

Prova 22  
19.2.17 - 9:29

Femin., 400m Livres

Absolutos/All  
Resultados Elimin

|                                |         |                         |     |            |      |
|--------------------------------|---------|-------------------------|-----|------------|------|
| Rec Mundial / World Record     | 3:56.46 | LEDECKY Kathleen        | USA | Rio (BRA)  | 2016 |
| Rec Europeu / European Record  | 3:59.15 | PELLEGRINI Federica     | ITA | Rome (ITA) | 2009 |
| Rec Meeting / Meeting Record   | 4:18.79 | HOLUB Tamila Hryhorivna | POR | Lisboa     | 2017 |
| Rec Nacional / Port.Nat Record | 4:13.34 | DURAES Diana Margarida  | FCP | Oeiras     | 2016 |

Tempo Acesso Meeting / Meeting Access Time Jun&Sen: 4:56.00; Inf&Juv: 5:12.00 / World Champ Min A :: 4:10.57 / World Champ Min B :: 4:19.34

Pontos: FINA 2017

| Pos. | Nadador / Swimmer        | A/Y                 | Clube / Team              | Tempo / Final       | TReac | Pts   |
|------|--------------------------|---------------------|---------------------------|---------------------|-------|-------|
| 1.   | DURAES Diana Margarida   | 96                  | Benfica                   | <b>4:19.74</b>      | +0.78 | 754 A |
|      | 50m: 30.66 30.66         | 150m: 1:36.47 33.11 | 250m: 2:42.02             | 32.60 350m: 3:47.43 | 32.72 |       |
|      | 100m: 1:03.36 32.70      | 200m: 2:09.42 32.95 | 300m: 3:14.71             | 32.69 400m: 4:19.74 | 32.31 |       |
| 2.   | HOLUB Tamila Hryhorivna  | 99                  | Braga                     | <b>4:23.40</b>      | +0.73 | 723 A |
|      | 50m: 30.66 30.66         | 150m: 1:36.43 33.09 | 250m: 2:43.09             | 33.36 350m: 3:50.55 | 33.77 |       |
|      | 100m: 1:03.34 32.68      | 200m: 2:09.73 33.30 | 300m: 3:16.78             | 33.69 400m: 4:23.40 | 32.85 |       |
| 3.   | CANELA Palmira Chaparro  | 96                  | Federación Andaluza       | <b>4:24.49</b>      | +0.76 | 714 A |
|      | 50m: 30.86 30.86         | 150m: 1:37.26 33.25 | 250m: 2:44.09             | 33.35 350m: 3:51.37 | 33.75 |       |
|      | 100m: 1:04.01 33.15      | 200m: 2:10.74 33.48 | 300m: 3:17.62             | 33.53 400m: 4:24.49 | 33.12 |       |
| 4.   | GUEDES Carolina Mantua   | 98                  | Sporting                  | <b>4:29.93</b>      | +0.67 | 672 A |
|      | 50m: 30.96 30.96         | 150m: 1:38.48 34.16 | 250m: 2:47.08             | 33.94 350m: 3:56.03 | 34.30 |       |
|      | 100m: 1:04.32 33.36      | 200m: 2:13.14 34.66 | 300m: 3:21.73             | 34.65 400m: 4:29.93 | 33.90 |       |
| 5.   | AMORIM Maria Teresa      | 97                  | Porto                     | <b>4:30.35</b>      | +0.68 | 669 A |
|      | 50m: 31.01 31.01         | 150m: 1:39.11 34.43 | 250m: 2:47.67             | 34.12 350m: 3:56.77 | 34.46 |       |
|      | 100m: 1:04.68 33.67      | 200m: 2:13.55 34.44 | 300m: 3:22.31             | 34.64 400m: 4:30.35 | 33.58 |       |
| 6.   | RANITO Beatriz Paulo     | 99                  | Sporting                  | <b>4:30.79</b>      | +0.76 | 665 A |
|      | 50m: 31.31 31.31         | 150m: 1:39.74 34.40 | 250m: 2:49.07             | 34.74 350m: 3:58.00 | 34.18 |       |
|      | 100m: 1:05.34 34.03      | 200m: 2:14.33 34.59 | 300m: 3:23.82             | 34.75 400m: 4:30.79 | 32.79 |       |
| 7.   | RODRIGUES Filipa Serrano | 01                  | União Piedense            | <b>4:30.82</b>      | +0.66 | 665 A |
|      | 50m: 31.52 31.52         | 150m: 1:39.18 34.31 | 250m: 2:48.24             | 34.74 350m: 3:57.16 | 34.71 |       |
