

Prova 31  
03/07/2016 - 10:10

Femin., 400m Livres  
Grafiporto

Absolutos  
Resultados

RN Absoluto	4:13.34	Diana Margarida, DURAES	FCP	Oeiras	12/03/2016
RN Juv B	4:26.20	Maria Francisca, CABRAL	FCP	Oeiras	26/07/2014
RN Juv A	4:20.78	Tamila Hryhorivna, HOLUB	POR	Porto	07/06/2014
RN 16	4:20.37	Marta Andreia, FERREIRA	POR	Berlim (GER)	04/08/2002
RN 17	4:16.90	Tamila Hryhorivna, HOLUB	SCB	Coimbra	28/05/2016
RN Sen	4:13.34	Diana Margarida, DURAES	FCP	Oeiras	12/03/2016
Recorde Regional 50m Absoluto	4:13.34	Diana Margarida, DURAES	FCP	Oeiras	12/03/2016
Recorde Regional 50m Juv B	4:26.20	Maria Francisca, CABRAL	FCP	Oeiras	26/07/2014
Recorde Regional 50m Juv A	4:26.91	Alexandra Maria, SILVA	FCP	Buenos Aires (ARG)	16/04/1982
Recorde Regional 50m 16	4:23.86	Alexandra Maria, SILVA	FCP	Olivais	16/04/1983
Recorde Regional 50m 17	4:23.18	Marcia Santos, FREITAS	VSC	Famalicao	09/07/2005
Recorde Regional 50m Sen	4:13.34	Diana Margarida, DURAES	FCP	Oeiras	12/03/2016

Femininos Seniores Sen: 5:10.91 / Femininos Juniores Jun: 5:17.39 / Femininos Juvenil B Juv B: 5:43.29 /  
Femininos Juvenil A Juv A: 5:30.34

