

Prova 20  
 24.11.2018 - 16:00

Femin., 400m Livres

 Absolutos  
 Resultados

Rec Regional Abs	4:04.61	Diana Margarida Duraes	SLB	Copenhagen (DEN)	2017
Rec Regional Sen	4:04.61	Diana Margarida Duraes	SLB	Copenhagen (DEN)	2017
Rec Regional Jun 2	4:18.90	Marta Andreia Ferreira	SCP	Riesa (GER)	2002
Rec Regional Jun 1	4:19.15	Ana Cláudia Correia Santos	SFUAP	Tomar	2005
Rec Regional Juv A	4:18.39	Ana Cláudia Correia Santos	SFUAP	Cantanhede	2004
Rec Regional Juv B	4:23.08	Susana Patricia Miguel	SFUAP	Alhandra	2004
Rec Nacional Abs	4:04.61	Diana Margarida Duraes	SLB	Copenhagen (DEN)	2017
Rec Nacional Sen	4:04.61	Diana Margarida Duraes	SLB	Copenhagen (DEN)	2017
Rec Nacional Jun 2	4:10.52	Tamila Hryhorivna Holub	SCB	Porto	2015
Rec Nacional Jun 1	4:13.53	Ana Reis Sousa	CNLA	Porto	2017
Rec Nacional Juv A	4:18.39	Ana Claudia Santos	SFUAP	Cantanhede	2004
Rec Nacional Juv B	4:23.08	Susana Patricia Miguel	SFUAP	Alhandra	2004

TAC Juv B: 5:20.08; Juv A: 5:11.18; Jun 1: 5:02.48; Jun 2: 4:59.54; Sen: 4:58.07

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	4:38.83	<b>4:39.29</b>	592
	50m: 32.19 32.19	150m: 1:42.24 35.16	250m: 2:53.56 35.85	350m: 4:04.90 35.58		
	100m: 1:07.08 34.89	200m: 2:17.71 35.47	300m: 3:29.32 35.76	400m: 4:39.29 34.39		
2.	Mafalda Santos Costa	05	Colegio Int Monte Maior	4:53.41	<b>4:47.88</b>	540
	50m: 33.01 33.01	150m: 1:44.57 36.15	250m: 2:57.90 36.95	350m: 4:11.73 36.95		
	100m: 1:08.42 35.41	200m: 2:20.95 36.38	300m: 3:34.78 36.88	400m: 4:47.88 36.15		
3.	Isadora Maia Andre	05	Benfica	4:51.21	<b>4:55.14</b>	501
	50m: 32.41 32.41	150m: 1:44.62 36.72	250m: 3:00.50 38.18	350m: 4:17.91 38.89		
	100m: 1:07.90 35.49	200m: 2:22.32 37.70	300m: 3:39.02 38.52	400m: 4:55.14 37.23		
4.	Carmo Dias Vieira	05	Avançado EULx	5:09.40	<b>4:57.13</b>	491
	50m: 32.86 32.86	150m: 1:48.05 37.92	250m: 3:04.62 38.23	350m: 4:21.04 37.77		
	100m: 1:10.13 37.27	200m: 2:26.39 38.34	300m: 3:43.27 38.65	400m: 4:57.13 36.09		
5.	Barbara Cunha Ventura	05	Benfica	5:20.08	<b>5:01.73</b>	469
	50m: 34.64 34.64	150m: 1:51.72 39.01	250m: 3:09.10 38.49	350m: 4:25.46 37.62		
	100m: 1:12.71 38.07	200m: 2:30.61 38.89	300m: 3:47.84 38.74	400m: 5:01.73 36.27		
6.	Iris Pereira Carrao	05	Laranjeiro	4:56.97	<b>5:01.82</b>	469
	50m: 32.64 32.64	150m: 1:47.22 37.92	250m: 3:04.12 38.48	350m: 4:22.83 39.35		
	100m: 1:09.30 36.66	200m: 2:25.64 38.42	300m: 3:43.48 39.36	400m: 5:01.82 38.99		
7.	Carolina Fonseca Gomes	05	Olivais e Moscavide	5:04.17	<b>5:02.04</b>	468
	50m: 34.20 34.20	150m: 1:49.57 37.91	250m: 3:07.14 38.97	350m: 4:24.16 38.31		
	100m: 1:11.66 37.46	200m: 2:28.17 38.60	300m: 3:45.85 38.71	400m: 5:02.04 37.88		
8.	Mariana Andreia Silva	05	Sporting	5:07.18	<b>5:02.08</b>	467
	50m: 34.12 34.12	150m: 1:50.67 38.73	250m: 3:08.55 38.89	350m: 4:25.64 38.89		
	100m: 1:11.94 37.82	200m: 2:29.66 38.99	300m: 3:46.75 38.20	400m: 5:02.08 36.44		
9.	Vera Di Martino Serafim	05	Sporting	5:07.49	<b>5:03.30</b>	462
	50m: 35.07 35.07	150m: 1:52.08 38.84	250m: 3:09.47 38.64	350m: 4:26.68 38.59		
	100m: 1:13.24 38.17	200m: 2:30.83 38.75	300m: 3:48.09 38.62	400m: 5:03.30 36.62		
10.	Maria Teresa Fernandes	05	Alges	5:14.54	<b>5:03.84</b>	459
	50m: 34.98 34.98	150m: 1:52.49 39.25	250m: 3:09.68 38.49	350m: 4:26.95 38.22		
	100m: 1:13.24 38.26	200m: 2:31.19 38.70	300m: 3:48.73 39.05	400m: 5:03.84 36.89		
11.	Maria Del Rio Bernat	05	Alges	5:13.67	<b>5:04.49</b>	456
	50m: 34.60 34.60	150m: 1:51.83 38.96	250m: 3:09.63 38.69	350m: 4:27.63 38.79		
	100m: 1:12.87 38.27	200m: 2:30.94 39.11	300m: 3:48.84 39.21	400m: 5:04.49 36.86		
12.	Madalena Carrapico Alexandrino	05	Alges	5:07.16	<b>5:04.89</b>	455
	50m: 34.46 34.46	150m: 1:50.48 38.60	250m: 3:09.25 39.41	350m: 4:27.37 38.59		
	100m: 1:11.88 37.42	200m: 2:29.84 39.36	300m: 3:48.78 39.53	400m: 5:04.89 37.52		
13.	Madalena Osorio Brasao	05	Geslours	5:12.42	<b>5:08.80</b>	438
	50m: 35.92 35.92	150m: 1:54.68 39.72	250m: 3:13.53 39.49	350m: 4:31.15 38.53		
	100m: 1:14.96 39.04	200m: 2:34.04 39.36	300m: 3:52.62 39.09	400m: 5:08.80 37.65		
14.	Sara Nunes Conceicao	05	União Piedense	5:20.08	<b>5:10.55</b>	430
	50m: 34.69 34.69	150m: 1:53.53 39.56	250m: 3:13.12 40.08	350m: 4:32.09 39.73		
	100m: 1:13.97 39.28	200m: 2:33.04 39.51	300m: 3:52.36 39.24	400m: 5:10.55 38.46		
15.	Diana Beatrice Macioca	05	Natacao e Triatlo Lisboa	5:17.20	<b>5:12.60</b>	422
	50m: 36.14 36.14	150m: 1:55.83 39.96	250m: 3:14.98 39.74	350m: 4:33.80 38.90		
	100m: 1:15.87 39.73	200m: 2:35.24 39.41	300m: 3:54.90 39.92	400m: 5:12.60 38.80		