|      | 100m: 1:04.87 33.35      | 200m: 2:13.50 34.32 | 300m: 3:22.45             | 34.21 400m: 4:30.82 | 33.66 |       |
| 8.   | HENRIQUES Ines Jacinto   | 00                  | Pimpoes/Cimai             | <b>4:30.84</b>      | +0.63 | 665 A |
|      | 50m: 31.06 31.06         | 150m: 1:39.49 34.61 | 250m: 2:48.46             | 34.44 350m: 3:57.63 | 34.50 |       |
|      | 100m: 1:04.88 33.82      | 200m: 2:14.02 34.53 | 300m: 3:23.13             | 34.67 400m: 4:30.84 | 33.21 |       |
| 9.   | ALVES Sara Sofia         | 01                  | Columbofila Cantanhedense | <b>4:32.65</b>      | +0.74 | 652 A |
|      | 50m: 31.69 31.69         | 150m: 1:40.02 34.25 | 250m: 2:49.81             | 35.01 350m: 3:59.20 | 34.16 |       |
|      | 100m: 1:05.77 34.08      | 200m: 2:14.80 34.78 | 300m: 3:25.04             | 35.23 400m: 4:32.65 | 33.45 |       |
| 10.  | FRAZAO Alexandra Couto   | 02                  | Seleção Portugal          | <b>4:32.75</b>      |       | 651 A |
|      | 50m: 32.08 32.08         | 150m: 1:41.01 34.54 | 250m: 2:50.16             | 34.58 350m: 3:59.95 | 34.95 |       |
|      | 100m: 1:06.47 34.39      | 200m: 2:15.58 34.57 | 300m: 3:25.00             | 34.84 400m: 4:32.75 | 32.80 |       |
| 11.  | AZEVEDO Madalena Gomes   | 99                  | Alges                     | <b>4:32.85</b>      | +0.71 | 650 B |
|      | 50m: 31.94 31.94         | 150m: 1:41.75 35.00 | 250m: 2:51.77             | 34.62 350m: 4:00.80 | 34.34 |       |
|      | 100m: 1:06.75 34.81      | 200m: 2:17.15 35.40 | 300m: 3:26.46             | 34.69 400m: 4:32.85 | 32.05 |       |
| 12.  | BLANCO Silvia Medina     | 01                  | Real Canoe                | <b>4:34.26</b>      | +0.91 | 640 B |
|      | 50m: 31.09 31.09         | 150m: 1:39.24 34.57 | 250m: 2:49.68             | 35.05 350m: 4:00.39 | 35.04 |       |
|      | 100m: 1:04.67 33.58      | 200m: 2:14.63 35.39 | 300m: 3:25.35             | 35.67 400m: 4:34.26 | 33.87 |       |
| 13.  | CARVALHO Eva Guerreiro   | 99                  | União Piedense            | <b>4:34.83</b>      |       | 636 B |
|      | 50m: 31.71 31.71         | 150m: 1:40.36 35.01 | 250m: 2:50.05             | 34.68 350m: 3:59.82 | 35.11 |       |
|      | 100m: 1:05.83 34.12      | 200m: 2:15.37 35.01 | 300m: 3:24.71             | 34.66 400m: 4:34.83 | 35.01 |       |
| 14.  | FARIA Ana Rita           | 00                  | Porto                     | <b>4:35.29</b>      | +0.75 | 633 B |
|      | 50m: 31.26 31.26         | 150m: 1:40.49 34.70 | 250m: 2:50.59             | 34.83 350m: 4:01.10 | 35.11 |       |
|      | 100m: 1:05.79 34.53      | 200m: 2:15.76 35.27 | 300m: 3:25.99             | 35.40 400m: 4:35.29 | 34.19 |       |
| 15.  | COSTA Maria Carolina     | 01                  | Porto                     | <b>4:35.46</b>      | +0.77 | 632 B |
|      | 50m: 30.76 30.76         | 150m: 1:39.99 35.13 | 250m: 2:50.24             | 35.46 350m: 4:00.91 | 35.27 |       |
|      | 100m: 1:04.86 34.10      | 200m: 2:14.78 34.79 | 300m: 3:25.64             | 35.40 400m: 4:35.46 | 34.55 |       |
| 16.  | MARCOS Miriam Filipe     | 01                  | Natação de Olhão          | <b>4:35.50</b>      |       | 632 B |
|      | 50m: 31.38 31.38         | 150m: 1:40.45 34.98 | 250m: 2:50.48             | 35.12 350m: 4:00.84 | 35.13 |       |
|      | 100m: 1:05.47 34.09      | 200m: 2:15.36 34.91 | 300m: 3:25.71             | 35.23 400m: 4:35.50 | 34.66 |       |

