Prova 4 | Femin., 200m Costas | 12 - 14 anos
20-10-2012 - 11:25 | COPIDOURO - Cópia e Artigos de Reprodução, Lda | Resultados

Recorde Regional 25m Absoluto	2:14.17	Marta Vieira, MARINHO	FCP	Mealhada	18-12-2011
Recorde Regional 25m Inf B	2:27.92	Keissy Joselin, SOUSA	FCP	Alcobaça	16-03-1997
Recorde Regional 25m Inf A	2:22.25	Keissy Joselin, SOUSA	FCP	Algés	15-03-1998
Recorde Regional 25m Juv	2:18.15	Joana Carina, SILVA	LSXXI	Porto	22-01-2011

Pontos: FINA 2012

Infantis

Lugar	Nome	Sexo	Licença Ano	Clube	Tempo Final	Pts	Obs
1.	Maria Francisca, CABRAL	F	118113 00	Porto	**2:32.92**	483	
	50m: 36.06 (36.06) 100m: 1:13.87 (37.81) 150m: 1:53.67 (39.80) 200m: 2:32.92 (39.25)						
2.	Ines Neto, ROCHA	F	111313 01	Gespacos	**2:42.05**	406	
	50m: 38.79 (38.79) 100m: 1:20.70 (41.91) 150m: 2:02.92 (42.22) 200m: 2:42.05 (39.13)						
3.	Maria Leonor, VALENTE	F	108288 00	Fluvial Portuense	**2:45.94**	378	
	50m: 39.08 (39.08) 100m: 1:20.66 (41.58) 150m: 2:03.97 (43.31) 200m: 2:45.94 (41.97)						
4.	Joana Francisca, COSTA	F	118312 00	Foca	**2:47.73**	366	
	50m: 39.77 (39.77) 100m: 1:21.98 (42.21) 150m: 2:05.64 (43.66) 200m: 2:47.73 (42.09)						
5.	Adriana Azevedo, COUTO	F	108336 00	Famalicão	**2:48.01**	364	
	50m: 39.07 (39.07) 100m: 1:21.95 (42.88) 150m: 2:05.78 (43.83) 200m: 2:48.01 (42.23)						
6.	Ana Rita, CRUZ	F	108012 00	Gespacos	**2:48.07**	364	
	50m: 40.09 (40.09) 100m: 1:23.08 (42.99) 150m: 2:05.89 (42.81) 200m: 2:48.07 (42.18)						
7.	Daniela Domingues, SOUSA	F	117411 00	Valongo	**2:50.25**	350	
	50m: 40.09 (40.09) 100m: 1:24.05 (43.96) 150m: 2:08.45 (44.40) 200m: 2:50.25 (41.80)						
8.	Iris Cunha, SANTOS	F	117418 00	Porto	**2:51.52**	342	
	50m: 40.72 (40.72) 100m: 1:24.32 (43.60) 150m: 2:08.79 (44.47) 200m: 2:51.52 (42.73)						
9.	Francisca Ribeiro, NOGUEIRA	F	118107 00	Porto	**2:51.86**	340	
	50m: 40.03 (40.03) 100m: 1:23.33 (43.30) 150m: 2:08.53 (45.20) 200m: 2:51.86 (43.33)						
10.	Mariana Paula, BAPTISTA	F	108337 00	Famalicão	**2:52.77**	335	
	50m: 41.38 (41.38) 100m: 1:25.47 (44.09) 200m: 2:52.77 (1:27.30)						
11.	Joana Martins, PEREIRA	F	111512 00	Fluvial Vilacondense	**2:53.31**	332	
	50m: 39.55 (39.55) 100m: 1:24.21 (44.66) 150m: 2:10.11 (45.90) 200m: 2:53.31 (43.20)						
12.	Raquel Leao, MONTEIRO	F	109336 00	Gespacos	**2:54.22**	327	
	50m: 42.47 (42.47) 100m: 1:26.68 (44.21) 150m: 2:11.10 (44.42) 200m: 2:54.22 (43.12)						
13.	Beatriz Neto, COSTA	F	111310 00	Gespacos	**2:54.46**	325	