**Prova 20, Femin., 400m Livres, Juvenis B**

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts
16.	Beatriz Frota Carvalho	05	Benfica	5:11.16	<b>5:14.75</b>	413
	50m: 34.31 34.31	150m: 1:53.08 39.98	250m: 3:13.77 40.61	350m: 4:35.58 40.90		
	100m: 1:13.10 38.79	200m: 2:33.16 40.08	300m: 3:54.68 40.91	400m: 5:14.75 39.17		
17.	Maria Antonia Ferraz	05	Bombeiros dos Estoris	5:20.08	<b>5:15.47</b>	410
	50m: 33.97 33.97	150m: 1:52.26 39.92	250m: 3:12.53 40.43	350m: 4:34.70 41.29		
	100m: 1:12.34 38.37	200m: 2:32.10 39.84	300m: 3:53.41 40.88	400m: 5:15.47 40.77		
18.	Maria Ines Pinto	05	CPCD Póvoa Sta Iria	5:13.84	<b>5:16.62</b>	406
	50m: 35.41 35.41	150m: 1:53.78 39.86	250m: 3:14.25 40.47	350m: 4:36.09 40.89		
	100m: 1:13.92 38.51	200m: 2:33.78 40.00	300m: 3:55.20 40.95	400m: 5:16.62 40.53		

**Juvenis A**

1.	Margarida Filipe Ferreira	04	Desportivo Cova da Piedade	4:54.99	<b>4:50.87</b>	524
	50m: 33.03 33.03	150m: 1:47.26 37.70	250m: 3:01.36 36.87	350m: 4:15.49 37.01		
	100m: 1:09.56 36.53	200m: 2:24.49 37.23	300m: 3:38.48 37.12	400m: 4:50.87 35.38		
2.	Daniela Alexandra Pedro	04	Sporting	5:00.02	<b>4:51.59</b>	520
	50m: 33.30 33.30	150m: 1:47.20 37.12	250m: 3:01.01 36.79	350m: 4:15.11 37.00		
	100m: 1:10.08 36.78	200m: 2:24.22 37.02	300m: 3:38.11 37.10	400m: 4:51.59 36.48		
3.	Mariana Fragoso Guterres	04	Benfica	4:58.72	<b>4:51.60</b>	520
	50m: 32.98 32.98	150m: 1:46.19 36.97	250m: 3:00.28 37.28	350m: 4:14.67 37.28		
	100m: 1:09.22 36.24	200m: 2:23.00 36.81	300m: 3:37.39 37.11	400m: 4:51.60 36.93		
4.	Ines Marques Joaquim	04	Benfica	4:59.17	<b>4:52.53</b>	515
	50m: 32.88 32.88	150m: 1:45.68 36.77	250m: 3:00.50 37.59	350m: 4:15.54 37.57		
	100m: 1:08.91 36.03	200m: 2:22.91 37.23	300m: 3:37.97 37.47	400m: 4:52.53 36.99		
5.	Raquel Raposo Lopes	04	Desportivo Cova da Piedade	4:56.74	<b>4:52.91</b>	513
	50m: 33.43 33.43	150m: 1:46.75 37.01	250m: 3:01.24 37.30	350m: 4:16.37 37.65		
	100m: 1:09.74 36.31	200m: 2:23.94 37.19	300m: 3:38.72 37.48	400m: 4:52.91 36.54		
6.	Mariana Morais Delfino	04	Sporting	5:11.18	<b>4:54.27</b>	506
	50m: 34.37 34.37	150m: 1:49.74 37.69	250m: 3:04.93 37.64	350m: 4:18.91 36.88		
	100m: 1:12.05 37.68	200m: 2:27.29 37.55	300m: 3:42.03 37.10	400m: 4:54.27 35.36		
7.	Maria Martins Camacho	04	União Piedense	5:09.95	<b>4:54.62</b>	504
	50m: 32.98 32.98	150m: 1:48.02 37.85	250m: 3:02.90 37.10	350m: 4:18.59 37.42		
	100m: 1:10.17 37.19	200m: 2:25.80 37.78	300m: 3:41.17 38.27	400m: 4:54.62 36.03		
8.	Joana Marinho Coelho	04	Sporting	4:58.86	<b>4:56.26</b>	496
	50m: 33.18 33.18	150m: 1:47.48 37.63	250m: 3:02.56 37.50	350m: 4:18.57 38.25		
	100m: 1:09.85 36.67	200m: 2:25.06 37.58	300m: 3:40.32 37.76	400m: 4:56.26 37.69		
9.	Ana Sofia Inacio	04	Sporting	5:07.48	<b>4:59.07</b>	482
	50m: 33.41 33.41	150m: 1:48.72 37.89	250m: 3:05.36 38.64	350m: 4:23.08 39.30		
	100m: 1:10.83 37.42	200m: 2:26.72 38.00	300m: 3:43.78 38.42	400m: 4:59.07 35.99		
10.	Yonina Brancourt	04	Geslours	5:03.81	<b>4:59.17</b>	481
	50m: 34.15 34.15	150m: 1:50.04 38.27	250m: 3:06.99 38.26	350m: 4:22.89 37.75		
	100m: 1:11.77 37.62	200m: 2:28.73 38.69	300m: 3:45.14 38.15	400m: 4:59.17 36.28		
11.	Matilde Carvalho Barao	04	Colégio Vasco da Gama	5:05.33	<b>5:01.08</b>	472
	50m: 34.51 34.51	150m: 1:49.92 38.24	250m: 3:07.13 38.45	350m: 4:24.03 38.35		
	100m: 1:11.68 37.17	200m: 2:28.68 38.76	300m: 3:45.68 38.55	400m: 5:01.08 37.05		
12.	Carolina Osorio Brasao	04	Geslours	5:09.70	<b>5:02.99</b>	463
	50m: 32.75 32.75	150m: 1:48.10 38.26	250m: 3:06.32 39.16	350m: 4:25.20 39.54		
	100m: 1:09.84 37.09	200m: 2:27.16 39.06	300m: 3:45.66 39.34	400m: 5:02.99 37.79		
13.	Carolina Anjos Frischknecht <i>Fora Tempo Acesso</i>	04	Naval Setubalense	5:11.18	<b>5:15.65</b>	410
	50m: 36.62 36.62	150m: 1:56.66 40.02	250m: 3:17.94 40.40	350m: 4:37.82 39.67		
	100m: 1:16.64 40.02	200m: 2:37.54 40.88	300m: 3:58.15 40.21	400m: 5:15.65 37.83		

