

Prova 22
11.2.18 - 9:14

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	4:13.54	DURAES Diana Margarida	POR	Lisboa	2017
Rec Nacional / Port.Nat Record	4:10.07	DURAES Diana Margarida	SLB	Budapest (HUN)	2017

Tempo Acesso Meeting / Meeting Access Time Jun&Sen: 4:56.00; Inf&Juv: 5:12.00

Pontos: FINA 2018

Pos.	Nadador / Swimmer	A/Y	Clube / Team	Tempo / Final	TReac	Pts
1.	DURAES Diana Margarida	96	Benfica	4:23.97	+0.83	718 A
	50m: 31.10 31.10	150m: 1:38.06 33.57	250m: 2:44.39 32.66	350m: 3:50.98 33.34		
	100m: 1:04.49 33.39	200m: 2:11.73 33.67	300m: 3:17.64 33.25	400m: 4:23.97 32.99		
2.	HENRIQUES Ines Jacinto	00	Pimpoes/Cimai	4:26.22	+0.76	700 A
	50m: 31.23 31.23	150m: 1:38.92 33.88	250m: 2:46.07 33.27	350m: 3:53.43 33.44		
	100m: 1:05.04 33.81	200m: 2:12.80 33.88	300m: 3:19.99 33.92	400m: 4:26.22 32.79		
3.	SOUSA Ana Reis	02	Litoral Alentejano	4:27.45	+0.66	691 A
	50m: 31.56 31.56	150m: 1:39.57 34.40	250m: 2:48.00 34.07	350m: 3:55.06 33.64		
	100m: 1:05.17 33.61	200m: 2:13.93 34.36	300m: 3:21.42 33.42	400m: 4:27.45 32.39		
4.	CANO MINARRO Marta	00	Real Canoe N.C.	4:27.51	+0.55	690 A
	50m: 30.10 30.10	150m: 1:37.94 34.52	250m: 2:46.68 34.55	350m: 3:54.83 33.97		
	100m: 1:03.42 33.32	200m: 2:12.13 34.19	300m: 3:20.86 34.18	400m: 4:27.51 32.68		
5.	FRAZÃO Alexandra Couto	02	CAS Pais Amigos da Escola	4:28.28	+0.65	684 A
	50m: 31.64 31.64	150m: 1:39.55 34.40	250m: 2:47.53 33.55	350m: 3:55.34 34.05		
	100m: 1:05.15 33.51	200m: 2:13.98 34.43	300m: 3:21.29 33.76	400m: 4:28.28 32.94		
6.	RODRIGUES Filipa Serrano	01	Benfica	4:29.21	+0.76	677 A
	50m: 31.43 31.43	150m: 1:39.25 34.15	250m: 2:47.52 34.02	350m: 3:55.70 33.78		
	100m: 1:05.10 33.67	200m: 2:13.50 34.25	300m: 3:21.92 34.40	400m: 4:29.21 33.51		
7.	BARBOSA Mariana Fernandes	02	Futebol Clube do Porto	4:30.05	+0.75	671 A
	50m: 31.44 31.44	150m: 1:39.36 34.15	250m: 2:48.30 34.43	350m: 3:56.77 33.96		
	100m: 1:05.21 33.77	200m: 2:13.87 34.51	300m: 3:22.81 34.51	400m: 4:30.05 33.28		
8.	AZEVEDO Madalena Gomes	99	Alges	4:31.12	+0.59	663 A
	50m: 31.30 31.30	150m: 1:40.30 34.90	250m: 2:49.51 34.21	350m: 3:57.38 33.41		
	100m: 1:05.40 34.10	200m: 2:15.30 35.00	300m: 3:23.97 34.46	400m: 4:31.12 33.74		
9.	MARTINS Francisca Soares	03	Seleção de Portugal	4:32.71	+0.61	651 A
	50m: 32.15 32.15	150m: 1:41.72 34.95	250m: 2:51.21 34.42	350m: 4:00.58 34.51		
	100m: 1:06.77 34.62	200m: 2:16.79 35.07	300m: 3:26.07 34.86	400m: 4:32.71 32.13		
10.	BELEZA Mafalda Gomes	94	Sporting	4:32.83	+0.78	651 A
	50m: 31.49 31.49	150m: 1:40.59 34.76	250m: 2:49.89 34.67	350m: 3:59.60 34.48		
	100m: 1:05.83 34.34	200m: 2:15.22 34.63	300m: 3:25.12 35.23	400m: 4:32.83 33.23		
11.	BLANCO Silvia Medina	01	Real Canoe N.C.	4:33.65	+0.88	645 B
	50m: 31.71 31.71	150m: 1:40.20 34.49	250m: 2:49.65 34.69	350m: 3:59.83 35.33		
	100m: 1:05.71 34.00	200m: 2:14.96 34.76	300m: 3:24.50 34.85	400m: 4:33.65 33.82		
12.	ALONSO LORENZO Paula	95	Federación Castilla Y Leon	4:33.75	+0.84	644 B
	50m: 31.59 31.59	150m: 1:41.01 35.12	250m: 2:50.87 34.76	350m: 4:00.22 34.46		
	100m: 1:05.89 34.30	200m: 2:16.11 35.10	300m: 3:25.76 34.89	400m: 4:33.75 33.53		
13.	ALVES Sara Sofia	01	Columbofila Cantanhedense	4:34.64	+0.81	638 B
	50m: 32.37 32.37	150m: 1:41.07 34.59	250m: 2:50.87 35.00	350m: 4:00.61 34.79		
	100m: 1:06.48 34.11	200m: 2:15.87 34.80	300m: 3:25.82 34.95	400m: 4:34.64 34.03		
14.	MARCELINO Carolina Rosa	01	Alges	4:35.34	+0.68	633 B
	50m: 31.93 31.93	150m: 1:41.51 34.90	250m: 2:51.28 34.99	350m: 4:01.87 34.91		
	100m: 1:06.61 34.68	200m: 2:16.29 34.78	300m: 3:26.96 35.68	400m: 4:35.34 33.47		
15.	MACHADO Luisa Maria	01	União Piedense	4:35.48	+0.86	632 B
	50m: 31.74 31.74	150m: 1:40.30 34.47	250m: 2:49.58 34.33	350m: 4:00.34 35.48		
	100m: 1:05.83 34.09	200m: 2:15.25 34.95	300m: 3:24.86 35.28	400m: 4:35.48 35.14		
16.	RAMOS Ana Rita	02	Futebol Clube do Porto	4:36.01	+0.65	628 B
	50m: 32.44 32.44	150m: 1:41.31 34.71	250m: 2:51.14 35.04	350m: 4:02.12 35.52		
	100m: 1:06.60 34.16	200m: 2:16.10 34.79	300m: 3:26.60 35.46	400m: 4:36.01 33.89		
17.	MARTINS Joana Ribeiro	03	Seleção de Portugal	4:36.16	+0.82	627 B
	50m: 31.99 31.99	150m: 1:41.93 34.59	250m: 2:52.74 35.09	350m: 4:02.91 34.66		
	100m: 1:07.34 35.35	200m: 2:17.65 35.72	300m: 3:28.25 35.51	400m: 4:36.16 33.25		