	50m: 41.54 (41.54) 100m: 1:25.24 (43.70) 150m: 2:10.29 (45.05) 200m: 2:54.46 (44.17)						
14.	Catarina Leao, COSTA	F	111312 01	Gespacos	**2:54.71**	324	
	50m: 40.86 (40.86) 100m: 1:25.91 (45.05) 150m: 2:11.93 (46.02) 200m: 2:54.71 (42.78)						
15.	Maria Carolina, COSTA	F	119080 01	Porto	**2:55.06**	322	
	50m: 41.62 (41.62) 100m: 1:26.68 (45.06) 150m: 2:12.04 (45.36) 200m: 2:55.06 (43.02)						
16.	Helena Neto, COSTA	F	111309 00	Gespacos	**2:55.14**	321	
	50m: 41.02 (41.02) 100m: 1:25.29 (44.27) 150m: 2:11.20 (45.91) 200m: 2:55.14 (43.94)						
17.	Maria Rocha, ASCENCAO	F	112141 00	Porto	**2:57.73**	308	
	50m: 40.40 (40.40) 100m: 1:24.80 (44.40) 150m: 2:11.21 (46.41) 200m: 2:57.73 (46.52)						
18.	Daniela Fernanda, BARBOSA	F	116901 01	Leixões Sport Clube	**2:57.89**	307	
	50m: 40.79 (40.79) 100m: 1:25.71 (44.92) 150m: 2:12.11 (46.40) 200m: 2:57.89 (45.78)						
19.	Carolina Ascenso, SANTOS	F	121271 01	CNMaia	**3:00.64**	293	
	50m: 43.36 (43.36) 100m: 1:29.94 (46.58) 150m: 2:17.05 (47.11) 200m: 3:00.64 (43.59)						
20.	Beatriz Santos, SILVA	F	112078 01	Porto	**3:01.52**	289	
	50m: 44.17 (44.17) 100m: 1:30.40 (46.23) 150m: 2:17.57 (47.17) 200m: 3:01.52 (43.95)						
21.	Ana Ines, FERNANDES	F	119258 00	Vitória Sport Clube	**3:01.66**	288	
	50m: 43.34 (43.34) 100m: 1:30.47 (47.13) 150m: 2:18.40 (47.93) 200m: 3:01.66 (43.26)						
22.	Francisca Azevedo, DOURADO	F	112521 00	Fluvial Vilacondense	**3:01.72**	288	
	50m: 43.28 (43.28) 100m: 1:29.42 (46.14) 150m: 2:16.14 (46.72) 200m: 3:01.72 (45.58)						
23.	Ana Isabel, REIS	F	123703 01	CNMaia	**3:01.96**	287	
	50m: 41.92 (41.92) 100m: 1:28.06 (46.14) 150m: 2:15.29 (47.23) 200m: 3:01.96 (46.67)						
24.	Ana Sofia, RAMOS	F	108171 00	Porto	**3:02.11**	286	
	50m: 42.71 (42.71) 100m: 1:28.48 (45.77) 150m: 2:15.34 (46.86) 200m: 3:02.11 (46.77)						
25.	Catarina Pacheco, CUNHA	F	111502 00	Foca	**3:02.34**	285	
	50m: 41.59 (41.59) 100m: 1:28.26 (46.67) 150m: 2:16.01 (47.75) 200m: 3:02.34 (46.33)						
26.	Rafaela Campos, OLIVEIRA	F	111322 00	Fluvial Vilacondense	**3:02.44**	284	
	50m: 41.62 (41.62) 100m: 1:28.25 (46.63) 150m: 2:16.81 (48.56) 200m: 3:02.44 (45.63)						
27.	Carolina Isabel, MACHADO	F	111445 00	Vitória Sport Clube	**3:02.49**	284	
	50m: 43.47 (43.47) 100m: 1:30.26 (46.79) 150m: 2:16.46 (46.20) 200m: 3:02.49 (46.03)						
28.	Ana Beatriz, MACHADO	F	111444 00	Vitória Sport Clube	**3:02.56**	284	
	50m: 44.44 (44.44) 100m: 1:30.61 (46.17) 150m: 2:17.15 (46.54) 200m: 3:02.56 (45.41)						