Pontos: FINA 2015

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	FINA	PTS	Obs
1.	María Teresa, AMORIM 100m: 1:05.43 1:05.43	F	20104	97	Porto	4:32.18 100m: 1:08.44 300m: 3:23.70 1:09.83 400m: 4:32.18	671	37,00	1:08.48
2.	María Francisca, CABRAL 100m: 1:06.76 1:06.76	F	118113	00	Porto	4:38.69 100m: 1:11.00 300m: 3:28.10 1:10.34 400m: 4:38.69	625	35,00	1:10.59
3.	Mariana Fernandes, BARBOSA 100m: 1:06.40 1:06.40	F	121985	02	Porto	4:39.05 100m: 1:10.90 300m: 3:28.27 1:10.97 400m: 4:39.05	623	-	1:10.78
4.	Ines Neto, ROCHA 100m: 1:07.48 1:07.48	F	111313	01	Aquatico Pacense	4:40.36 100m: 1:12.59 300m: 3:31.40 1:11.33 400m: 4:40.36	614	33,00	1:08.96
5.	Ana Silva, COSTA 100m: 1:07.27 1:07.27	F	104446	98	Famalicao	4:40.45 100m: 1:11.38 300m: 3:30.50 1:11.85 400m: 4:40.45	614	32,00	1:09.95
6.	Ana Beatriz, MARTINS 100m: 1:08.05 1:08.05	F	108375	99	Famalicao	4:40.90 100m: 1:11.48 300m: 3:30.83 1:11.30 400m: 4:40.90	611	31,00	1:10.07
7.	María Carolina, COSTA 100m: 1:05.56 1:05.56	F	119080	01	Porto	4:40.97 100m: 1:11.02 300m: 3:29.22 1:12.64 400m: 4:40.97	610	-	1:11.75
8.	Ana Rita, RAMOS 100m: 1:08.33 1:08.33	F	126775	02	Porto	4:41.39 100m: 1:11.14 300m: 3:31.01 1:11.54 400m: 4:41.39	607	-	1:10.38
9.	Isabel Porfirio, PEGO 100m: 1:06.60 1:06.60	F	121336	01	Porto	4:43.23 100m: 1:11.16 300m: 3:30.50 1:12.74 400m: 4:43.23	596	-	1:12.73
10.	Ines Alves, MARTINS 100m: 1:08.15 1:08.15	F	112126	01	Fluvial Portuense	4:45.04 100m: 1:12.40 300m: 3:33.30 1:12.75 400m: 4:45.04	584	27,00	1:11.74
11.	María Joao, FERNANDES 100m: 1:07.71 1:07.71	F	102092	97	Vilacondense	4:45.65 100m: 1:11.86 300m: 3:32.56 1:12.99 400m: 4:45.65	581	26,00	1:13.09
12.	Iris Cunha, SANTOS 100m: 1:08.61 1:08.61	F	117418	00	Porto	4:46.33 100m: 1:13.05 300m: 3:34.52 1:12.86 400m: 4:46.33	576	-	1:11.81
13.	Beatriz Neves, CARDOSO 100m: 1:08.31 1:08.31	F	105741	98	Colegio SMLamas	4:49.24 100m: 1:13.98 300m: 3:36.90 1:14.61 400m: 4:49.24	559	24,00	1:12.34
14.	Nina Pinto, RIBEIRO 100m: 1:08.37 1:08.37	F	116914	02	Foca	4:49.65 100m: 1:14.63 300m: 3:37.97 1:14.97 400m: 4:49.65	557	23,00	1:11.68
15.	Catarina Alexandra, JARDIM 100m: 1:10.03 1:10.03	F	104449	98	Famalicao	4:51.85 100m: 1:14.21 300m: 3:39.25 1:15.01 400m: 4:51.85	544	-	1:12.60
16.	Ana Sofia, RAMOS 100m: 1:10.00 1:10.00	F	108171	00	Fluvial Portuense	4:51.97 100m: 1:14.14 300m: 3:39.03 1:14.89 400m: 4:51.97	544	21,00	1:12.94
17.	Rafaela Campos, OLIVEIRA 100m: 1:11.15 1:11.15	F	111322	00	Vilacondense	4:54.15 100m: 1:13.85 300m: 3:40.06 1:15.06 400m: 4:54.15	532	20,00	1:14.09
18.	Cristiana Sofia, RIBEIRO 100m: 1:12.11 1:12.11	F	125475	00	Famalicao	4:54.39 100m: 1:14.78 300m: 3:41.66 1:14.77 400m: 4:54.39	530	-	1:12.73
19.	Beatriz Pereira, VASCONCELOS 100m: 1:09.38 1:09.38	F	107934	98	Vilacondense	4:54.46 100m: 1:14.14 300m: 3:39.62 1:16.10 400m: 4:54.46	530	-	1:14.84
20.	Ines Silva, OLIVEIRA 100m: 1:09.21 1:09.21	F	116890	00	Individual ANNP	4:55.04 100m: 1:14.65 300m: 3:40.56 1:16.70 400m: 4:55.04	527	17,00	1:14.48
21.	Sara Lopes, BARBOSA 100m: 1:10.76 1:10.76	F	118181	00	Aquatico Pacense	4:56.50 100m: 1:15.30 300m: 3:41.71 1:15.65 400m: 4:56.50	519	16,00	1:14.79

