

Prova 8	Femin., 400m Livres				Absolutos	
04-06-2016 - 10:25	Clínica Medica da Foz				Resultados Elimin	
Recordes Nacionais 50m Absoluto	4:13.34	DURAES, Diana Margarida	FCP	Oeiras	12-03-2016	
Recordes Nacionais 50m Inf B	4:43.70	SILVA, Alexandra Maria	FCP	Funchal	27-07-1979	
Recordes Nacionais 50m Inf A	4:31.53	SILVA, Alexandra Maria	POR	Skovde (SWE)	08-08-1980	
Recordes Nacionais 50m Juv	4:26.20	CABRAL, Maria Francisca	FCP	Oeiras	26-07-2014	
Recordes Nacionais 50m 15	4:20.78	HOLUB, Tamila Hryhorivna	POR	Porto	07-06-2014	
Recordes Nacionais 50m 16	4:20.37	FERREIRA, Marta Andreia	POR	Berlim (GER)	04-08-2002	
Recordes Nacionais 50m 17	4:16.90	HOLUB, Tamila Hryhorivna	SCB	Coimbra	28-05-2016	
Recordes Nacionais 50m 18 +	4:13.34	DURAES, Diana Margarida	FCP	Oeiras	12-03-2016	
Recorde Meeting	4:16.00	POTEC, Camelia	ROU	Porto	26-06-1999	

TLP JUN\_SEN FEM 16 +: 4:57.95 / TLP INF\_JUV FEM 12 - 15: 5:23.86

Pontos: FINA 2015

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	FINA	PTS	OBS
<b>Absolutos</b>									
1.	DURAES, Diana Margarida	F	102992	96	Porto	<b>4:25.25</b>	725	-	A
	50m: 30.56 30.56		150m: 1:36.96 33.44		250m: 2:44.01 33.68	350m: 3:51.96 33.94			
	100m: 1:03.52 32.96		200m: 2:10.33 33.37		300m: 3:18.02 34.01	400m: 4:25.25 33.29			
2.	HOLUB, Tamila Hryhorivna	F	116887	99	Portugal	<b>4:25.41</b>	724	-	A
	50m: 31.49 31.49		150m: 1:37.94 33.58		250m: 2:45.40 34.05	350m: 3:52.92 33.82			
	100m: 1:04.36 32.87		200m: 2:11.35 33.41		300m: 3:19.10 33.70	400m: 4:25.41 32.49			
3.	SUAREZ GONZALEZ, Gracia	F	536791	1800	CN Santa Olaya	<b>4:27.61</b>	706	-	A
	50m: 31.45 31.45		150m: 1:39.17 34.46		250m: 2:47.11 34.25	350m: 3:55.28 34.31			
	100m: 1:04.71 33.26		200m: 2:12.86 33.69		300m: 3:20.97 33.86	400m: 4:27.61 32.33			
4.	HENRIQUES, Ines Jacinto	F	120220	00	Portugal	<b>4:30.29</b>	685	-	A
	50m: 31.54 31.54		150m: 1:39.60 34.04		250m: 2:47.74 34.20	350m: 3:56.42 34.33			
	100m: 1:05.56 34.02		200m: 2:13.54 33.94		300m: 3:22.09 34.35	400m: 4:30.29 33.87			
5.	ORTEGA, Marta	F	479938	897	CE Mediterrani	<b>4:30.59</b>	683	-	A
	50m: 30.20 30.20		150m: 1:37.10 33.50		250m: 2:46.42 34.68	350m: 3:56.81 35.08			
	100m: 1:03.60 33.40		200m: 2:11.74 34.64		300m: 3:21.73 35.31	400m: 4:30.59 33.78			
6.	ARREDONDO URRUCHI, Alexia	F	584283	202	CN Santa Olaya	<b>4:31.58</b>	676	-	A
	50m: 31.60 31.60		150m: 1:39.34 33.93		250m: 2:48.20 34.37	350m: 3:57.59 34.88			
	100m: 1:05.41 33.81		200m: 2:13.83 34.49		300m: 3:22.71 34.51	400m: 4:31.58 33.99			
7.	AMORIM, Maria Teresa	F	20104	97	Porto	<b>4:32.91</b>	666	-	A
	50m: 31.56 31.56		150m: 1:40.11 34.36		250m: 2:48.82 34.06	350m: 3:58.44 34.82			
	100m: 1:05.75 34.19		200m: 2:14.76 34.65		300m: 3:23.62 34.80	400m: 4:32.91 34.47			
8.	FARIA, Ana Rita	F	117417	00	Portugal	<b>4:35.79</b>	645	-	A
	50m: 31.37 31.37		150m: 1:40.50 34.55		250m: 2:50.16 34.91	350m: 4:01.32 35.61			
	100m: 1:05.95 34.58		200m: 2:15.25 34.75		300m: 3:25.71 35.55	400m: 4:35.79 34.47			
9.	WÜTHRICH, Rachel	F	95		Region RZW	<b>4:36.53</b>	640	-	B
	50m: 32.09 32.09		150m: 1:41.34 34.90		250m: 2:51.61 35.10	350m: 4:01.83 34.90			
	100m: 1:06.44 34.35		200m: 2:16.51 35.17		300m: 3:26.93 35.32	400m: 4:36.53 34.70			
10.	GALLINA, Francesca	F	01		Sogeis Swim Team	<b>4:38.66</b>	625	-	B
	50m: 31.70 31.70		150m: 1:41.22 35.16		250m: 2:51.63 35.49	350m: 4:03.76 35.85			
	100m: 1:06.06 34.36		200m: 2:16.14 34.92		300m: 3:27.91 36.28	400m: 4:38.66 34.90			
11.	COSTA, Maria Carolina	F	119080	01	Porto	<b>4:40.91</b>	611	-	B
	50m: 31.98 31.98		150m: 1:41.56 34.86		250m: 2:53.00 35.60	350m: 4:05.07 36.11			
	100m: 1:06.70 34.72		200m: 2:17.40 35.84		300m: 3:28.96 35.96	400m: 4:40.91 35.84			
12.	FERNANDES, Maria Joao	F	102092	97	Vilacondense	<b>4:41.15</b>	609	-	B
	50m: 31.77 31.77		150m: 1:41.48 35.14		250m: 2:53.01 35.88	350m: 4:05.74 36.32			
	100m: 1:06.34 34.57		200m: 2:17.13 35.65		300m: 3:29.42 36.41	400m: 4:41.15 35.41			
13.	REICH, Jill Vivian	F	19732	98	Region RZW	<b>4:43.13</b>	596	-	B
	50m: 32.32 32.32		150m: 1:42.00 35.32		250m: 2:53.78 36.29	350m: 4:07.41 37.10			
	100m: 1:06.68 34.36		200m: 2:17.49 35.49		300m: 3:30.31 36.53	400m: 4:43.13 35.72			
14.	SILVA, Rafaela Araujo	F	119630	00	Famalição	<b>4:43.22</b>	596	-	B
	50m: 31.64 31.64		150m: 1:42.33 35.85		250m: 2:54.35 36.15	350m: 4:06.99 36.23			
	100m: 1:06.48 34.84		200m: 2:18.20 35.87		300m: 3:30.76 36.41	400m: 4:43.22 36.23			
15.	PINA, Ana Sofia	F	125639	02	O Crasto	<b>4:43.45</b>	594	-	B
	50m: 31.91 31.91		150m: 1:42.73 35.85		250m: 2:55.75 36.59	350m: 4:08.74 36.17			
	100m: 1:06.88 34.97		200m: 2:19.16 36.43		300m: 3:32.57 36.82	400m: 4:43.45 34.71			
16.	ROSA, Mafalda Sofia	F	127310	03	Rio Maior	<b>4:44.30</b>	589	-	B
	50m: 33.47 33.47		150m: 1:45.48 36.31		250m: 2:57.65 35.75	350m: 4:09.38 36.04			
	100m: 1:09.17 35.70		200m: 2:21.90 36.42		300m: 3:33.34 35.69	400m: 4:44.30 34.92			
17.	LEMONS, Leila Tavarria	F	127860	00	Vilacondense	<b>4:44.63</b>	587	-	R
	50m: 32.53 32.53		150m: 1:43.93 36.34		250m: 2:56.48 36.33	350m: 4:09.42 36.40			
	100m: 1:07.59 35.06		200m: 2:20.15 36.22		300m: 3:33.02 36.54	400m: 4:44.63 35.21			

