

Torneio Olímpico
Lagos , 3- - 4-2-2018

Prova 11 Femin., 400m Livres 12 anos e mais velhos
04-02-2018 - 9:30 Resultados

Recorde Regional Absoluto	4:19.78	Sara Alexandra, MADEIRA	POR	Sines	20-12-2008
Recorde Regional Inf. B	4:47.32	Carolina Silva, GODINHO	POR	Olhao	21-10-2007
Recorde Regional Inf. A	4:41.06	Catia Raquel, MARTINHEIRA	POR	Abrantes	05-04-2008
Recorde Regional Juv B	4:35.17	Catia Raquel, MARTINHEIRA	POR	Sines	21-12-2008
Recorde Regional Juv A	4:31.47	Catia Raquel, MARTINHEIRA	POR	Quarteira	21-11-2009
Recorde Regional Jun. 1	4:21.68	Catia Raquel, MARTINHEIRA	POR	Porto	04-12-2010
Recorde Regional JUn. 2	4:28.16	Catia Raquel, MARTINHEIRA	POR	Mealhada	17-12-2011
Recorde Regional Sen	4:19.78	Sara Alexandra, MADEIRA	POR	Sines	20-12-2008
Rec Nac 25m Absoluto	4:05.38	Diana Margarida, DURAES	POR	Moscow (RUS)	02-08-2017
Rec Nac 25m Inf. B	4:38.40	Filipa Vilas, RUIVO	POR	Alcobaça	13-06-2009
Rec Nac 25m Inf. A	4:25.30	Alexandra Maria, SILVA	POR	Porto	19-07-1980
Rec Nac 25m Juv B	4:23.08	Susana Patricia, MIGUEL	POR	Alhandra	15-05-2004
Rec Nac 25m Juv A	4:18.39	Ana Claudia, SANTOS	POR	Cantanhede	20-12-2004
Rec Nac 25m Jun. 1	4:13.53	Ana Reis, SOUSA	POR	Porto	09-12-2017
Rec Nac 25m JUn. 2	4:10.52	Tamila Hryhorivna, HOLUB	POR	Porto	12-12-2015
Rec Nac 25m Sen	4:05.38	Diana Margarida, DURAES	POR	Moscow (RUS)	02-08-2017

Pontos: FINA 2017

Lugar	Ano				Tempo final				Pts	
Infantis B										
1.	Ana Teresa, ROMAO	06	Louletano / Loule Concelho				5:16.78	405		
	50m: 35.55 35.55	150m: 1:55.77	39.99	250m: 3:16.88	40.81	350m: 4:38.78	40.46			
	100m: 1:15.78 40.23	200m: 2:36.07	40.30	300m: 3:58.32	41.44	400m: 5:16.78	38.00			
2.	Carolina Mestre, MESQUITA	06	Nautico do Guadiana				5:20.68	391		
	50m: 36.49 36.49	150m: 1:57.88	41.48	250m: 3:20.20	40.93	350m: 4:40.87	40.29			
	100m: 1:16.40 39.91	200m: 2:39.27	41.39	300m: 4:00.58	40.38	400m: 5:20.68	39.81			
3.	Joana Santos, PARRA	06	Natacao Olhao				5:25.72	373		
	50m: 35.70 35.70	150m: 1:55.40	40.29	250m: 3:19.21	42.38	350m: 4:45.61	43.83			
	100m: 1:15.11 39.41	200m: 2:36.83	41.43	300m: 4:01.78	42.57	400m: 5:25.72	40.11			
4.	Diana Salgueiro, ALEGRE	06	Louletano / Loule Concelho				5:26.34	371		
	50m: 36.35 36.35	150m: 1:59.61	41.50	250m: 3:24.65	42.35	350m: 4:48.57	41.88			
	100m: 1:18.11 41.76	200m: 2:42.30	42.69	300m: 4:06.69	42.04	400m: 5:26.34	37.77			
5.	Carlota Jacinto, ESPIRIDIAO	06	Portinado				5:42.50	321		
	50m: 39.35 39.35	150m: 2:04.90	42.99	250m: 3:32.21	43.91	350m: 4:59.80	44.00			
	100m: 1:21.91 42.56	200m: 2:48.30	43.40	300m: 4:15.80	43.59	400m: 5:42.50	42.70			
6.	Beatriz Marques, SEQUEIRA	06	Nautico do Guadiana				5:48.99	303		
	50m: 39.75 39.75	150m: 2:07.98	44.63	250m: 3:37.40	44.69	350m: 5:06.46	44.58			
	100m: 1:23.35 43.60	200m: 2:52.71	44.73	300m: 4:21.88	44.48	400m: 5:48.99	42.53			
7.	Maria Beatriz, VIEGAS	06	Louletano / Loule Concelho				5:56.82	283		
	50m: 38.83 38.83	150m: 2:08.04	45.02	250m: 3:40.70	46.58	350m: 5:13.09	46.04			
	100m: 1:23.02 44.19	200m: 2:54.12	46.08	300m: 4:27.05	46.35	400m: 5:56.82	43.73			
8.	Cristina, BOROZAN	06	Louletano / Loule Concelho				5:57.71	281		
	50m: 38.79 38.79	150m: 2:10.67	47.57	250m: 3:44.35	46.46	350m: 5:15.49	46.01			
	100m: 1:23.10 44.31	200m: 2:57.89	47.22	300m: 4:29.48	45.13	400m: 5:57.71	42.22			
9.	Ines Cravo, MARTINS	06	Louletano / Loule Concelho				6:06.27	262		
	50m: 40.70 40.70	150m: 2:13.07	46.40	250m: 3:47.58	46.98	350m: 5:21.43	47.26			
	100m: 1:26.67 45.97	200m: 3:00.60	47.53	300m: 4:34.17	46.59	400m: 6:06.27	44.84			
10.	Beatriz Matias, ALMEIDA	06	Portinado				6:09.86	254		
	50m: 39.53 39.53	150m: 2:12.54	47.94	250m: 3:49.33	48.60	350m: 5:26.00	48.56			
	100m: 1:24.60 45.07	200m: 3:00.73	48.19	300m: 4:37.44	48.11	400m: 6:09.86	43.86			
11.	Violeta Faria, BOLOTINHA	06	Louletano / Loule Concelho				6:10.27	254		
	50m: 40.85 40.85	150m: 2:15.12	47.77	250m: 3:51.07	48.00	350m: 5:25.42	46.17			
	100m: 1:27.35 46.50	200m: 3:03.07	47.95	300m: 4:39.25	48.18	400m: 6:10.27	44.85			