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Prova 4, Femin., 200m Costas, Infantis

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
29.	Mariana Oliveira, RIBEIRO	F	112134	01	Lamas	**3:02.71**	283	
	50m: 43.29 43.29 100m: 1:30.71 47.42 150m: 2:18.16 47.45 200m: 3:02.71 44.55							
30.	Sara Filipa, SANTOS	F	110475	00	Porto	**3:02.79**	283	
	50m: 44.11 44.11 100m: 1:30.26 46.15 150m: 2:17.30 47.04 200m: 3:02.79 45.49							
31.	Ines Alves, MARTINS	F	112126	01	Fluvial Portuense	**3:02.88**	282	
	50m: 42.56 42.56 100m: 1:29.50 46.94 150m: 2:16.84 47.34 200m: 3:02.88 46.04							
32.	Marta Alexandra, CANEDO	F	108174	00	Porto	**3:03.12**	281	
	50m: 41.34 41.34 100m: 1:27.19 45.85 150m: 2:15.59 48.40 200m: 3:03.12 47.53							
33.	Barbara Vilela, MAGALHAES	F	119078	01	Porto	**3:04.01**	277	
	50m: 44.22 44.22 100m: 1:31.13 46.91 150m: 2:18.41 47.28 200m: 3:04.01 45.60							
34.	Maria Nogueira, CARVALHO	F	122163	01	Fafe	**3:05.99**	268	
	50m: 43.15 43.15 100m: 1:30.80 47.65 150m: 2:19.70 48.90 200m: 3:05.99 46.29							
35.	Maria Cecilia, LOPES	F	125745	00	Vitória Sport Clube	**3:06.33**	267	
	50m: 43.47 43.47 100m: 1:31.28 47.81 150m: 2:20.18 48.90 200m: 3:06.33 46.15							
36.	Marta Santos, PEREIRA	F	107371	00	Porto	**3:06.46**	266	
	50m: 44.21 44.21 100m: 1:31.69 47.48 150m: 2:19.83 48.14 200m: 3:06.46 46.63							
37.	Joana Almeida, RAINHA	F	112519	00	Fluvial Vilacondense	**3:06.61**	266	
	50m: 44.32 44.32 100m: 1:33.18 48.86 150m: 2:22.98 49.80 200m: 3:06.61 43.63							
38.	Maria Camolino, CABRAL	F	118893	00	Leixões Sport Clube	**3:06.63**	266	
	50m: 42.98 42.98 100m: 1:29.79 46.81 150m: 2:18.96 49.17 200m: 3:06.63 47.67							
39.	Sara Vitoria, RAMOS	F	120901	00	Porto	**3:07.46**	262	
	50m: 41.32 41.32 100m: 1:29.03 47.71 150m: 2:17.98 48.95 200m: 3:07.46 49.48							
40.	Maria Isabel, SILVA	F	112074	00	Leixões Sport Clube	**3:07.69**	261	
	50m: 44.04 44.04 100m: 1:31.78 47.74 150m: 2:20.14 48.36 200m: 3:07.69 47.55							
41.	Ana Carolina, FERREIRA	F	123702	01	CNMaia	**3:08.55**	257	
	50m: 44.88 44.88 100m: 1:33.73 48.85 150m: 2:21.78 48.05 200m: 3:08.55 46.77							
42.	Alexandra Santos, FERREIRA	F	110546	00	Fluvial Portuense	**3:08.57**	257	
	50m: 44.65 44.65 100m: 1:33.29 48.64 150m: 2:21.74 48.45 200m: 3:08.57 46.83							
43.	Lara Beatriz, MATOS	F	111049	01	Famalicão	**3:09.13**	255	
	50m: 43.65 43.65 100m: 1:31.12 47.47 150m: 2:20.31 49.19 200m: 3:09.13 48.82							