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05-06-2016 16:33 - P gina 1

Prova 8, Femin., 400m Livres, Elimin, Absolutos

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	FINA	PTS	OBS
18.	SANCHO, Paula 50m: 31.59 31.59 100m: 1:06.28 34.69	F	464919902		CE Mediterrani 36.16 250m: 2:55.58 36.41 36.73 300m: 3:32.29 36.71	<b>4:44.82</b>	586 4:08.69 36.40 4:44.82 36.13	-	R
19.	DIAS, Maria Beatriz 50m: 32.42 32.42 100m: 1:07.52 35.10	F	108045 99		Seleccao de Santarem 35.87 250m: 2:56.10 36.54 36.17 300m: 3:32.89 36.79	<b>4:45.22</b>	583 4:09.68 36.79 4:45.22 35.54	-	
20.	NEVES, Carolina Marques 50m: 32.27 32.27 100m: 1:08.30 36.03	F	121422 01		Seleccao de Santarem 36.20 250m: 2:58.15 36.52 37.13 300m: 3:34.75 36.60	<b>4:46.11</b>	578 4:11.42 36.67 4:46.11 34.69	-	
21.	SANTOS, Iris Cunha 50m: 32.99 32.99 100m: 1:08.30 35.31	F	117418 00		Porto 36.52 250m: 2:58.11 36.55 36.74 300m: 3:34.64 36.53	<b>4:47.50</b>	569 4:11.46 36.82 4:47.50 36.04	-	
22.	SANTOS, Carolina Ascenso 50m: 31.85 31.85 100m: 1:07.76 35.91	F	121271 01		Natacao da Maia 36.65 250m: 2:58.39 36.94 37.04 300m: 3:35.48 37.09	<b>4:47.89</b>	567 4:12.48 37.00 4:47.89 35.41	-	
23.	RIEMENSCHNEIDER, Kim 50m: 32.69 32.69 100m: 1:09.06 36.37	F	97		Region RZW 36.74 250m: 3:00.17 37.27 37.10 300m: 3:37.50 37.33	<b>4:49.96</b>	555 4:14.10 36.60 4:49.96 35.86	-	
24.	CARDOSO, Beatriz Neves 50m: 32.98 32.98 100m: 1:09.20 36.22	F	105741 98		Colegio SMLamas 37.01 250m: 3:00.03 36.78 37.04 300m: 3:37.18 37.15	<b>4:50.87</b>	550 4:14.30 37.12 4:50.87 36.57	-	
25.	ANTUNES, Ana Cruz 50m: 32.00 32.00 100m: 1:07.80 35.80	F	121501 01		Benfica 36.76 250m: 2:59.55 37.82 37.17 300m: 3:37.51 37.96	<b>4:51.81</b>	545 4:15.32 37.81 4:51.81 36.49	-	
26.	RIBEIRO, Nina Pinto 50m: 33.07 33.07 100m: 1:09.65 36.58	F	116914 02		Foca 36.62 250m: 3:00.95 37.51 37.17 300m: 3:39.18 38.23	<b>4:51.97</b>	544 4:16.77 37.59 4:51.97 35.20	-	
27.	RAMOS, Ana Sofia 50m: 33.11 33.11 100m: 1:09.62 36.51	F	108171 00		Fluvial Portuense 36.08 250m: 2:59.57 36.88 36.99 300m: 3:37.19 37.62	<b>4:52.06</b>	543 4:14.96 37.77 4:52.06 37.10	-	
28.	PINTO, Ana Miguel 50m: 33.37 33.37 100m: 1:10.26 36.89	F	107478 99		Viana Natacao 37.44 250m: 3:01.67 37.04 36.93 300m: 3:38.94 37.27	<b>4:52.42</b>	541 4:15.98 37.04 4:52.42 36.44	-	
29.	FERNANDES, Leonor Camacho 50m: 32.97 32.97 100m: 1:08.98 36.01	F	126576 02		Sporting 36.89 250m: 2:59.98 37.22 36.89 300m: 3:38.11 38.13	<b>4:53.36</b>	536 4:15.69 37.58 4:53.36 37.67	-	
30.	FERREIRA, Beatriz Marques 50m: 32.53 32.53 100m: 1:08.53 36.00	F	122579 00		Campinho 37.42 250m: 3:01.65 38.00 37.70 300m: 3:39.34 37.69	<b>4:53.48</b>	535 4:17.27 37.93 4:53.48 36.21	-	
31.	LIMA, Jessica Soares 50m: 32.36 32.36 100m: 1:08.32 35.96	F	126993 02		Braga 36.95 250m: 3:01.06 38.07 37.72 300m: 3:38.88 37.82	<b>4:54.58</b>	529 4:17.03 38.15 4:54.58 37.55	-	
32.	COSTA, Mariana Cardoso 50m: 32.60 32.60 100m: 1:09.13 36.53	F	117322 01		Natacao da Maia 37.43 250m: 3:02.32 37.72 38.04 300m: 3:40.53 38.21	<b>4:55.45</b>	525 4:18.70 38.17 4:55.45 36.75	-	
33.	LA FERIA, Ana Beatriz 50m: 33.98 33.98 100m: 1:10.49 36.51	F	116885 99		Porto 37.04 250m: 3:02.44 37.06 37.85 300m: 3:40.82 38.38	<b>4:55.52</b>	524 4:18.37 37.55 4:55.52 37.15	-	
34.	CORREIA, Mariana Delicado 50m: 32.95 32.95 100m: 1:09.77 36.82	F	123599 01		Sporting 38.15 250m: 3:03.65 37.27 38.46 300m: 3:41.49 37.84	<b>4:56.10</b>	521 4:19.07 37.58 4:56.10 37.03	-	
35.	BARBOSA, Sara Lopes 50m: 33.59 33.59 100m: 1:10.30 36.71	F	118181 00		Aquatico Pacense 37.26 250m: 3:03.12 37.88 37.68 300m: 3:41.36 38.24	<b>4:56.49</b>	519 4:19.30 37.94 4:56.49 37.19	-	
36.	MARQUES, Erika Almeida 50m: 33.67 33.67 100m: 1:10.36 36.69	F	121691 01		Braga 37.58 250m: 3:03.15 37.80 37.41 300m: 3:41.41 38.26	<b>4:56.57</b>	519 4:19.68 38.27 4:56.57 36.89	-	
37.	LOUREIRO, Sara Rulin 50m: 33.93 33.93 100m: 1:11.10 37.17	F	123345 01		Benfica 37.61 250m: 3:04.51 38.05 37.75 300m: 3:42.39 37.88	<b>4:56.91</b>	517 4:19.95 37.56 4:56.91 36.96	-	
38.	CASTRO, Maria Freitas 50m: 33.60 33.60 100m: 1:10.09 36.49	F	124809 03		Assoc. Desportiva de Fafe 38.05 250m: 3:04.68 38.27 38.27 300m: 3:42.63 37.95	<b>4:57.25</b>	515 4:21.54 38.91 4:57.25 35.71	-	
39.	OLIVEIRA, Ines Silva 50m: 33.18 33.18 100m: 1:10.21 37.03	F	116890 00		Individual Norte de Portugal 37.06 250m: 3:03.69 38.27 38.15 300m: 3:42.08 38.39	<b>4:57.48</b>	514 4:20.12 38.04 4:57.48 37.36	-	
40.	DOMINGUES, Matilde Mota 50m: 32.57 32.57 100m: 1:09.53 36.96	F	122289 03		Colegio SMLamas 38.24 250m: 3:05.22 38.63 38.82 300m: 3:44.08 38.86	<b>4:57.90</b>	512 4:22.17 38.09 4:57.90 35.73	-	