**Juniores**

1.	Mariana Amaral Mendes	02	Colegio Int Monte Maior	4:25.52	<b>4:24.95</b>	693
	50m: 31.41 31.41	150m: 1:37.38 33.26	250m: 2:44.71 33.65	350m: 3:52.04 33.70		
	100m: 1:04.12 32.71	200m: 2:11.06 33.68	300m: 3:18.34 33.63	400m: 4:24.95 32.91		
2.	Francisca Salvador Mesquita	02	Colegio Int Monte Maior	4:31.21	<b>4:26.63</b>	680
	50m: 30.83 30.83	150m: 1:38.31 33.86	250m: 2:46.41 34.12	350m: 3:54.47 34.03		
	100m: 1:04.45 33.62	200m: 2:12.29 33.98	300m: 3:20.44 34.03	400m: 4:26.63 32.16		

**Prova 20, Femin., 400m Livres, Juniores**

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts
3.	Rafaela Gomes Azevedo	02	Alges	4:30.25	<b>4:28.00</b>	670
	50m: 30.51 30.51	150m: 1:37.41 33.92	250m: 2:45.83 34.38	350m: 3:55.17 34.62		
	100m: 1:03.49 32.98	200m: 2:11.45 34.04	300m: 3:20.55 34.72	400m: 4:28.00 32.83		
4.	Ema Jeronimo Conceicao	03	Fisica Torres Vedras	4:31.04	<b>4:28.28</b>	667
	50m: 31.31 31.31	150m: 1:38.61 33.84	250m: 2:46.85 34.22	350m: 3:55.46 34.35		
	100m: 1:04.77 33.46	200m: 2:12.63 34.02	300m: 3:21.11 34.26	400m: 4:28.28 32.82		
5.	Ana Raquel Graveto	02	Benfica	4:33.78	<b>4:33.34</b>	631
	50m: 31.40 31.40	150m: 1:40.47 34.84	250m: 2:50.50 35.07	350m: 4:01.43 35.55		
	100m: 1:05.63 34.23	200m: 2:15.43 34.96	300m: 3:25.88 35.38	400m: 4:33.34 31.91		
6.	Sara Moura Cruz	03	Alges	4:37.18	<b>4:33.81</b>	628
	50m: 31.66 31.66	150m: 1:40.78 34.75	250m: 2:50.43 34.39	350m: 3:59.56 34.53		
	100m: 1:06.03 34.37	200m: 2:16.04 35.26	300m: 3:25.03 34.60	400m: 4:33.81 34.25		
7.	Clara Gomes Pereira	02	Alges	4:41.87	<b>4:34.58</b>	623
	50m: 31.86 31.86	150m: 1:41.28 34.87	250m: 2:50.86 34.71	350m: 4:00.66 34.87		
	100m: 1:06.41 34.55	200m: 2:16.15 34.87	300m: 3:25.79 34.93	400m: 4:34.58 33.92		
8.	Natacha Sofia Silva	02	Benfica	4:36.41	<b>4:37.79</b>	601
	50m: 31.72 31.72	150m: 1:40.94 34.84	250m: 2:51.39 35.30	350m: 4:02.76 35.68		
	100m: 1:06.10 34.38	200m: 2:16.09 35.15	300m: 3:27.08 35.69	400m: 4:37.79 35.03		
9.	Madalena Reis Cerdeira	03	Sporting	4:55.78	<b>4:44.88</b>	557
	50m: 31.70 31.70	150m: 1:42.21 35.63	250m: 2:55.50 36.89	350m: 4:09.12 36.63		
	100m: 1:06.58 34.88	200m: 2:18.61 36.40	300m: 3:32.49 36.99	400m: 4:44.88 35.76		
10.	Beatriz Quintao Amantes	03	União Piedense	4:44.88	<b>4:45.62</b>	553
	50m: 32.85 32.85	150m: 1:45.19 36.44	250m: 2:57.46 35.84	350m: 4:10.07 36.50		
	100m: 1:08.75 35.90	200m: 2:21.62 36.43	300m: 3:33.57 36.11	400m: 4:45.62 35.55		
11.	Rafaela Sofia Silva	03	Benfica	5:02.48	<b>4:48.73</b>	535
	50m: 32.07 32.07	150m: 1:43.23 36.00	250m: 2:56.95 36.96	350m: 4:11.91 37.48		
	100m: 1:07.23 35.16	200m: 2:19.99 36.76	300m: 3:34.43 37.48	400m: 4:48.73 36.82		
12.	Carolina Ganhao Ferro	02	Geslours	4:39.30	<b>4:48.78</b>	535
	50m: 32.62 32.62	150m: 1:44.56 36.43	250m: 2:57.53 36.55	350m: 4:12.07 37.46		
	100m: 1:08.13 35.51	200m: 2:20.98 36.42	300m: 3:34.61 37.08	400m: 4:48.78 36.71		
13.	Margarida Sousa Gaspar	03	Colegio Int Monte Maior	4:56.37	<b>4:57.10</b>	491
	50m: 32.27 32.27	150m: 1:46.88 37.80	250m: 3:03.15 38.14	350m: 4:19.65 37.95		
	100m: 1:09.08 36.81	200m: 2:25.01 38.13	300m: 3:41.70 38.55	400m: 4:57.10 37.45		
14.	Mariana Marques Mercedes	03	Olivais e Moscavide	4:57.96	<b>4:57.30</b>	490
	50m: 32.48 32.48	150m: 1:45.03 37.11	250m: 3:02.22 38.81	350m: 4:20.76 39.42		
	100m: 1:07.92 35.44	200m: 2:23.41 38.38	300m: 3:41.34 39.12	400m: 4:57.30 36.54		
15.	Caetana Neves Carneiro	03	Natação de Lisboa	4:58.66	<b>4:59.05</b>	482
	50m: 32.73 32.73	150m: 1:47.55 38.30	250m: 3:04.80 38.55	350m: 4:22.14 38.76		
	100m: 1:09.25 36.52	200m: 2:26.25 38.70	300m: 3:43.38 38.58	400m: 4:59.05 36.91		
16.	Francisca Razina Oliveira	03	Naval Amorense	5:02.48	<b>4:59.25</b>	481
	50m: 32.26 32.26	150m: 1:47.47 38.34	250m: 3:05.49 38.99	350m: 4:23.25 38.93		
	100m: 1:09.13 36.87	200m: 2:26.50 39.03	300m: 3:44.32 38.83	400m: 4:59.25 36.00		
17.	Leonor Ramos Zacarias	03	Naval Setubalense	5:02.48	<b>4:59.89</b>	478
	50m: 34.39 34.39	150m: 1:49.99 38.14	250m: 3:07.04 38.49	350m: 4:23.30 37.61		
	100m: 1:11.85 37.46	200m: 2:28.55 38.56	300m: 3:45.69 38.65	400m: 4:59.89 36.59		
18.	Marta Viola Marques <i>Fora Tempo Acesso</i>	03	Colégio Vasco da Gama	5:02.48	<b>5:04.17</b>	458
	50m: 32.59 32.59	150m: 1:47.91 38.46	250m: 3:06.62 39.58	350m: 4:25.30 39.34		
	100m: 1:09.45 36.86	200m: 2:27.04 39.13	300m: 3:45.96 39.34	400m: 5:04.17 38.87		
19.	Catarina Ines Correia <i>Fora Tempo Acesso</i>	03	Naval Setubalense	5:00.34	<b>5:07.43</b>	443
	50m: 33.76 33.76	150m: 1:49.57 38.77	250m: 3:08.70 39.78	350m: 4:28.08 39.50		
	100m: 1:10.80 37.04	200m: 2:28.92 39.35	300m: 3:48.58 39.88	400m: 5:07.43 39.35		
20.	Matilde Pereira Carrao <i>Fora Tempo Acesso</i>	03	Laranjeiro	5:01.51	<b>5:09.52</b>	434
	50m: 34.50 34.50	150m: 1:49.88 38.25	250m: 3:08.39 39.24	350m: 4:29.02 40.54		
	100m: 1:11.63 37.13	200m: 2:29.15 39.27	300m: 3:48.48 40.09	400m: 5:09.52 40.50		