44.	Joana Daniela, JACINTO	F	111230	01	CNMaia	**3:09.60**	253	
	50m: 44.20 44.20 100m: 1:33.90 49.70 150m: 2:24.46 50.56 200m: 3:09.60 45.14							
45.	Marta Garcia, NETO	F	112220	00	Leixões Sport Clube	**3:10.07**	251	
	50m: 46.53 46.53 100m: 1:34.80 48.27 150m: 2:23.50 48.70 200m: 3:10.07 46.57							
46.	Julia Albuquerque, FRAGA	F	123700	01	Gespacos	**3:10.81**	248	
	50m: 46.46 46.46 100m: 1:34.67 48.21 150m: 2:24.37 49.70 200m: 3:10.81 46.44							
47.	Ana Margarida, SOUSA	F	119178	01	Porto	**3:11.16**	247	
	50m: 45.92 45.92 100m: 1:35.94 50.02 150m: 2:24.82 48.88 200m: 3:11.16 46.34							
48.	Ana Cabral, VAZ	F	121334	00	Fluvial Portuense	**3:11.75**	245	
	50m: 45.49 45.49 100m: 1:34.43 48.94 150m: 2:23.06 48.63 200m: 3:11.75 48.69							
49.	Rita Oliveira, ROCHA	F	116897	00	Leixões Sport Clube	**3:11.87**	244	
	50m: 46.90 46.90 100m: 1:35.23 48.33 150m: 2:24.01 48.78 200m: 3:11.87 47.86							
50.	Ana Ferreira, SILVA	F	120925	01	Leixões Sport Clube	**3:11.90**	244	
	50m: 45.82 45.82 100m: 1:33.70 47.88 150m: 2:24.57 50.87 200m: 3:11.90 47.33							
51.	Ines Goncalves, REIS	F	120176	01	CNMaia	**3:13.14**	240	
	50m: 46.07 46.07 100m: 1:35.36 49.29 150m: 2:25.10 49.74 200m: 3:13.14 48.04							
52.	Maria Carolina, RODRIGUES	F	121473	01	Vitória Sport Clube	**3:13.37**	239	
	50m: 45.77 45.77 100m: 1:35.07 49.30 150m: 2:24.72 49.65 200m: 3:13.37 48.65							
53.	Ana Rita, PEDROSO	F	118055	00	Valongo	**3:13.46**	238	
	50m: 44.32 44.32 100m: 1:34.46 50.14 150m: 2:25.22 50.76 200m: 3:13.46 48.24							
54.	Ines Carneiro, PINTO	F	123922	01	Gespacos	**3:13.48**	238	
	50m: 45.92 45.92 100m: 1:35.51 49.59 150m: 2:26.05 50.54 200m: 3:13.48 47.43							
55.	Ana Margarida, GONCALVES	F	118052	01	Fluvial Vilacondense	**3:13.70**	237	
	50m: 47.19 47.19 100m: 1:35.37 48.18 150m: 2:25.16 49.79 200m: 3:13.70 48.54							
56.	Iris Rodrigues, SA	F	119057	01	Lamas	**3:14.80**	233	
	50m: 45.81 45.81 100m: 1:36.69 50.88 150m: 2:27.73 51.04 200m: 3:14.80 47.07							
57.	Barbara Ribeiro, PAIVA	F	108172	00	Fluvial Portuense	**3:15.19**	232	
	50m: 47.22 47.22 100m: 1:37.14 49.92 150m: 2:27.04 49.90 200m: 3:15.19 48.15							
58.	Mariana Coelho, PEIXOTO	F	117432	00	Vitória Sport Clube	**3:15.41**	231	
	50m: 45.96 45.96 100m: 1:35.58 49.62 150m: 2:26.02 50.44 200m: 3:15.41 49.39							
59.	Maria Ines, POINHO	F	112142	01	Porto	**3:16.57**	227	
	50m: 47.63 47.63 100m: 1:37.00 49.37 150m: 2:26.51 49.51 200m: 3:16.57 50.06							
