

Prova 6

12-05-2013 - 9:00

Femin., 200m Estilos

COPIDOURO - Centro de Cópias e Impressão Digital

12 - 14 anos

Resultados

Recorde Regional 25m Absoluto	2:17.54	Marta Vieira, MARINHO	FCP	S. Antonio Cavaleiros	19-12-2009
Recorde Regional 25m Inf B	2:34.45	Marisa, FREITAS	AHBVG	Ferrol	04-04-1998
Recorde Regional 25m Inf A	2:25.42	Diana Margarida, DURAES	FOCA	Lousada	10-05-2009
Recorde Regional 25m Juv	2:21.88	Diana Margarida, DURAES	FOCA	Abrantes	10-04-2010
Recorde Nacional (25m) Absoluto	2:14.28	Victoria, KAMINSKAYA	PMP	Porto	08-12-2012
Recorde Nacional (25m) Inf B	2:30.96	Filipa Vilas, RUIVO	DNMG	Alcoçaba	13-06-2009
Recorde Nacional (25m) Inf A	2:25.08	Ines Camacho, FERNANDES	SCP	Tavira	06-03-2010
Recorde Nacional (25m) Juv	2:20.93	Susana Patricia, MIGUEL	SFUAP	Penafiel	20-03-2004

Pontos: FINA 2012

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
<b>Infantis B</b>								
1.	Ines Neto, ROCHA 50m: 33.47 33.47	F	111313	01	Gespacos 41.20 150m: 2:01.20 46.53	<b>2:36.67</b> 2:36.67	503	35.47
2.	Catarina Leao, COSTA 50m: 33.76 33.76	F	111312	01	Gespacos 39.19 150m: 2:04.24 51.29	<b>2:41.84</b> 2:41.84	456	37.60
3.	Mariana Oliveira, RIBEIRO 50m: 35.35 35.35	F	112134	01	Lamas 42.24 150m: 2:06.19 48.60	<b>2:42.81</b> 2:42.81	448	36.62
4.	Beatriz Ribeiro, CUNHA 50m: 37.10 37.10	F	118314	01	Felgueiras 43.02 150m: 2:07.49 47.37	<b>2:44.68</b> 2:44.68	433	37.19
5.	Maria Carolina, COSTA 50m: 36.23 36.23	F	119080	01	Porto 42.77 150m: 2:09.77 50.77	<b>2:46.45</b> 2:46.45	419	36.68
6.	Beatriz Santos, SILVA 50m: 39.22 39.22	F	112078	01	Porto 42.60 150m: 2:09.14 47.32	<b>2:46.59</b> 2:46.59	418	37.45
7.	Sofia Filipa, GONCALVES 50m: 38.57 38.57	F	122990	01	Leixões Sport Clube 44.38 150m: 2:10.33 47.38	<b>2:47.63</b> 2:47.63	410	37.30
8.	Ines Alves, MARTINS 50m: 37.52 37.52	F	112126	01	Fluvial Portuense 44.04 150m: 2:11.13 49.57	<b>2:48.17</b> 2:48.17	406	37.04
9.	Lara Beatriz, MATOS 50m: 38.92 38.92	F	111049	01	Famalicao 43.47 150m: 2:10.28 47.89	<b>2:48.76</b> 2:48.76	402	38.48
10.	Isabel Porfirio, PEGO 50m: 37.26 37.26	F	121336	01	Porto 41.96 150m: 2:12.45 53.23	<b>2:49.69</b> 2:49.69	395	37.24
11.	Carolina Ascenso, SANTOS 50m: 39.35 39.35	F	121271	01	CNMaia 44.28 150m: 2:12.19 48.56	<b>2:50.06</b> 2:50.06	393	37.87
12.	Mariana Cardoso, COSTA 50m: 39.14 39.14	F	117322	01	CNMaia 44.16 150m: 2:12.47 49.17	<b>2:52.30</b> 2:52.30	378	39.83
13.	Julia Albuquerque, FRAGA 50m: 36.16 36.16	F	123700	01	Gespacos 42.98 150m: 2:13.17 54.03	<b>2:52.36</b> 2:52.36	377	39.19
14.	Ines Araujo, MARTINS 50m: 38.08 38.08	F	111046	01	Famalicao 44.84 150m: 2:13.25 50.33	<b>2:53.80</b> 2:53.80	368	40.55
15.	Beatriz Rodrigues, OLIVEIRA 50m: 37.06 37.06	F	122175	01	Fafe 47.86 150m: 2:15.77 50.85	<b>2:54.07</b> 2:54.07	366	38.30
16.	Isabel Ferreira, SOUSA 50m: 39.97 39.97	F	118896	01	Leixões Sport Clube 44.00 150m: 2:17.60 53.63	<b>2:54.74</b> 2:54.74	362	37.14
17.	Barbara Vilela, MAGALHAES 50m: 38.14 38.14	F	119078	01	Porto 46.69 150m: 2:13.90 49.07	<b>2:55.11</b> 2:55.11	360	41.21
18.	Sara Silva, MARQUES 50m: 37.65 37.65	F	125960	01	Gespacos 46.85 150m: 2:16.62 52.12	<b>2:55.50</b> 2:55.50	357	38.88
19.	Maria Carolina, SOUSA 50m: 38.75 38.75	F	112192	01	Lousada 45.99 150m: 2:16.30 51.56	<b>2:56.79</b> 2:56.79	350	40.49
20.	Maria Nogueira, CARVALHO 50m: 40.66 40.66	F	122163	01	Fafe 43.53 150m: 2:19.09 54.90	<b>2:57.75</b> 2:57.75	344	38.66
21.	Daniela Fernanda, BARBOSA 50m: 40.73 40.73	F	116901	01	Leixões Sport Clube 44.17 150m: 2:17.16 52.26	<b>2:58.05</b> 2:58.05	342	40.89
22.	Maria Carolina, RODRIGUES 50m: 41.51 41.51	F	121473	01	Vitória Sport Clube 47.13 150m: 2:18.59 49.95	<b>2:58.12</b> 2:58.12	342	39.53
23.	Beatriz Lobo, FREITAS 50m: 42.27 42.27	F	120882	01	Vitória Sport Clube 45.99 150m: 2:18.03 49.77	<b>2:58.61</b> 2:58.61	339	40.58
24.	Ana Isabel, REIS 50m: 40.64 40.64	F	123703	01	CNMaia 44.43 150m: 2:20.04 54.97	<b>2:59.15</b> 2:59.15	336	39.11
25.	Ana Rita, BOTELHO 50m: 42.64 42.64	F	118895	01	Leixões Sport Clube 45.27 150m: 2:18.81 50.90	<b>2:59.21</b> 2:59.21	336	40.40

