200m: 2:41.96 42.07	300m: 4:21.57 50.05	400m: 5:40.13 39.43		
17.	Ana Sofia Inacio	04	Sporting	5:39.21	<b>5:43.45</b>	428
	50m: 35.16 35.16	150m: 2:00.15 43.67	250m: 3:33.52 51.50	350m: 5:05.57 39.90		
	100m: 1:16.48 41.32	200m: 2:42.02 41.87	300m: 4:25.67 52.15	400m: 5:43.45 37.88		
18.	Daniela Alexandra Pedro	04	Sporting	5:53.10	<b>5:43.52</b>	428
	50m: 37.07 37.07	150m: 2:05.63 42.45	250m: 3:39.68 51.33	350m: 5:07.84 37.95		
	100m: 1:23.18 46.11	200m: 2:48.35 42.72	300m: 4:29.89 50.21	400m: 5:43.52 35.68		
19.	Margarida Carvalho Barao	04	Colégio Vasco da Gama	5:49.19	<b>5:45.49</b>	421
	50m: 35.46 35.46	150m: 2:04.04 44.74	250m: 3:38.14 50.16	350m: 5:08.24 38.59		
	100m: 1:19.30 43.84	200m: 2:47.98 43.94	300m: 4:29.65 51.51	400m: 5:45.49 37.25		
20.	Beatriz Costa Melo	04	Alges	5:42.90	<b>5:46.03</b>	419
	50m: 37.12 37.12	150m: 2:04.19 41.81	250m: 3:39.03 52.91	350m: 5:09.25 37.56		
	100m: 1:22.38 45.26	200m: 2:46.12 41.93	300m: 4:31.69 52.66	400m: 5:46.03 36.78		
21.	Raquel Raposo Lopes	04	Desportivo Cova da Piedade	5:42.35	<b>5:47.38</b>	414
	50m: 37.83 37.83	150m: 2:04.55 41.44	250m: 3:39.19 53.62	350m: 5:09.92 37.67		
	100m: 1:23.11 45.28	200m: 2:45.57 41.02	300m: 4:32.25 53.06	400m: 5:47.38 37.46		
22.	Alice Castico Moreira	04	C N Montijo	5:53.10	<b>5:49.94</b>	405
	50m: 36.84 36.84	150m: 2:07.48 44.69	250m: 3:40.39 48.24	350m: 5:10.04 40.97		
	100m: 1:22.79 45.95	200m: 2:52.15 44.67	300m: 4:29.07 48.68	400m: 5:49.94 39.90		
23.	Carolina Anjos Frischknecht <i>Fora Tempo Acesso</i>	04	Naval Setubalense	5:53.10	<b>6:05.33</b>	356
	50m: 39.57 39.57	150m: 2:13.88 47.06	250m: 3:51.69 52.57	350m: 5:25.82 40.96		
	100m: 1:26.82 47.25	200m: 2:59.12 45.24	300m: 4:44.86 53.17	400m: 6:05.33 39.51		
DSQ	Vera Figueiredo Narra	04	Amadora	5:34.87		
	<i>E-B51 - Tocou com uma só mão na parede testa na chegada do percurso de bruços (SW 7.6)</i>					
DSQ	Aleksandra Bozanic Borcic	04	Alges	5:49.39		
	<i>E-M31 - No percurso de mariposa, tocou com uma só mão na parede testa, na viragem aos 75 metros (SW 8.4)</i>					

**Juniores**

1.	Francisca Salvador Mesquita	02	Colegio Int Monte Maior	4:55.09	<b>4:56.86</b>	663
	50m: 31.37 31.37	150m: 1:46.05 38.88	250m: 3:05.49 41.58	350m: 4:22.61 35.15		
	100m: 1:07.17 35.80	200m: 2:23.91 37.86	300m: 3:47.46 41.97	400m: 4:56.86 34.25		
2.	Mariana Amaral Mendes	02	Colegio Int Monte Maior	4:55.05	<b>5:00.20</b>	641
	50m: 32.71 32.71	150m: 1:48.82 39.61	250m: 3:10.77 43.10	350m: 4:27.65 33.80		