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05-06-2016 16:33 - Página 2



Prova 8, Femin., 400m Livres, Elimin, Absolutos

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	FINA	PTS	OBS
41.	MOREIRA, Mariana Filipa 50m: 32.84 32.84 100m: 1:09.61 36.77	F	125777	02	Natacao de Valongo	37.85 250m: 3:04.57 38.93 38.18 300m: 3:43.01 38.44	4:58.16 4:21.58 38.57 4:58.16 36.58	510	-
42.	CARDOSO, Rita Constanca 50m: 33.18 33.18 100m: 1:10.01 36.83	F	121989	03	Porto	37.54 250m: 3:04.62 37.92 39.15 300m: 3:43.27 38.65	4:58.21 4:22.25 36.98 4:58.21 37.96	510	-
43.	CAMPOS, Alexandra Martins 50m: 33.13 33.13 100m: 1:10.65 37.52	F	127155	02	Leixoes	38.58 250m: 3:06.48 38.08 39.17 300m: 3:45.43 38.95	4:58.68 4:22.74 37.31 4:58.68 35.94	508	-
44.	SOARES, Carolina Silva 50m: 34.12 34.12 100m: 1:12.25 38.13	F	123910	03	Natacao de Valongo	37.70 250m: 3:07.35 38.58 38.82 300m: 3:45.60 38.25	4:59.03 4:22.89 37.29 4:59.03 36.14	506	-
45.	MATOS, Lara Beatriz 50m: 33.25 33.25 100m: 1:09.79 36.54	F	111049	01	Famalição	37.95 250m: 3:04.91 38.89 38.64 300m: 3:44.02 39.11	5:00.43 4:22.60 38.58 5:00.43 37.83	499	-
46.	TOME, Maria de Castro 50m: 34.04 34.04 100m: 1:11.29 37.25	F	122200	02	Sporting Clube de Aveiro	37.30 250m: 3:04.30 38.21 37.50 300m: 3:42.77 38.47	5:00.45 4:22.99 39.22 5:00.45 38.46	499	-
47.	SILVA, Beatriz Ferreira 50m: 32.95 32.95 100m: 1:09.68 36.73	F	124250	01	Braga	38.47 250m: 3:06.03 39.25 38.63 300m: 3:44.15 38.12	5:00.83 4:23.20 39.05 5:00.83 37.63	497	-
48.	MAGALHAES, Ana Catarina 50m: 33.51 33.51 100m: 1:10.72 37.21	F	119092	02	Lousada SXXI	37.95 250m: 3:05.84 38.57 38.60 300m: 3:44.81 38.97	5:01.20 4:22.74 38.93 5:01.20 37.46	495	-
49.	CARVALHO, Beatriz Moreira 50m: 33.74 33.74 100m: 1:11.21 37.47	F	127313	03	Rio Maior	38.63 250m: 3:07.06 38.70 38.52 300m: 3:45.88 38.82	5:01.46 4:24.00 38.12 5:01.46 37.46	494	-
50.	GONCALVES, Sofia Filipa 50m: 33.86 33.86 100m: 1:11.75 37.89	F	122990	01	Leixoes	38.70 250m: 3:07.55 38.50 39.23 300m: 3:46.59 39.04	5:02.02 4:25.45 38.86 5:02.02 36.57	491	-
51.	FERNANDES, Filipa Viamonte 50m: 33.42 33.42 100m: 1:10.88 37.46	F	122198	02	Vitória de Guimaraes/Olicargo	38.79 250m: 3:07.54 38.92 38.95 300m: 3:46.53 38.99	5:02.23 4:25.53 39.00 5:02.23 36.70	490	-
52.	PEREIRA, Catarina Carvalho 50m: 32.41 32.41 100m: 1:10.77 38.36	F	123071	03	Porto	40.01 250m: 3:10.00 39.75 39.47 300m: 3:48.67 38.67	5:03.17 4:26.39 37.72 5:03.17 36.78	486	-
53.	POSSE, Barbara Outeiro FL 50m: 33.32 33.32 100m: 1:10.24 36.92	F	119456	00	Algés e Águeda XXI	37.57 250m: 3:05.80 38.68 39.31 300m: 3:45.53 39.73	5:03.91 4:25.27 39.74 5:03.91 38.64	482	-
54.	SOARES, Catarina Silva 50m: 33.41 33.41 100m: 1:10.99 37.58	F	121977	03	Porto	38.37 250m: 3:07.54 39.08 39.10 300m: 3:47.08 39.54	5:05.22 4:26.41 39.33 5:05.22 38.81	476	-
55.	MACEDO, Beatriz Daniela 50m: 35.38 35.38 100m: 1:13.11 37.73	F	124313	02	Vitória de Guimaraes/Olicargo	38.50 250m: 3:09.09 38.99 38.49 300m: 3:48.33 39.24	5:05.25 4:27.46 39.13 5:05.25 37.79	476	-
56.	CARNEIRO, Sofia Maria 50m: 34.00 34.00 100m: 1:11.04 37.04	F	127921	03	Porto	38.97 250m: 3:08.40 39.10 39.29 300m: 3:47.68 39.28	5:06.05 4:27.30 39.62 5:06.05 38.75	472	-
57.	VIEIRA, Carolina Lopes 50m: 34.81 34.81 100m: 1:13.12 38.31	F	122851	02	Gualdim Pais	38.92 250m: 3:12.30 40.43 39.83 300m: 3:52.45 40.15	5:09.96 4:32.51 40.06 5:09.96 37.45	454	-
58.	FERREIRA, Maria Ines 50m: 35.12 35.12 100m: 1:13.34 38.22	F	123908	02	Natacao de Valongo	39.55 250m: 3:13.27 40.42 39.96 300m: 3:54.00 40.73	5:10.01 4:33.84 39.84 5:10.01 36.17	454	-
59.	PINHO, Carolina Teixeira 50m: 35.07 35.07 100m: 1:14.27 39.20	F	124769	04	Porto	38.86 250m: 3:12.47 39.01 40.33 300m: 3:52.60 40.13	5:10.79 4:32.07 39.47 5:10.79 38.72	451	-
60.	AMORIM, Maria Leonor 50m: 34.14 34.14 100m: 1:12.44 38.30	F	122000	03	Porto	40.03 250m: 3:12.56 40.07 40.02 300m: 3:52.35 39.79	5:10.86 4:32.63 40.28 5:10.86 38.23	450	-
61.	TEIXEIRA, Ana Margarida 50m: 34.53 34.53 100m: 1:12.52 37.99	F	111504	02	Foca	38.13 250m: 3:09.82 39.55 39.62 300m: 3:51.26 41.44	5:11.86 4:32.11 40.85 5:11.86 39.75	446	-
62.	CARPINTEIRO, Carolina Silverio 50m: 32.78 32.78 100m: 1:09.73 36.95	F	119481	02	Natacao do Tejo	38.18 250m: 3:08.91 40.87 40.13 300m: 3:50.96 42.05	5:12.08 4:32.00 41.04 5:12.08 40.08	445	-