O Secretário do Juri

O Juiz Árbitro

Splash Meet Manager 11, Build 25126

Registered to Associação de Natacao do Norte de Portugal

12-05-2013 14:27 - Página 1



Prova 6, Femin., 200m Estilos, Infantis B

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
26.	Maria Joao, SILVA 50m: 40.02 40.02	F	111045	01	Famalição 45.07 150m: 2:18.08 52.99	<b>2:59.36</b> 2:59.36	335	41.28
27.	Ana Margarida, GONCALVES 50m: 43.18 43.18	F	118052	01	Fluvial Vilacondense 45.39 150m: 2:19.08 50.51	<b>3:00.32</b> 3:00.32	329	41.24
28.	Ines Roriz, SOUSA 50m: 43.63 43.63	F	111674	01	Fluvial Portuense 48.11 150m: 2:21.43 49.69	<b>3:01.37</b> 3:01.37	324	39.94
29.	Ines Goncalves, REIS 50m: 41.54 41.54	F	120176	01	CNMaia 46.74 150m: 2:20.69 52.41	<b>3:01.43</b> 3:01.43	323	40.74
30.	Ana Margarida, SOUSA 50m: 44.60 44.60	F	119178	01	Porto 46.07 150m: 2:24.68 54.01	<b>3:03.15</b> 3:03.15	314	38.47
31.	Maria Ines, POINHO 50m: 43.32 43.32	F	112142	01	Porto 47.80 150m: 2:21.67 50.55	<b>3:03.78</b> 3:03.78	311	42.11
32.	Ana Filipa, MOREIRA 50m: 41.55 41.55	F	119091	01	Lousada 45.84 150m: 2:21.46 54.07	<b>3:03.82</b> 3:03.82	311	42.36
33.	Ana Carolina, FERREIRA 50m: 42.57 42.57	F	123702	01	CNMaia 47.45 150m: 2:23.47 53.45	<b>3:04.37</b> 3:04.37	308	40.90
34.	Ana Rita, COSTA 50m: 43.70 43.70	F	116907	01	Valongo 48.63 150m: 2:23.84 51.51	<b>3:04.50</b> 3:04.50	308	40.66
35.	Maria Azevedo, CORREIA 50m: 43.11 43.11	F	126357	01	Porto 48.03 150m: 2:24.15 53.01	<b>3:06.25</b> 3:06.25	299	42.10
36.	Ines Carneiro, PINTO 50m: 43.70 43.70	F	123922	01	Gespacos 46.86 150m: 2:24.46 53.90	<b>3:06.52</b> 3:06.52	298	42.06
37.	Beatriz Neto, RIBEIRO 50m: 42.71 42.71	F	123921	01	Gespacos 50.28 150m: 2:24.22 51.23	<b>3:06.57</b> 3:06.57	297	42.35
38.	Joana Daniela, JACINTO 50m: 43.29 43.29	F	111230	01	CNMaia 50.92 150m: 2:28.38 54.17	<b>3:06.97</b> 3:06.97	295	38.59
39.	Anabela Silva, FERREIRA 50m: 40.36 40.36	F	119062	01	Lamas 49.65 150m: 2:26.24 56.23	<b>3:08.63</b> 3:08.63	288	42.39
40.	Ana Ferreira, SILVA 50m: 43.41 43.41	F	120925	01	Leixões Sport Clube 45.35 150m: 2:26.58 57.82	<b>3:08.85</b> 3:08.85	287	42.27