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Prova 11, Femin., 400m Livres, Infantis B

Lugar	Nome		Ano	Clube		Tempo final				Pts
12.	Raquel Fidalgo, LOURA		06	Naval de Faro		6:10.73				253
	50m:	39.89 39.89	150m:	2:13.82 48.79	250m:	3:49.39 48.15	350m:	5:25.39 47.83	400m:	6:10.73 45.34
	100m:	1:25.03 45.14	200m:	3:01.24 47.42	300m:	4:37.56 48.17				
13.	Marta Braz, NEVES		06	Nautico do Guadiana		6:11.49				251
	50m:	42.44 42.44	150m:	2:15.93 47.35	250m:	3:51.38 47.88	350m:	5:26.89 47.19	400m:	6:11.49 44.60
	100m:	1:28.58 46.14	200m:	3:03.50 47.57	300m:	4:39.70 48.32				
14.	Joana dos, CRUZ		06	Louletano / Loule Concelho		6:26.02				224
	50m:	40.32 40.32	150m:	2:18.45 50.00	250m:	4:00.43 51.87	350m:	5:40.14 49.90	400m:	6:26.02 45.88
	100m:	1:28.45 48.13	200m:	3:08.56 50.11	300m:	4:50.24 49.81				
15.	Nicole Nezhurko, COELHO		06	Lagoa AC		6:33.78				211
	50m:	43.25 43.25	150m:	2:22.23 50.58	250m:	4:03.75 50.58	350m:	5:45.23 50.38	400m:	6:33.78 48.55
	100m:	1:31.65 48.40	200m:	3:13.17 50.94	300m:	4:54.85 51.10				
16.	Beatriz Guerreiro, CASTILHO		06	Natacao de Lagos		6:47.93				190
	50m:	43.90 43.90	150m:	2:25.32 51.46	250m:	4:10.56 52.82	350m:	5:56.05 52.42	400m:	6:47.93 51.88
	100m:	1:33.86 49.96	200m:	3:17.74 52.42	300m:	5:03.63 53.07				
17.	Matilde Ramos, MARTINS		06	Nautico do Guadiana		7:11.55				160
	50m:	46.65 46.65	150m:	2:36.39 55.38	250m:	4:27.79 55.91	350m:	6:18.40 55.81	400m:	7:11.55 53.15
	100m:	1:41.01 54.36	200m:	3:31.88 55.49	300m:	5:22.59 54.80				
18.	Rita Martins, MARQUES		06	Tavira Natacao		7:12.20				159
	50m:	47.48 47.48	150m:	2:40.30 56.78	250m:	4:32.46 55.77	350m:	6:22.82 54.51	400m:	7:12.20 49.38
	100m:	1:43.52 56.04	200m:	3:36.69 56.39	300m:	5:28.31 55.85				
19.	Beatriz Mendes, PALMA		06	Nautico do Guadiana		7:44.82				128
	50m:	52.83 52.83	150m:	2:50.87 59.76	250m:	4:47.19 58.81	350m:	6:47.16 1:00.26	400m:	7:44.82 57.66
	100m:	1:51.11 58.28	200m:	3:48.38 57.51	300m:	5:46.90 59.71				

