



Torneios Zonais de Infantis - Zona Sul
Lagos , 24 - 26/3/2023

Prova 9

Femin., 400m Livres

Infantis A
Resultados

25/03/2023 - 9:00

Rec. Nac. 25m Absoluto	4:04.61	DURAES, Diana Margarida	POR	Copenhagen (DEN)	17/12/2017
Rec. Nac. 25m Inf. A	4:25.30	SILVA, Alexandra Maria	FCP	Porto	19/07/1980

TAC_INF A_FEM 50m: 5:48.23 - 25m: 5:44.61

Pontos: Rudolph Table 2022

Lugar	Ano	Tempo final	Pts
1. MARTINS, Leonor Sombreiro	10 BUZIOS-Coruche	5:01.38	9,1
50m: 33.65 33.65 150m: 1:49.28 38.21 250m: 3:07.49 38.98 350m: 4:25.44 38.89			
100m: 1:11.07 37.42 200m: 2:28.51 39.23 300m: 3:46.55 39.06 400m: 5:01.38 35.94			
2. AMORIM, Laura Helena	10 Nautico Marinha Grande	5:01.85	9,0
50m: 34.34 34.34 150m: 1:50.12 38.78 250m: 3:07.92 38.95 350m: 4:25.35 38.66			
100m: 1:11.34 37.00 200m: 2:28.97 38.85 300m: 3:46.69 38.77 400m: 5:01.85 36.50			
3. MATEUS, Ines Filipa	10 Lagoa AC	5:02.70	8,8
50m: 33.77 33.77 150m: 1:49.65 38.60 250m: 3:07.59 39.02 350m: 4:25.48 38.81			
100m: 1:11.05 37.28 200m: 2:28.57 38.92 300m: 3:46.67 39.08 400m: 5:02.70 37.22			
4. MENDES, Bianca Balbino	10 Naval de Peniche	5:03.09	8,7
50m: 33.85 33.85 150m: 1:49.56 38.52 250m: 3:07.11 38.78 350m: 4:25.02 38.78			
100m: 1:11.04 37.19 200m: 2:28.33 38.77 300m: 3:46.24 39.13 400m: 5:03.09 38.07			
5. MENDES, Barbara Balbino	10 Naval de Peniche	5:03.52	8,6
50m: 34.13 34.13 150m: 1:50.17 39.07 250m: 3:08.50 39.15 350m: 4:26.46 38.89			
100m: 1:11.10 36.97 200m: 2:29.35 39.18 300m: 3:47.57 39.07 400m: 5:03.52 37.06			
6. LOPES, Carolina Melo	10 Portinado	5:03.97	8,5
50m: 33.58 33.58 150m: 1:50.13 39.09 250m: 3:08.26 39.17 350m: 4:26.89 39.28			
100m: 1:11.04 37.46 200m: 2:29.09 38.96 300m: 3:47.61 39.35 400m: 5:03.97 37.08			
7. PEDROSO, Madalena Gracio	10 Nautico Marinha Grande	5:04.10	8,5
50m: 34.53 34.53 150m: 1:50.84 38.72 250m: 3:08.40 38.49 350m: 4:25.88 38.37			
100m: 1:12.12 37.59 200m: 2:29.91 39.07 300m: 3:47.51 39.11 400m: 5:04.10 38.22			
8. COSTA, Mariana Varela	10 Nacional de Natacao	5:09.92	7,0
50m: 36.38 36.38 150m: 1:55.40 40.01 250m: 3:14.97 39.54 350m: 4:32.71 38.51			
100m: 1:15.39 39.01 200m: 2:35.43 40.03 300m: 3:54.20 39.23 400m: 5:09.92 37.21			
9. MENDES, Ana Nabais	10 Laranjeiro	5:10.55	6,8
50m: 35.08 35.08 150m: 1:53.91 39.70 250m: 3:13.85 40.27 350m: 4:33.02 39.57			
100m: 1:14.21 39.13 200m: 2:33.58 39.67 300m: 3:53.45 39.60 400m: 5:10.55 37.53			
10. BARROSO, Juliana Bushe	10 FC Ferreiras/AlgarExperience	5:11.79	6,5
50m: 35.43 35.43 150m: 1:54.64 39.79 250m: 3:15.73 40.81 350m: 4:35.84 39.13			
100m: 1:14.85 39.42 200m: 2:34.92 40.28 300m: 3:56.71 40.98 400m: 5:11.79 35.95			
11. ROSA, Isabel Silva	10 Naval da Horta	5:12.11	6,5
50m: 35.05 35.05 150m: 1:53.36 39.29 250m: 3:13.54 40.71 350m: 4:34.13 40.54			
100m: 1:14.07 39.02 200m: 2:32.83 39.47 300m: 3:53.59 40.05 400m: 5:12.11 37.98			
12. AZEVEDO, Constanca Lourenco	10 Lagoa AC	5:12.47	6,4
50m: 35.15 35.15 150m: 1:53.82 39.40 250m: 3:13.88 40.20 350m: 4:33.62 39.65			
100m: 1:14.42 39.27 200m: 2:33.68 39.86 300m: 3:53.97 40.09 400m: 5:12.47 38.85			
13. SANTOS, Carolina Brito	10 Naval de Faro	5:12.63	6,3
50m: 35.61 35.61 150m: 1:54.98 40.02 250m: 3:15.65 40.20 350m: 4:35.12 39.55			
100m: 1:14.96 39.35 200m: 2:35.45 40.47 300m: 3:55.57 39.92 400m: 5:12.63 37.51			
14. PARREIRA, Gabriela	10 Sporting	5:13.05	6,2
50m: 35.66 35.66 150m: 1:53.11 39.09 250m: 3:14.57 41.19 350m: 4:35.08 40.69			
100m: 1:14.02 38.36 200m: 2:33.38 40.27 300m: 3:54.39 39.82 400m: 5:13.05 37.97			
15. LOPES, Jessica Bernardino	10 Fisica Torres Vedras	5:15.21	5,7
50m: 34.02 34.02 150m: 1:51.92 39.37 250m: 3:13.06 40.52 350m: 4:35.73 41.30			
100m: 1:12.55 38.53 200m: 2:32.54 40.62 300m: 3:54.43 41.37 400m: 5:15.21 39.48			