60.	Beatriz Lobo, FREITAS	F	120882	01	Vitória Sport Clube	**3:17.96**	222	
	50m: 46.70 46.70 100m: 1:36.54 49.84 150m: 2:27.43 50.89 200m: 3:17.96 50.53							
61.	Ines Roriz, SOUSA	F	111674	01	Fluvial Portuense	**3:18.58**	220	
	50m: 45.00 45.00 100m: 1:35.75 50.75 150m: 2:28.58 52.83 200m: 3:18.58 50.00							

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Prova 4, Femin., 200m Costas, Infantis

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
62.	Ana Rita, COSTA	F	116907	01	Valongo	**3:18.70**	220	
	50m: 45.62 45.62 100m: 1:36.98 51.36 150m: 2:28.75 51.77 200m: 3:18.70 49.95							
63.	Teresa Alexandra, TEIXEIRA	F	120752	01	Gespacos	**3:18.96**	219	
	50m: 46.98 46.98 100m: 1:38.12 51.14 150m: 2:29.21 51.09 200m: 3:18.96 49.75							
64.	Francisca Alexandra, GRACA	F	118051	01	Fluvial Vilacondense	**3:20.26**	215	
	50m: 47.18 47.18 100m: 1:39.40 52.22 150m: 2:32.16 52.76 200m: 3:20.26 48.10							
65.	Maria Joao, SILVA	F	111045	01	Famalicão	**3:20.62**	214	
	50m: 46.95 46.95 100m: 1:38.01 51.06 150m: 3:20.62 1:42.61 200m: 3:20.62							
66.	Beatriz Neto, RIBEIRO	F	123921	01	Gespacos	**3:20.80**	213	
	50m: 47.93 47.93 100m: 1:38.78 50.85 150m: 2:29.55 50.77 200m: 3:20.80 51.25							
67.	Sara Lopes, BARBOSA	F	118181	00	Gespacos	**3:21.45**	211	
	50m: 50.11 50.11 100m: 1:40.55 50.44 150m: 2:31.58 51.03 200m: 3:21.45 49.87							
68.	Maria Ines, SILVA	F	118342	01	Gespacos	**3:21.60**	211	
	50m: 48.53 48.53 100m: 1:40.79 52.26 150m: 2:32.76 51.97 200m: 3:21.60 48.84							
69.	Margarida Pimenta, SOUSA	F	112127	01	Fluvial Portuense	**3:22.18**	209	
	50m: 46.93 46.93 100m: 1:38.87 51.94 150m: 2:33.21 54.34 200m: 3:22.18 48.97							
70.	Maria Pedroso, SILVA	F	123705	00	Fluvial Portuense	**3:22.82**	207	
	50m: 49.97 49.97 100m: 1:41.17 51.20 150m: 2:32.55 51.38 200m: 3:22.82 50.27							
71.	Maria Beatriz, MESQUITA	F	111697	01	Fluvial Portuense	**3:23.89**	204	
	50m: 48.38 48.38 100m: 1:40.88 52.50 150m: 2:33.53 52.65 200m: 3:23.89 50.36							
72.	Catarina Teixeira, PINHO	F	120809	01	Porto	**3:24.14**	203	
	50m: 46.93 46.93 100m: 1:41.83 54.90 150m: 2:34.06 52.23 200m: 3:24.14 50.08							
73.	Benedita Cunha, SERRANO	F	123834	00	Leixões Sport Clube	**3:24.43**	202	
	50m: 49.32 49.32 100m: 1:41.49 52.17 150m: 2:32.92 51.43 200m: 3:24.43 51.51							
74.	Nadia Filipa, MIRANDA	F	111768	01	Lousada	**3:25.24**	200	
	50m: 45.09 45.09 100m: 1:37.45 52.36 150m: 2:31.30 53.85 200m: 3:25.24 53.94							
75.	Margarida Mota, SILVA	F	126411	01	Colegio Luso-Internacional do	**3:25.93**	198	