Infantis A

1.	Fabiana Cruz, GOMES		05	Louletano / Loule Concelho		4:48.69				536
	50m:	32.29 32.29	150m:	1:43.90 36.65	250m:	2:58.48 37.60	350m:	4:13.64 37.21	400m:	4:48.69 35.05
	100m:	1:07.25 34.96	200m:	2:20.88 36.98	300m:	3:36.43 37.95				
2.	Zoe, ENGELEN		05	Louletano / Loule Concelho		5:20.17				393
	50m:	35.54 35.54	150m:	1:57.40 41.38	250m:	3:19.70 41.09	350m:	4:41.25 40.17	400m:	5:20.17 38.92
	100m:	1:16.02 40.48	200m:	2:38.61 41.21	300m:	4:01.08 41.38				
3.	Beatriz Alexandra, MACHADO		05	Beja		5:27.21				368
	50m:	36.24 36.24	150m:	1:58.72 42.02	250m:	3:22.62 42.11	350m:	4:46.28 41.54	400m:	5:27.21 40.93
	100m:	1:16.70 40.46	200m:	2:40.51 41.79	300m:	4:04.74 42.12				
4.	Sofia Segura, CONCEIÇÃO		05	Nautico do Guadiana		5:35.56				341
	50m:	38.96 38.96	150m:	2:03.56 42.18	250m:	3:29.11 43.11	350m:	4:55.17 42.93	400m:	5:35.56 40.39
	100m:	1:21.38 42.42	200m:	2:46.00 42.44	300m:	4:12.24 43.13				
5.	Catarina Neves, COLAÇO		05	Naval de Faro		5:37.09				336
	50m:	35.28 35.28	150m:	1:58.14 42.83	250m:	3:25.97 44.27	350m:	4:54.82 44.39	400m:	5:37.09 42.27
	100m:	1:15.31 40.03	200m:	2:41.70 43.56	300m:	4:10.43 44.46				
6.	Marianna Thais, BALL		05	Natacao de Lagos		5:39.87				328
	50m:	39.61 39.61	150m:	2:08.43 43.96	250m:	3:35.29 44.01	350m:	4:21.37 2.19	400m:	5:39.87 1:18.50
	100m:	1:24.47 44.86	200m:	2:51.28 42.85	300m:	4:19.18 43.89				
7.	Ines Carvalho, FONSECA		05	Lagoa AC		5:48.70				304
	50m:	38.05 38.05	150m:	2:05.41 44.43	250m:	3:33.24 44.50	350m:	5:04.11 45.56	400m:	5:48.70 44.59
	100m:	1:20.98 42.93	200m:	2:48.74 43.33	300m:	4:18.55 45.31				
8.	Margarida Jesus, PASSOS		05	Portinado		5:50.33				299
	50m:	38.95 38.95	150m:	2:05.97 44.08	250m:	3:36.14 45.09	350m:	5:06.64 44.61	400m:	5:50.33 43.69
	100m:	1:21.89 42.94	200m:	2:51.05 45.08	300m:	4:22.03 45.89				

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Prova 11, Femin., 400m Livres, Infantis A

Lugar			Ano					Tempo final	Pts
9.	Sofia Martins, DO Ó		05	Nautico do Guadiana				5:52.78	293
	50m:	39.22 39.22	150m:	2:07.86	44.88	250m:	3:39.14 45.29	350m:	5:08.94 44.48
	100m:	1:22.98 43.76	200m:	2:53.85	45.99	300m:	4:24.46 45.32	400m:	5:52.78 43.84
10.	Maria Raquel, PIRES		05	Louletano / Loule Concelho				5:54.63	289
	50m:	38.95 38.95	150m:	2:08.30	45.99	250m:	3:40.17 46.44	350m:	5:11.66 45.11
	100m:	1:22.31 43.36	200m:	2:53.73	45.43	300m:	4:26.55 46.38	400m:	5:54.63 42.97
11.	Carolina Guerreiro, PERES		05	Colegio Bernardette Romeira				6:00.97	274
	50m:	41.92 41.92	150m:	2:15.06	46.84	250m:	3:47.22 45.80	350m:	5:18.00 45.33
	100m:	1:28.22 46.30	200m:	3:01.42	46.36	300m:	4:32.67 45.45	400m:	6:00.97 42.97
12.	Nicole Filipa, BRITO		05	Beja				6:13.40	247
	50m:	39.19 39.19	150m:	2:14.22	48.62	250m:	3:51.12 48.36	350m:	5:28.00 48.76
	100m:	1:25.60 46.41	200m:	3:02.76	48.54	300m:	4:39.24 48.12	400m:	6:13.40 45.40
13.	Carmen Manolache, CALVINHO		05	Nautico do Guadiana				6:18.51	237
	50m:	41.12 41.12	150m:	2:15.72	48.20	250m:	3:53.65 48.87	350m:	5:31.59 48.99
	100m:	1:27.52 46.40	200m:	3:04.78	49.06	300m:	4:42.60 48.95	400m:	6:18.51 46.92
14.	Beatriz Vale, LOURENCO		05	Portinado				6:18.63	237
	50m:	41.47 41.47	150m:	2:16.41	48.18	250m:	3:55.87 50.26	350m:	5:33.72 48.54
	100m:	1:28.23 46.76	200m:	3:05.61	49.20	300m:	4:45.18 49.31	400m:	6:18.63 44.91
15.	Leonor Neto, SILVA		05	Natacao de Lagos				6:21.04	233
	50m:	42.06 42.06	150m:	2:17.46	48.84	250m:	3:55.69 49.40	350m:	5:33.79 48.55
	100m:	1:28.62 46.56	200m:	3:06.29	48.83	300m:	4:45.24 49.55	400m:	6:21.04 47.25
16.	Beatriz Varela, FERNANDES		05	Louletano / Loule Concelho				6:32.36	213
	50m:	42.75 42.75	150m:	2:21.79	49.87	250m:	4:04.60 50.51	350m:	5:45.12 49.16
	100m:	1:31.92 49.17	200m:	3:14.09	52.30	300m:	4:55.96 51.36	400m:	6:32.36 47.24
17.	Ines Encarnacao, PONCEANO		05	Portinado				6:37.05	206
	50m:	38.39 38.39	150m:	2:14.38	49.89	250m:	4:00.55 54.01	350m:	5:45.65 52.07
	100m:	1:24.49 46.10	200m:	3:06.54	52.16	300m:	4:53.58 53.03	400m:	6:37.05 51.40
18.	Mafalda Alexandra, SILVA		05	Natacao de Lagos				6:45.45	193
	50m:	43.87 43.87	150m:	2:26.73	53.07	250m:	4:14.31 54.44	350m:	5:57.99 50.74
	100m:	1:33.66 49.79	200m:	3:19.87	53.14	300m:	5:07.25 52.94	400m:	6:45.45 47.46
19.	Beatriz Rodrigues, VAZ		05	FC Ferreiras				7:03.08	170
	50m:	47.34 47.34	150m:	2:32.44	53.46	250m:	4:22.00 54.78	350m:	6:11.83 54.40
	100m:	1:38.98 51.64	200m:	3:27.22	54.78	300m:	5:17.43 55.43	400m:	7:03.08 51.25
20.	Samar Bouazib, GUEDES		05	FC Ferreiras				7:33.60	138
	50m:	45.89 45.89	150m:	2:27.97	51.26	250m:	4:13.19 52.50	350m:	5:56.18 51.76
	100m:	1:36.71 50.82	200m:	3:20.69	52.72	300m:	5:04.42 51.23	400m:	7:33.60 1:37.42