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Prova 9, Femin., 400m Livres, Infantis A

Lugar				Ano					Tempo final	Pts		
16.	SILVA, Joana Alexandra			10	CPCD-Povoa St Iria				5:15.42	5,6		
	50m:	35.63	35.63	150m:	1:56.91	40.96	250m:	3:18.12	40.20	350m:	4:38.63	40.46
	100m:	1:15.95	40.32	200m:	2:37.92	41.01	300m:	3:58.17	40.05	400m:	5:15.42	36.79
17.	SILVA, Lara Paixao			10	Rio Maior				5:15.61	5,6		
	50m:	35.40	35.40	150m:	1:53.38	39.59	250m:	3:14.34	40.52	350m:	4:36.25	41.20
	100m:	1:13.79	38.39	200m:	2:33.82	40.44	300m:	3:55.05	40.71	400m:	5:15.61	39.36
18.	DINIZ, Beatriz Costa			10	Sporting				5:16.13	5,5		
	50m:	36.22	36.22	150m:	1:55.88	40.15	250m:	3:16.27	40.12	350m:	4:37.07	40.42
	100m:	1:15.73	39.51	200m:	2:36.15	40.27	300m:	3:56.65	40.38	400m:	5:16.13	39.06
19.	ALVES, Diana Isabel			10	Benedita				5:17.26	5,2		
	50m:	36.58	36.58	150m:	1:57.08	40.74	250m:	3:18.94	40.74	350m:	4:39.23	39.72
	100m:	1:16.34	39.76	200m:	2:38.20	41.12	300m:	3:59.51	40.57	400m:	5:17.26	38.03
20.	BRANCO, Beatriz Paiva			10	Laranjeiro				5:18.79	4,8		
	50m:	36.09	36.09	150m:	1:57.10	40.42	250m:	3:18.17	40.61	350m:	4:40.08	40.76
	100m:	1:16.68	40.59	200m:	2:37.56	40.46	300m:	3:59.32	41.15	400m:	5:18.79	38.71
21.	INACIO, Debora Silva			10	Pimpoes/Cimai				5:18.98	4,7		
	50m:	35.30	35.30	150m:	1:56.38	39.74	250m:	3:18.49	40.79	350m:	4:41.40	41.13
	100m:	1:16.64	41.34	200m:	2:37.70	41.32	300m:	4:00.27	41.78	400m:	5:18.98	37.58
22.	SIMOES, Bruna Sofia			10	Sporting				5:19.55	4,6		
	50m:	37.21	37.21	150m:	1:58.63	41.00	250m:	3:19.58	39.69	350m:	4:40.55	39.74
	100m:	1:17.63	40.42	200m:	2:39.89	41.26	300m:	4:00.81	41.23	400m:	5:19.55	39.00
23.	ALVES, Maria Carolina			10	Ba-Leiria				5:20.98	4,2		
	50m:	35.09	35.09	150m:	1:54.29	40.15	250m:	3:17.10	41.47	350m:	4:40.99	41.75
	100m:	1:14.14	39.05	200m:	2:35.63	41.34	300m:	3:59.24	42.14	400m:	5:20.98	39.99
24.	GOMES, Mariana Rosado			10	Aminata				5:21.01	4,2		