41.	Francisca Alexandra, GRACA 50m: 42.94 42.94	F	118051	01	Fluvial Vilacondense 47.82 150m: 2:25.52 54.76	<b>3:09.03</b> 3:09.03	286	43.51
42.	Maria Ines, SILVA 50m: 43.58 43.58	F	118342	01	Gespacos 48.94 150m: 2:27.88 55.36	<b>3:09.77</b> 3:09.77	283	41.89
43.	Maria Beatriz, MESQUITA 50m: 45.71 45.71	F	111697	01	Fluvial Portuense 49.72 150m: 2:27.68 52.25	<b>3:10.05</b> 3:10.05	281	42.37
44.	Catarina Teixeira, PINHO 50m: 44.84 44.84	F	120809	01	Porto 47.45 150m: 2:27.22 54.93	<b>3:10.73</b> 3:10.73	278	43.51
45.	Maria Luisa, LEGOINHA 50m: 43.21 43.21	F	120589	01	Fluvial Portuense 51.65 150m: 2:28.92 54.06	<b>3:11.97</b> 3:11.97	273	43.05
46.	Ana Catarina, MOREIRA 50m: 46.45 46.45	F	123907	01	Valongo 47.80 150m: 2:31.34 57.09	<b>3:12.76</b> 3:12.76	270	41.42
47.	Carolina Amaral, SOUSA 50m: 44.91 44.91	F	125085	01	CNMaia 49.96 150m: 2:30.68 55.81	<b>3:14.57</b> 3:14.57	262	43.89
48.	Teresa Alexandra, TEIXEIRA 50m: 45.41 45.41	F	120752	01	Gespacos 45.72 150m: 2:28.93 57.80	<b>3:15.03</b> 3:15.03	260	46.10
49.	Mariana Lima, PEREIRA 50m: 44.41 44.41	F	121528	01	Lamas 47.26 150m: 2:31.71 1:00.04	<b>3:15.44</b> 3:15.44	259	43.73
50.	Margarida Mota, SILVA 50m: 47.30 47.30	F	126411	01	Luso-Internacional 46.72 150m: 2:29.94 55.92	<b>3:15.65</b> 3:15.65	258	45.71
51.	Joana Rocha, ANJO 50m: 45.69 45.69	F	119757	01	Fluvial Vilacondense 48.87 150m: 2:33.85 59.29	<b>3:15.75</b> 3:15.75	257	41.90
52.	Nadia Filipa, MIRANDA 50m: 45.55 45.55	F	111768	01	Lousada 47.65 150m: 2:30.88 57.68	<b>3:16.46</b> 3:16.46	255	45.58
53.	Ana Macedo, FERNANDES 50m: 46.35 46.35	F	120362	01	AquaBrito 50.86 150m: 2:36.50 59.29	<b>3:17.83</b> 3:17.83	249	41.33
54.	Maria Morais, GONCALVES 50m: 46.92 46.92	F	125141	01	Leixões Sport Clube 50.38 150m: 2:35.14 57.84	<b>3:20.14</b> 3:20.14	241	45.00
55.	Ana Filipa, CASEIRO 50m: 49.85 49.85	F	121350	01	Valongo 49.39 150m: 2:41.77 1:02.53	<b>3:24.16</b> 3:24.16	227	42.39
56.	Beatriz Sousa, FONTES 50m: 48.05 48.05	F	126659	01	Lamas 48.28 150m: 2:40.11 1:03.78	<b>3:26.99</b> 3:26.99	218	46.88
57.	Maria Lurdes, BRITO 50m: 55.05 55.05	F	120751	01	Gespacos 53.97 150m: 2:46.19 57.17	<b>3:30.31</b> 3:30.31	207	44.12