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05-06-2016 16:33 - Página 3

Prova 8, Femin., 400m Livres, Elimin, Absolutos

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	FINA	PTS	OBS
63.	PINHEIRO, Ana Carmo	F	124856	02	Ginásio Santo Tirso	<b>5:12.24</b>	444	-	
	50m: 34.39 34.39		150m: 1:54.30		40.77 250m: 3:14.62	40.19	350m: 4:34.35	40.01	
	100m: 1:13.53 39.14		200m: 2:34.43		40.13 300m: 3:54.34	39.72	400m: 5:12.24	37.89	
64.	ANDIAS, Catarina Salome	F	125847	02	Sporting Clube de Aveiro	<b>5:13.55</b>	439	-	
	50m: 34.23 34.23		150m: 1:52.73		39.68 250m: 3:13.13	40.11	350m: 4:34.95	40.78	
	100m: 1:13.05 38.82		200m: 2:33.02		40.29 300m: 3:54.17	41.04	400m: 5:13.55	38.60	
65.	LIN, Patricia Cai	F	126266	01	Algés e �gueda XXI	<b>5:14.69</b>	434	-	
	50m: 33.88 33.88		150m: 1:54.01		41.36 250m: 3:15.02	39.77	350m: 4:37.12	40.74	
	100m: 1:12.65 38.77		200m: 2:35.25		41.24 300m: 3:56.38	41.36	400m: 5:14.69	37.57	
66.	SILVA, Ana Pereira	F	124810	03	Assoc. Desportiva de Fafe	<b>5:15.63</b>	430	-	
	50m: 36.37 36.37		150m: 1:56.46		40.40 250m: 3:17.32	40.41	350m: 4:37.12	39.42	
	100m: 1:16.06 39.69		200m: 2:36.91		40.45 300m: 3:57.70	40.38	400m: 5:15.63	38.51	
67.	HENRIQUES, Maria Vitoria	F	128311	03	Assoc. Desportiva de Fafe	<b>5:16.84</b>	425	-	
	50m: 34.60 34.60		150m: 1:54.98		41.08 250m: 3:16.34	40.89	350m: 4:38.42	41.43	
	100m: 1:13.90 39.30		200m: 2:35.45		40.47 300m: 3:56.99	40.65	400m: 5:16.84	38.42	
68.	FONTES, Beatriz Sousa	F	126659	01	Colegio SMLamas	<b>5:18.58</b>	418	-	
	50m: 34.29 34.29		150m: 1:54.07		41.01 250m: 3:16.47	41.67	350m: 4:39.30	41.35	
	100m: 1:13.06 38.77		200m: 2:34.80		40.73 300m: 3:57.95	41.48	400m: 5:18.58	39.28	
69.	LOPES, Rita Daniela	F	123412	01	Gualdim Pais	<b>5:21.15</b>	408	-	
	50m: 34.64 34.64		150m: 1:55.66		41.00 250m: 3:17.70	40.73	350m: 4:40.36	41.36	
	100m: 1:14.66 40.02		200m: 2:36.97		41.31 300m: 3:59.00	41.30	400m: 5:21.15	40.79	
70.	MARTINS, Ines Correia	F	129741	04	Porto	<b>5:21.61</b>	407	-	
	50m: 34.00 34.00		150m: 1:53.27		40.72 250m: 3:16.31	41.98	350m: 4:40.76	42.22	
	100m: 1:12.55 38.55		200m: 2:34.33		41.06 300m: 3:58.54	42.23	400m: 5:21.61	40.85	
71.	COSTA, Luana Beatriz FL	F	126882	03	Foca	<b>5:33.08</b>	366	-	
	50m: 35.57 35.57		150m: 1:58.47		42.10 250m: 3:24.12	42.65	350m: 4:51.16	43.34	
	100m: 1:16.37 40.80		200m: 2:41.47		43.00 300m: 4:07.82	43.70	400m: 5:33.08	41.92	
72.	TUBELLA, Maria FL	F	217745403		CE Mediterrani	<b>5:36.94</b>	354	-	
	50m: 37.70 37.70		150m: 2:02.00		42.96 250m: 3:28.85	43.39	350m: 4:55.15	42.90	
	100m: 1:19.04 41.34		200m: 2:45.46		43.46 300m: 4:12.25	43.40	400m: 5:36.94	41.79	
73.	SANS, Laia FL	F	479553403		CE Mediterrani	<b>5:41.19</b>	341	-	
	50m: 37.70 37.70		150m: 2:03.73		43.49 250m: 3:30.50	43.24	350m: 4:58.86	44.46	
	100m: 1:20.24 42.54		200m: 2:47.26		43.53 300m: 4:14.40	43.90	400m: 5:41.19	42.33	
WDR	RIBEIRO, Cristiana Sofia	F	125475	00	Famaliç�o			-	
WDR	RODRIGUES, Maria Carolina	F	121473	01	Vit�ria de Guimaraes/Olicargo			-	