	100m: 1:09.21 36.50	200m: 2:27.67 38.85	300m: 3:53.85 43.08	400m: 5:00.20 32.55		
3.	Clara Gomes Pereira	02	Alges	5:05.67	<b>5:06.03</b>	605
	50m: 32.18 32.18	150m: 1:50.19 40.80	250m: 3:11.62 41.41	350m: 4:30.15 36.97		
	100m: 1:09.39 37.21	200m: 2:30.21 40.02	300m: 3:53.18 41.56	400m: 5:06.03 35.88		
4.	Joana Ribeiro Martins	03	Benfica	5:07.71	<b>5:06.07</b>	605
	50m: 32.35 32.35	150m: 1:47.65 37.72	250m: 3:11.95 47.14	350m: 4:32.89 35.39		
	100m: 1:09.93 37.58	200m: 2:24.81 37.16	300m: 3:57.50 45.55	400m: 5:06.07 33.18		
5.	Natacha Sofia Silva	02	Benfica	5:08.02	<b>5:06.55</b>	602
	50m: 33.39 33.39	150m: 1:52.17 41.17	250m: 3:14.24 42.01	350m: 4:32.61 35.69		
	100m: 1:11.00 37.61	200m: 2:32.23 40.06	300m: 3:56.92 42.68	400m: 5:06.55 33.94		
6.	Sara Moura Cruz	03	Alges	5:06.91	<b>5:11.22</b>	575
	50m: 33.84 33.84	150m: 1:51.78 38.77	250m: 3:15.53 45.11	350m: 4:36.57 35.33		
	100m: 1:13.01 39.17	200m: 2:30.42 38.64	300m: 4:01.24 45.71	400m: 5:11.22 34.65		
7.	Beatriz Quintao Amantes	03	União Piedense	5:24.66	<b>5:23.56</b>	512
	50m: 33.29 33.29	150m: 1:53.71 42.02	250m: 3:21.01 46.98	350m: 4:47.74 38.59		
	100m: 1:11.69 38.40	200m: 2:34.03 40.32	300m: 4:09.15 48.14	400m: 5:23.56 35.82		
8.	Rafaela Sofia Silva	03	Benfica	5:33.01	<b>5:28.41</b>	490
	50m: 34.84 34.84	150m: 1:57.52 40.96	250m: 3:24.09 46.41	350m: 4:50.71 38.78		
	100m: 1:16.56 41.72	200m: 2:37.68 40.16	300m: 4:11.93 47.84	400m: 5:28.41 37.70		

**Prova 2, Femin., 400m Estilos, Juniores**

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts
9.	Catarina Guimaraes Moreira	03	Alges	5:27.85	<b>5:33.08</b>	469
	50m: 34.88 34.88	150m: 1:58.29 42.62	250m: 3:27.94 47.42	350m: 4:55.59 38.60		
	100m: 1:15.67 40.79	200m: 2:40.52 42.23	300m: 4:16.99 49.05	400m: 5:33.08 37.49		
10.	Marta Sousa Caxaria	03	C N Montijo	5:27.40	<b>5:37.54</b>	451
	50m: 34.73 34.73	150m: 1:59.48 44.27	250m: 3:31.49 48.09	350m: 4:58.27 38.61		
	100m: 1:15.21 40.48	200m: 2:43.40 43.92	300m: 4:19.66 48.17	400m: 5:37.54 39.27		
11.	Mariana Marques Mercedes <i>Fora Tempo Acesso</i>	03	Olivais e Moscavide	5:38.72	<b>5:43.64</b>	427
	50m: 34.80 34.80	150m: 2:00.36 42.30	250m: 3:33.38 49.62	350m: 5:05.72 41.38		
	100m: 1:18.06 43.26	200m: 2:43.76 43.40	300m: 4:24.34 50.96	400m: 5:43.64 37.92		
DSQ	Ana Raquel Graveto	02	Benfica	5:21.95		
	<i>E-C50 - Perdeu a posição dorsal na chegada do percurso de costas (SW 6.5)</i>					

**Seniores**

1.	Rita Barros Frischknecht	98	Alges	5:38.23	<b>4:55.99</b>	669