O Secretário do Juri

O Juiz Árbitro

Splash Meet Manager 11, Build 25126

Registered to Associação de Natacao do Norte de Portugal

12-05-2013 14:27 - Página 2



TURBO<sup>®</sup> CLÍNICA MÉDICA DA FOZ MEDICINA DESPORTIVA cmf Vitalis ÁGUA MINERAL NATURAL copidouro

Prova 6, Femin., 200m Estilos, Infantis B

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
58.	Catia Soraia, PINHEIRO 50m: 56.93 56.93	F	126660	01	Lamas	3:39.47 200m: 3:39.47	182	49.15
DSQ	Iris Rodrigues, SA 201 - O(a) atleta não tocou na parede na viragem aos 175 metros – SW 5.2	F	119057	01	Lamas			
WDR	Ines Margarida, MARTINS	F	128596	01	Lamas			

Infantis A

1.	Maria Francisca, CABRAL 50m: 34.61 34.61	F	118113	00	Porto	2:35.25 200m: 2:35.25	516	34.37
2.	Ana Rita, FARIA 50m: 34.18 34.18	F	117417	00	Porto	2:35.70 200m: 2:35.70	512	34.97
3.	Alexandra Jesus, SANTOS 50m: 33.08 33.08	F	117408	00	Leixões Sport Clube	2:37.42 200m: 2:37.42	495	35.54
4.	Rafaela Araujo, SILVA 50m: 36.91 36.91	F	119630	00	Famalicao	2:37.50 200m: 2:37.50	495	34.71
5.	Mariana Paula, BAPTISTA 50m: 37.08 37.08	F	108337	00	Famalicao	2:40.59 200m: 2:40.59	467	37.62
6.	Ana Rita, CRUZ 50m: 35.43 35.43	F	108012	00	Gespacos	2:43.46 200m: 2:43.46	442	37.69
7.	Daniela Domingues, SOUSA 50m: 34.77 34.77	F	117411	00	Valongo	2:44.50 200m: 2:44.50	434	37.53
8.	Raquel Leao, MONTEIRO 50m: 35.50 35.50	F	109336	00	Gespacos	2:44.72 200m: 2:44.72	432	37.45
9.	Cristiana Sofia, RIBEIRO 50m: 35.32 35.32	F	125475	00	Famalicao	2:45.00 200m: 2:45.00	430	36.63
10.	Ines Silva, OLIVEIRA 50m: 37.94 37.94	F	116890	00	Leixões Sport Clube	2:46.31 200m: 2:46.31	420	34.40
11.	Adriana Azevedo, COUTO 50m: 36.89 36.89	F	108336	00	Famalicao	2:46.91 200m: 2:46.91	416	38.73
12.	Ana Ines, FERNANDES 50m: 36.84 36.84	F	119258	00	Vitória Sport Clube	2:47.28 200m: 2:47.28	413	35.71
13.	Helena Neto, COSTA 50m: 37.27 37.27	F	111309	00	Gespacos	2:47.65 200m: 2:47.65	410	38.71
14.	Adriana Marisa, FIGUEIREDO 50m: 37.76 37.76	F	109297	00	Famalicao	2:49.98 200m: 2:49.98	393	37.89
15.	Joana Almeida, RAINHA 50m: 38.83 38.83	F	112519	00	Fluvial Vilacondense	2:51.65 200m: 2:51.65	382	41.14
16.	Natalia Matos, CUNHA 50m: 38.49 38.49	F	120259	00	Fafe	2:51.74 200m: 2:51.74	381	38.20
17.	Iris Cunha, SANTOS 50m: 38.76 38.76	F	117418	00	Porto	2:51.96 200m: 2:51.96	380	39.55
18.	Maria Leonor, VALENTE 50m: 41.96 41.96	F	108288	00	Fluvial Portuense	2:52.90 200m: 2:52.90	374	36.27
19.	Joana Martins, PEREIRA 50m: 37.27 37.27	F	111512	00	Porto	2:53.35 200m: 2:53.35	371	38.21
20.	Ana Beatriz, MACHADO 50m: 38.14 38.14	F	111444	00	Vitória Sport Clube	2:54.15 200m: 2:54.15	366	39.31
21.	Sara Vitoria, RAMOS 50m: 37.28 37.28	F	120901	00	Porto	2:54.18 200m: 2:54.18	366	38.74
22.	Francisca Ribeiro, NOGUEIRA 50m: 41.15 41.15	F	118107	00	Porto	2:54.56 200m: 2:54.56	363	39.80
23.	Beatriz Neto, COSTA 50m: 37.78 37.78	F	111310	00	Gespacos	2:54.94 200m: 2:54.94	361	41.97
24.	Marta Santos, PEREIRA 50m: 42.43 42.43	F	107371	00	Porto	2:55.25 200m: 2:55.25	359	38.44
25.	Joana Francisca, COSTA 50m: 39.16 39.16	F	118312	00	Felgueiras	2:55.44 200m: 2:55.44	358	39.07
26.	Ana Sofia, RAMOS 50m: 37.18 37.18	F	108171	00	Porto	2:55.51 200m: 2:55.51	357	38.96
27.	Carolina Isabel, MACHADO 50m: 41.37 41.37	F	111445	00	Vitória Sport Clube	2:57.77 200m: 2:57.77	344	39.05
28.	Rita Oliveira, ROCHA 50m: 40.44 40.44	F	116897	00	Leixões Sport Clube	2:58.43 200m: 2:58.43	340	39.92