**Prova 20, Femin., 400m Livres**
**Seniores**

1. Rita Barros Frischknecht	98	Alges	4:16.92	<b>4:14.72</b>	780
50m: 29.01 29.01	150m: 1:33.12 32.19	250m: 2:38.26 32.34	350m: 3:42.75 32.20		
100m: 1:00.93 31.92	200m: 2:05.92 32.80	300m: 3:10.55 32.29	400m: 4:14.72 31.97		
2. Souad Nefissa Cherouati	89	Benfica	4:19.01	<b>4:18.52</b>	746
50m: 30.50 30.50	150m: 1:35.55 32.63	250m: 2:41.03 32.69	350m: 3:46.54 32.73		
100m: 1:02.92 32.42	200m: 2:08.34 32.79	300m: 3:13.81 32.78	400m: 4:18.52 31.98		
3. Victoria Kaminskaya	95	Benfica	4:58.07	<b>4:20.38</b>	730
50m: 30.58 30.58	150m: 1:37.10 33.05	250m: 2:42.52 32.53	350m: 3:48.20 32.74		
100m: 1:04.05 33.47	200m: 2:09.99 32.89	300m: 3:15.46 32.94	400m: 4:20.38 32.18		
4. Luisa Maria Machado	01	União Piedense	4:24.56	<b>4:33.61</b>	629
50m: 30.62 30.62	150m: 1:39.48 34.93	250m: 2:49.12 34.81	350m: 3:59.21 34.90		
100m: 1:04.55 33.93	200m: 2:14.31 34.83	300m: 3:24.31 35.19	400m: 4:33.61 34.40		
5. Margarida Sobral Pimenta	99	Belenenses	4:42.17	<b>4:34.13</b>	626
50m: 31.39 31.39	150m: 1:40.36 34.94	250m: 2:50.43 34.74	350m: 4:00.15 34.53		
100m: 1:05.42 34.03	200m: 2:15.69 35.33	300m: 3:25.62 35.19	400m: 4:34.13 33.98		
6. Sara Rulin Loureiro	01	Benfica	4:42.43	<b>4:35.05</b>	619
50m: 31.35 31.35	150m: 1:40.58 35.00	250m: 2:50.46 34.92	350m: 4:00.74 34.95		
100m: 1:05.58 34.23	200m: 2:15.54 34.96	300m: 3:25.79 35.33	400m: 4:35.05 34.31		
7. Barbara Coimbra Teodosio	99	Sporting	4:39.77	<b>4:36.75</b>	608
50m: 31.51 31.51	150m: 1:41.39 35.23	250m: 2:52.33 35.60	350m: 4:03.49 35.60		
100m: 1:06.16 34.65	200m: 2:16.73 35.34	300m: 3:27.89 35.56	400m: 4:36.75 33.26		
8. Tatiana Raquel Pombo	01	Desportivo Cova da Piedade	4:36.53	<b>4:38.21</b>	598
50m: 30.73 30.73	150m: 1:39.47 34.70	250m: 2:50.84 35.92	350m: 4:03.14 36.17		
100m: 1:04.77 34.04	200m: 2:14.92 35.45	300m: 3:26.97 36.13	400m: 4:38.21 35.07		
9. Eva Guerreiro Carvalho	99	Benfica	4:29.15	<b>4:38.50</b>	597
50m: 31.98 31.98	150m: 1:41.33 34.87	250m: 2:51.39 34.83	350m: 4:02.92 35.97		
100m: 1:06.46 34.48	200m: 2:16.56 35.23	300m: 3:26.95 35.56	400m: 4:38.50 35.58		
10. Beatriz Paulo Ranito	99	Sporting	4:32.13	<b>4:40.67</b>	583
50m: 32.09 32.09	150m: 1:42.61 35.74	250m: 2:54.23 35.54	350m: 4:05.47 35.75		
100m: 1:06.87 34.78	200m: 2:18.69 36.08	300m: 3:29.72 35.49	400m: 4:40.67 35.20		
11. Ines Silva Bernardo	00	Benfica	4:58.07	<b>4:41.54</b>	577
50m: 32.36 32.36	150m: 1:43.01 35.58	250m: 2:54.38 35.88	350m: 4:05.64 35.99		
100m: 1:07.43 35.07	200m: 2:18.50 35.49	300m: 3:29.65 35.27	400m: 4:41.54 35.90		
12. Luana Correia Rodrigues	01	Belenenses	4:42.32	<b>4:42.47</b>	572
50m: 31.72 31.72	150m: 1:41.73 35.35	250m: 2:53.60 36.08	350m: 4:06.59 36.49		
100m: 1:06.38 34.66	200m: 2:17.52 35.79	300m: 3:30.10 36.50	400m: 4:42.47 35.88		
13. Maria Ornelas Armas	98	Avançado EULx	4:41.84	<b>4:46.02</b>	551
50m: 31.45 31.45	150m: 1:41.55 35.55	250m: 2:53.98 36.45	350m: 4:08.83 37.56		
100m: 1:06.00 34.55	200m: 2:17.53 35.98	300m: 3:31.27 37.29	400m: 4:46.02 37.19		
14. Sofia Oliveira Silva <i>Fora Tempo Acesso</i>	99	Naval Setubalense	4:58.07	<b>5:04.09</b>	458
50m: 32.62 32.62	150m: 1:47.69 38.28	250m: 3:07.06 40.14	350m: 4:26.86 39.76		
100m: 1:09.41 36.79	200m: 2:26.92 39.23	300m: 3:47.10 40.04	400m: 5:04.09 37.23		