16 anos e mais velhos

1.	DURAES, Diana Margarida	F	102992	96	Porto	<b>4:25.25</b>	725	-	A
	50m: 30.56 30.56		150m: 1:36.96		33.44 250m: 2:44.01	33.68	350m: 3:51.96	33.94	
	100m: 1:03.52 32.96		200m: 2:10.33		33.37 300m: 3:18.02	34.01	400m: 4:25.25	33.29	
2.	HOLUB, Tamila Hryhorivna	F	116887	99	Portugal	<b>4:25.41</b>	724	-	A
	50m: 31.49 31.49		150m: 1:37.94		33.58 250m: 2:45.40	34.05	350m: 3:52.92	33.82	
	100m: 1:04.36 32.87		200m: 2:11.35		33.41 300m: 3:19.10	33.70	400m: 4:25.41	32.49	
3.	SUAREZ GONZALEZ, Gracia	F	536791800		CN Santa Olaya	<b>4:27.61</b>	706	-	A
	50m: 31.45 31.45		150m: 1:39.17		34.46 250m: 2:47.11	34.25	350m: 3:55.28	34.31	
	100m: 1:04.71 33.26		200m: 2:12.86		33.69 300m: 3:20.97	33.86	400m: 4:27.61	32.33	
4.	HENRIQUES, Ines Jacinto	F	120220	00	Portugal	<b>4:30.29</b>	685	-	A
	50m: 31.54 31.54		150m: 1:39.60		34.04 250m: 2:47.74	34.20	350m: 3:56.42	34.33	
	100m: 1:05.56 34.02		200m: 2:13.54		33.94 300m: 3:22.09	34.35	400m: 4:30.29	33.87	
5.	ORTEGA, Marta	F	479938897		CE Mediterrani	<b>4:30.59</b>	683	-	A
	50m: 30.20 30.20		150m: 1:37.10		33.50 250m: 2:46.42	34.68	350m: 3:56.81	35.08	
	100m: 1:03.60 33.40		200m: 2:11.74		34.64 300m: 3:21.73	35.31	400m: 4:30.59	33.78	
6.	AMORIM, Maria Teresa	F	20104	97	Porto	<b>4:32.91</b>	666	-	A
	50m: 31.56 31.56		150m: 1:40.11		34.36 250m: 2:48.82	34.06	350m: 3:58.44	34.82	
	100m: 1:05.75 34.19		200m: 2:14.76		34.65 300m: 3:23.62	34.80	400m: 4:32.91	34.47	
7.	FARIA, Ana Rita	F	117417	00	Portugal	<b>4:35.79</b>	645	-	A
	50m: 31.37 31.37		150m: 1:40.50		34.55 250m: 2:50.16	34.91	350m: 4:01.32	35.61	
	100m: 1:05.95 34.58		200m: 2:15.25		34.75 300m: 3:25.71	35.55	400m: 4:35.79	34.47	
8.	W�THRICH, Rachel	F		95	Region RZW	<b>4:36.53</b>	640	-	B
	50m: 32.09 32.09		150m: 1:41.34		34.90 250m: 2:51.61	35.10	350m: 4:01.83	34.90	
	100m: 1:06.44 34.35		200m: 2:16.51		35.17 300m: 3:26.93	35.32	400m: 4:36.53	34.70	

O Juiz  rbitro

Splash Meet Manager, 11.43111

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O Secretariado do J ri

05-06-2016 16:33 - P gina 4



Prova 8, Femin., 400m Livres, Elimin, 16 anos e mais velhos

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	FINA	PTS	OBS
9.	FERNANDES, Maria Joao	F	102092	97	Vilacondense	<b>4:41.15</b>	609	-	B
	50m: 31.77 31.77		150m: 1:41.48		35.14 250m: 2:53.01 35.88	350m: 4:05.74 36.32			
	100m: 1:06.34 34.57		200m: 2:17.13		35.65 300m: 3:29.42 36.41	400m: 4:41.15 35.41			
10.	REICH, Jill Vivian	F	19732	98	Region RZW	<b>4:43.13</b>	596	-	B
	50m: 32.32 32.32		150m: 1:42.00		35.32 250m: 2:53.78 36.29	350m: 4:07.41 37.10			
	100m: 1:06.68 34.36		200m: 2:17.49		35.49 300m: 3:30.31 36.53	400m: 4:43.13 35.72			
11.	SILVA, Rafaela Araujo	F	119630	00	Famalici�o	<b>4:43.22</b>	596	-	B
	50m: 31.64 31.64		150m: 1:42.33		35.85 250m: 2:54.35 36.15	350m: 4:06.99 36.23			
	100m: 1:06.48 34.84		200m: 2:18.20		35.87 300m: 3:30.76 36.41	400m: 4:43.22 36.23			
12.	LEMOS, Leila Tavar�a	F	127860	00	Vilacondense	<b>4:44.63</b>	587	-	R
	50m: 32.53 32.53		150m: 1:43.93		36.34 250m: 2:56.48 36.33	350m: 4:09.42 36.40			
	100m: 1:07.59 35.06		200m: 2:20.15		36.22 300m: 3:33.02 36.54	400m: 4:44.63 35.21			
13.	DIAS, Maria Beatriz	F	108045	99	Seleccao de Santarem	<b>4:45.22</b>	583	-	
	50m: 32.42 32.42		150m: 1:43.39		36.34 250m: 2:56.10 36.54	350m: 4:09.68 36.79			
	100m: 1:07.52 35.10		200m: 2:19.56		36.17 300m: 3:32.89 36.79	400m: 4:45.22 35.54			
14.	SANTOS, Iris Cunha	F	117418	00	Porto	<b>4:47.50</b>	569	-	
	50m: 32.99 32.99		150m: 1:44.82		36.52 250m: 2:58.11 36.55	350m: 4:11.46 36.82			
	100m: 1:08.30 35.31		200m: 2:21.56		36.74 300m: 3:34.64 36.53	400m: 4:47.50 36.04			
15.	RIEMENSCHNEIDER, Kim	F		97	Region RZW	<b>4:49.96</b>	555	-	
	50m: 32.69 32.69		150m: 1:45.80		36.74 250m: 3:00.17 37.27	350m: 4:14.10 36.60			
	100m: 1:09.06 36.37		200m: 2:22.90		37.10 300m: 3:37.50 37.33	400m: 4:49.96 35.86			
16.	CARDOSO, Beatriz Neves	F	105741	98	Colegio SMLamas	<b>4:50.87</b>	550	-	
	50m: 32.98 32.98		150m: 1:46.21		37.01 250m: 3:00.03 36.78	350m: 4:14.30 37.12			
	100m: 1:09.20 36.22		200m: 2:23.25		37.04 300m: 3:37.18 37.15	400m: 4:50.87 36.57			
17.	RAMOS, Ana Sofia	F	108171	00	Fluvial Portuense	<b>4:52.06</b>	543	-	
	50m: 33.11 33.11		150m: 1:45.70		36.08 250m: 2:59.57 36.88	350m: 4:14.96 37.77			
	100m: 1:09.62 36.51		200m: 2:22.69		36.99 300m: 3:37.19 37.62	400m: 4:52.06 37.10			
18.	PINTO, Ana Miguel	F	107478	99	Viana Natacao	<b>4:52.42</b>	541	-	
	50m: 33.37 33.37		150m: 1:47.70		37.44 250m: 3:01.67 37.04	350m: 4:15.98 37.04			
	100m: 1:10.26 36.89		200m: 2:24.63		36.93 300m: 3:38.94 37.27	400m: 4:52.42 36.44			
19.	FERREIRA, Beatriz Marques	F	122579	00	Campinho	<b>4:53.48</b>	535	-	
	50m: 32.53 32.53		150m: 1:45.95		37.42 250m: 3:01.65 38.00	350m: 4:17.27 37.93			
	100m: 1:08.53 36.00		200m: 2:23.65		37.70 300m: 3:39.34 37.69	400m: 4:53.48 36.21			
20.	LA FERIA, Ana Beatriz	F	116885	99	Porto	<b>4:55.52</b>	524	-	
	50m: 33.98 33.98		150m: 1:47.53		37.04 250m: 3:02.44 37.06	350m: 4:18.37 37.55			
	100m: 1:10.49 36.51		200m: 2:25.38		37.85 300m: 3:40.82 38.38	400m: 4:55.52 37.15			
21.	BARBOSA, Sara Lopes	F	118181	00	Aquatico Pacense	<b>4:56.49</b>	519	-	
	50m: 33.59 33.59		150m: 1:47.56		37.26 250m: 3:03.12 37.88	350m: 4:19.30 37.94			
	100m: 1:10.30 36.71		200m: 2:25.24		37.68 300m: 3:41.36 38.24	400m: 4:56.49 37.19			
22.	OLIVEIRA, Ines Silva	F	116890	00	Individual Norte de Portugal	<b>4:57.48</b>	514	-	
	50m: 33.18 33.18		150m: 1:47.27		37.06 250m: 3:03.69 38.27	350m: 4:20.12 38.04			
	100m: 1:10.21 37.03		200m: 2:25.42		38.15 300m: 3:42.08 38.39	400m: 4:57.48 37.36			
23.	POSSE, Barbara Outeiro F.L	F	119456	00	Alg�es e �gueda XXI	<b>5:03.91</b>	482	-	
	50m: 33.32 33.32		150m: 1:47.81		37.57 250m: 3:05.80 38.68	350m: 4:25.27 39.74			
	100m: 1:10.24 36.92		200m: 2:27.12		39.31 300m: 3:45.53 39.73	400m: 5:03.91 38.64			
WDR	RIBEIRO, Cristiana Sofia	F	125475	00	Famalici�o			-	