Juvenis B

1.	Ines Sofia, ALVES		04	Portinado				4:56.59	494
	50m:	32.40 32.40	150m:	1:45.73	37.31	250m:	3:03.10 38.76	350m:	4:20.52 38.63
	100m:	1:08.42 36.02	200m:	2:24.34	38.61	300m:	3:41.89 38.79	400m:	4:56.59 36.07
2.	Ana Sebastiao, MENDES		04	Portinado				5:02.23	467
	50m:	32.16 32.16	150m:	1:47.28	38.25	250m:	3:05.92 39.63	350m:	4:25.78 39.88
	100m:	1:09.03 36.87	200m:	2:26.29	39.01	300m:	3:45.90 39.98	400m:	5:02.23 36.45
3.	Carolina Pereira, VIANA		04	Aquatico Silves				5:05.48	452
	50m:	32.64 32.64	150m:	1:46.87	37.88	250m:	3:06.54 40.30	350m:	4:27.12 40.32
	100m:	1:08.99 36.35	200m:	2:26.24	39.37	300m:	3:46.80 40.26	400m:	5:05.48 38.36
4.	Gabriela, BOROZAN		04	Louletano / Loule Concelho				5:05.59	451
	50m:	33.79 33.79	150m:	1:49.55	38.54	250m:	3:07.77 39.27	350m:	4:27.32 39.59
	100m:	1:11.01 37.22	200m:	2:28.50	38.95	300m:	3:47.73 39.96	400m:	5:05.59 38.27

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Prova 11, Femin., 400m Livres, Juvenis B