O Secret rio do Juri

O Juiz  rbitro

Splash Meet Manager, 11.43111

Registered to Associa o de Nata o do Norte de Portugal

03/07/2016 17:47 - P gina 1



Prova 31, Femin., 400m Livres, Absolutos

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	FINA	PTS	Obs
22.	Mariana Cardoso, COSTA 100m: 1:10.46 1:10.46	F	117322	01	Individual ANNP	4:58.45	509	15,00	
23.	Lara Beatriz, MATOS 100m: 1:10.36 1:10.36	F	111049	01	Famalição	4:59.68	503	-	
24.	Mariana Filipa, MOREIRA 100m: 1:09.21 1:09.21	F	125777	02	Natacao de Valongo	5:01.89	492	13,00	
25.	Daniela Oliveira, RODRIGUES 100m: 1:11.46 1:11.46	F	118056	02	Natacao de Valongo	5:04.57	479	12,00	
26.	Ana Margarida, TEIXEIRA 100m: 1:12.02 1:12.02	F	111504	02	Foca	5:05.86	473	11,00	
27.	Beatriz Daniela, MACEDO 100m: 1:13.47 1:13.47	F	124313	02	Vitória de Guimaraes/Olicargo	5:06.02	472	10,00	
28.	Sofia Gales, PINTO 100m: 1:13.41 1:13.41	F	129409	01	Colegio SMLamas	5:09.43	457	9,00	
29.	Joana Sofia, MACHADO 100m: 1:11.84 1:11.84	F	127918	02	Natacao de Valongo	5:09.51	456	-	
30.	Ana Lopes, SANTOS 100m: 1:13.22 1:13.22	F	120698	02	Vilacondense	5:09.95	454	-	
31.	Joana Daniela, JACINTO 100m: 1:13.97 1:13.97	F	111230	01	Individual ANNP	5:10.88	450	-	
32.	Maria Carolina, RODRIGUES 100m: 1:14.17 1:14.17	F	121473	01	Vitória de Guimaraes/Olicargo	5:10.91	450	5,00	
33.	Ana Ines, FERNANDES 100m: 1:13.35 1:13.35	F	119258	00	Vitória de Guimaraes/Olicargo	5:11.41	448	-	
34.	Carolina Isabel, MACHADO 100m: 1:12.76 1:12.76	F	111445	00	Vitória de Guimaraes/Olicargo	5:12.59	443	-	
35.	Adriana Marisa, FIGUEIREDO 100m: 1:13.98 1:13.98	F	109297	00	Famalição	5:13.55	439	-	
36.	Ana Carmo, PINHEIRO 100m: 1:15.08 1:15.08	F	124856	02	Ginásio Santo Tirso	5:15.95	429	1,00	
37.	Ana Sofia, AGUIAR 100m: 1:15.55 1:15.55	F	120624	02	Vilacondense	5:17.03	425	-	
38.	Alexandra Martins, CAMPOS 100m: 1:13.35 1:13.35	F	127155	02	Leixoes Sport Club	5:17.55	422	-	
39.	Carolina Amaral, SOUSA 100m: 1:15.66 1:15.66	F	125085	01	Individual ANNP	5:18.33	419	-	
40.	Maria Joao, SILVA 100m: 1:15.00 1:15.00	F	111045	01	Famalição	5:24.25	397	-	
41.	Sofia Xavier, GOMES 100m: 1:18.98 1:18.98	F	122007	02	Vilacondense	5:29.32	379	-	
42.	Joana Rocha, ANJO FTL 100m: 1:17.90 1:17.90	F	119757	01	Vilacondense	5:30.35	375	-	
43.	Ines Neiva, NOVA 100m: 1:15.94 1:15.94	F	125002	02	Clube Naval Povoense	5:31.01	373	-	
44.	Jessica Sofia, PINTO FTL 100m: 1:16.48 1:16.48	F	127895	00	Amarantus	5:38.77	348	-	
45.	Ines Cadilhe, ALEXANDRE 100m: 1:17.61 1:17.61	F	128400	02	Clube Naval Povoense	5:38.89	347	-	
WDR	Ana Catarina, MAGALHAES	F	119092	02	Lousada SXXI			-	
WDR	Maria Luis, AMORIM	F	102029	95	Porto			-	