12 - 15 anos

1.	ARREDONDO URRUCHI, Alexia	F	584283202		CN Santa Olaya	<b>4:31.58</b>	676	-	A
	50m: 31.60 31.60		150m: 1:39.34		33.93 250m: 2:48.20 34.37	350m: 3:57.59 34.88			
	100m: 1:05.41 33.81		200m: 2:13.83		34.49 300m: 3:22.71 34.51	400m: 4:31.58 33.99			
2.	GALLINA, Francesca	F		01	Sogeis Swim Team	<b>4:38.66</b>	625	-	B
	50m: 31.70 31.70		150m: 1:41.22		35.16 250m: 2:51.63 35.49	350m: 4:03.76 35.85			
	100m: 1:06.06 34.36		200m: 2:16.14		34.92 300m: 3:27.91 36.28	400m: 4:38.66 34.90			
3.	COSTA, Maria Carolina	F	119080	01	Porto	<b>4:40.91</b>	611	-	B
	50m: 31.98 31.98		150m: 1:41.56		34.86 250m: 2:53.00 35.60	350m: 4:05.07 36.11			
	100m: 1:06.70 34.72		200m: 2:17.40		35.84 300m: 3:28.96 35.96	400m: 4:40.91 35.84			
4.	PINA, Ana Sofia	F	125639	02	O Crasto	<b>4:43.45</b>	594	-	B
	50m: 31.91 31.91		150m: 1:42.73		35.85 250m: 2:55.75 36.59	350m: 4:08.74 36.17			
	100m: 1:06.88 34.97		200m: 2:19.16		36.43 300m: 3:32.57 36.82	400m: 4:43.45 34.71			
5.	ROSA, Mafalda Sofia	F	127310	03	Rio Maior	<b>4:44.30</b>	589	-	B
	50m: 33.47 33.47		150m: 1:45.48		36.31 250m: 2:57.65 35.75	350m: 4:09.38 36.04			
	100m: 1:09.17 35.70		200m: 2:21.90		36.42 300m: 3:33.34 35.69	400m: 4:44.30 34.92			
6.	SANCHO, Paula	F	464919902		CE Mediterrani	<b>4:44.82</b>	586	-	R
	50m: 31.59 31.59		150m: 1:42.44		36.16 250m: 2:55.58 36.41	350m: 4:08.69 36.40			
	100m: 1:06.28 34.69		200m: 2:19.17		36.73 300m: 3:32.29 36.71	400m: 4:44.82 36.13			