	50m: 31.24 31.24	150m: 1:42.71 35.50	250m: 3:02.10 44.72	350m: 4:22.76 35.63		
	100m: 1:07.21 35.97	200m: 2:17.38 34.67	300m: 3:47.13 45.03	400m: 4:55.99 33.23		
2.	Souad Nefissa Cherouati	89	Benfica	5:38.23	<b>4:57.57</b>	658
	50m: 32.23 32.23	150m: 1:47.95 39.66	250m: 3:08.40 42.33	350m: 4:24.82 34.35		
	100m: 1:08.29 36.06	200m: 2:26.07 38.12	300m: 3:50.47 42.07	400m: 4:57.57 32.75		
3.	Filipa Serrano Rodrigues	01	Benfica	5:00.10	<b>5:01.50</b>	633
	50m: 32.34 32.34	150m: 1:47.48 39.08	250m: 3:09.59 43.80	350m: 4:28.52 34.38		
	100m: 1:08.40 36.06	200m: 2:25.79 38.31	300m: 3:54.14 44.55	400m: 5:01.50 32.98		
DSQ	Eva Guerreiro Carvalho	99	Benfica	5:38.23		
	<i>E-C50 - Perdeu a posição dorsal na chegada do percurso de costas (SW 6.5)</i>					

**Absolutos**

1.	Rita Barros Frischknecht <i>Campeã Regional</i>	98	Alges	5:38.23	<b>4:55.99</b>	669
	50m: 31.24 31.24	150m: 1:42.71 35.50	250m: 3:02.10 44.72	350m: 4:22.76 35.63		
	100m: 1:07.21 35.97	200m: 2:17.38 34.67	300m: 3:47.13 45.03	400m: 4:55.99 33.23		
2.	Francisca Salvador Mesquita	02	Colegio Int Monte Maior	4:55.09	<b>4:56.86</b>	663
	50m: 31.37 31.37	150m: 1:46.05 38.88	250m: 3:05.49 41.58	350m: 4:22.61 35.15		
	100m: 1:07.17 35.80	200m: 2:23.91 37.86	300m: 3:47.46 41.97	400m: 4:56.86 34.25		
3.	Souad Nefissa Cherouati	89	Benfica	5:38.23	<b>4:57.57</b>	658
	50m: 32.23 32.23	150m: 1:47.95 39.66	250m: 3:08.40 42.33	350m: 4:24.82 34.35		
	100m: 1:08.29 36.06	200m: 2:26.07 38.12	300m: 3:50.47 42.07	400m: 4:57.57 32.75		
4.	Mariana Amaral Mendes	02	Colegio Int Monte Maior	4:55.05	<b>5:00.20</b>	641
	50m: 32.71 32.71	150m: 1:48.82 39.61	250m: 3:10.77 43.10	350m: 4:27.65 33.80		
	100m: 1:09.21 36.50	200m: 2:27.67 38.85	300m: 3:53.85 43.08	400m: 5:00.20 32.55		
5.	Filipa Serrano Rodrigues	01	Benfica	5:00.10	<b>5:01.50</b>	633
	50m: 32.34 32.34	150m: 1:47.48 39.08	250m: 3:09.59 43.80	350m: 4:28.52 34.38		
	100m: 1:08.40 36.06	200m: 2:25.79 38.31	300m: 3:54.14 44.55	400m: 5:01.50 32.98		
6.	Maria Gomes Pereira	04	Alges	4:59.82	<b>5:02.98</b>	624
	50m: 32.41 32.41	150m: 1:49.93 40.69	250m: 3:11.99 42.88	350m: 4:29.89 34.33		
	100m: 1:09.24 36.83	200m: 2:29.11 39.18	300m: 3:55.56 43.57	400m: 5:02.98 33.09		
7.	Clara Gomes Pereira	02	Alges	5:05.67	<b>5:06.03</b>	605
	50m: 32.18 32.18	150m: 1:50.19 40.80	250m: 3:11.62 41.41	350m: 4:30.15 36.97		
	100m: 1:09.39 37.21	200m: 2:30.21 40.02	300m: 3:53.18 41.56	400m: 5:06.03 35.88		
8.	Joana Ribeiro Martins	03	Benfica	5:07.71	<b>5:06.07</b>	605