	50m: 47.07 47.07 100m: 1:40.60 53.53 150m: 2:33.75 53.15 200m: 3:25.93 52.18							
76.	Joana Rocha, ANJO	F	119757	01	Fluvial Vilacondense	**3:26.11**	197	
	50m: 46.48 46.48 100m: 1:40.49 54.01 150m: 2:35.06 54.57 200m: 3:26.11 51.05							
77.	Filipa Sofia, RODRIGUES	F	109621	00	Fluvial Portuense	**3:26.57**	196	
	50m: 49.91 49.91 100m: 1:42.49 52.58 150m: 2:34.64 52.15 200m: 3:26.57 51.93							
78.	Sara Silva, MARQUES	F	125960	01	Gespacos	**3:27.77**	192	
	50m: 46.55 46.55 100m: 1:39.11 52.56 150m: 2:33.89 54.78 200m: 3:27.77 53.88							
79.	Joana Isabel, CARVALHO	F	121347	00	Lousada	**3:27.91**	192	
	50m: 47.01 47.01 100m: 1:39.81 52.80 150m: 2:33.61 53.80 200m: 3:27.91 54.30							
80.	Mariana Filipa, COELHO	F	125508	00	Fluvial Portuense	**3:28.74**	190	
	50m: 49.80 49.80 100m: 1:43.39 53.59 150m: 2:36.62 53.23 200m: 3:28.74 52.12							
81.	Maria Luisa, LEGOINHA	F	120589	01	Fluvial Portuense	**3:31.02**	184	
	50m: 49.27 49.27 100m: 1:44.08 54.81 150m: 2:38.50 54.42 200m: 3:31.02 52.52							
82.	Carolina Amaral, SOUSA	F	125085	01	CNMaia	**3:31.43**	182	
	50m: 50.07 50.07 100m: 1:44.73 54.66 150m: 2:39.79 55.06 200m: 3:31.43 51.64							
83.	Ana Beatriz, LOPES	F	124368	01	Fafe	**3:32.00**	181	
	50m: 50.48 50.48 100m: 1:44.24 53.76 150m: 2:40.03 55.79 200m: 3:32.00 51.97							
84.	Maria Azevedo, CORREIA	F	126357	01	Porto	**3:32.98**	178	
	50m: 47.83 47.83 100m: 1:42.76 54.93 150m: 2:39.04 56.28 200m: 3:32.98 53.94							
85.	Mariana Lima, PEREIRA	F	121528	01	Lamas	**3:33.31**	178	
	50m: 48.34 48.34 100m: 1:42.88 54.54 150m: 2:38.04 55.16 200m: 3:33.31 55.27							
86.	Ana Filipa, CASEIRO	F	121350	01	Valongo	**3:33.33**	178	
	50m: 50.56 50.56 100m: 1:45.91 55.35 150m: 2:40.53 54.62 200m: 3:33.33 52.80							
87.	Mafalda Trevo, MONTEIRO	F	118641	01	Fluvial Vilacondense	**3:44.45**	152	
	50m: 50.55 50.55 100m: 1:47.74 57.19 150m: 2:47.16 59.42 200m: 3:44.45 57.29							
88.	Maria Lurdes, BRITO	F	120751	01	Gespacos	**3:44.74**	152	
	50m: 52.21 52.21 100m: 1:50.87 58.66 150m: 2:48.63 57.76 200m: 3:44.74 56.11							
89.	Gisela Pereira, SILVA	F	117629	01	Fluvial Vilacondense	**3:45.64**	150	
	50m: 53.44 53.44 100m: 1:50.22 56.78 150m: 2:49.11 58.89 200m: 3:45.64 56.53							
90.	Maria Morais, GONCALVES	F	125141	01	Leixões Sport Clube	**3:47.85**	146	
	50m: 50.18 50.18 100m: 1:48.86 58.68 150m: 2:49.50 1:00.64 200m: 3:47.85 58.35							
91.	Bruna Aurora, BESSA	F	119157	01	Vila de Este	**3:49.63**	142	