Prova 22, Femin., 400m Livres, Elimin, Absolutos/All

| Pos. | Nadador / Swimmer   | A/Y | Clube / Team   | Tempo / Final  | TReac | Pts                     |
|------|---|-----|--|--|-------|-------------------------|
| 17.  | QUESADA LUJAN Andrea<br>50m: 31.82 31.82<br>100m: 1:06.47 34.65         | 01  | Federación Andaluza<br>150m: 1:41.32 34.85 250m: 2:51.37<br>200m: 2:16.17 34.85 300m: 3:26.80        | <b>4:35.91</b><br>35.20 350m: 4:01.43<br>35.43 400m: 4:35.91 | +0.77 | 629 B<br>34.63<br>34.48 |
| 18.  | SANCHEZ MORALES Elisa<br>50m: 30.83 30.83<br>100m: 1:05.07 34.24        | 98  | Federación Andaluza<br>150m: 1:39.99 34.92 250m: 2:51.03<br>200m: 2:15.52 35.53 300m: 3:27.07        | <b>4:36.04</b><br>35.51 350m: 4:02.35<br>36.04 400m: 4:36.04 | +0.67 | 628 B<br>35.28<br>33.69 |
| 19.  | BELEZA Mafalda Gomes<br>50m: 31.02 31.02<br>100m: 1:04.95 33.93         | 94  | Sporting<br>150m: 1:39.56 34.61 250m: 2:49.99<br>200m: 2:14.88 35.32 300m: 3:25.96                   | <b>4:36.53</b><br>35.11 350m: 4:01.73<br>35.97 400m: 4:36.53 | +0.67 | 625 B<br>35.77<br>34.80 |
| 20.  | BLAZQUEZ Paula Nunez<br>50m: 31.73 31.73<br>100m: 1:06.32 34.59         | 01  | Real Canoe<br>150m: 1:41.40 35.08 250m: 2:52.22<br>200m: 2:16.83 35.43 300m: 3:27.76                 | <b>4:36.65</b><br>35.39 350m: 4:02.97<br>35.54 400m: 4:36.65 | +0.62 | 624 B<br>35.21<br>33.68 |
| 21.  | MILLAN DEL POZO Reyes<br>50m: 31.14 31.14<br>100m: 1:05.37 34.23        | 01  | Federación Andaluza<br>150m: 1:40.84 35.47 250m: 2:51.76<br>200m: 2:15.97 35.13 300m: 3:27.03        | <b>4:36.73</b><br>35.79 350m: 4:02.60<br>35.27 400m: 4:36.73 | +0.53 | 623<br>35.57<br>34.13   |
| 22.  | RAMOS Ana Rita<br>50m: 32.12 32.12<br>100m: 1:06.63 34.51               | 02  | Porto<br>150m: 1:41.64 35.01 250m: 2:52.68<br>200m: 2:17.27 35.63 300m: 3:28.07                      | <b>4:37.51</b><br>35.41 350m: 4:02.92<br>35.39 400m: 4:37.51 | +0.70 | 618<br>34.85<br>34.59   |
| 23.  | VELOSO Teresa Miguel<br>50m: 31.49 31.49<br>100m: 1:06.63 35.14         | 00  | Nautico /Urgicentro-Sanfil<br>150m: 1:41.78 35.15 250m: 2:52.29<br>200m: 2:17.18 35.40 300m: 3:28.03 | <b>4:38.55</b><br>35.11 350m: 4:03.62<br>35.74 400m: 4:38.55 | +0.78 | 611<br>35.59<br>34.93   |
| 24.  | NEVES Carolina Marques<br>50m: 31.56 31.56<br>100m: 1:06.30 34.74       | 01  | Torres Novas<br>150m: 1:42.17 35.87 250m: 2:54.35<br>200m: 2:18.34 36.17 300m: 3:30.15               | <b>4:38.79</b><br>36.01 350m: 4:04.77<br>35.80 400m: 4:38.79 |       | 610<br>34.62<br>34.02   |
| 25.  | PINA Ana Sofia<br>50m: 31.40 31.40<br>100m: 1:06.08 34.68               | 02  | Seleção Portugal<br>150m: 1:41.61 35.53 250m: 2:53.71<br>200m: 2:17.65 36.04 300m: 3:29.70           | <b>4:39.20</b><br>36.06 350m: 4:05.19<br>35.99 400m: 4:39.20 | +0.90 | 607<br>35.49<br>34.01   |