	50m: 32.35 32.35	150m: 1:47.65 37.72	250m: 3:11.95 47.14	350m: 4:32.89 35.39		
	100m: 1:09.93 37.58	200m: 2:24.81 37.16	300m: 3:57.50 45.55	400m: 5:06.07 33.18		
9.	Maria Ferreira Moura	04	Sporting	5:01.96	<b>5:06.14</b>	605
	50m: 30.36 30.36	150m: 1:45.54 39.94	250m: 3:11.12 46.15	350m: 4:31.65 34.51		
	100m: 1:05.60 35.24	200m: 2:24.97 39.43	300m: 3:57.14 46.02	400m: 5:06.14 34.49		
10.	Natacha Sofia Silva	02	Benfica	5:08.02	<b>5:06.55</b>	602
	50m: 33.39 33.39	150m: 1:52.17 41.17	250m: 3:14.24 42.01	350m: 4:32.61 35.69		
	100m: 1:11.00 37.61	200m: 2:32.23 40.06	300m: 3:56.92 42.68	400m: 5:06.55 33.94		

**Prova 2, Femin., 400m Estilos, Absolutos**

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts
11.	Sara Moura Cruz 50m: 33.84 33.84 100m: 1:13.01 39.17	03	Alges	5:06.91	<b>5:11.22</b>	575
				150m: 1:51.78 38.77 200m: 2:30.42 38.64	250m: 3:15.53 45.11 300m: 4:01.24 45.71	350m: 4:36.57 35.33 400m: 5:11.22 34.65
12.	Leonor Esteves Santos 50m: 34.94 34.94 100m: 1:14.17 39.23	04	Avançado EULx	5:30.80	<b>5:12.19</b>	570
				150m: 1:56.72 42.55 200m: 2:38.07 41.35	250m: 3:19.51 41.44 300m: 4:01.36 41.85	350m: 4:37.67 36.31 400m: 5:12.19 34.52
13.	Soraia Alexandra Delgado 50m: 33.19 33.19 100m: 1:11.99 38.80	05	CPCD Póvoa Sta Iria	5:11.06	<b>5:12.73</b>	567
				150m: 1:53.61 41.62 200m: 2:33.78 40.17	250m: 3:18.07 44.29 300m: 4:03.69 45.62	350m: 4:38.30 34.61 400m: 5:12.73 34.43
14.	Marta Macedo Inacio 50m: 32.88 32.88 100m: 1:11.37 38.49	04	Sporting	5:20.90	<b>5:16.96</b>	545
				150m: 1:51.56 40.19 200m: 2:31.05 39.49	250m: 3:16.15 45.10 300m: 4:02.76 46.61	350m: 4:40.59 37.83 400m: 5:16.96 36.37
15.	Erica Cristina Reis 50m: 34.51 34.51 100m: 1:14.30 39.79	05	Sporting	5:19.07	<b>5:21.59</b>	522
				150m: 1:56.00 41.70 200m: 2:36.91 40.91	250m: 3:21.45 44.54 300m: 4:07.14 45.69	350m: 4:45.32 38.18 400m: 5:21.59 36.27
16.	Margarida Filipe Ferreira 50m: 34.67 34.67 100m: 1:16.16 41.49	04	Desportivo Cova da Piedade	5:30.36	<b>5:22.26</b>	518
				150m: 2:01.06 44.90 200m: 2:44.28 43.22	250m: 3:25.83 41.55 300m: 4:09.49 43.66	350m: 4:46.88 37.39 400m: 5:22.26 35.38
17.	Beatriz Quintao Amantes 50m: 33.29 33.29 100m: 1:11.69 38.40	03	União Piedense	5:24.66	<b>5:23.56</b>	512
				150m: 1:53.71 42.02 200m: 2:34.03 40.32	250m: 3:21.01 46.98 300m: 4:09.15 48.14	350m: 4:47.74 38.59 400m: 5:23.56 35.82
18.	Marta Joao Pires 50m: 34.75 34.75 100m: 1:13.60 38.85	05	Alges	5:27.65	<b>5:23.59</b>	512