	50m: 51.26 51.26 100m: 1:51.13 59.87 150m: 2:52.30 1:01.17 200m: 3:49.63 57.33							
92.	Beatriz Sousa, FONTES	F	126659	01	Lamas	**4:02.77**	120	
	50m: 52.24 52.24 100m: 1:51.45 59.21 150m: 2:52.59 1:01.14 200m: 4:02.77 1:10.18							
DSQ	Mariana, TEIXEIRA	F	120730	01	Foca			DSQ
	102 - Falsa partida – SW 4.4							
DNF	Catia Soraia, PINHEIRO	F	126660	01	Lamas			DNF
WDR	Natalia Matos, CUNHA	F	120259	00	Fafe			WDR

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Prova 4, Femin., 200m Costas, Infantis

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
WDR	Isabel Porfirio, PEGO	F	121336	01	Porto			WDR
WDR	Ines Silva, OLIVEIRA	F	116890	00	Leixões Sport Clube			WDR
WDR	Isabel Ferreira, SOUSA	F	118896	01	Leixões Sport Clube			WDR
WDR	Filipa Sousa, CASTRO	F	125507	00	Fluvial Portuense			WDR

Juvenis

1.	Rosana Marinho, MACEDO	F	111500	99	Foca							**2:39.16**	428	
	50m: 36.18	36.18	100m: 1:16.00		39.82	150m: 1:58.05	42.05	200m: 2:39.16		41.11				
2.	Marta Ferreira, ROCHA	F	110558	99	Leixões Sport Clube							**2:40.41**	418	
	50m: 37.85	37.85	100m: 1:18.29		40.44	150m: 1:59.76	41.47	200m: 2:40.41		40.65				
3.	Rita Almeida, FRECHES	F	111873	99	Leixões Sport Clube							**2:41.88**	407	
	50m: 37.97	37.97	100m: 1:19.04		41.07	150m: 2:00.69	41.65	200m: 2:41.88		41.19				
4.	Ines Ferreira, LOPES	F	107956	99	Leixões Sport Clube							**2:42.91**	399	
	50m: 38.65	38.65	100m: 1:19.82		41.17	150m: 2:02.00	42.18	200m: 2:42.91		40.91				
5.	Carina Rodrigues, MARINHO	F	111716	99	Foca							**2:42.93**	399	
	50m: 37.86	37.86	100m: 1:18.77		40.91	150m: 2:00.76	41.99	200m: 2:42.93		42.17				
6.	Ana Teresa, NASCIMENTO	F	111876	99	Leixões Sport Clube							**2:43.07**	398	
	50m: 39.16	39.16	100m: 1:20.13		40.97	150m: 2:01.98	41.85	200m: 2:43.07		41.09				
7.	Ines Maria, NEVES	F	104492	99	Porto							**2:47.72**	366	
	50m: 39.25	39.25	100m: 1:21.10		41.85	150m: 2:04.67	43.57	200m: 2:47.72		43.05				
8.	Ana Caetano, OLIVEIRA	F	118366	99	Leixões Sport Clube							**2:48.71**	360	
	50m: 40.07	40.07	100m: 1:22.85		42.78	150m: 2:06.38	43.53	200m: 2:48.71		42.33				
9.	Ines Silva, MARQUES	F	110560	99	CNMaia							**2:48.91**	358	
	50m: 39.46	39.46	100m: 1:22.46		43.00	150m: 2:06.12	43.66	200m: 2:48.91		42.79				
10.	Maria Leonor, MARTINS	F	107962	99	Gespacos							**2:49.06**	357	
	50m: 39.34	39.34	100m: 1:22.53		43.19	150m: 2:06.66	44.13	200m: 2:49.06		42.40				
11.	Leonor Paiva, RUIZ	F	112518	99	Fluvial Vilacondense							**2:49.22**	356	