| 26.  | RANITO Raquel Paulo<br>50m: 31.53 31.53<br>100m: 1:05.97 34.44          | 94  | Sporting<br>150m: 1:41.28 35.31 250m: 2:52.90<br>200m: 2:17.03 35.75 300m: 3:28.92                   | <b>4:39.78</b><br>35.87 350m: 4:04.43<br>36.02 400m: 4:39.78 | +0.69 | 603<br>35.51<br>35.35   |
| 27.  | PASKARA Eden<br>50m: 32.27 32.27<br>100m: 1:06.49 34.22                 | 00  | Israeli Federation<br>150m: 1:41.45 34.96 250m: 2:52.89<br>200m: 2:17.22 35.77 300m: 3:29.13         | <b>4:39.92</b><br>35.67 350m: 4:04.91<br>36.24 400m: 4:39.92 | +0.61 | 602<br>35.78<br>35.01   |
| 28.  | ROSA Mafalda Sofia<br>50m: 32.36 32.36<br>100m: 1:07.23 34.87           | 03  | Rio Maior<br>150m: 1:42.62 35.39 250m: 2:55.02<br>200m: 2:18.87 36.25 300m: 3:30.84                  | <b>4:41.16</b><br>36.15 350m: 4:06.44<br>35.82 400m: 4:41.16 | +0.79 | 594<br>35.60<br>34.72   |
| 29.  | MORALES GONZALEZ MARIA Belen<br>50m: 31.48 31.48<br>100m: 1:05.55 34.07 | 98  | Federación Andaluza<br>150m: 1:40.73 35.18 250m: 2:52.39<br>200m: 2:16.42 35.69 300m: 3:28.97        | <b>4:41.26</b><br>35.97 350m: 4:05.28<br>36.58 400m: 4:41.26 | +0.87 | 594<br>36.31<br>35.98   |
| 30.  | SANZ VENTANILLA Carmen<br>50m: 32.61 32.61<br>100m: 1:07.68 35.07       | 01  | Real Canoe<br>150m: 1:42.71 35.03 250m: 2:54.37<br>200m: 2:18.59 35.88 300m: 3:30.34                 | <b>4:41.31</b><br>35.78 350m: 4:06.19<br>35.97 400m: 4:41.31 | +0.97 | 593<br>35.85<br>35.12   |
| 31.  | QUEIROZ Ana Rita<br>50m: 32.88 32.88<br>100m: 1:08.71 35.83             | 02  | Fundação Beatriz Santos<br>150m: 1:44.54 35.83 250m: 2:56.26<br>200m: 2:20.45 35.91 300m: 3:32.65    | <b>4:43.65</b><br>35.81 350m: 4:08.39<br>36.39 400m: 4:43.65 | +0.77 | 579<br>35.74<br>35.26   |
| 32.  | CARMO Beatriz Barros<br>50m: 31.31 31.31<br>100m: 1:05.93 34.62         | 99  | Alges<br>150m: 1:41.30 35.37 250m: 2:53.80<br>200m: 2:17.37 36.07 300m: 3:30.67                      | <b>4:43.71</b><br>36.43 350m: 4:07.69<br>36.87 400m: 4:43.71 | +0.61 | 578<br>37.02<br>36.02   |
| 33.  | REBELO Camila Rodrigues<br>50m: 33.03 33.03<br>100m: 1:08.46 35.43      | 03  | Seleção Portugal<br>150m: 1:45.54 37.08 250m: 2:58.64<br>200m: 2:22.67 37.13 300m: 3:35.22           | <b>4:46.40</b><br>35.97 350m: 4:11.36<br>36.58 400m: 4:46.40 | +1.10 | 562<br>36.14<br>35.04   |
| 34.  | VARANDAS Joana Filipa<br>50m: 31.92 31.92<br>100m: 1:07.01 35.09        | 02  | Laranjeiro<br>150m: 1:43.19 36.18 250m: 2:56.96<br>200m: 2:19.93 36.74 300m: 3:34.57                 | <b>4:48.16</b><br>37.03 350m: 4:11.85<br>37.61 400m: 4:48.16 | +0.84 | 552<br>37.28<br>36.31   |
| 35.  | SILVA Camila Alexandra<br>50m: 33.42 33.42<br>100m: 1:09.16 35.74       | 03  | Columbifolia Cantanhedense<br>150m: 1:45.20 36.04 250m: 2:58.45<br>200m: 2:21.99 36.79 300m: 3:35.80 | <b>4:48.57</b><br>36.46 350m: 4:12.40<br>37.35 400m: 4:48.57 | +1.19 | 550<br>36.60<br>36.17   |