				150m: 1:57.09 43.49 200m: 2:38.66 41.57	250m: 3:25.67 47.01 300m: 4:13.53 47.86	350m: 4:49.53 36.00 400m: 5:23.59 34.06
19.	Ana Beatriz Simoes 50m: 34.79 34.79 100m: 1:14.97 40.18	05	Sporting	5:26.12	<b>5:25.12</b>	505
				150m: 1:55.69 40.72 200m: 2:35.60 39.91	250m: 3:25.25 49.65 300m: 4:14.10 48.85	350m: 4:50.12 36.02 400m: 5:25.12 35.00
20.	Carolina Fale Costa 50m: 33.91 33.91 100m: 1:11.29 37.38	04	Colegio Int Monte Maior	5:35.33	<b>5:26.05</b>	500
				150m: 1:53.11 41.82 200m: 2:33.59 40.48	250m: 3:21.12 47.53 300m: 4:09.75 48.63	350m: 4:48.78 39.03 400m: 5:26.05 37.27
21.	Alice Jesus Morgado 50m: 33.34 33.34 100m: 1:12.01 38.67	04	Geslours	5:34.21	<b>5:26.46</b>	499
				150m: 1:52.46 40.45 200m: 2:32.64 40.18	250m: 3:19.27 46.63 300m: 4:08.03 48.76	350m: 4:47.28 39.25 400m: 5:26.46 39.18
22.	Isadora Maia Andre 50m: 32.89 32.89 100m: 1:10.37 37.48	05	Benfica	6:03.19	<b>5:28.40</b>	490
				150m: 1:53.00 42.63 200m: 2:35.84 42.84	250m: 3:23.19 47.35 300m: 4:12.62 49.43	350m: 4:51.81 39.19 400m: 5:28.40 36.59
23.	Rafaela Sofia Silva 50m: 34.84 34.84 100m: 1:16.56 41.72	03	Benfica	5:33.01	<b>5:28.41</b>	490
				150m: 1:57.52 40.96 200m: 2:37.68 40.16	250m: 3:24.09 46.41 300m: 4:11.93 47.84	350m: 4:50.71 38.78 400m: 5:28.41 37.70
24.	Margarida Domingues Nunes 50m: 36.21 36.21 100m: 1:19.24 43.03	05	Avançado EULx	5:33.08	<b>5:29.24</b>	486
				150m: 2:03.12 43.88 200m: 2:45.06 41.94	250m: 3:28.11 43.05 300m: 4:12.75 44.64	350m: 4:51.29 38.54 400m: 5:29.24 37.95
25.	Leonor Alves Morganho 50m: 35.09 35.09 100m: 1:14.91 39.82	04	Alges	5:19.60	<b>5:29.52</b>	485
				150m: 1:59.61 44.70 200m: 2:42.51 42.90	250m: 3:28.74 46.23 300m: 4:15.50 46.76	350m: 4:53.10 37.60 400m: 5:29.52 36.42
26.	Madalena Graca Geraldès 50m: 34.35 34.35 100m: 1:14.13 39.78	04	Sporting	5:30.00	<b>5:30.03</b>	482
				150m: 1:58.04 43.91 200m: 2:40.76 42.72	250m: 3:26.71 45.95 300m: 4:13.90 47.19	350m: 4:53.19 39.29 400m: 5:30.03 36.84
27.	Carolina Porem Henriques 50m: 33.74 33.74 100m: 1:13.18 39.44	04	Sporting	5:28.45	<b>5:30.46</b>	481
				150m: 1:56.07 42.89 200m: 2:39.23 43.16	250m: 3:25.40 46.17 300m: 4:13.64 48.24	350m: 4:52.86 39.22 400m: 5:30.46 37.60
28.	Mafalda Santos Costa 50m: 37.03 37.03 100m: 1:19.05 42.02	05	Colegio Int Monte Maior	5:36.44	<b>5:31.11</b>	478
				150m: 2:01.34 42.29 200m: 2:43.86 42.52	250m: 3:31.72 47.86 300m: 4:18.94 47.22	350m: 4:55.47 36.53 400m: 5:31.11 35.64
29.	Maria Jardim Fidalgo 50m: 35.56 35.56 100m: 1:15.49 39.93	04	Colégio Vasco da Gama	5:29.71	<b>5:31.35</b>	477