	50m:	37.07	37.07	150m:	1:58.87	41.24	250m:	3:21.64	41.35	350m:	4:44.89	41.84
	100m:	1:17.63	40.56	200m:	2:40.29	41.42	300m:	4:03.05	41.41	400m:	5:21.01	36.12
25.	GOMES, Rita Braga			10	Sporting				5:21.25	4,2		
	50m:	35.98	35.98	150m:	1:57.46	41.39	250m:	3:20.61	41.53	350m:	4:44.22	41.43
	100m:	1:16.07	40.09	200m:	2:39.08	41.62	300m:	4:02.79	42.18	400m:	5:21.25	37.03
26.	RIBEIRO, Guida Drumond			10	Naval do Funchal				5:21.60	4,1		
	50m:	34.98	34.98	150m:	1:56.57	41.93	250m:	3:20.33	42.15	350m:	4:43.28	41.70
	100m:	1:14.64	39.66	200m:	2:38.18	41.61	300m:	4:01.58	41.25	400m:	5:21.60	38.32
27.	BERNAT, Alicia Del Rio			10	Alges				5:21.77	4,0		
	50m:	36.08	36.08	150m:	1:56.99	41.24	250m:	3:20.36	41.75	350m:	4:42.54	41.38
	100m:	1:15.75	39.67	200m:	2:38.61	41.62	300m:	4:01.16	40.80	400m:	5:21.77	39.23
28.	PROENCA, Victoria Sales			10	Benfica				5:21.89	4,0		
	50m:	35.24	35.24	150m:	1:54.55	40.21	250m:	3:16.64	41.00	350m:	4:40.65	41.97
	100m:	1:14.34	39.10	200m:	2:35.64	41.09	300m:	3:58.68	42.04	400m:	5:21.89	41.24
29.	LEITAO, Isabel Gouveia			10	Naval do Funchal				5:23.13	3,7		
	50m:	36.34	36.34	150m:	1:57.09	40.64	250m:	3:19.21	41.42	350m:	4:43.27	41.85
	100m:	1:16.45	40.11	200m:	2:37.79	40.70	300m:	4:01.42	42.21	400m:	5:23.13	39.86
30.	FERNANDES, Maria Madalena			10	Alges				5:23.48	3,6		
	50m:	36.49	36.49	150m:	1:57.75	41.17	250m:	3:21.38	42.03	350m:	4:43.73	40.55
	100m:	1:16.58	40.09	200m:	2:39.35	41.60	300m:	4:03.18	41.80	400m:	5:23.48	39.75
31.	SILVA, Leonor Pereira			10	Obidos Criativa				5:23.79	3,5		
	50m:	35.26	35.26	150m:	1:56.06	41.38	250m:	3:19.77	42.07	350m:	4:43.72	41.77
	100m:	1:14.68	39.42	200m:	2:37.70	41.64	300m:	4:01.95	42.18	400m:	5:23.79	40.07
32.	PETERSSON, Violeta Reis			10	Naval de Faro				5:24.11	3,5		
	50m:	36.02	36.02	150m:	1:56.77	40.63	250m:	3:19.64	41.65	350m:	4:43.63	42.34
	100m:	1:16.14	40.12	200m:	2:37.99	41.22	300m:	4:01.29	41.65	400m:	5:24.11	40.48