Prova 22, Femin., 400m Livres, Elimin, Absolutos/All

| Pos. | Nadador / Swimmer   | A/Y | Clube / Team  | Tempo / Final  | TReac | Pts |
|------|---|-----|---|--|-------|-----|
| 36.  | SANTOS Ines Figueira<br>50m: 32.48 32.48<br>100m: 1:07.82 35.34       | 00  | União Piedense<br>150m: 1:44.80 36.98 250m: 2:58.59 36.99<br>200m: 2:21.80 36.80 300m: 3:35.38 36.79              | <b>4:48.59</b><br>350m: 4:12.58 37.20<br>400m: 4:48.59 36.01 | +0.98 | 550 |
| 37.  | CORREIA Mariana Delicado<br>50m: 32.73 32.73<br>100m: 1:08.70 35.97   | 01  | Sporting<br>150m: 1:45.37 36.67 250m: 2:59.70 37.26<br>200m: 2:22.44 37.07 300m: 3:36.64 36.94                    | <b>4:50.46</b><br>350m: 4:14.05 37.41<br>400m: 4:50.46 36.41 | +0.85 | 539 |
| 38.  | CONCEICAO Ema Jeronimo<br>50m: 33.63 33.63<br>100m: 1:09.81 36.18     | 03  | Fisica Torres Vedras<br>150m: 1:47.03 37.22 250m: 3:02.28 37.79<br>200m: 2:24.49 37.46 300m: 3:38.84 36.56        | <b>4:50.96</b><br>350m: 4:15.94 37.10<br>400m: 4:50.96 35.02 |       | 536 |
| 39.  | BRANCO Ana Margarida<br>50m: 33.47 33.47<br>100m: 1:10.58 37.11       | 01  | Alges<br>150m: 1:47.71 37.13 250m: 3:02.13 37.27<br>200m: 2:24.86 37.15 300m: 3:39.74 37.61                       | <b>4:52.67</b><br>350m: 4:16.72 36.98<br>400m: 4:52.67 35.95 |       | 527 |
| 40.  | PEREIRA Emilia Matos<br>50m: 33.32 33.32<br>100m: 1:09.52 36.20       | 99  | Fundação Beatriz Santos<br>150m: 1:46.64 37.12 250m: 3:01.54 37.32<br>200m: 2:24.22 37.58 300m: 3:38.96 37.42     | <b>4:53.48</b><br>350m: 4:16.69 37.73<br>400m: 4:53.48 36.79 | +0.83 | 523 |
| 41.  | SILVA Ana Oliveira<br>50m: 32.84 32.84<br>100m: 1:09.27 36.43         | 99  | Belenenses<br>150m: 1:45.89 36.62 250m: 3:00.54 37.27<br>200m: 2:23.27 37.38 300m: 3:38.53 37.99                  | <b>4:53.76</b><br>350m: 4:15.97 37.44<br>400m: 4:53.76 37.79 | +0.68 | 521 |
| 42.  | AMORIM Maria Leonor<br>50m: 32.94 32.94<br>100m: 1:09.90 36.96        | 03  | Porto<br>150m: 1:47.69 37.79 250m: 3:03.71 37.66<br>200m: 2:26.05 38.36 300m: 3:41.85 38.14                       | <b>4:57.32</b><br>350m: 4:19.39 37.54<br>400m: 4:57.32 37.93 |       | 503 |
| 43.  | SOUSA Ines Matos<br>50m: 34.10 34.10<br>100m: 1:10.89 36.79           | 03  | Nautico /Urgicentro-Sanfil<br>150m: 1:48.86 37.97 250m: 3:05.36 38.44<br>200m: 2:26.92 38.06 300m: 3:43.28 37.92  | <b>4:57.96</b><br>350m: 4:21.44 38.16<br>400m: 4:57.96 36.52 |       | 499 |
| 44.  | MARTINS Beatriz Picanço<br>50m: 33.37 33.37<br>100m: 1:11.05 37.68    | 03  | Benfica<br>150m: 1:49.21 38.16 250m: 3:05.53 38.56<br>200m: 2:26.97 37.76 300m: 3:43.73 38.20                     | <b>4:59.57</b><br>350m: 4:22.42 38.69<br>400m: 4:59.57 37.15 | +0.95 | 491 |