				150m: 1:59.63 44.14 200m: 2:42.48 42.85	250m: 3:30.10 47.62 300m: 4:17.64 47.54	350m: 4:55.63 37.99 400m: 5:31.35 35.72
30.	Joana Rocha Ferreira 50m: 35.40 35.40 100m: 1:17.27 41.87	05	Benfica	5:41.17	<b>5:32.17</b>	473
				150m: 1:59.90 42.63 200m: 2:42.21 42.31	250m: 3:29.16 46.95 300m: 4:16.83 47.67	350m: 4:55.29 38.46 400m: 5:32.17 36.88
31.	Mariana Morais Delfino 50m: 34.24 34.24 100m: 1:14.26 40.02	04	Sporting	5:53.10	<b>5:32.87</b>	470
				150m: 1:57.25 42.99 200m: 2:38.65 41.40	250m: 3:28.63 49.98 300m: 4:17.52 48.89	350m: 4:55.98 38.46 400m: 5:32.87 36.89

**Prova 2, Femin., 400m Estilos, Absolutos**

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts
32.	Catarina Guimaraes Moreira	03	Alges	5:27.85	<b>5:33.08</b>	469
	50m: 34.88 34.88	150m: 1:58.29 42.62	250m: 3:27.94 47.42	350m: 4:55.59 38.60		
	100m: 1:15.67 40.79	200m: 2:40.52 42.23	300m: 4:16.99 49.05	400m: 5:33.08 37.49		
33.	Ines Marques Joaquim	04	Benfica	5:34.60	<b>5:33.41</b>	468
	50m: 34.45 34.45	150m: 1:57.84 42.46	250m: 3:29.11 49.27	350m: 4:56.58 37.42		
	100m: 1:15.38 40.93	200m: 2:39.84 42.00	300m: 4:19.16 50.05	400m: 5:33.41 36.83		
34.	Sofia Antunes Sebastiao	05	Amadora	5:41.86	<b>5:33.54</b>	467
	50m: 34.42 34.42	150m: 1:58.80 42.86	250m: 3:29.75 48.64	350m: 4:56.95 37.79		
	100m: 1:15.94 41.52	200m: 2:41.11 42.31	300m: 4:19.16 49.41	400m: 5:33.54 36.59		
35.	Anais Cloe Pereira	04	Sporting	5:35.41	<b>5:34.18</b>	465
	50m: 34.69 34.69	150m: 1:57.48 42.58	250m: 3:28.09 49.43	350m: 4:56.54 38.88		
	100m: 1:14.90 40.21	200m: 2:38.66 41.18	300m: 4:17.66 49.57	400m: 5:34.18 37.64		
36.	Marta Pereira Domingos	04	União Piedense	5:35.60	<b>5:34.62</b>	463
	50m: 35.90 35.90	150m: 2:02.90 44.74	250m: 3:31.69 45.30	350m: 4:56.62 39.38		
	100m: 1:18.16 42.26	200m: 2:46.39 43.49	300m: 4:17.24 45.55	400m: 5:34.62 38.00		
37.	Mariana Andreia Silva	05	Sporting	5:40.92	<b>5:35.37</b>	460
	50m: 35.08 35.08	150m: 2:03.83 45.43	250m: 3:32.65 46.61	350m: 4:58.51 37.64		
	100m: 1:18.40 43.32	200m: 2:46.04 42.21	300m: 4:20.87 48.22	400m: 5:35.37 36.86		
38.	Marta Sousa Caxaria	03	C N Montijo	5:27.40	<b>5:37.54</b>	451
	50m: 34.73 34.73	150m: 1:59.48 44.27	250m: 3:31.49 48.09	350m: 4:58.27 38.61		
	100m: 1:15.21 40.48	200m: 2:43.40 43.92	300m: 4:19.66 48.17	400m: 5:37.54 39.27		
39.	Vera Di Martino Serafim	05	Sporting	5:43.75	<b>5:39.87</b>	442
	50m: 35.14 35.14	150m: 2:00.11 43.73	250m: 3:32.42 49.31	350m: 5:02.47 39.40		