Lugar	Nome		Ano	Clube		Tempo final				Pts		
5.	Leonor Santos, JESUS		04	Natacao Olhao		5:07.16				445		
	50m:	33.75	33.75	150m:	1:50.74	39.06	250m:	3:09.58	39.50	350m:	4:29.05	39.72
	100m:	1:11.68	37.93	200m:	2:30.08	39.34	300m:	3:49.33	39.75	400m:	5:07.16	38.11
6.	Mariana Pereira, MENDES		04	Louletano / Loule Concelho		5:10.62				430		
	50m:	34.02	34.02	150m:	1:50.94	39.20	250m:	3:11.30	40.39	350m:	4:32.35	40.52
	100m:	1:11.74	37.72	200m:	2:30.91	39.97	300m:	3:51.83	40.53	400m:	5:10.62	38.27
7.	Joana Lopes, SALGUEIRO		04	Colegio Bernardette Romeira		5:14.30				415		
	50m:	35.04	35.04	150m:	1:52.25	39.11	250m:	3:11.74	40.00	350m:	4:34.54	41.16
	100m:	1:13.14	38.10	200m:	2:31.74	39.49	300m:	3:53.38	41.64	400m:	5:14.30	39.76
8.	Catarina Rufino, MADEIRA		04	Colegio Bernardette Romeira		5:14.82				413		
	50m:	36.19	36.19	150m:	1:56.09	40.00	250m:	3:15.95	39.59	350m:	4:36.80	40.39
	100m:	1:16.09	39.90	200m:	2:36.36	40.27	300m:	3:56.41	40.46	400m:	5:14.82	38.02
9.	Maria Beatriz, FERNANDES		04	Louletano / Loule Concelho		5:15.58				410		
	50m:	36.01	36.01	150m:	1:55.44	40.12	250m:	3:16.75	40.39	350m:	4:38.27	40.44
	100m:	1:15.32	39.31	200m:	2:36.36	40.92	300m:	3:57.83	41.08	400m:	5:15.58	37.31
10.	Angelina Bermejo, JONES		04	Portinado		5:17.38				403		
	50m:	33.80	33.80	150m:	1:54.15	40.95	250m:	3:17.35	41.50	350m:	4:40.13	40.38
	100m:	1:13.20	39.40	200m:	2:35.85	41.70	300m:	3:59.75	42.40	400m:	5:17.38	37.25
11.	Mariana Ponte, MARTINS		04	Louletano / Loule Concelho		5:29.73				359		
	50m:	36.73	36.73	150m:	1:58.98	41.91	250m:	3:24.51	43.41	350m:	4:49.43	41.23
	100m:	1:17.07	40.34	200m:	2:41.10	42.12	300m:	4:08.20	43.69	400m:	5:29.73	40.30
12.	Barbara Leote, CARMO		04	Natacao Olhao		5:34.36				345		
	50m:	36.60	36.60	150m:	1:58.95	42.22	250m:	3:26.32	44.91	350m:	4:53.28	44.33
	100m:	1:16.73	40.13	200m:	2:41.41	42.46	300m:	4:08.95	42.63	400m:	5:34.36	41.08
13.	Patricia Isabel, LAMPREIA		04	Beja		5:47.75				306		
	50m:	39.26	39.26	150m:	2:07.08	44.66	250m:	3:36.16	45.12	350m:	5:04.07	44.21
	100m:	1:22.42	43.16	200m:	2:51.04	43.96	300m:	4:19.86	43.70	400m:	5:47.75	43.68
14.	Gloria Regina, GUERREIRO		04	FC Ferreiras		6:02.73				270		
	50m:	40.41	40.41	150m:	2:13.29	46.52	250m:	3:45.54	45.57	350m:	5:17.84	46.34
	100m:	1:26.77	46.36	200m:	2:59.97	46.68	300m:	4:31.50	45.96	400m:	6:02.73	44.89
15.	Beatriz Filipe, FELICIA		04	FC Ferreiras		6:05.78				263		
	50m:	40.60	40.60	150m:	2:13.11	47.05	250m:	3:47.96	47.73	350m:	5:22.03	46.37
	100m:	1:26.06	45.46	200m:	3:00.23	47.12	300m:	4:35.66	47.70	400m:	6:05.78	43.75
16.	Scarlett Alexis, BERNAL		04	Tavira Natacao		6:08.58				257		
	50m:	41.70	41.70	150m:	2:13.87	46.46	250m:	3:48.19	47.14	350m:	5:23.73	47.46
	100m:	1:27.41	45.71	200m:	3:01.05	47.18	300m:	4:36.27	48.08	400m:	6:08.58	44.85

Juvenis A

1.	Patricia Abreu, SEONG		03	Louletano / Loule Concelho		5:16.46				406		
	50m:	33.72	33.72	150m:	1:50.00	38.64	250m:	3:09.44	40.53	350m:	4:33.78	42.73
	100m:	1:11.36	37.64	200m:	2:28.91	38.91	300m:	3:51.05	41.61	400m:	5:16.46	42.68
2.	Vera Lucia, GUERREIRO		03	Natacao de Lagos		5:19.39				395		
	50m:	36.23	36.23	150m:	1:56.83	40.61	250m:	3:17.96	40.67	350m:	4:40.17	40.99
	100m:	1:16.22	39.99	200m:	2:37.29	40.46	300m:	3:59.18	41.22	400m:	5:19.39	39.22
3.	Matilde Vieira, PEREIRA		03	Lagoa AC		5:19.73				394		
	50m:	33.32	33.32	150m:	1:51.50	39.95	250m:	3:15.33	42.24	350m:	4:39.58	41.81
	100m:	1:11.55	38.23	200m:	2:33.09	41.59	300m:	3:57.77	42.44	400m:	5:19.73	40.15
4.	Melissa Sousa, VILARINHO		03	FC Ferreiras		5:21.38				388		
	50m:	35.06	35.06	150m:	1:56.28	41.25	250m:	3:18.11	40.91	350m:	4:41.72	42.28
	100m:	1:15.03	39.97	200m:	2:37.20	40.92	300m:	3:59.44	41.33	400m:	5:21.38	39.66