| 45.  | PINTO Mafalda Marques<br>50m: 32.37 32.37<br>100m: 1:07.88 35.51      | 02  | Avançado EULx<br>150m: 1:46.26 38.38 250m: 3:04.17 39.46<br>200m: 2:24.71 38.45 300m: 3:42.91 38.74               | <b>4:59.67</b><br>350m: 4:22.87 39.96<br>400m: 4:59.67 36.80 | +0.79 | 491 |
| 46.  | FONSECA Laura Luz<br>50m: 33.71 33.71<br>100m: 1:10.57 36.86          | 03  | Naval Ponta Delgada<br>150m: 1:48.76 38.19 250m: 3:05.59 38.45<br>200m: 2:27.14 38.38 300m: 3:44.17 38.58         | <b>5:00.03</b><br>350m: 4:22.80 38.63<br>400m: 5:00.03 37.23 | +0.81 | 489 |
| 47.  | ROMAO Diana Violante<br>50m: 32.63 32.63<br>100m: 1:09.86 37.23       | 02  | Alcobaça<br>150m: 1:48.46 38.60 250m: 3:06.47 39.07<br>200m: 2:27.40 38.94 300m: 3:45.31 38.84                    | <b>5:01.37</b><br>350m: 4:24.25 38.94<br>400m: 5:01.37 37.12 | +0.63 | 483 |
| 48.  | MARQUES Maria Alexandra<br>50m: 35.52 35.52<br>100m: 1:13.88 38.36    | 04  | Seleccao do Interior Centro<br>150m: 1:53.14 39.26 250m: 3:10.56 38.38<br>200m: 2:32.18 39.04 300m: 3:48.88 38.32 | <b>5:02.20</b><br>350m: 4:26.04 37.16<br>400m: 5:02.20 36.16 | +0.77 | 479 |
| 49.  | JACINTO Sofia Tavares<br>50m: 34.12 34.12<br>100m: 1:11.30 37.18      | 03  | Nautico /Urgicentro-Sanfil<br>150m: 1:49.77 38.47 250m: 3:07.47 39.07<br>200m: 2:28.40 38.63 300m: 3:46.70 39.23  | <b>5:02.63</b><br>350m: 4:25.42 38.72<br>400m: 5:02.63 37.21 |       | 477 |
| 50.  | RODRIGUES Constanca Filipa<br>50m: 33.23 33.23<br>100m: 1:10.71 37.48 | 02  | Pimpoes/Cimai<br>150m: 1:49.30 38.59 250m: 3:07.54 39.09<br>200m: 2:28.45 39.15 300m: 3:46.76 39.22               | <b>5:02.66</b><br>350m: 4:25.31 38.55<br>400m: 5:02.66 37.35 | +0.63 | 476 |
| 51.  | CATARINO Laura Andre<br>50m: 33.15 33.15<br>100m: 1:10.54 37.39       | 03  | Seleccao do Interior Centro<br>150m: 1:48.57 38.03 250m: 3:07.92 39.43<br>200m: 2:28.49 39.92 300m: 3:48.05 40.13 | <b>5:04.65</b><br>350m: 4:27.05 39.00<br>400m: 5:04.65 37.60 | +0.84 | 467 |
| 52.  | AMANTES Beatriz Quintao<br>50m: 34.02 34.02<br>100m: 1:12.50 38.48    | 03  | União Piedense<br>150m: 1:51.65 39.15 250m: 3:10.47 39.24<br>200m: 2:31.23 39.58 300m: 3:49.72 39.25              | <b>5:06.53</b><br>350m: 4:28.71 38.99<br>400m: 5:06.53 37.82 | +0.74 | 459 |
| 53.  | CARVALHO Leonor Rodrigues<br>50m: 34.82 34.82<br>100m: 1:13.97 39.15  | 02  | Bombeiros de Ponta Delgada<br>150m: 1:53.37 39.40 250m: 3:12.35 39.91<br>200m: 2:32.44 39.07 300m: 3:51.65 39.30  | <b>5:07.99</b><br>350m: 4:30.74 39.09<br>400m: 5:07.99 37.25 |       | 452 |
| 54.  | FERREIRA Mariana Bança<br>50m: 36.98 36.98<br>100m: 1:15.77 38.79     | 03  | Naval Setubalense<br>150m: 1:55.37 39.60 250m: 3:14.15 39.38<br>200m: 2:34.77 39.40 300m: 3:53.56 39.41           | <b>5:10.03</b><br>350m: 4:32.29 38.73<br>400m: 5:10.03 37.74 | +0.73 | 443 |