Prova 31, Femin., 400m Livres

Absolutos

1.	Maria Teresa, AMORIM	F	20104 97	Porto						<b>4:32.18</b>	671	37,00
	100m: 1:05.43		200m: 2:13.87	1:08.44	300m: 3:23.70	1:09.83	400m: 4:32.18			1:08.48		
2.	Maria Francisca, CABRAL	F	118113 00	Porto						<b>4:38.69</b>	625	35,00
	100m: 1:06.76		200m: 2:17.76	1:11.00	300m: 3:28.10	1:10.34	400m: 4:38.69			1:10.59		
3.	Ana Silva, COSTA	F	104446 98	Famalicao						<b>4:40.45</b>	614	32,00
	100m: 1:07.27		200m: 2:18.65	1:11.38	300m: 3:30.50	1:11.85	400m: 4:40.45			1:09.95		
4.	Ana Beatriz, MARTINS	F	108375 99	Famalicao						<b>4:40.90</b>	611	31,00
	100m: 1:08.05		200m: 2:19.53	1:11.48	300m: 3:30.83	1:11.30	400m: 4:40.90			1:10.07		
5.	Maria Joao, FERNANDES	F	102092 97	Vilacondense						<b>4:45.65</b>	581	26,00
	100m: 1:07.71		200m: 2:19.57	1:11.86	300m: 3:32.56	1:12.99	400m: 4:45.65			1:13.09		
6.	Iris Cunha, SANTOS	F	117418 00	Porto						<b>4:46.33</b>	576	-
	100m: 1:08.61		200m: 2:21.66	1:13.05	300m: 3:34.52	1:12.86	400m: 4:46.33			1:11.81		
7.	Beatriz Neves, CARDOSO	F	105741 98	Colegio SMLamas						<b>4:49.24</b>	559	24,00
	100m: 1:08.31		200m: 2:22.29	1:13.98	300m: 3:36.90	1:14.61	400m: 4:49.24			1:12.34		
8.	Catarina Alexandra, JARDIM	F	104449 98	Famalicao						<b>4:51.85</b>	544	-
	100m: 1:10.03		200m: 2:24.24	1:14.21	300m: 3:39.25	1:15.01	400m: 4:51.85			1:12.60		
9.	Ana Sofia, RAMOS	F	108171 00	Fluvial Portuense						<b>4:51.97</b>	544	21,00
	100m: 1:10.00		200m: 2:24.14	1:14.14	300m: 3:39.03	1:14.89	400m: 4:51.97			1:12.94		
10.	Rafaela Campos, OLIVEIRA	F	111322 00	Vilacondense						<b>4:54.15</b>	532	20,00
	100m: 1:11.15		200m: 2:25.00	1:13.85	300m: 3:40.06	1:15.06	400m: 4:54.15			1:14.09		
11.	Cristiana Sofia, RIBEIRO	F	125475 00	Famalicao						<b>4:54.39</b>	530	-
	100m: 1:12.11		200m: 2:26.89	1:14.78	300m: 3:41.66	1:14.77	400m: 4:54.39			1:12.73		
12.	Beatriz Pereira, VASCONCELOS	F	107934 98	Vilacondense						<b>4:54.46</b>	530	-
	100m: 1:09.38		200m: 2:23.52	1:14.14	300m: 3:39.62	1:16.10	400m: 4:54.46			1:14.84		
13.	Ines Silva, OLIVEIRA	F	116890 00	Individual ANNP						<b>4:55.04</b>	527	17,00
	100m: 1:09.21		200m: 2:23.86	1:14.65	300m: 3:40.56	1:16.70	400m: 4:55.04			1:14.48		
14.	Sara Lopes, BARBOSA	F	118181 00	Aquatico Pacense						<b>4:56.50</b>	519	16,00
	100m: 1:10.76		200m: 2:26.06	1:15.30	300m: 3:41.71	1:15.65	400m: 4:56.50			1:14.79		
15.	Ana Ines, FERNANDES	F	119258 00	Vitoria de Guimaraes/Olicargo						<b>5:11.41</b>	448	-
	100m: 1:13.35		200m: 2:34.41	1:21.06	300m: 3:54.89	1:20.48	400m: 5:11.41			1:16.52		
16.	Carolina Isabel, MACHADO	F	111445 00	Vitoria de Guimaraes/Olicargo						<b>5:12.59</b>	443	-
	100m: 1:12.76		200m: 2:32.71	1:19.95	300m: 3:53.14	1:20.43	400m: 5:12.59			1:19.45		
17.	Adriana Marisa, FIGUEIREDO	F	109297 00	Famalicao						<b>5:13.55</b>	439	-
	100m: 1:13.98		200m: 2:33.99	1:20.01	300m: 3:54.51	1:20.52	400m: 5:13.55			1:19.04		
18.	Jessica Sofia, PINTO	F	127895 00	Amarantus						<b>5:38.77</b>	348	-
	100m: 1:16.48		200m: 2:43.61	1:27.13	300m: 4:11.80	1:28.19	400m: 5:38.77			1:26.97		
WDR	Maria Luis, AMORIM	F	102029 95	Porto								-