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Lugar					Ano					Tempo final	Pts	
5.	Carolina Paixao, CAROCINHO				03	Portinado				5:27.76	366	
	50m:	35.68	35.68	150m:	1:56.52	40.90	250m:	3:20.61	42.05	350m:	4:46.44	42.40
	100m:	1:15.62	39.94	200m:	2:38.56	42.04	300m:	4:04.04	43.43	400m:	5:27.76	41.32
6.	Maria Catarina, TAVARES				03	Natação de Faro				5:27.85	366	
	50m:	35.94	35.94	150m:	1:59.48	42.34	250m:	3:23.61	42.07	350m:	4:47.36	41.25
	100m:	1:17.14	41.20	200m:	2:41.54	42.06	300m:	4:06.11	42.50	400m:	5:27.85	40.49
7.	Leila Rosa, WATSON				03	Lagoa AC				5:28.16	364	
	50m:	37.63	37.63	150m:	2:00.80	41.48	250m:	3:25.80	43.12	350m:	4:48.89	41.31
	100m:	1:19.32	41.69	200m:	2:42.68	41.88	300m:	4:07.58	41.78	400m:	5:28.16	39.27
8.	Anita Neto, MARTINS				03	Aquatico Silves				5:29.86	359	
	50m:	35.15	35.15	150m:	1:57.40	41.76	250m:	3:22.54	42.73	350m:	4:48.12	42.69
	100m:	1:15.64	40.49	200m:	2:39.81	42.41	300m:	4:05.43	42.89	400m:	5:29.86	41.74
9.	Dana Alexia, CANTIRU				03	FC Ferreiras				5:29.96	359	
	50m:	37.50	37.50	150m:	2:01.15	42.24	250m:	3:25.76	41.85	350m:	4:49.48	42.02
	100m:	1:18.91	41.41	200m:	2:43.91	42.76	300m:	4:07.46	41.70	400m:	5:29.96	40.48
10.	Catarina Silva, PINHEIRO				03	Natação de Faro				5:32.43	351	
	50m:	38.55	38.55	150m:	2:01.60	41.77	250m:	3:27.12	43.60	350m:	4:51.95	42.15
	100m:	1:19.83	41.28	200m:	2:43.52	41.92	300m:	4:09.80	42.68	400m:	5:32.43	40.48
11.	Beatriz Bastos, PINTO				03	Natação de Faro				5:33.66	347	
	50m:	36.48	36.48	150m:	1:58.68	41.58	250m:	3:24.40	43.15	350m:	4:51.41	43.59
	100m:	1:17.10	40.62	200m:	2:41.25	42.57	300m:	4:07.82	43.42	400m:	5:33.66	42.25
12.	Ines Placido, PEREIRA				03	Aquatico Silves				5:39.70	329	
	50m:	36.18	36.18	150m:	2:00.00	42.88	250m:	3:27.20	43.75	350m:	4:56.50	44.81
	100m:	1:17.12	40.94	200m:	2:43.45	43.45	300m:	4:11.69	44.49	400m:	5:39.70	43.20
13.	Rebeca Correia, FRANCIS				03	Lagoa AC				5:40.32	327	
	50m:	36.94	36.94	150m:	2:00.46	42.19	250m:	3:27.86	44.32	350m:	4:57.17	44.39
	100m:	1:18.27	41.33	200m:	2:43.54	43.08	300m:	4:12.78	44.92	400m:	5:40.32	43.15
14.	Felicia, BIRCA				03	Colegio Bernardette Romeira				5:42.18	321	
	50m:	37.63	37.63	150m:	2:04.22	43.35	250m:	3:31.48	43.17	350m:	5:00.64	44.24
	100m:	1:20.87	43.24	200m:	2:48.31	44.09	300m:	4:16.40	44.92	400m:	5:42.18	41.54
15.	Sara Sousa, CANDEIAS				03	Louletano / Loule Concelho				5:43.80	317	
	50m:	39.00	39.00	150m:	2:05.74	43.76	250m:	3:34.70	44.68	350m:	5:03.46	44.12
	100m:	1:21.98	42.98	200m:	2:50.02	44.28	300m:	4:19.34	44.64	400m:	5:43.80	40.34
16.	Carolina Bastos, PINTO				03	Natação de Faro				5:46.96	308	
	50m:	38.85	38.85	150m:	2:07.52	44.72	250m:	3:36.90	44.86	350m:	5:04.42	43.49
	100m:	1:22.80	43.95	200m:	2:52.04	44.52	300m:	4:20.93	44.03	400m:	5:46.96	42.54
17.	Patricia Silva, OLIVEIRA				03	FC Ferreiras				5:48.04	305	
	50m:	39.72	39.72	150m:	2:06.04	43.66	250m:	3:35.75	45.28	350m:	5:06.51	45.45
	100m:	1:22.38	42.66	200m:	2:50.47	44.43	300m:	4:21.06	45.31	400m:	5:48.04	41.53
18.	Ana Cabral, SILVA				03	FC Ferreiras				5:49.83	301	
	50m:	37.59	37.59	150m:	2:05.19	44.70	250m:	3:36.78	45.67	350m:	5:08.12	45.14
	100m:	1:20.49	42.90	200m:	2:51.11	45.92	300m:	4:22.98	46.20	400m:	5:49.83	41.71

Juniores

1.	Ana Leonor, DIAS				02	Colegio Bernardette Romeira				4:46.51	548	
	50m:	32.27	32.27	150m:	1:44.00	36.13	250m:	2:56.93	36.18	350m:	4:11.13	37.11
	100m:	1:07.87	35.60	200m:	2:20.75	36.75	300m:	3:34.02	37.09	400m:	4:46.51	35.38
2.	Catarina Vitorino, SANTOS				02	Louletano / Loule Concelho				4:50.71	525	
	50m:	32.13	32.13	150m:	1:44.47	36.77	250m:	2:58.71	37.19	350m:	4:13.87	37.66
	100m:	1:07.70	35.57	200m:	2:21.52	37.05	300m:	3:36.21	37.50	400m:	4:50.71	36.84