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Prova 9, Femin., 400m Livres, Infantis A

Lugar					Ano					Tempo final	Pts	
33.	RIBEIRO, Estela Couto				10	Sporting				5:24.42	3,4	
	50m:	37.58	37.58	150m:	1:59.51	41.44	250m:	3:21.61	40.92	350m:	4:44.23	41.17
	100m:	1:18.07	40.49	200m:	2:40.69	41.18	300m:	4:03.06	41.45	400m:	5:24.42	40.19
34.	FERNANDES, Maria Perico				10	AONDA-Azeitao				5:24.58	3,3	
	50m:	37.33	37.33	150m:	1:57.50	40.64	250m:	3:20.29	41.40	350m:	4:44.89	41.98
	100m:	1:16.86	39.53	200m:	2:38.89	41.39	300m:	4:02.91	42.62	400m:	5:24.58	39.69
35.	TEIXEIRA, Maria Leonor				10	Naval do Funchal				5:25.36	3,1	
	50m:	35.75	35.75	150m:	1:56.72	41.05	250m:	3:21.01	42.33	350m:	4:44.82	42.24
	100m:	1:15.67	39.92	200m:	2:38.68	41.96	300m:	4:02.58	41.57	400m:	5:25.36	40.54
36.	MONTEIRO, Luana Raquel				10	Palmela Desporto				5:26.13	2,9	
	50m:	35.96	35.96	150m:	1:56.90	41.34	250m:	3:20.86	42.09	350m:	4:45.76	42.55
	100m:	1:15.56	39.60	200m:	2:38.77	41.87	300m:	4:03.21	42.35	400m:	5:26.13	40.37
37.	SILVA, Rita Mota				10	Palmela Desporto				5:26.97	2,7	
	50m:	37.71	37.71	150m:	2:01.30	42.42	250m:	3:26.63	42.49	350m:	4:49.42	39.67
	100m:	1:18.88	41.17	200m:	2:44.14	42.84	300m:	4:09.75	43.12	400m:	5:26.97	37.55
38.	CARVALHO, Maria Duarte				10	Benfica				5:28.19	2,4	
	50m:	37.13	37.13	150m:	1:59.92	41.70	250m:	3:23.78	41.74	350m:	4:47.87	41.82
	100m:	1:18.22	41.09	200m:	2:42.04	42.12	300m:	4:06.05	42.27	400m:	5:28.19	40.32
39.	BRIZIDA, Sofia Roma				10	Ba-Leiria				5:28.38	2,4	
	50m:	37.52	37.52	150m:	2:01.81	42.81	250m:	3:27.03	42.42	350m:	4:49.82	41.32
	100m:	1:19.00	41.48	200m:	2:44.61	42.80	300m:	4:08.50	41.47	400m:	5:28.38	38.56
40.	GUERRA, Carolina Escrevente				10	Alges				5:28.79	2,3	
	50m:	36.64	36.64	150m:	1:58.84	41.80	250m:	3:22.67	42.17	350m:	4:47.25	42.43
	100m:	1:17.04	40.40	200m:	2:40.50	41.66	300m:	4:04.82	42.15	400m:	5:28.79	41.54
41.	FILIPE, Maria Rita				10	Geslours				5:29.18	2,2	