O Secretário do Juri

O Juiz Árbitro

Splash Meet Manager 11, Build 25126

Registered to Associação de Natacao do Norte de Portugal

12-05-2013 14:27 - Página 3



Prova 6, Femin., 200m Estilos, Infantis A

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
29.	Maria Rocha, ASCENCAO 50m: 39.06 39.06	F	112141	00	Porto	2:58.77 2:58.77	338	40.04
30.	Marta Alexandra, CANEDO 50m: 39.70 39.70	F	108174	00	Porto	2:59.30 2:59.30	335	39.08
31.	Sara Filipa, SANTOS 50m: 40.60 40.60	F	110475	00	Porto	3:00.15 3:00.15	330	40.23
32.	Maria Camolino, CABRAL 50m: 41.53 41.53	F	118893	00	Leixões Sport Clube	3:01.95 3:01.95	321	40.03
33.	Alexandra Santos, FERREIRA 50m: 42.43 42.43	F	110546	00	Fluvial Portuense	3:03.11 3:03.11	315	40.51
34.	Maria Pedroso, SILVA 50m: 42.46 42.46	F	123705	00	Fluvial Portuense	3:03.82 3:03.82	311	40.43
35.	Maria Isabel, SILVA 50m: 42.43 42.43	F	112074	00	Leixões Sport Clube	3:03.92 3:03.92	310	40.85
36.	Francisca Azevedo, DOURADO 50m: 40.92 40.92	F	112521	00	Fluvial Vilacondense	3:04.44 3:04.44	308	40.77
37.	Rafaela Campos, OLIVEIRA 50m: 46.45 46.45	F	111322	00	Fluvial Vilacondense	3:05.62 3:05.62	302	39.76
38.	Sara Lopes, BARBOSA 50m: 41.70 41.70	F	118181	00	Gespacos	3:05.91 3:05.91	301	40.45
39.	Filipa Sousa, CASTRO 50m: 45.27 45.27	F	125507	00	Fluvial Portuense	3:07.29 3:07.29	294	39.09
40.	Benedita Cunha, SERRANO 50m: 47.56 47.56	F	123834	00	Leixões Sport Clube	3:07.43 3:07.43	293	39.87
41.	Maria Cecilia, LOPES 50m: 42.23 42.23	F	125745	00	Vitória Sport Clube	3:07.94 3:07.94	291	43.16
42.	Ana Cabral, VAZ 50m: 44.77 44.77	F	121334	00	Fluvial Portuense	3:08.06 3:08.06	290	42.55
43.	Eduarda Carvalho, FERREIRA 50m: 44.83 44.83	F	117223	00	Trofa	3:09.43 3:09.43	284	40.48
44.	Ana Rita, PEDROSO 50m: 42.02 42.02	F	118055	00	Valongo	3:09.51 3:09.51	284	40.80
45.	Marta Garcia, NETO 50m: 45.07 45.07	F	112220	00	Leixões Sport Clube	3:10.76 3:10.76	278	41.59
46.	Joana Isabel, CARVALHO 50m: 45.19 45.19	F	121347	00	Lousada	3:12.49 3:12.49	271	43.19
47.	Mariana Coelho, PEIXOTO 50m: 45.26 45.26	F	117432	00	Vitória Sport Clube	3:13.28 3:13.28	267	43.63
48.	Filipa Sofia, RODRIGUES 50m: 49.69 49.69	F	109621	00	Individual Norte de Portugal	3:19.95 3:19.95	241	44.77
DSQ	Joana Augusta, PEREIRA 308 - O(a) atleta não chegou na posição dorsal – SW 6.5	F	122069	00	Vitória Sport Clube			
DNS	Catarina Pacheco, CUNHA	F	111502	00	Felgueiras			
WDR	Sonia Cristina, RODRIGUES	F	125550	00	Penafiel			
WDR	Micaela Rocha, FERREIRA	F	126855	00	Penafiel			