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Lugar					Ano					Tempo final	Pts	
3.	Barbara Sofrino, RODRIGUES				01	Aquatico Silves				4:55.13	501	
	50m:	31.36	31.36	150m:	1:44.46	37.63	250m:	3:01.28	38.67	350m:	4:18.41	38.54
	100m:	1:06.83	35.47	200m:	2:22.61	38.15	300m:	3:39.87	38.59	400m:	4:55.13	36.72
4.	Elisa Sauval, GONCALVES				02	Natacao Olhao				5:11.00	428	
	50m:	33.37	33.37	150m:	1:49.72	39.25	250m:	3:10.74	40.42	350m:	4:31.95	40.62
	100m:	1:10.47	37.10	200m:	2:30.32	40.60	300m:	3:51.33	40.59	400m:	5:11.00	39.05
5.	Sara Cardoso, GAMA				01	Tavira Natacao				5:12.46	422	
	50m:	33.22	33.22	150m:	1:50.49	39.33	250m:	3:10.85	40.65	350m:	4:32.68	40.80
	100m:	1:11.16	37.94	200m:	2:30.20	39.71	300m:	3:51.88	41.03	400m:	5:12.46	39.78
6.	Beatriz Silva, MARTINS				02	Portinado				5:12.49	422	
	50m:	34.69	34.69	150m:	1:53.74	39.85	250m:	3:13.95	40.14	350m:	4:34.29	39.90
	100m:	1:13.89	39.20	200m:	2:33.81	40.07	300m:	3:54.39	40.44	400m:	5:12.49	38.20
7.	Carolina Sofia, SILVA				02	Aquatico Silves				5:23.19	382	
	50m:	32.25	32.25	150m:	1:51.11	40.69	250m:	3:15.43	41.91	350m:	4:41.71	43.50
	100m:	1:10.42	38.17	200m:	2:33.52	42.41	300m:	3:58.21	42.78	400m:	5:23.19	41.48
8.	Beatriz Guerreiro, MADEIRA				01	Tavira Natacao				5:25.47	374	
	50m:	36.61	36.61	150m:	1:58.34	41.28	250m:	3:22.13	42.12	350m:	4:46.07	41.54
	100m:	1:17.06	40.45	200m:	2:40.01	41.67	300m:	4:04.53	42.40	400m:	5:25.47	39.40
9.	Rita Cardoso, GAMA				02	Tavira Natacao				5:35.73	340	
	50m:	36.25	36.25	150m:	1:58.27	41.64	250m:	3:24.05	43.25	350m:	4:52.07	44.17
	100m:	1:16.63	40.38	200m:	2:40.80	42.53	300m:	4:07.90	43.85	400m:	5:35.73	43.66
10.	Carolina Isabel, GONÇALVES				02	Beja				5:45.61	312	
	50m:	38.85	38.85	150m:	2:06.05	43.83	250m:	3:35.24	44.29	350m:	5:02.68	42.97
	100m:	1:22.22	43.37	200m:	2:50.95	44.90	300m:	4:19.71	44.47	400m:	5:45.61	42.93
11.	Margarida Martins, VALENTE				01	Beja				5:50.41	299	
	50m:	37.51	37.51	150m:	2:04.82	44.81	250m:	3:35.00	45.15	350m:	5:06.00	45.40
	100m:	1:20.01	42.50	200m:	2:49.85	45.03	300m:	4:20.60	45.60	400m:	5:50.41	44.41
12.	Raquel Ferreira, AFONSO				02	Tavira Natacao				5:50.94	298	
	50m:	37.45	37.45	150m:	2:03.77	43.72	250m:	3:32.93	45.39	350m:	5:05.15	46.31
	100m:	1:20.05	42.60	200m:	2:47.54	43.77	300m:	4:18.84	45.91	400m:	5:50.94	45.79

Seniores

1.	Joana Viegas, BENTO				99	Natação de Faro				4:52.33	516	
	50m:	32.54	32.54	150m:	1:45.63	37.09	250m:	2:59.90	37.13	350m:	4:15.50	37.85
	100m:	1:08.54	36.00	200m:	2:22.77	37.14	300m:	3:37.65	37.75	400m:	4:52.33	36.83
2.	Matilde Pereira, MARTINS				99	Naval de Faro				5:02.21	467	
	50m:	32.75	32.75	150m:	1:47.32	38.18	250m:	3:05.32	39.04	350m:	4:24.06	39.43
	100m:	1:09.14	36.39	200m:	2:26.28	38.96	300m:	3:44.63	39.31	400m:	5:02.21	38.15
3.	Sofia Alexandra, REIS				98	Natação de Faro				5:06.74	446	
	50m:	33.18	33.18	150m:	1:48.64	38.52	250m:	3:08.46	39.87	350m:	4:28.24	40.10
	100m:	1:10.12	36.94	200m:	2:28.59	39.95	300m:	3:48.14	39.68	400m:	5:06.74	38.50
4.	Mariya, LUKASHYK				00	Natacao de Lagos				5:32.25	351	
	50m:	35.41	35.41	150m:	1:57.75	42.09	250m:	3:23.30	43.35	350m:	4:51.02	44.00
	100m:	1:15.66	40.25	200m:	2:39.95	42.20	300m:	4:07.02	43.72	400m:	5:32.25	41.23