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05-06-2016 16:33 - P gina 5





Prova 8, Femin., 400m Livres, Elimin, 12 - 15 anos

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	FINA	PTS	OBS
7.	NEVES, Carolina Marques	F	121422	01	Seleccao de Santarem	<b>4:46.11</b>	578	-	-
	50m: 32.27 32.27		150m: 1:44.50		36.20 250m: 2:58.15	36.52	350m: 4:11.42	36.67	
	100m: 1:08.30 36.03		200m: 2:21.63		37.13 300m: 3:34.75	36.60	400m: 4:46.11	34.69	
8.	SANTOS, Carolina Ascenso	F	121271	01	Natacao da Maia	<b>4:47.89</b>	567	-	-
	50m: 31.85 31.85		150m: 1:44.41		36.65 250m: 2:58.39	36.94	350m: 4:12.48	37.00	
	100m: 1:07.76 35.91		200m: 2:21.45		37.04 300m: 3:35.48	37.09	400m: 4:47.89	35.41	
9.	ANTUNES, Ana Cruz	F	121501	01	Benfica	<b>4:51.81</b>	545	-	-
	50m: 32.00 32.00		150m: 1:44.56		36.76 250m: 2:59.55	37.82	350m: 4:15.32	37.81	
	100m: 1:07.80 35.80		200m: 2:21.73		37.17 300m: 3:37.51	37.96	400m: 4:51.81	36.49	
10.	RIBEIRO, Nina Pinto	F	116914	02	Foca	<b>4:51.97</b>	544	-	-
	50m: 33.07 33.07		150m: 1:46.27		36.62 250m: 3:00.95	37.51	350m: 4:16.77	37.59	
	100m: 1:09.65 36.58		200m: 2:23.44		37.17 300m: 3:39.18	38.23	400m: 4:51.97	35.20	
11.	FERNANDES, Leonor Camacho	F	126576	02	Sporting	<b>4:53.36</b>	536	-	-
	50m: 32.97 32.97		150m: 1:45.87		36.89 250m: 2:59.98	37.22	350m: 4:15.69	37.58	
	100m: 1:08.98 36.01		200m: 2:22.76		36.89 300m: 3:38.11	38.13	400m: 4:53.36	37.67	
12.	LIMA, Jessica Soares	F	126993	02	Braga	<b>4:54.58</b>	529	-	-
	50m: 32.36 32.36		150m: 1:45.27		36.95 250m: 3:01.06	38.07	350m: 4:17.03	38.15	
	100m: 1:08.32 35.96		200m: 2:22.99		37.72 300m: 3:38.88	37.82	400m: 4:54.58	37.55	
13.	COSTA, Mariana Cardoso	F	117322	01	Natacao da Maia	<b>4:55.45</b>	525	-	-
	50m: 32.60 32.60		150m: 1:46.56		37.43 250m: 3:02.32	37.72	350m: 4:18.70	38.17	
	100m: 1:09.13 36.53		200m: 2:24.60		38.04 300m: 3:40.53	38.21	400m: 4:55.45	36.75	
14.	CORREIA, Mariana Delicado	F	123599	01	Sporting	<b>4:56.10</b>	521	-	-
	50m: 32.95 32.95		150m: 1:47.92		38.15 250m: 3:03.65	37.27	350m: 4:19.07	37.58	
	100m: 1:09.77 36.82		200m: 2:26.38		38.46 300m: 3:41.49	37.84	400m: 4:56.10	37.03	
15.	MARQUES, Erika Almeida	F	121691	01	Braga	<b>4:56.57</b>	519	-	-
	50m: 33.67 33.67		150m: 1:47.94		37.58 250m: 3:03.15	37.80	350m: 4:19.68	38.27	
	100m: 1:10.36 36.69		200m: 2:25.35		37.41 300m: 3:41.41	38.26	400m: 4:56.57	36.89	
16.	LOUREIRO, Sara Rulin	F	123345	01	Benfica	<b>4:56.91</b>	517	-	-
	50m: 33.93 33.93		150m: 1:48.71		37.61 250m: 3:04.51	38.05	350m: 4:19.95	37.56	
	100m: 1:11.10 37.17		200m: 2:26.46		37.75 300m: 3:42.39	37.88	400m: 4:56.91	36.96	
17.	CASTRO, Maria Freitas	F	124809	03	Assoc. Desportiva de Fafe	<b>4:57.25</b>	515	-	-
	50m: 33.60 33.60		150m: 1:48.14		38.05 250m: 3:04.68	38.27	350m: 4:21.54	38.91	
	100m: 1:10.09 36.49		200m: 2:26.41		38.27 300m: 3:42.63	37.95	400m: 4:57.25	35.71	
18.	DOMINGUES, Matilde Mota	F	122289	03	Colegio SMLamas	<b>4:57.90</b>	512	-	-
	50m: 32.57 32.57		150m: 1:47.77		38.24 250m: 3:05.22	38.63	350m: 4:22.17	38.09	
	100m: 1:09.53 36.96		200m: 2:26.59		38.82 300m: 3:44.08	38.86	400m: 4:57.90	35.73	
19.	MOREIRA, Mariana Filipa	F	125777	02	Natacao de Valongo	<b>4:58.16</b>	510	-	-
	50m: 32.84 32.84		150m: 1:47.46		37.85 250m: 3:04.57	38.93	350m: 4:21.58	38.57	
	100m: 1:09.61 36.77		200m: 2:25.64		38.18 300m: 3:43.01	38.44	400m: 4:58.16	36.58	
20.	CARDOSO, Rita Constanca	F	121989	03	Porto	<b>4:58.21</b>	510	-	-
	50m: 33.18 33.18		150m: 1:47.55		37.54 250m: 3:04.62	37.92	350m: 4:20.25	36.98	
	100m: 1:10.01 36.83		200m: 2:26.70		39.15 300m: 3:43.27	38.65	400m: 4:58.21	37.96	
21.	CAMPOS, Alexandra Martins	F	127155	02	Leixoes	<b>4:58.68</b>	508	-	-
	50m: 33.13 33.13		150m: 1:49.23		38.58 250m: 3:06.48	38.08	350m: 4:22.74	37.31	
	100m: 1:10.65 37.52		200m: 2:28.40		39.17 300m: 3:45.43	38.95	400m: 4:58.68	35.94	
22.	SOARES, Carolina Silva	F	123910	03	Natacao de Valongo	<b>4:59.03</b>	506	-	-
	50m: 34.12 34.12		150m: 1:49.95		37.70 250m: 3:07.35	38.58	350m: 4:22.89	37.29	
	100m: 1:12.25 38.13		200m: 2:28.77		38.82 300m: 3:45.60	38.25	400m: 4:59.03	36.14	
23.	MATOS, Lara Beatriz	F	111049	01	Famalição	<b>5:00.43</b>	499	-	-
	50m: 33.25 33.25		150m: 1:47.38		37.59 250m: 3:04.91	38.89	350m: 4:22.60	38.58	
	100m: 1:09.79 36.54		200m: 2:26.02		38.64 300m: 3:44.02	39.11	400m: 5:00.43	37.83	
24.	TOME, Maria de Castro	F	122200	02	Sporting Clube de Aveiro	<b>5:00.45</b>	499	-	-
	50m: 34.04 34.04		150m: 1:48.59		37.30 250m: 3:04.30	38.21	350m: 4:21.99	39.22	
	100m: 1:11.29 37.25		200m: 2:26.09		37.50 300m: 3:42.77	38.47	400m: 5:00.45	38.46	
25.	SILVA, Beatriz Ferreira	F	124250	01	Braga	<b>5:00.83</b>	497	-	-
	50m: 32.95 32.95		150m: 1:48.15		38.47 250m: 3:06.03	39.25	350m: 4:23.20	39.05	
	100m: 1:09.68 36.73		200m: 2:26.78		38.63 300m: 3:44.15	38.12	400m: 5:00.83	37.63	
26.	MAGALHAES, Ana Catarina	F	119092	02	Lousada SXXI	<b>5:01.20</b>	495	-	-
	50m: 33.51 33.51		150m: 1:48.67		37.95 250m: 3:05.84	38.57	350m: 4:23.74	38.93	
	100m: 1:10.72 37.21		200m: 2:27.27		38.60 300m: 3:44.81	38.97	400m: 5:01.20	37.46	
27.	CARVALHO, Beatriz Moreira	F	127313	03	Rio Maior	<b>5:01.46</b>	494	-	-
	50m: 33.74 33.74		150m: 1:49.84		38.63 250m: 3:07.06	38.70	350m: 4:24.00	38.12	
	100m: 1:11.21 37.47		200m: 2:28.36		38.52 300m: 3:45.88	38.82	400m: 5:01.46	37.46	
28.	GONCALVES, Sofia Filipa	F	122990	01	Leixoes	<b>5:02.02</b>	491	-	-
	50m: 33.86 33.86		150m: 1:49.82		38.07 250m: 3:07.55	38.50	350m: 4:25.45	38.86	
	100m: 1:11.75 37.89		200m: 2:29.05		39.23 300m: 3:46.59	39.04	400m: 5:02.02	36.57	
29.	FERNANDES, Filipa Viamonte	F	122198	02	Vitória de Guimaraes/Olicargo	<b>5:02.23</b>	490	-	-
	50m: 33.42 33.42		150m: 1:49.67		38.79 250m: 3:07.54	38.92	350m: 4:25.53	39.00	
	100m: 1:10.88 37.46		200m: 2:28.62		38.95 300m: 3:46.53	38.99	400m: 5:02.23	36.70	