	50m:	37.15	37.15	150m:	2:00.61	42.15	250m:	3:26.13	42.67	350m:	4:50.69	42.55
	100m:	1:18.46	41.31	200m:	2:43.46	42.85	300m:	4:08.14	42.01	400m:	5:29.18	38.49
42.	FERREIRA, Flor Fortunata				10	Gualdim Pais				5:29.22	2,2	
	50m:	36.74	36.74	150m:	2:00.74	42.27	250m:	3:25.62	42.18	350m:	4:50.01	42.09
	100m:	1:18.47	41.73	200m:	2:43.44	42.70	300m:	4:07.92	42.30	400m:	5:29.22	39.21
43.	VELEZ, Vida Sofia				10	Ba-Leiria				5:29.52	2,1	
	50m:	37.51	37.51	150m:	2:02.41	43.11	250m:	3:27.03	42.02	350m:	4:50.76	41.52
	100m:	1:19.30	41.79	200m:	2:45.01	42.60	300m:	4:09.24	42.21	400m:	5:29.52	38.76
44.	FALEIRO, Sira Valentim				10	Aquatico Silves				5:31.51	1,6	
	50m:	36.35	36.35	150m:	2:00.31	42.13	250m:	3:25.13	42.30	350m:	4:50.71	42.61
	100m:	1:18.18	41.83	200m:	2:42.83	42.52	300m:	4:08.10	42.97	400m:	5:31.51	40.80
45.	FRYXELL, Maria Ines				10	AONDA-Azeitao				5:32.33	1,4	
	50m:	36.65	36.65	150m:	2:00.00	42.27	250m:	3:27.08	43.37	350m:	4:52.49	42.03
	100m:	1:17.73	41.08	200m:	2:43.71	43.71	300m:	4:10.46	43.38	400m:	5:32.33	39.84
46.	FERREIRA, Rita Rocha				10	Benfica				5:33.16	1,2	
	50m:	38.49	38.49	150m:	2:02.58	42.74	250m:	3:27.80	41.92	350m:	4:53.46	43.74
	100m:	1:19.84	41.35	200m:	2:45.88	43.30	300m:	4:09.72	41.92	400m:	5:33.16	39.70
47.	RIBEIRO, Catarina Costa				10	Naval de Faro				5:33.35	1,1	
	50m:	36.26	36.26	150m:	1:59.74	43.05	250m:	3:25.12	42.71	350m:	4:52.66	43.59
	100m:	1:16.69	40.43	200m:	2:42.41	42.67	300m:	4:09.07	43.95	400m:	5:33.35	40.69
48.	PARDELHA, Catarina Nobre				10	Colegio Monte Maior				5:35.17		
	50m:	37.97	37.97	150m:	2:02.66	42.96	250m:	3:27.24	42.67	350m:	4:54.52	43.55
	100m:	1:19.70	41.73	200m:	2:44.57	41.91	300m:	4:10.97	43.73	400m:	5:35.17	40.65
49.	REIS, Luana Filipe				10	Alcobaca				5:35.81		
	50m:	37.49	37.49	150m:	2:02.87	43.25	250m:	3:29.89	43.39	350m:	4:56.45	43.28
	100m:	1:19.62	42.13	200m:	2:46.50	43.63	300m:	4:13.17	43.28	400m:	5:35.81	39.36