Juvenis

1.	Ana Beatriz, MARTINS 50m: 32.06 32.06	F	108375	99	Famalicao	2:24.14 2:24.14	645	33.36
2.	Mariana Alexandre, OLIVEIRA 50m: 32.86 32.86	F	107368	99	Porto	2:32.58 2:32.58	544	34.84
3.	Marta Ferreira, ROCHA 50m: 32.78 32.78	F	110558	99	Leixões Sport Clube	2:33.37 2:33.37	536	34.89
4.	Rosana Marinho, MACEDO 50m: 33.89 33.89	F	111500	99	Felgueiras	2:37.91 2:37.91	491	36.67
5.	Ines Maria, PEREIRA 50m: 35.02 35.02	F	105607	99	Leixões Sport Clube	2:37.97 2:37.97	490	34.85
6.	Viviana Pinto, CUNHA 50m: 34.85 34.85	F	125474	99	Famalicao	2:39.45 2:39.45	477	35.52
7.	Leonor Paiva, RUIZ 50m: 34.65 34.65	F	112518	99	Fluvial Vilacondense	2:41.35 2:41.35	460	34.91
8.	Ana Beatriz La, FERIA 50m: 35.13 35.13	F	116885	99	Porto	2:41.57 2:41.57	458	35.93

O Secretário do Juri

O Juiz Árbitro

Splash Meet Manager 11, Build 25126

Registered to Associação de Natacao do Norte de Portugal

12-05-2013 14:27 - Página 4



Prova 6, Femin., 200m Estilos, Juvenis

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
9.	Ines Maria, NEVES 50m: 36.32 36.32	F	104492	99	Porto 42.13 150m: 2:05.87 47.42	<b>2:42.14</b> 2:42.14	453	36.27
10.	Ines Silva, MARQUES 50m: 36.53 36.53	F	110560	99	CNMaia 42.19 150m: 2:05.76 47.04	<b>2:42.81</b> 2:42.81	448	37.05
11.	Ines Ferreira, LOPES 50m: 37.02 37.02	F	107956	99	Leixões Sport Clube 42.16 150m: 2:08.27 49.09	<b>2:43.18</b> 2:43.18	445	34.91
12.	Ana Teresa, NASCIMENTO 50m: 36.79 36.79	F	111876	99	Leixões Sport Clube 40.71 150m: 2:03.52 46.02	<b>2:43.49</b> 2:43.49	442	39.97
13.	Ana Cristina, SOUSA 50m: 33.74 33.74	F	110472	99	Porto 42.69 150m: 2:06.60 50.17	<b>2:43.61</b> 2:43.61	441	37.01
14.	Maria Leonor, MARTINS 50m: 34.49 34.49	F	107962	99	Gespacos 42.60 150m: 2:05.70 48.61	<b>2:43.72</b> 2:43.72	440	38.02
15.	Carolina Silva, MOREIRA 50m: 35.73 35.73	F	118910	99	CNMaia 43.03 150m: 2:07.48 48.72	<b>2:44.17</b> 2:44.17	437	36.69
16.	Ana Alexandra, OLIVEIRA 50m: 36.15 36.15	F	104491	99	Individual Norte de Portugal 42.79 150m: 2:08.59 49.65	<b>2:45.03</b> 2:45.03	430	36.44
17.	Ana Caetano, OLIVEIRA 50m: 37.31 37.31	F	118366	99	Leixões Sport Clube 41.54 150m: 2:08.99 50.14	<b>2:45.30</b> 2:45.30	428	36.31