Prova 22, Femin., 400m Livres, Elimin, Absolutos/All

| Pos. | Nadador / Swimmer   | A/Y                 | Clube / Team                  | Tempo / Final       | TReac | Pts   |
|------|---|---------------------|-------------------------------|---------------------|-------|-------|
| 55.  | OLIVEIRA Tatiana Valentim   | 03                  | Fisica Torres Vedras          | <b>5:10.76</b>      | +0.80 | 440   |
|      | 50m: 35.34 35.34  | 150m: 1:53.54 39.21 | 250m: 3:13.51                 | 39.86 350m: 4:33.00 |       | 39.15 |
|      | 100m: 1:14.33 38.99   | 200m: 2:33.65 40.11 | 300m: 3:53.85                 | 40.34 400m: 5:10.76 |       | 37.76 |
| 56.  | GIL Constanca Basilio<br>(Fora Tempo Acesso / Out of Admission Time)  | 03                  | CLAC-Entroncamento            | <b>5:13.57</b>      |       | 428   |
|      | 50m: 35.23 35.23  | 150m: 1:53.53 39.63 | 250m: 3:13.44                 | 40.63 350m: 4:35.11 |       | 40.70 |
|      | 100m: 1:13.90 38.67   | 200m: 2:32.81 39.28 | 300m: 3:54.41                 | 40.97 400m: 5:13.57 |       | 38.46 |
| 57.  | MOURA Beatriz Catarino<br>(Fora Tempo Acesso / Out of Admission Time) | 02                  | Nautico Abrantes              | <b>5:16.31</b>      | +0.77 | 417   |
|      | 50m: 35.78 35.78  | 150m: 1:54.49 39.80 | 250m: 3:15.46                 | 40.54 350m: 4:37.00 |       | 40.45 |
|      | 100m: 1:14.69 38.91   | 200m: 2:34.92 40.43 | 300m: 3:56.55                 | 41.09 400m: 5:16.31 |       | 39.31 |
| 58.  | CORDEIRO Matilde Fava<br>(Fora Tempo Acesso / Out of Admission Time)  | 05                  | Sporting Clube Campomaiorense | <b>6:32.66</b>      |       | 218   |
|      | 50m: 43.12 43.12  | 150m: 2:21.86 50.33 | 250m: 4:03.96                 | 51.84 350m: 5:43.89 |       | 49.44 |
|      | 100m: 1:31.53 48.41   | 200m: 3:12.12 50.26 | 300m: 4:54.45                 | 50.49 400m: 6:32.66 |       | 48.77 |