Seniores

1.	Maria Teresa, AMORIM	F	20104 97	Porto						<b>4:32.18</b>	671	37,00
	100m: 1:05.43		200m: 2:13.87	1:08.44	300m: 3:23.70	1:09.83	400m: 4:32.18			1:08.48		
2.	Ana Silva, COSTA	F	104446 98	Famalicao						<b>4:40.45</b>	614	32,00
	100m: 1:07.27		200m: 2:18.65	1:11.38	300m: 3:30.50	1:11.85	400m: 4:40.45			1:09.95		
3.	Maria Joao, FERNANDES	F	102092 97	Vilacondense						<b>4:45.65</b>	581	26,00
	100m: 1:07.71		200m: 2:19.57	1:11.86	300m: 3:32.56	1:12.99	400m: 4:45.65			1:13.09		
4.	Beatriz Neves, CARDOSO	F	105741 98	Colegio SMLamas						<b>4:49.24</b>	559	24,00
	100m: 1:08.31		200m: 2:22.29	1:13.98	300m: 3:36.90	1:14.61	400m: 4:49.24			1:12.34		
5.	Catarina Alexandra, JARDIM	F	104449 98	Famalicao						<b>4:51.85</b>	544	-
	100m: 1:10.03		200m: 2:24.24	1:14.21	300m: 3:39.25	1:15.01	400m: 4:51.85			1:12.60		
6.	Beatriz Pereira, VASCONCELOS	F	107934 98	Vilacondense						<b>4:54.46</b>	530	-
	100m: 1:09.38		200m: 2:23.52	1:14.14	300m: 3:39.62	1:16.10	400m: 4:54.46			1:14.84		
WDR	Maria Luis, AMORIM	F	102029 95	Porto								-

Prova 31, Femin., 400m Livres

Juniores

1.	Maria Francisca, CABRAL	F	118113 00	Porto						<b>4:38.69</b>	625	35,00
	100m: 1:06.76		200m: 2:17.76	1:11.00	300m: 3:28.10	1:10.34	400m: 4:38.69	1:10.59				
2.	Ana Beatriz, MARTINS	F	108375 99	Famalicaõ						<b>4:40.90</b>	611	31,00
	100m: 1:08.05		200m: 2:19.53	1:11.48	300m: 3:30.83	1:11.30	400m: 4:40.90	1:10.07				
3.	Iris Cunha, SANTOS	F	117418 00	Porto						<b>4:46.33</b>	576	-
	100m: 1:08.61		200m: 2:21.66	1:13.05	300m: 3:34.52	1:12.86	400m: 4:46.33	1:11.81				
4.	Ana Sofia, RAMOS	F	108171 00	Fluvial Portuense						<b>4:51.97</b>	544	21,00
	100m: 1:10.00		200m: 2:24.14	1:14.14	300m: 3:39.03	1:14.89	400m: 4:51.97	1:12.94				
5.	Rafaela Campos, OLIVEIRA	F	111322 00	Vilacondense						<b>4:54.15</b>	532	20,00
	100m: 1:11.15		200m: 2:25.00	1:13.85	300m: 3:40.06	1:15.06	400m: 4:54.15	1:14.09				
6.	Cristiana Sofia, RIBEIRO	F	125475 00	Famalicaõ						<b>4:54.39</b>	530	-
	100m: 1:12.11		200m: 2:26.89	1:14.78	300m: 3:41.66	1:14.77	400m: 4:54.39	1:12.73				
7.	Ines Silva, OLIVEIRA	F	116890 00	Individual ANNP						<b>4:55.04</b>	527	17,00
	100m: 1:09.21		200m: 2:23.86	1:14.65	300m: 3:40.56	1:16.70	400m: 4:55.04	1:14.48				
8.	Sara Lopes, BARBOSA	F	118181 00	Aquatico Pacense						<b>4:56.50</b>	519	16,00
	100m: 1:10.76		200m: 2:26.06	1:15.30	300m: 3:41.71	1:15.65	400m: 4:56.50	1:14.79				
9.	Ana Ines, FERNANDES	F	119258 00	Vitória de Guimaraes/Olicargo						<b>5:11.41</b>	448	-
	100m: 1:13.35		200m: 2:34.41	1:21.06	300m: 3:54.89	1:20.48	400m: 5:11.41	1:16.52				
10.	Carolina Isabel, MACHADO	F	111445 00	Vitória de Guimaraes/Olicargo						<b>5:12.59</b>	443	-
	100m: 1:12.76		200m: 2:32.71	1:19.95	300m: 3:53.14	1:20.43	400m: 5:12.59	1:19.45				
11.	Adriana Marisa, FIGUEIREDO	F	109297 00	Famalicaõ						<b>5:13.55</b>	439	-
	100m: 1:13.98		200m: 2:33.99	1:20.01	300m: 3:54.51	1:20.52	400m: 5:13.55	1:19.04				
12.	Jessica Sofia, PINTO FTL	F	127895 00	Amarantus						<b>5:38.77</b>	348	-
	100m: 1:16.48		200m: 2:43.61	1:27.13	300m: 4:11.80	1:28.19	400m: 5:38.77	1:26.97				