**Absolutos**

1. Rita Barros Frischknecht <i>Campeã Regional</i>	98	Alges	4:16.92	<b>4:14.72</b>	780
50m: 29.01 29.01	150m: 1:33.12 32.19	250m: 2:38.26 32.34	350m: 3:42.75 32.20		
100m: 1:00.93 31.92	200m: 2:05.92 32.80	300m: 3:10.55 32.29	400m: 4:14.72 31.97		
2. Souad Nefissa Cherouati	89	Benfica	4:19.01	<b>4:18.52</b>	746
50m: 30.50 30.50	150m: 1:35.55 32.63	250m: 2:41.03 32.69	350m: 3:46.54 32.73		
100m: 1:02.92 32.42	200m: 2:08.34 32.79	300m: 3:13.81 32.78	400m: 4:18.52 31.98		
3. Victoria Kaminskaya	95	Benfica	4:58.07	<b>4:20.38</b>	730
50m: 30.58 30.58	150m: 1:37.10 33.05	250m: 2:42.52 32.53	350m: 3:48.20 32.74		
100m: 1:04.05 33.47	200m: 2:09.99 32.89	300m: 3:15.46 32.94	400m: 4:20.38 32.18		
4. Mariana Amaral Mendes	02	Colegio Int Monte Maior	4:25.52	<b>4:24.95</b>	693
50m: 31.41 31.41	150m: 1:37.38 33.26	250m: 2:44.71 33.65	350m: 3:52.04 33.70		
100m: 1:04.12 32.71	200m: 2:11.06 33.68	300m: 3:18.34 33.63	400m: 4:24.95 32.91		



**Prova 20, Femin., 400m Livres, Absolutos**

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts
5.	Francisca Salvador Mesquita	02	Colegio Int Monte Maior	4:31.21	<b>4:26.63</b>	680
	50m: 30.83 30.83	150m: 1:38.31 33.86	250m: 2:46.41 34.12	350m: 3:54.47 34.03		34.03
	100m: 1:04.45 33.62	200m: 2:12.29 33.98	300m: 3:20.44 34.03	400m: 4:26.63 32.16		32.16
6.	Rafaela Gomes Azevedo	02	Alges	4:30.25	<b>4:28.00</b>	670
	50m: 30.51 30.51	150m: 1:37.41 33.92	250m: 2:45.83 34.38	350m: 3:55.17 34.72		34.62
	100m: 1:03.49 32.98	200m: 2:11.45 34.04	300m: 3:20.55 34.72	400m: 4:28.00 32.83		32.83
7.	Ema Jeronimo Conceicao	03	Fisica Torres Vedras	4:31.04	<b>4:28.28</b>	667
	50m: 31.31 31.31	150m: 1:38.61 33.84	250m: 2:46.85 34.22	350m: 3:55.46 34.26		34.35
	100m: 1:04.77 33.46	200m: 2:12.63 34.02	300m: 3:21.11 34.26	400m: 4:28.28 32.82		32.82
8.	Ana Raquel Graveto	02	Benfica	4:33.78	<b>4:33.34</b>	631
	50m: 31.40 31.40	150m: 1:40.47 34.84	250m: 2:50.50 35.07	350m: 4:01.43 35.55		35.55
	100m: 1:05.63 34.23	200m: 2:15.43 34.96	300m: 3:25.88 35.38	400m: 4:33.34 31.91		31.91
9.	Luisa Maria Machado	01	União Piedense	4:24.56	<b>4:33.61</b>	629
	50m: 30.62 30.62	150m: 1:39.48 34.93	250m: 2:49.12 34.81	350m: 3:59.21 35.19		34.90
	100m: 1:04.55 33.93	200m: 2:14.31 34.83	300m: 3:24.31 35.19	400m: 4:33.61 34.40		34.40
10.	Sara Moura Cruz	03	Alges	4:37.18	<b>4:33.81</b>	628
	50m: 31.66 31.66	150m: 1:40.78 34.75	250m: 2:50.43 34.39	350m: 3:59.56 34.53		34.53
	100m: 1:06.03 34.37	200m: 2:16.04 35.26	300m: 3:25.03 34.60	400m: 4:33.81 34.25		34.25
11.	Margarida Sobral Pimenta	99	Belenenses	4:42.17	<b>4:34.13</b>	626
	50m: 31.39 31.39	150m: 1:40.36 34.94	250m: 2:50.43 34.74	350m: 4:00.15 34.53		34.53
	100m: 1:05.42 34.03	200m: 2:15.69 35.33	300m: 3:25.62 35.19	400m: 4:34.13 33.98		33.98
12.	Clara Gomes Pereira	02	Alges	4:41.87	<b>4:34.58</b>	623
	50m: 31.86 31.86	150m: 1:41.28 34.87	250m: 2:50.86 34.71	350m: 4:00.66 34.87		34.87
	100m: 1:06.41 34.55	200m: 2:16.15 34.87	300m: 3:25.79 34.93	400m: 4:34.58 33.92		33.92
13.	Sara Rulin Loureiro	01	Benfica	4:42.43	<b>4:35.05</b>	619