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Absoluto

1.	Ana Leonor, DIAS	02	Colegio Bernardette Romeira	4:46.51	548
	50m: 32.27 32.27	150m: 1:44.00	36.13 250m: 2:56.93	36.18 350m: 4:11.13	37.11
	100m: 1:07.87 35.60	200m: 2:20.75	36.75 300m: 3:34.02	37.09 400m: 4:46.51	35.38
2.	Catarina Vitorino, SANTOS	02	Louletano / Loule Concelho	4:50.71	525
	50m: 32.13 32.13	150m: 1:44.47	36.77 250m: 2:58.71	37.19 350m: 4:13.87	37.66
	100m: 1:07.70 35.57	200m: 2:21.52	37.05 300m: 3:36.21	37.50 400m: 4:50.71	36.84
3.	Joana Viegas, BENTO	99	Natação de Faro	4:52.33	516
	50m: 32.54 32.54	150m: 1:45.63	37.09 250m: 2:59.90	37.13 350m: 4:15.50	37.85
	100m: 1:08.54 36.00	200m: 2:22.77	37.14 300m: 3:37.65	37.75 400m: 4:52.33	36.83
4.	Barbara Sofrino, RODRIGUES	01	Aquatico Silves	4:55.13	501
	50m: 31.36 31.36	150m: 1:44.46	37.63 250m: 3:01.28	38.67 350m: 4:18.41	38.54
	100m: 1:06.83 35.47	200m: 2:22.61	38.15 300m: 3:39.87	38.59 400m: 4:55.13	36.72
5.	Matilde Pereira, MARTINS	99	Naval de Faro	5:02.21	467
	50m: 32.75 32.75	150m: 1:47.32	38.18 250m: 3:05.32	39.04 350m: 4:24.06	39.43
	100m: 1:09.14 36.39	200m: 2:26.28	38.96 300m: 3:44.63	39.31 400m: 5:02.21	38.15
6.	Sofia Alexandra, REIS	98	Natação de Faro	5:06.74	446
	50m: 33.18 33.18	150m: 1:48.64	38.52 250m: 3:08.46	39.87 350m: 4:28.24	40.10
	100m: 1:10.12 36.94	200m: 2:28.59	39.95 300m: 3:48.14	39.68 400m: 5:06.74	38.50
7.	Elisa Sauval, GONCALVES	02	Natacao Olhao	5:11.00	428
	50m: 33.37 33.37	150m: 1:49.72	39.25 250m: 3:10.74	40.42 350m: 4:31.95	40.62
	100m: 1:10.47 37.10	200m: 2:30.32	40.60 300m: 3:51.33	40.59 400m: 5:11.00	39.05
8.	Sara Cardoso, GAMA	01	Tavira Natacao	5:12.46	422
	50m: 33.22 33.22	150m: 1:50.49	39.33 250m: 3:10.85	40.65 350m: 4:32.68	40.80
	100m: 1:11.16 37.94	200m: 2:30.20	39.71 300m: 3:51.88	41.03 400m: 5:12.46	39.78
9.	Beatriz Silva, MARTINS	02	Portinado	5:12.49	422
	50m: 34.69 34.69	150m: 1:53.74	39.85 250m: 3:13.95	40.14 350m: 4:34.29	39.90
	100m: 1:13.89 39.20	200m: 2:33.81	40.07 300m: 3:54.39	40.44 400m: 5:12.49	38.20
10.	Carolina Sofia, SILVA	02	Aquatico Silves	5:23.19	382
	50m: 32.25 32.25	150m: 1:51.11	40.69 250m: 3:15.43	41.91 350m: 4:41.71	43.50
	100m: 1:10.42 38.17	200m: 2:33.52	42.41 300m: 3:58.21	42.78 400m: 5:23.19	41.48
11.	Beatriz Guerreiro, MADEIRA	01	Tavira Natacao	5:25.47	374
	50m: 36.61 36.61	150m: 1:58.34	41.28 250m: 3:22.13	42.12 350m: 4:46.07	41.54
	100m: 1:17.06 40.45	200m: 2:40.01	41.67 300m: 4:04.53	42.40 400m: 5:25.47	39.40
12.	Mariya, LUKASHYK	00	Natacao de Lagos	5:32.25	351
	50m: 35.41 35.41	150m: 1:57.75	42.09 250m: 3:23.30	43.35 350m: 4:51.02	44.00
	100m: 1:15.66 40.25	200m: 2:39.95	42.20 300m: 4:07.02	43.72 400m: 5:32.25	41.23
13.	Rita Cardoso, GAMA	02	Tavira Natacao	5:35.73	340
	50m: 36.25 36.25	150m: 1:58.27	41.64 250m: 3:24.05	43.25 350m: 4:52.07	44.17
	100m: 1:16.63 40.38	200m: 2:40.80	42.53 300m: 4:07.90	43.85 400m: 5:35.73	43.66
14.	Carolina Isabel, GONÇALVES	02	Beja	5:45.61	312
	50m: 38.85 38.85	150m: 2:06.05	43.83 250m: 3:35.24	44.29 350m: 5:02.68	42.97
	100m: 1:22.22 43.37	200m: 2:50.95	44.90 300m: 4:19.71	44.47 400m: 5:45.61	42.93
15.	Margarida Martins, VALENTE	01	Beja	5:50.41	299
	50m: 37.51 37.51	150m: 2:04.82	44.81 250m: 3:35.00	45.15 350m: 5:06.00	45.40
	100m: 1:20.01 42.50	200m: 2:49.85	45.03 300m: 4:20.60	45.60 400m: 5:50.41	44.41
16.	Raquel Ferreira, AFONSO	02	Tavira Natacao	5:50.94	298
	50m: 37.45 37.45	150m: 2:03.77	43.72 250m: 3:32.93	45.39 350m: 5:05.15	46.31
	100m: 1:20.05 42.60	200m: 2:47.54	43.77 300m: 4:18.84	45.91 400m: 5:50.94	45.79