	100m: 1:16.38 41.24	200m: 2:43.11 43.00	300m: 4:23.07 50.65	400m: 5:39.87 37.40		
40.	Joana Marinho Coelho	04	Sporting	5:31.20	<b>5:40.13</b>	441
	50m: 35.57 35.57	150m: 1:59.89 43.15	250m: 3:31.52 49.56	350m: 5:00.70 39.13		
	100m: 1:16.74 41.17	200m: 2:41.96 42.07	300m: 4:21.57 50.05	400m: 5:40.13 39.43		
41.	Ana Sofia Inacio	04	Sporting	5:39.21	<b>5:43.45</b>	428
	50m: 35.16 35.16	150m: 2:00.15 43.67	250m: 3:33.52 51.50	350m: 5:05.57 39.90		
	100m: 1:16.48 41.32	200m: 2:42.02 41.87	300m: 4:25.67 52.15	400m: 5:43.45 37.88		
42.	Daniela Alexandra Pedro	04	Sporting	5:53.10	<b>5:43.52</b>	428
	50m: 37.07 37.07	150m: 2:05.63 42.45	250m: 3:39.68 51.33	350m: 5:07.84 37.95		
	100m: 1:23.18 46.11	200m: 2:48.35 42.72	300m: 4:29.89 50.21	400m: 5:43.52 35.68		
43.	Mariana Marques Mercedes <i>Fora Tempo Acesso</i>	03	Olivais e Moscavide	5:38.72	<b>5:43.64</b>	427
	50m: 34.80 34.80	150m: 2:00.36 42.30	250m: 3:33.38 49.62	350m: 5:05.72 41.38		
	100m: 1:18.06 43.26	200m: 2:43.76 43.40	300m: 4:24.34 50.96	400m: 5:43.64 37.92		
44.	Margarida Carvalho Barao	04	Colégio Vasco da Gama	5:49.19	<b>5:45.49</b>	421
	50m: 35.46 35.46	150m: 2:04.04 44.74	250m: 3:38.14 50.16	350m: 5:08.24 38.59		
	100m: 1:19.30 43.84	200m: 2:47.98 43.94	300m: 4:29.65 51.51	400m: 5:45.49 37.25		
45.	Beatriz Costa Melo	04	Alges	5:42.90	<b>5:46.03</b>	419
	50m: 37.12 37.12	150m: 2:04.19 41.81	250m: 3:39.03 52.91	350m: 5:09.25 37.56		
	100m: 1:22.38 45.26	200m: 2:46.12 41.93	300m: 4:31.69 52.66	400m: 5:46.03 36.78		
46.	Raquel Raposo Lopes	04	Desportivo Cova da Piedade	5:42.35	<b>5:47.38</b>	414
	50m: 37.83 37.83	150m: 2:04.55 41.44	250m: 3:39.19 53.62	350m: 5:09.92 37.67		
	100m: 1:23.11 45.28	200m: 2:45.57 41.02	300m: 4:32.25 53.06	400m: 5:47.38 37.46		
47.	Marta Sofia Carvalho	05	Colegio Int Monte Maior	6:00.62	<b>5:47.76</b>	412
	50m: 37.41 37.41	150m: 2:03.69 42.35	250m: 3:35.77 49.92	350m: 5:07.73 41.00		
	100m: 1:21.34 43.93	200m: 2:45.85 42.16	300m: 4:26.73 50.96	400m: 5:47.76 40.03		
48.	Francisca Otao Tribuna	05	Benfica	6:03.19	<b>5:49.52</b>	406
	50m: 37.38 37.38	150m: 2:05.17 42.91	250m: 3:39.76 52.63	350m: 5:12.22 39.54		
	100m: 1:22.26 44.88	200m: 2:47.13 41.96	300m: 4:32.68 52.92	400m: 5:49.52 37.30		
49.	Rafaela Diogo Martins	05	Naval Setubalense	6:00.50	<b>5:49.54</b>	406
	50m: 35.50 35.50	150m: 2:03.77 44.82	250m: 3:37.61 50.63	350m: 5:08.56 40.37		
	100m: 1:18.95 43.45	200m: 2:46.98 43.21	300m: 4:28.19 50.58	400m: 5:49.54 40.98		