	50m: 31.35 31.35	150m: 1:40.58 35.00	250m: 2:50.46 34.92	350m: 4:00.74 34.95		34.95
	100m: 1:05.58 34.23	200m: 2:15.54 34.96	300m: 3:25.79 35.33	400m: 4:35.05 34.31		34.31
14.	Barbara Coimbra Teodosio	99	Sporting	4:39.77	<b>4:36.75</b>	608
	50m: 31.51 31.51	150m: 1:41.39 35.23	250m: 2:52.33 35.60	350m: 4:03.49 35.60		35.60
	100m: 1:06.16 34.65	200m: 2:16.73 35.34	300m: 3:27.89 35.56	400m: 4:36.75 33.26		33.26
15.	Natacha Sofia Silva	02	Benfica	4:36.41	<b>4:37.79</b>	601
	50m: 31.72 31.72	150m: 1:40.94 34.84	250m: 2:51.39 35.30	350m: 4:02.76 35.68		35.68
	100m: 1:06.10 34.38	200m: 2:16.09 35.15	300m: 3:27.08 35.69	400m: 4:37.79 35.03		35.03
16.	Tatiana Raquel Pombo	01	Desportivo Cova da Piedade	4:36.53	<b>4:38.21</b>	598
	50m: 30.73 30.73	150m: 1:39.47 34.70	250m: 2:50.84 35.92	350m: 4:03.14 36.17		36.17
	100m: 1:04.77 34.04	200m: 2:14.92 35.45	300m: 3:26.97 36.13	400m: 4:38.21 35.07		35.07
17.	Eva Guerreiro Carvalho	99	Benfica	4:29.15	<b>4:38.50</b>	597
	50m: 31.98 31.98	150m: 1:41.33 34.87	250m: 2:51.39 34.83	350m: 4:02.92 35.97		35.97
	100m: 1:06.46 34.48	200m: 2:16.56 35.23	300m: 3:26.95 35.56	400m: 4:38.50 35.58		35.58
18.	Soraia Alexandra Delgado	05	CPCD Póvoa Sta Iria	4:38.83	<b>4:39.29</b>	592
	50m: 32.19 32.19	150m: 1:42.24 35.16	250m: 2:53.56 35.85	350m: 4:04.90 35.58		35.58
	100m: 1:07.08 34.89	200m: 2:17.71 35.47	300m: 3:29.32 35.76	400m: 4:39.29 34.39		34.39
19.	Beatriz Paulo Ranito	99	Sporting	4:32.13	<b>4:40.67</b>	583
	50m: 32.09 32.09	150m: 1:42.61 35.74	250m: 2:54.23 35.54	350m: 4:05.47 35.75		35.75
	100m: 1:06.87 34.78	200m: 2:18.69 36.08	300m: 3:29.72 35.49	400m: 4:40.67 35.20		35.20
20.	Ines Silva Bernardo	00	Benfica	4:58.07	<b>4:41.54</b>	577
	50m: 32.36 32.36	150m: 1:43.01 35.58	250m: 2:54.38 35.88	350m: 4:05.64 35.99		35.99
	100m: 1:07.43 35.07	200m: 2:18.50 35.49	300m: 3:29.65 35.27	400m: 4:41.54 35.90		35.90
21.	Luana Correia Rodrigues	01	Belenenses	4:42.32	<b>4:42.47</b>	572
	50m: 31.72 31.72	150m: 1:41.73 35.35	250m: 2:53.60 36.08	350m: 4:06.59 36.49		36.49
	100m: 1:06.38 34.66	200m: 2:17.52 35.79	300m: 3:30.10 36.50	400m: 4:42.47 35.88		35.88
22.	Madalena Reis Cerdeira	03	Sporting	4:55.78	<b>4:44.88</b>	557
	50m: 31.70 31.70	150m: 1:42.21 35.63	250m: 2:55.50 36.89	350m: 4:09.12 36.63		36.63
	100m: 1:06.58 34.88	200m: 2:18.61 36.40	300m: 3:32.49 36.99	400m: 4:44.88 35.76		35.76
23.	Beatriz Quintao Amantes	03	União Piedense	4:44.88	<b>4:45.62</b>	553
	50m: 32.85 32.85	150m: 1:45.19 36.44	250m: 2:57.46 35.84	350m: 4:10.07 36.50		36.50
	100m: 1:08.75 35.90	200m: 2:21.62 36.43	300m: 3:33.57 36.11	400m: 4:45.62 35.55		35.55
24.	Maria Ornelas Armas	98	Avançado EULx	4:41.84	<b>4:46.02</b>	551
	50m: 31.45 31.45	150m: 1:41.55 35.55	250m: 2:53.98 36.45	350m: 4:08.83 37.56		37.56
	100m: 1:06.00 34.55	200m: 2:17.53 35.98	300m: 3:31.27 37.29	400m: 4:46.02 37.19		37.19
25.	Mafalda Santos Costa	05	Colegio Int Monte Maior	4:53.41	<b>4:47.88</b>	540
	50m: 33.01 33.01	150m: 1:44.57 36.15	250m: 2:57.90 36.95	350m: 4:11.73 36.95		36.95
	100m: 1:08.42 35.41	200m: 2:20.95 36.38	300m: 3:34.78 36.88	400m: 4:47.88 36.15		36.15