	50m: 39.96	39.96	100m: 1:22.63		42.67	150m: 2:06.71	44.08	200m: 2:49.22		42.51				
12.	Maria Margarida, CABRAL	F	118114	99	Porto							**2:49.27**	356	
	50m: 39.42	39.42	100m: 1:22.39		42.97	150m: 2:06.47	44.08	200m: 2:49.27		42.80				
13.	Mafalda Malafaia, OLIVEIRA	F	109663	99	Porto							**2:50.87**	346	
	50m: 40.46	40.46	100m: 1:23.55		43.09	150m: 2:07.67	44.12	200m: 2:50.87		43.20				
14.	Ana Alexandra, OLIVEIRA	F	104491	99	Porto							**2:50.93**	346	
	50m: 39.73	39.73	100m: 1:22.78		43.05	150m: 2:07.22	44.44	200m: 2:50.93		43.71				
15.	Filipa Maria, EUSEBIO	F	111265	99	Fluvial Vilacondense							**2:51.53**	342	
	50m: 40.81	40.81	100m: 1:25.09		44.28	150m: 2:09.58	44.49	200m: 2:51.53		41.95				
16.	Catarina Vieira, CORREIA	F	121076	99	Leixões Sport Clube							**2:52.12**	339	
	50m: 41.07	41.07	100m: 1:24.36		43.29	150m: 2:08.85	44.49	200m: 2:52.12		43.27				
17.	Tatiana Isabel, CARDOSO	F	108175	99	Porto							**2:52.22**	338	
	50m: 40.92	40.92	100m: 1:24.41		43.49	150m: 2:09.35	44.94	200m: 2:52.22		42.87				
18.	Catarina Isabel, BRANCO	F	118331	99	Ginásio Santo Tirso							**2:52.60**	336	
	50m: 41.42	41.42	100m: 1:25.12		43.70	150m: 2:10.14	45.02	200m: 2:52.60		42.46				
19.	Sandra Catarina, SILVA	F	117558	99	CNMaia							**2:57.13**	311	
	50m: 42.69	42.69	100m: 1:26.97		44.28	150m: 2:12.71	45.74	200m: 2:57.13		44.42				
20.	Ana Raquel, BRAGANCA	F	111767	99	Lousada							**2:59.51**	298	
	50m: 41.28	41.28	100m: 1:27.51		46.23	150m: 2:14.53	47.02	200m: 2:59.51		44.98				
21.	Margarida Castro, OLIVEIRA	F	117323	99	Vitória Sport Clube							**3:01.03**	291	
	50m: 43.42	43.42	100m: 1:29.32		45.90	150m: 2:16.14	46.82	200m: 3:01.03		44.89				
22.	Sara Catarina, TEIXEIRA	F	121735	99	Penafiel							**3:06.53**	266	
	50m: 43.96	43.96	100m: 1:30.67		46.71	150m: 2:19.29	48.62	200m: 3:06.53		47.24				
23.	Ines Araujo, MONTEIRO	F	123524	99	Fluvial Portuense							**3:06.76**	265	
	50m: 44.46	44.46	100m: 1:32.03		47.57	150m: 2:20.44	48.41	200m: 3:06.76		46.32				
24.	Renata Vaz, PINTO	F	108165	99	Leixões Sport Clube							**3:08.93**	256	
	50m: 44.34	44.34	100m: 1:32.21		47.87	150m: 2:21.04	48.83	200m: 3:08.93		47.89				
25.	Eva Pinto, LIMA	F	126208	99	Fluvial Portuense							**3:10.34**	250	
	50m: 43.98	43.98	100m: 1:32.37		48.39	150m: 2:22.68	50.31	200m: 3:10.34		47.66				
WDR	Barbara Rita, SOUSA	F	116906	99	Valongo									WDR

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