Juvenis B

1.	Mariana Fernandes, BARBOSA	F	121985 02	Porto						<b>4:39.05</b>	623	-
	100m: 1:06.40		200m: 2:17.30	1:10.90	300m: 3:28.27	1:10.97	400m: 4:39.05	1:10.78				
2.	Ana Rita, RAMOS	F	126775 02	Porto						<b>4:41.39</b>	607	-
	100m: 1:08.33		200m: 2:19.47	1:11.14	300m: 3:31.01	1:11.54	400m: 4:41.39	1:10.38				
3.	Nina Pinto, RIBEIRO	F	116914 02	Foca						<b>4:49.65</b>	557	23,00
	100m: 1:08.37		200m: 2:23.00	1:14.63	300m: 3:37.97	1:14.97	400m: 4:49.65	1:11.68				
4.	Mariana Filipa, MOREIRA	F	125777 02	Natacao de Valongo						<b>5:01.89</b>	492	13,00
	100m: 1:09.21		200m: 2:27.48	1:18.27	300m: 3:46.15	1:18.67	400m: 5:01.89	1:15.74				
5.	Daniela Oliveira, RODRIGUES	F	118056 02	Natacao de Valongo						<b>5:04.57</b>	479	12,00
	100m: 1:11.46		200m: 2:30.34	1:18.88	300m: 3:48.87	1:18.53	400m: 5:04.57	1:15.70				
6.	Ana Margarida, TEIXEIRA	F	111504 02	Foca						<b>5:05.86</b>	473	11,00
	100m: 1:12.02		200m: 2:29.01	1:16.99	300m: 3:47.88	1:18.87	400m: 5:05.86	1:17.98				
7.	Beatriz Daniela, MACEDO	F	124313 02	Vitória de Guimaraes/Olicargo						<b>5:06.02</b>	472	10,00
	100m: 1:13.47		200m: 2:32.13	1:18.66	300m: 3:50.75	1:18.62	400m: 5:06.02	1:15.27				
8.	Joana Sofia, MACHADO	F	127918 02	Natacao de Valongo						<b>5:09.51</b>	456	-
	100m: 1:11.84		200m: 2:32.32	1:20.48	300m: 3:54.07	1:21.75	400m: 5:09.51	1:15.44				
9.	Ana Lopes, SANTOS	F	120698 02	Vilacondense						<b>5:09.95</b>	454	-
	100m: 1:13.22		200m: 2:33.28	1:20.06	300m: 3:53.69	1:20.41	400m: 5:09.95	1:16.26				
10.	Ana Carmo, PINHEIRO	F	124856 02	Ginásio Santo Tirso						<b>5:15.95</b>	429	1,00
	100m: 1:15.08		200m: 2:35.77	1:20.69	300m: 3:56.89	1:21.12	400m: 5:15.95	1:19.06				
11.	Ana Sofia, AGUIAR	F	120624 02	Vilacondense						<b>5:17.03</b>	425	-
	100m: 1:15.55		200m: 2:37.29	1:21.74	300m: 3:56.29	1:19.00	400m: 5:17.03	1:20.74				
12.	Alexandra Martins, CAMPOS	F	127155 02	Leixoes Sport Club						<b>5:17.55</b>	422	-
	100m: 1:13.35		200m: 2:33.91	1:20.56	300m: 3:55.51	1:21.60	400m: 5:17.55	1:22.04				
13.	Sofia Xavier, GOMES	F	122007 02	Vilacondense						<b>5:29.32</b>	379	-
	100m: 1:18.98		200m: 2:44.74	1:25.76	300m: 4:08.59	1:23.85	400m: 5:29.32	1:20.73				
14.	Ines Neiva, NOVA	F	125002 02	Clube Naval Povoense						<b>5:31.01</b>	373	-
	100m: 1:15.94		200m: 2:40.69	1:24.75	300m: 4:06.44	1:25.75	400m: 5:31.01	1:24.57				
15.	Ines Cadilhe, ALEXANDRE	F	128400 02	Clube Naval Povoense						<b>5:38.89</b>	347	-
	100m: 1:17.61		200m: 2:43.60	1:25.99	300m: 4:12.50	1:28.90	400m: 5:38.89	1:26.39				
WDR	Ana Catarina, MAGALHAES	F	119092 02	Lousada SXXI								-