**Prova 20, Femin., 400m Livres, Absolutos**

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts
26.	Rafaela Sofia Silva	03	Benfica	5:02.48	<b>4:48.73</b>	535
	50m: 32.07 32.07	150m: 1:43.23 36.00	250m: 2:56.95 36.96	350m: 4:11.91 37.48		
	100m: 1:07.23 35.16	200m: 2:19.99 36.76	300m: 3:34.43 37.48	400m: 4:48.73 36.82		
27.	Carolina Ganhao Ferro	02	Gesloures	4:39.30	<b>4:48.78</b>	535
	50m: 32.62 32.62	150m: 1:44.56 36.43	250m: 2:57.53 36.55	350m: 4:12.07 37.46		
	100m: 1:08.13 35.51	200m: 2:20.98 36.42	300m: 3:34.61 37.08	400m: 4:48.78 36.71		
28.	Margarida Filipe Ferreira	04	Desportivo Cova da Piedade	4:54.99	<b>4:50.87</b>	524
	50m: 33.03 33.03	150m: 1:47.26 37.70	250m: 3:01.36 36.87	350m: 4:15.49 37.01		
	100m: 1:09.56 36.53	200m: 2:24.49 37.23	300m: 3:38.48 37.12	400m: 4:50.87 35.38		
29.	Daniela Alexandra Pedro	04	Sporting	5:00.02	<b>4:51.59</b>	520
	50m: 33.30 33.30	150m: 1:47.20 37.12	250m: 3:01.01 36.79	350m: 4:15.11 37.00		
	100m: 1:10.08 36.78	200m: 2:24.22 37.02	300m: 3:38.11 37.10	400m: 4:51.59 36.48		
30.	Mariana Fragoso Guterres	04	Benfica	4:58.72	<b>4:51.60</b>	520
	50m: 32.98 32.98	150m: 1:46.19 36.97	250m: 3:00.28 37.28	350m: 4:14.67 37.28		
	100m: 1:09.22 36.24	200m: 2:23.00 36.81	300m: 3:37.39 37.11	400m: 4:51.60 36.93		
31.	Ines Marques Joaquim	04	Benfica	4:59.17	<b>4:52.53</b>	515
	50m: 32.88 32.88	150m: 1:45.68 36.77	250m: 3:00.50 37.59	350m: 4:15.54 37.57		
	100m: 1:08.91 36.03	200m: 2:22.91 37.23	300m: 3:37.97 37.47	400m: 4:52.53 36.99		
32.	Raquel Raposo Lopes	04	Desportivo Cova da Piedade	4:56.74	<b>4:52.91</b>	513
	50m: 33.43 33.43	150m: 1:46.75 37.01	250m: 3:01.24 37.30	350m: 4:16.37 37.65		
	100m: 1:09.74 36.31	200m: 2:23.94 37.19	300m: 3:38.72 37.48	400m: 4:52.91 36.54		
33.	Mariana Morais Delfino	04	Sporting	5:11.18	<b>4:54.27</b>	506
	50m: 34.37 34.37	150m: 1:49.74 37.69	250m: 3:04.93 37.64	350m: 4:18.91 36.88		
	100m: 1:12.05 37.68	200m: 2:27.29 37.55	300m: 3:42.03 37.10	400m: 4:54.27 35.36		
34.	Maria Martins Camacho	04	União Piedense	5:09.95	<b>4:54.62</b>	504
	50m: 32.98 32.98	150m: 1:48.02 37.85	250m: 3:02.90 37.10	350m: 4:18.59 37.42		
	100m: 1:10.17 37.19	200m: 2:25.80 37.78	300m: 3:41.17 38.27	400m: 4:54.62 36.03		
35.	Isadora Maia Andre	05	Benfica	4:51.21	<b>4:55.14</b>	501
	50m: 32.41 32.41	150m: 1:44.62 36.72	250m: 3:00.50 38.18	350m: 4:17.91 38.89		
	100m: 1:07.90 35.49	200m: 2:22.32 37.70	300m: 3:39.02 38.52	400m: 4:55.14 37.23		
36.	Joana Marinho Coelho	04	Sporting	4:58.86	<b>4:56.26</b>	496
	50m: 33.18 33.18	150m: 1:47.48 37.63	250m: 3:02.56 37.50	350m: 4:18.57 38.25		
	100m: 1:09.85 36.67	200m: 2:25.06 37.58	300m: 3:40.32 37.76	400m: 4:56.26 37.69		
37.	Margarida Sousa Gaspar	03	Colegio Int Monte Maior	4:56.37	<b>4:57.10</b>	491
	50m: 32.27 32.27	150m: 1:46.88 37.80	250m: 3:03.15 38.14	350m: 4:19.65 37.95		
	100m: 1:09.08 36.81	200m: 2:25.01 38.13	300m: 3:41.70 38.55	400m: 4:57.10 37.45		
38.	Carmo Dias Vieira	05	Avançado EULx	5:09.40	<b>4:57.13</b>	491
	50m: 32.86 32.86	150m: 1:48.05 37.92	250m: 3:04.62 38.23	350m: 4:21.04 37.77		
	100m: 1:10.13 37.27	200m: 2:26.39 38.34	300m: 3:43.27 38.65	400m: 4:57.13 36.09		
39.	Mariana Marques Mercedes	03	Olivais e Moscavide	4:57.96	<b>4:57.30</b>	490
	50m: 32.48 32.48	150m: 1:45.03 37.11	250m: 3:02.22 38.81	350m: 4:20.76 39.42		
	100m: 1:07.92 35.44	200m: 2:23.41 38.38	300m: 3:41.34 39.12	400m: 4:57.30 36.54		
40.	Caetana Neves Carneiro	03	Natação de Lisboa	4:58.66	<b>4:59.05</b>	482
	50m: 32.73 32.73	150m: 1:47.55 38.30	250m: 3:04.80 38.55	350m: 4:22.14 38.76		
	100m: 1:09.25 36.52	200m: 2:26.25 38.70	300m: 3:43.38 38.58	400m: 4:59.05 36.91		
41.	Ana Sofia Inacio	04	Sporting	5:07.48	<b>4:59.07</b>	482
	50m: 33.41 33.41	150m: 1:48.72 37.89	250m: 3:05.36 38.64	350m: 4:23.08 39.30		
	100m: 1:10.83 37.42	200m: 2:26.72 38.00	300m: 3:43.78 38.42	400m: 4:59.07 35.99		
42.	Yonina Brancourt	04	Gesloures	5:03.81	<b>4:59.17</b>	481
	50m: 34.15 34.15	150m: 1:50.04 38.27	250m: 3:06.99 38.26	350m: 4:22.89 37.75		
	100m: 1:11.77 37.62	200m: 2:28.73 38.69	300m: 3:45.14 38.15	400m: 4:59.17 36.28		
43.	Francisca Razina Oliveira	03	Naval Amorense	5:02.48	<b>4:59.25</b>	481
	50m: 32.26 32.26	150m: 1:47.47 38.34	250m: 3:05.49 38.99	350m: 4:23.25 38.93		
	100m: 1:09.13 36.87	200m: 2:26.50 39.03	300m: 3:44.32 38.83	400m: 4:59.25 36.00		
44.	Leonor Ramos Zacarias	03	Naval Setubalense	5:02.48	<b>4:59.89</b>	478
	50m: 34.39 34.39	150m: 1:49.99 38.14	250m: 3:07.04 38.49	350m: 4:23.30 37.61		
	100m: 1:11.85 37.46	200m: 2:28.55 38.56	300m: 3:45.69 38.65	400m: 4:59.89 36.59		
45.	Matilde Carvalho Barao	04	Colégio Vasco da Gama	5:05.33	<b>5:01.08</b>	472
	50m: 34.51 34.51	150m: 1:49.92 38.24	250m: 3:07.13 38.45	350m: 4:24.03 38.35		
	100m: 1:11.68 37.17	200m: 2:28.68 38.76	300m: 3:45.68 38.55	400m: 5:01.08 37.05		
46.	Barbara Cunha Ventura	05	Benfica	5:20.08	<b>5:01.73</b>	469
	50m: 34.64 34.64	150m: 1:51.72 39.01	250m: 3:09.10 38.49	350m: 4:25.46 37.62		
	100m: 1:12.71 38.07	200m: 2:30.61 38.89	300m: 3:47.84 38.74	400m: 5:01.73 36.27		