50.	Alice Castico Moreira	04	C N Montijo	5:53.10	<b>5:49.94</b>	405
	50m: 36.84 36.84	150m: 2:07.48 44.69	250m: 3:40.39 48.24	350m: 5:10.04 40.97		
	100m: 1:22.79 45.95	200m: 2:52.15 44.67	300m: 4:29.07 48.68	400m: 5:49.94 39.90		
51.	Luisa Morais Marques	05	Fisica Torres Vedras	5:54.76	<b>5:51.36</b>	400
	50m: 35.64 35.64	150m: 2:05.37 45.46	250m: 3:40.76 51.25	350m: 5:12.25 39.67		
	100m: 1:19.91 44.27	200m: 2:49.51 44.14	300m: 4:32.58 51.82	400m: 5:51.36 39.11		

**Prova 2, Femin., 400m Estilos, Absolutos**

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts
52.	Nicole Patriarca Franca	05	CPCD Póvoa Sta Iria	6:00.02	<b>5:51.45</b>	399
	50m: 34.36 34.36	150m: 2:05.38 47.31	250m: 3:42.36 51.19	350m: 5:14.62 39.55		
	100m: 1:18.07 43.71	200m: 2:51.17 45.79	300m: 4:35.07 52.71	400m: 5:51.45 36.83		
53.	Sara Nunes Conceicao	05	União Piedense	6:03.19	<b>6:02.05</b>	365
	50m: 39.46 39.46	150m: 2:14.99 43.51	250m: 3:50.13 51.83	350m: 5:22.48 38.66		
	100m: 1:31.48 52.02	200m: 2:58.30 43.31	300m: 4:43.82 53.69	400m: 6:02.05 39.57		
54.	Carolina Anjos Frischknecht <i>Fora Tempo Acesso</i>	04	Naval Setubalense	5:53.10	<b>6:05.33</b>	356
	50m: 39.57 39.57	150m: 2:13.88 47.06	250m: 3:51.69 52.57	350m: 5:25.82 40.96		
	100m: 1:26.82 47.25	200m: 2:59.12 45.24	300m: 4:44.86 53.17	400m: 6:05.33 39.51		
55.	Maria Sousa Caxaria <i>Fora Tempo Acesso</i>	05	C N Montijo	6:03.19	<b>6:13.11</b>	334
	50m: 39.07 39.07	150m: 2:14.05 47.40	250m: 3:52.92 51.36	350m: 5:30.45 44.15		
	100m: 1:26.65 47.58	200m: 3:01.56 47.51	300m: 4:46.30 53.38	400m: 6:13.11 42.66		
DSQ	Eva Guerreiro Carvalho	99	Benfica	5:38.23		
	<i>E-C50 - Perdeu a posição dorsal na chegada do percurso de costas (SW 6.5)</i>					
DSQ	Ana Raquel Graveto	02	Benfica	5:21.95		
	<i>E-C50 - Perdeu a posição dorsal na chegada do percurso de costas (SW 6.5)</i>					
DSQ	Vera Figueiredo Narra	04	Amadora	5:34.87		
	<i>E-B51 - Tocou com uma só mão na parede testa na chegada do percurso de bruços (SW 7.6)</i>					
DSQ	Soraia Maria Salgado	05	Fisica Torres Vedras	5:48.24		
	<i>E-M36 - No percurso de mariposa, após a viragem aos 50 metros saiu da parede testa na posição dorsal (SW 8.1)</i>					
DSQ	Joana Fernandes Gama	05	Sporting	5:38.54		
	<i>E-B31 - No percurso de bruços, tocou com uma só mão na parede testa na viragem aos 275 metros (SW 7.6)</i>					
DSQ	Aleksandra Bozanic Borcic	04	Alges	5:49.39		
	<i>E-M31 - No percurso de mariposa, tocou com uma só mão na parede testa, na viragem aos 75 metros (SW 8.4)</i>					