O Secretário do Juri

O Juiz Árbitro

Splash Meet Manager, 11.43111

Registered to Associação de Nataçã do Norte de Portugal

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Prova 31, Femin., 400m Livres

Juvenis A

1.	Ines Neto, ROCHA	F	111313 01	Aquatico Pacense					<b>4:40.36</b>	614	33,00
	100m: 1:07.48		200m: 2:20.07	1:12.59	300m: 3:31.40	1:11.33	400m: 4:40.36		1:08.96		
2.	Maria Carolina, COSTA	F	119080 01	Porto					<b>4:40.97</b>	610	-
	100m: 1:05.56		200m: 2:16.58	1:11.02	300m: 3:29.22	1:12.64	400m: 4:40.97		1:11.75		
3.	Isabel Porfirio, PEGO	F	121336 01	Porto					<b>4:43.23</b>	596	-
	100m: 1:06.60		200m: 2:17.76	1:11.16	300m: 3:30.50	1:12.74	400m: 4:43.23		1:12.73		
4.	Ines Alves, MARTINS	F	112126 01	Fluvial Portuense					<b>4:45.04</b>	584	27,00
	100m: 1:08.15		200m: 2:20.55	1:12.40	300m: 3:33.30	1:12.75	400m: 4:45.04		1:11.74		
5.	Mariana Cardoso, COSTA	F	117322 01	Individual ANNP					<b>4:58.45</b>	509	15,00
	100m: 1:10.46		200m: 2:26.24	1:15.78	300m: 3:42.74	1:16.50	400m: 4:58.45		1:15.71		
6.	Lara Beatriz, MATOS	F	111049 01	Famalicao					<b>4:59.68</b>	503	-
	100m: 1:10.36		200m: 2:26.58	1:16.22	300m: 3:43.38	1:16.80	400m: 4:59.68		1:16.30		
7.	Sofia Gales, PINTO	F	129409 01	Colegio SMLamas					<b>5:09.43</b>	457	9,00
	100m: 1:13.41		200m: 2:31.49	1:18.08	300m: 3:49.69	1:18.20	400m: 5:09.43		1:19.74		
8.	Joana Daniela, JACINTO	F	111230 01	Individual ANNP					<b>5:10.88</b>	450	-
	100m: 1:13.97		200m: 2:33.61	1:19.64	300m: 3:53.47	1:19.86	400m: 5:10.88		1:17.41		
9.	Maria Carolina, RODRIGUES	F	121473 01	Vit�ria de Guimaraes/Olicargo					<b>5:10.91</b>	450	5,00
	100m: 1:14.17		200m: 2:34.48	1:20.31	300m: 3:54.18	1:19.70	400m: 5:10.91		1:16.73		
10.	Carolina Amaral, SOUSA	F	125085 01	Individual ANNP					<b>5:18.33</b>	419	-
	100m: 1:15.66		200m: 2:37.58	1:21.92	300m: 3:59.45	1:21.87	400m: 5:18.33		1:18.88		
11.	Maria Joao, SILVA	F	111045 01	Famalicao					<b>5:24.25</b>	397	-
	100m: 1:15.00		200m: 2:37.83	1:22.83	300m: 4:02.14	1:24.31	400m: 5:24.25		1:22.11		
12.	Joana Rocha, ANJO FTL	F	119757 01	Vilacondense					<b>5:30.35</b>	375	-
	100m: 1:17.90		200m: 2:43.32	1:25.42	300m: 4:08.91	1:25.59	400m: 5:30.35		1:21.44		