18.	Carina Rodrigues, MARINHO 50m: 38.30 38.30	F	111716	99	Felgueiras 40.59 150m: 2:08.36 49.47	<b>2:45.57</b> 2:45.57	426	37.21
19.	Mafalda Malafaia, OLIVEIRA 50m: 37.34 37.34	F	109663	99	Porto 42.24 150m: 2:08.77 49.19	<b>2:46.25</b> 2:46.25	420	37.48
20.	Catarina Isabel, BRANCO 50m: 38.30 38.30	F	118331	99	Ginásio Santo Tirso 44.85 150m: 2:09.44 46.29	<b>2:47.17</b> 2:47.17	414	37.73
21.	Catarina vieira, CORREIA 50m: 36.96 36.96	F	121076	99	Leixões Sport Clube 44.14 150m: 2:10.55 49.45	<b>2:48.03</b> 2:48.03	407	37.48
22.	Barbara Rita, SOUSA 50m: 37.01 37.01	F	116906	99	Valongo 42.45 150m: 2:08.13 48.67	<b>2:48.71</b> 2:48.71	402	40.58
23.	Rita Almeida, FRECHES 50m: 38.58 38.58	F	111873	99	Leixões Sport Clube 41.66 150m: 2:10.78 50.54	<b>2:49.26</b> 2:49.26	398	38.48
24.	Filipa Maria, EUSEBIO 50m: 36.33 36.33	F	111265	99	Fluvial Vilacondense 43.21 150m: 2:10.71 51.17	<b>2:49.77</b> 2:49.77	395	39.06
25.	Tatiana Isabel, CARDOSO 50m: 38.96 38.96	F	108175	99	Porto 42.05 150m: 2:14.34 53.33	<b>2:51.68</b> 2:51.68	382	37.34
26.	Maria Margarida, CABRAL 50m: 38.16 38.16	F	118114	99	Porto 42.51 150m: 2:12.87 52.20	<b>2:52.91</b> 2:52.91	374	40.04
27.	Ana Raquel, BRAGANCA 50m: 38.46 38.46	F	111767	99	Lousada 45.60 150m: 2:15.47 51.41	<b>2:57.65</b> 2:57.65	345	42.18
28.	Sandra Catarina, SILVA 50m: 39.18 39.18	F	117558	99	Propaganda da Natacao 46.20 150m: 2:16.60 51.22	<b>2:58.59</b> 2:58.59	339	41.99
29.	Ana Rita, MEIRELES 50m: 38.91 38.91	F	109278	99	Lousada 44.71 150m: 2:17.60 53.98	<b>3:00.46</b> 3:00.46	329	42.86
30.	Sara Catarina, TEIXEIRA 50m: 44.19 44.19	F	121735	99	Penafiel 47.35 150m: 2:24.13 52.59	<b>3:06.17</b> 3:06.17	299	42.04
31.	Renata Vaz, PINTO 50m: 46.18 46.18	F	108165	99	Leixões Sport Clube 44.12 150m: 2:22.81 52.51	<b>3:06.39</b> 3:06.39	298	43.58
32.	Margarida Castro, OLIVEIRA 50m: 44.50 44.50	F	117323	99	Vitória Sport Clube 48.63 150m: 2:27.97 54.84	<b>3:10.76</b> 3:10.76	278	42.79
33.	Francisca Costa, LEITE 50m: 47.17 47.17	F	128329	99	Gespacos 57.45 150m: 2:42.48 57.86	<b>3:27.79</b> 3:27.79	215	45.31
DNS	Noemia Verdi, SILVA	F	111770	99	Vitória Sport Clube			