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Lugar			Ano					Tempo final	Pts		
50.	SCHOETERS, Jill		10	RIA Aqua Tavira				5:35.98			
	50m:	38.31 38.31	150m:	2:03.49	43.08	250m:	3:30.02	43.59	350m:	4:54.62	42.02
	100m:	1:20.41 42.10	200m:	2:46.43	42.94	300m:	4:12.60	42.58	400m:	5:35.98	41.36
51.	LEAO, Beatriz Nunes		10	Laranjeiro				5:36.28			
	50m:	38.15 38.15	150m:	2:03.28	42.89	250m:	3:29.47	41.97	350m:	4:56.34	43.27
	100m:	1:20.39 42.24	200m:	2:47.50	44.22	300m:	4:13.07	43.60	400m:	5:36.28	39.94
52.	LOPES, Maria Leonor		10	Torres Novas				5:36.50			
	50m:	38.17 38.17	150m:	2:02.62	42.70	250m:	3:29.28	43.62	350m:	4:56.08	43.46
	100m:	1:19.92 41.75	200m:	2:45.66	43.04	300m:	4:12.62	43.34	400m:	5:36.50	40.42
53.	BARFIELD, Isabel		10	Natacao de Lagos				5:36.63			
	50m:	36.85 36.85	150m:	2:02.30	43.13	250m:	3:29.19	42.71	350m:	4:57.18	44.15
	100m:	1:19.17 42.32	200m:	2:46.48	44.18	300m:	4:13.03	43.84	400m:	5:36.63	39.45
54.	AFONSO, Maria Barafusta		10	Naval Setubalense				5:36.98			
	50m:	38.62 38.62	150m:	2:04.52	42.33	250m:	3:31.43	43.75	350m:	4:56.91	41.93
	100m:	1:22.19 43.57	200m:	2:47.68	43.16	300m:	4:14.98	43.55	400m:	5:36.98	40.07
55.	BRITO, Madalena Pinto		10	Naval do Funchal				5:37.83			
	50m:	36.42 36.42	150m:	2:00.25	42.70	250m:	3:28.04	44.47	350m:	4:55.50	43.45
	100m:	1:17.55 41.13	200m:	2:43.57	43.32	300m:	4:12.05	44.01	400m:	5:37.83	42.33
56.	BRITO, Rita Canas		10	Naval Setubalense				5:38.28			
	50m:	38.75 38.75	150m:	2:04.75	43.19	250m:	3:31.50	42.85	350m:	4:58.15	43.36
	100m:	1:21.56 42.81	200m:	2:48.65	43.90	300m:	4:14.79	43.29	400m:	5:38.28	40.13
57.	GONCALVES, Leonor Duarte		10	Desportivo Odemira				5:38.34			
	50m:	39.43 39.43	150m:	2:05.16	43.39	250m:	3:32.18	43.11	350m:	4:59.43	43.02
	100m:	1:21.77 42.34	200m:	2:49.07	43.91	300m:	4:16.41	44.23	400m:	5:38.34	38.91
58.	GONCALVES, Laura Samora		10	Ba-Leiria				5:39.44			
	50m:	38.46 38.46	150m:	2:05.21	43.41	250m:	3:31.62	42.93	350m:	4:59.32	43.96
	100m:	1:21.80 43.34	200m:	2:48.69	43.48	300m:	4:15.36	43.74	400m:	5:39.44	40.12
59.	ROSA, Clara Sofia		10	Desportivo Nacional				5:44.30			
	50m:	39.95 39.95	150m:	2:07.44	44.53	250m:	3:35.09	43.74	350m:	5:04.19	43.97
	100m:	1:22.91 42.96	200m:	2:51.35	43.91	300m:	4:20.22	45.13	400m:	5:44.30	40.11
60.	VIEIRA, Sara Goncalves		10	Naval Praia da Vitoria				5:46.52			
	<i>FTL</i>										
	50m:	39.29 39.29	150m:	2:08.48	45.21	250m:	3:36.39	43.48	350m:	5:05.29	44.67
	100m:	1:23.27 43.98	200m:	2:52.91	44.43	300m:	4:20.62	44.23	400m:	5:46.52	41.23
61.	PONTE, Maria Ines		10	Portinado				5:46.63			
	<i>FTL</i>										
	50m:	36.91 36.91	150m:	2:01.98	43.57	250m:	3:31.36	45.13	350m:	5:03.72	45.86
	100m:	1:18.41 41.50	200m:	2:46.23	44.25	300m:	4:17.86	46.50	400m:	5:46.63	42.91
62.	GOMES, Carolina Frois		10	Portinado				5:46.80			
	<i>FTL</i>										
	50m:	37.53 37.53	150m:	2:04.97	44.84	250m:	3:35.74	45.67	350m:	5:04.92	43.91
	100m:	1:20.13 42.60	200m:	2:50.07	45.10	300m:	4:21.01	45.27	400m:	5:46.80	41.88
63.	GUERREIRO, Lara Alexandra		10	Portinado				5:50.69			
	<i>FTL</i>										
	50m:	36.89 36.89	150m:	2:04.75	44.84	250m:	3:36.26	46.70	350m:	5:07.33	45.24
	100m:	1:19.91 43.02	200m:	2:49.56	44.81	300m:	4:22.09	45.83	400m:	5:50.69	43.36
64.	MARTINS, Leonor Silva		10	Obidos Criativa				5:51.60			
	<i>FTL</i>										
	50m:	38.90 38.90	150m:	2:08.79	45.82	250m:	3:39.86	44.97	350m:	5:10.75	45.45
	100m:	1:22.97 44.07	200m:	2:54.89	46.10	300m:	4:25.30	45.44	400m:	5:51.60	40.85