**Prova 20, Femin., 400m Livres, Absolutos**

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts
47.	Iris Pereira Carrao 50m: 32.64 32.64 100m: 1:09.30 36.66	05	Laranjeiro	4:56.97	<b>5:01.82</b>	469
			150m: 1:47.22 37.92 250m: 3:04.12 38.48 350m: 4:22.83 39.35			
			200m: 2:25.64 38.42 300m: 3:43.48 39.36 400m: 5:01.82 38.99			
48.	Carolina Fonseca Gomes 50m: 34.20 34.20 100m: 1:11.66 37.46	05	Olivais e Moscavide	5:04.17	<b>5:02.04</b>	468
			150m: 1:49.57 37.91 250m: 3:07.14 38.97 350m: 4:24.16 38.31			
			200m: 2:28.17 38.60 300m: 3:45.85 38.71 400m: 5:02.04 37.88			
49.	Mariana Andreia Silva 50m: 34.12 34.12 100m: 1:11.94 37.82	05	Sporting	5:07.18	<b>5:02.08</b>	467
			150m: 1:50.67 38.73 250m: 3:08.55 38.89 350m: 4:25.64 38.89			
			200m: 2:29.66 38.99 300m: 3:46.75 38.20 400m: 5:02.08 36.44			
50.	Carolina Osorio Brasao 50m: 32.75 32.75 100m: 1:09.84 37.09	04	Geslours	5:09.70	<b>5:02.99</b>	463
			150m: 1:48.10 38.26 250m: 3:06.32 39.16 350m: 4:25.20 39.54			
			200m: 2:27.16 39.06 300m: 3:45.66 39.34 400m: 5:02.99 37.79			
51.	Vera Di Martino Serafim 50m: 35.07 35.07 100m: 1:13.24 38.17	05	Sporting	5:07.49	<b>5:03.30</b>	462
			150m: 1:52.08 38.84 250m: 3:09.47 38.64 350m: 4:26.68 38.59			
			200m: 2:30.83 38.75 300m: 3:48.09 38.62 400m: 5:03.30 36.62			
52.	Maria Teresa Fernandes 50m: 34.98 34.98 100m: 1:13.24 38.26	05	Alges	5:14.54	<b>5:03.84</b>	459
			150m: 1:52.49 39.25 250m: 3:09.68 38.49 350m: 4:26.95 38.22			
			200m: 2:31.19 38.70 300m: 3:48.73 39.05 400m: 5:03.84 36.89			
53.	Sofia Oliveira Silva <i>Fora Tempo Acesso</i> 50m: 32.62 32.62 100m: 1:09.41 36.79	99	Naval Setubalense	4:58.07	<b>5:04.09</b>	458
			150m: 1:47.69 38.28 250m: 3:07.06 40.14 350m: 4:26.86 39.76			
			200m: 2:26.92 39.23 300m: 3:47.10 40.04 400m: 5:04.09 37.23			
54.	Marta Viola Marques <i>Fora Tempo Acesso</i> 50m: 32.59 32.59 100m: 1:09.45 36.86	03	Colégio Vasco da Gama	5:02.48	<b>5:04.17</b>	458
			150m: 1:47.91 38.46 250m: 3:06.62 39.58 350m: 4:25.30 39.34			
			200m: 2:27.04 39.13 300m: 3:45.96 39.34 400m: 5:04.17 38.87			
55.	Maria Del Rio Bernat 50m: 34.60 34.60 100m: 1:12.87 38.27	05	Alges	5:13.67	<b>5:04.49</b>	456
			150m: 1:51.83 38.96 250m: 3:09.63 38.69 350m: 4:27.63 38.79			
			200m: 2:30.94 39.11 300m: 3:48.84 39.21 400m: 5:04.49 36.86			
56.	Madalena Carrapico Alexandrino 50m: 34.46 34.46 100m: 1:11.88 37.42	05	Alges	5:07.16	<b>5:04.89</b>	455
			150m: 1:50.48 38.60 250m: 3:09.25 39.41 350m: 4:27.37 38.59			
			200m: 2:29.84 39.36 300m: 3:48.78 39.53 400m: 5:04.89 37.52			
57.	Catarina Ines Correia <i>Fora Tempo Acesso</i> 50m: 33.76 33.76 100m: 1:10.80 37.04	03	Naval Setubalense	5:00.34	<b>5:07.43</b>	443
			150m: 1:49.57 38.77 250m: 3:08.70 39.78 350m: 4:28.08 39.50			
			200m: 2:28.92 39.35 300m: 3:48.58 39.88 400m: 5:07.43 39.35			
58.	Madalena Osorio Brasao 50m: 35.92 35.92 100m: 1:14.96 39.04	05	Geslours	5:12.42	<b>5:08.80</b>	438
			150m: 1:54.68 39.72 250m: 3:13.53 39.49 350m: 4:31.15 38.53			
			200m: 2:34.04 39.36 300m: 3:52.62 39.09 400m: 5:08.80 37.65			
59.	Matilde Pereira Carrao <i>Fora Tempo Acesso</i> 50m: 34.50 34.50 100m: 1:11.63 37.13	03	Laranjeiro	5:01.51	<b>5:09.52</b>	434
			150m: 1:49.88 38.25 250m: 3:08.39 39.24 350m: 4:29.02 40.54			
			200m: 2:29.15 39.27 300m: 3:48.48 40.09 400m: 5:09.52 40.50			
60.	Sara Nunes Conceicao 50m: 34.69 34.69 100m: 1:13.97 39.28	05	União Piedense	5:20.08	<b>5:10.55</b>	430
			150m: 1:53.53 39.56 250m: 3:13.12 40.08 350m: 4:32.09 39.73			
			200m: 2:33.04 39.51 300m: 3:52.36 39.24 400m: 5:10.55 38.46			
61.	Diana Beatrice Macioca 50m: 36.14 36.14 100m: 1:15.87 39.73	05	Natacao e Triatlo Lisboa	5:17.20	<b>5:12.60</b>	422
			150m: 1:55.83 39.96 250m: 3:14.98 39.74 350m: 4:33.80 38.90			
			200m: 2:35.24 39.41 300m: 3:54.90 39.92 400m: 5:12.60 38.80			
62.	Beatriz Frota Carvalho 50m: 34.31 34.31 100m: 1:13.10 38.79	05	Benfica	5:11.16	<b>5:14.75</b>	413
			150m: 1:53.08 39.98 250m: 3:13.77 40.61 350m: 4:35.58 40.90			
			200m: 2:33.16 40.08 300m: 3:54.68 40.91 400m: 5:14.75 39.17			
63.	Maria Antonia Ferraz 50m: 33.97 33.97 100m: 1:12.34 38.37	05	Bombeiros dos Estoris	5:20.08	<b>5:15.47</b>	410
			150m: 1:52.26 39.92 250m: 3:12.53 40.43 350m: 4:34.70 41.29			
			200m: 2:32.10 39.84 300m: 3:53.41 40.88 400m: 5:15.47 40.77			
64.	Carolina Anjos Frischknecht <i>Fora Tempo Acesso</i> 50m: 36.62 36.62 100m: 1:16.64 40.02	04	Naval Setubalense	5:11.18	<b>5:15.65</b>	410
			150m: 1:56.66 40.02 250m: 3:17.94 40.40 350m: 4:37.82 39.67			
			200m: 2:37.54 40.88 300m: 3:58.15 40.21 400m: 5:15.65 37.83			



associação de nataçao de lisboa



associação de nataçao de lisboa



associação de nataçao de lisboa

**CAMPEONATOS ABSOLUTOS DE LISBOA - PC**

**TORNEIO DE FUNDO DE JUVENIS**

Piscina Fernando Sacadura, Algés (25m)

23-24-25 de novembro de 2018

Prova 20, Femin., 400m Livres, Absolutos

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts
65.	Maria Ines Pinto	05	CPCD Póvoa Sta Iria	5:13.84	<b>5:16.62</b>	406
	50m: 35.41	150m: 1:53.78	39.86	40.47	350m: 4:36.09	40.89
	100m: 1:13.92	200m: 2:33.78	40.00	40.95	400m: 5:16.62	40.53

apoios  
institucionais



parceiros