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05-06-2016 16:33 - P gina 6



Prova 8, Femin., 400m Livres, Elimin, 12 - 15 anos

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	FINA	PTS	OBS
30.	PEREIRA, Catarina Carvalho	F	123071	03	Porto	<b>5:03.17</b>	486	-	
	50m: 32.41 32.41		150m: 1:50.78		40.01	250m: 3:10.00		350m: 4:26.39	37.72
	100m: 1:10.77 38.36		200m: 2:30.25		39.47	300m: 3:48.67		400m: 5:03.17	36.78
31.	SOARES, Catarina Silva	F	121977	03	Porto	<b>5:05.22</b>	476	-	
	50m: 33.41 33.41		150m: 1:49.36		38.37	250m: 3:07.54		350m: 4:26.41	39.33
	100m: 1:10.99 37.58		200m: 2:28.46		39.10	300m: 3:47.08		400m: 5:05.22	38.81
32.	MACEDO, Beatriz Daniela	F	124313	02	Vit�ria de Guimaraes/Oicargo	<b>5:05.25</b>	476	-	
	50m: 35.38 35.38		150m: 1:51.61		38.50	250m: 3:09.09		350m: 4:27.46	39.13
	100m: 1:13.11 37.73		200m: 2:30.10		38.49	300m: 3:48.33		400m: 5:05.25	37.79
33.	CARNEIRO, Sofia Maria	F	127921	03	Porto	<b>5:06.05</b>	472	-	
	50m: 34.00 34.00		150m: 1:50.01		38.97	250m: 3:08.40		350m: 4:27.30	39.62
	100m: 1:11.04 37.04		200m: 2:29.30		39.29	300m: 3:47.68		400m: 5:06.05	38.75
34.	VIEIRA, Carolina Lopes	F	122851	02	Gualdim Pais	<b>5:09.96</b>	454	-	
	50m: 34.81 34.81		150m: 1:52.04		38.92	250m: 3:12.30		350m: 4:32.51	40.06
	100m: 1:13.12 38.31		200m: 2:31.87		39.83	300m: 3:52.45		400m: 5:09.96	37.45
35.	FERREIRA, Maria Ines	F	123908	02	Natacao de Valongo	<b>5:10.01</b>	454	-	
	50m: 35.12 35.12		150m: 1:52.89		39.55	250m: 3:13.27		350m: 4:33.84	39.84
	100m: 1:13.34 38.22		200m: 2:32.85		39.96	300m: 3:54.00		400m: 5:10.01	36.17
36.	PINHO, Carolina Teixeira	F	124769	04	Porto	<b>5:10.79</b>	451	-	
	50m: 35.07 35.07		150m: 1:53.13		38.86	250m: 3:12.47		350m: 4:32.07	39.47
	100m: 1:14.27 39.20		200m: 2:33.46		40.33	300m: 3:52.60		400m: 5:10.79	38.72
37.	AMORIM, Maria Leonor	F	122000	03	Porto	<b>5:10.86</b>	450	-	
	50m: 34.14 34.14		150m: 1:52.47		40.03	250m: 3:12.56		350m: 4:32.63	40.28
	100m: 1:12.44 38.30		200m: 2:32.49		40.02	300m: 3:52.35		400m: 5:10.86	38.23
38.	TEIXEIRA, Ana Margarida	F	111504	02	Foca	<b>5:11.86</b>	446	-	
	50m: 34.53 34.53		150m: 1:50.65		38.13	250m: 3:09.82		350m: 4:32.11	40.85
	100m: 1:12.52 37.99		200m: 2:30.27		39.62	300m: 3:51.26		400m: 5:11.86	39.75
39.	CARPINTEIRO, Carolina Silverio	F	119481	02	Natacao do Tejo	<b>5:12.08</b>	445	-	
	50m: 32.78 32.78		150m: 1:47.91		38.18	250m: 3:08.91		350m: 4:32.00	41.04
	100m: 1:09.73 36.95		200m: 2:28.04		40.13	300m: 3:50.96		400m: 5:12.08	40.08
40.	PINHEIRO, Ana Carmo	F	124856	02	Gin�sio Santo Tirso	<b>5:12.24</b>	444	-	
	50m: 34.39 34.39		150m: 1:54.30		40.77	250m: 3:14.62		350m: 4:34.35	40.01
	100m: 1:13.53 39.14		200m: 2:34.43		40.13	300m: 3:54.34		400m: 5:12.24	37.89
41.	ANDIAS, Catarina Salome	F	125847	02	Sporting Clube de Aveiro	<b>5:13.55</b>	439	-	
	50m: 34.23 34.23		150m: 1:52.73		39.68	250m: 3:13.13		350m: 4:34.95	40.78
	100m: 1:13.05 38.82		200m: 2:33.02		40.29	300m: 3:54.17		400m: 5:13.55	38.60
42.	LIN, Patricia Cai	F	126266	01	Alg�s e �gueda XXI	<b>5:14.69</b>	434	-	
	50m: 33.88 33.88		150m: 1:54.01		41.36	250m: 3:15.02		350m: 4:37.12	40.74
	100m: 1:12.65 38.77		200m: 2:35.25		41.24	300m: 3:56.38		400m: 5:14.69	37.57
43.	SILVA, Ana Pereira	F	124810	03	Assoc. Desportiva de Fafe	<b>5:15.63</b>	430	-	
	50m: 36.37 36.37		150m: 1:56.46		40.40	250m: 3:17.32		350m: 4:37.12	39.42
	100m: 1:16.06 39.69		200m: 2:36.91		40.45	300m: 3:57.70		400m: 5:15.63	38.51
44.	HENRIQUES, Maria Vitoria	F	128311	03	Assoc. Desportiva de Fafe	<b>5:16.84</b>	425	-	
	50m: 34.60 34.60		150m: 1:54.98		41.08	250m: 3:16.34		350m: 4:38.42	41.43
	100m: 1:13.90 39.30		200m: 2:35.45		40.47	300m: 3:56.99		400m: 5:16.84	38.42
45.	FONTES, Beatriz Sousa	F	126659	01	Colegio SMLamas	<b>5:18.58</b>	418	-	
	50m: 34.29 34.29		150m: 1:54.07		41.01	250m: 3:16.47		350m: 4:39.30	41.35
	100m: 1:13.06 38.77		200m: 2:34.80		40.73	300m: 3:57.95		400m: 5:18.58	39.28
46.	LOPES, Rita Daniela	F	123412	01	Gualdim Pais	<b>5:21.15</b>	408	-	
	50m: 34.64 34.64		150m: 1:55.66		41.00	250m: 3:17.70		350m: 4:40.36	41.36
	100m: 1:14.66 40.02		200m: 2:36.97		41.31	300m: 3:59.00		400m: 5:21.15	40.79
47.	MARTINS, Ines Correia	F	129741	04	Porto	<b>5:21.61</b>	407	-	
	50m: 34.00 34.00		150m: 1:53.27		40.72	250m: 3:16.31		350m: 4:40.76	42.22
	100m: 1:12.55 38.55		200m: 2:34.33		41.06	300m: 3:58.54		400m: 5:21.61	40.85
48.	COSTA, Luana Beatriz FTL	F	126882	03	Foca	<b>5:33.08</b>	366	-	
	50m: 35.57 35.57		150m: 1:58.47		42.10	250m: 3:24.12		350m: 4:51.16	43.34
	100m: 1:16.37 40.80		200m: 2:41.47		43.00	300m: 4:07.82		400m: 5:33.08	41.92
49.	TUBELLA, Maria FTL	F	217745	03	CE Mediterrani	<b>5:36.94</b>	354	-	
	50m: 37.70 37.70		150m: 2:02.00		42.96	250m: 3:28.85		350m: 4:55.15	42.90
	100m: 1:19.04 41.34		200m: 2:45.46		43.46	300m: 4:12.25		400m: 5:36.94	41.79
50.	SANS, Laia FTL	F	479553	03	CE Mediterrani	<b>5:41.19</b>	341	-	
	50m: 37.70 37.70		150m: 2:03.73		43.49	250m: 3:30.50		350m: 4:58.86	44.46
	100m: 1:20.24 42.54		200m: 2:47.26		43.53	300m: 4:14.40		400m: 5:41.19	42.33
WDR	RODRIGUES, Maria Carolina	F	121473	01	Vit�ria de Guimaraes/Oicargo			-	

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05-06-2016 16:33 - P gina 7