Torneios Zonais de Infantis - Zona Sul
Lagos , 24 - 26/3/2023

Prova 9, Femin., 400m Livres, Infantis A

Lugar			Ano			Tempo final			Pts
65.	ASCENSO, Laura Margarida		10	Nautico Marinha Grande		5:52.98			
	<i>FTL</i>								
	50m:	40.86 40.86	150m:	2:11.05 44.69	250m:	3:42.19 45.35	350m:	5:10.82 44.81	
	100m:	1:26.36 45.50	200m:	2:56.84 45.79	300m:	4:26.01 43.82	400m:	5:52.98 42.16	
66.	MEDEIROS, Constanca Sousa		10	Naval do Funchal		5:54.87			
	<i>FTL</i>								
	50m:	41.06 41.06	150m:	2:11.59 45.55	250m:	3:42.89 46.34	350m:	5:14.23 46.00	
	100m:	1:26.04 44.98	200m:	2:56.55 44.96	300m:	4:28.23 45.34	400m:	5:54.87 40.64	
67.	MARTINS, Margarida Ramos		10	Nautico do Guadiana		5:55.52			
	<i>FTL</i>								
	50m:	39.08 39.08	150m:	2:07.04 44.71	250m:	3:39.07 46.39	350m:	5:11.93 46.64	
	100m:	1:22.33 43.25	200m:	2:52.68 45.64	300m:	4:25.29 46.22	400m:	5:55.52 43.59	
68.	SILVA, Rafaela Sofia		10	CPCD-Povoa St Iria		5:55.54			
	<i>FTL</i>								
	50m:	38.72 38.72	150m:	2:09.23 45.89	250m:	3:41.25 46.20	350m:	5:13.07 45.67	
	100m:	1:23.34 44.62	200m:	2:55.05 45.82	300m:	4:27.40 46.15	400m:	5:55.54 42.47	
69.	NISTOR, Anastacia		10	Portinado		5:57.99			
	<i>FTL</i>								
	50m:	36.16 36.16	150m:	2:02.69 44.61	250m:	3:35.48 47.04	350m:	5:11.12 48.08	
	100m:	1:18.08 41.92	200m:	2:48.44 45.75	300m:	4:23.04 47.56	400m:	5:57.99 46.87	
70.	SANTOS, Debora Sofia		10	Rio Maior		6:03.01			
	<i>FTL</i>								
	50m:	40.37 40.37	150m:	2:11.89 46.64	250m:	3:45.05 46.45	350m:	5:18.22 45.83	
	100m:	1:25.25 44.88	200m:	2:58.60 46.71	300m:	4:32.39 47.34	400m:	6:03.01 44.79	
DSQ	JARDIM, Eva Santos		10	Juventude Atlantico					
	<i>SW 4.4 - Falsa partida</i>								
DNS	AREDE, Madalena Pereira		10	Nacional de Natacao					
DNS	FRISCHKNECHT, Luisa Anjos		10	Naval Setubalense					