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

Pos.	Nadador / Swimmer	A/Y	Clube / Team	Tempo / Final	TReac	Pts
18.	AMADOR Joana Costa 50m: 31.39 31.39 100m: 1:05.86 34.47	01	Galitos / Bresimar 150m: 1:40.80 34.94 200m: 2:16.53 35.73	250m: 2:52.04 300m: 3:27.70	35.51 35.66 350m: 4:02.38 400m: 4:37.21	620 B 34.68 34.83
19.	QUEIROZ Ana Rita 50m: 31.70 31.70 100m: 1:05.72 34.02	02	CAS Pais Amigos da Escola 150m: 1:40.87 35.15 200m: 2:15.54 34.67	250m: 2:50.84 300m: 3:26.05	35.30 35.21 350m: 4:01.48 400m: 4:37.40	619 B 35.43 35.92
20.	ANDRE Leticia Maia 50m: 31.77 31.77 100m: 1:05.55 33.78	02	Benfica 150m: 1:40.09 34.54 200m: 2:15.39 35.30	250m: 2:50.85 300m: 3:27.18	35.46 36.33 350m: 4:03.38 400m: 4:39.29	606 B 36.20 35.91
21.	COSTA Maria Carolina 50m: 32.23 32.23 100m: 1:07.27 35.04	01	Futebol Clube do Porto 150m: 1:42.59 35.32 200m: 2:18.22 35.63	250m: 2:52.86 300m: 3:28.64	34.64 35.78 350m: 4:04.56 400m: 4:40.01	602 35.92 35.45
22.	CARVALHO Eva Guerreiro 50m: 31.81 31.81 100m: 1:06.33 34.52	99	Benfica 150m: 1:41.56 35.23 200m: 2:17.11 35.55	250m: 2:52.22 300m: 3:27.97	35.11 35.75 350m: 4:04.25 400m: 4:40.43	599 36.28 36.18
23.	NEVES Carolina Marques 50m: 32.09 32.09 100m: 1:07.19 35.10	01	Torres Novas 150m: 1:42.86 35.67 200m: 2:18.91 36.05	250m: 2:55.11 300m: 3:31.08	36.20 35.97 350m: 4:06.89 400m: 4:42.24	588 35.81 35.35
24.	REBELO Camila Rodrigues 50m: 31.76 31.76 100m: 1:07.00 35.24	03	Seleção de Portugal 150m: 1:43.12 36.12 200m: 2:19.48 36.36	250m: 2:55.68 300m: 3:31.97	36.20 36.29 350m: 4:08.83 400m: 4:44.13	576 36.86 35.30
25.	MONTEIRO Margarida Cabral 50m: 32.13 32.13 100m: 1:07.27 35.14	02	Galitos / Bresimar 150m: 1:43.13 35.86 200m: 2:18.99 35.86	250m: 2:55.34 300m: 3:32.05	36.35 36.71 350m: 4:08.76 400m: 4:44.59	573 36.71 35.83
26.	SANTO Ana Luisa 50m: 32.50 32.50 100m: 1:07.83 35.33	95	Benfica 150m: 1:43.87 36.04 200m: 2:20.18 36.31	250m: 2:56.68 300m: 3:33.65	36.50 36.97 350m: 4:09.91 400m: 4:44.98	571 36.26 35.07
27.	RODRIGUES Helena Nunes 50m: 31.64 31.64 100m: 1:07.20 35.56	03	Seleção de Portugal 150m: 1:43.04 35.84 200m: 2:19.87 36.83	250m: 2:56.46 300m: 3:33.43	36.59 36.97 350m: 4:09.79 400m: 4:45.48	568 36.36 35.69
28.	DELGADO Soraia Alexandra 50m: 33.63 33.63 100m: 1:10.08 36.45	05	CPCD - Póvoa Sta Iria 150m: 1:47.06 36.98 200m: 2:23.97 36.91	250m: 3:00.38 300m: 3:36.83	36.41 36.45 350m: 4:12.44 400m: 4:45.73	566 35.61 33.29
29.	CONCEICAO Ema Jeronimo 50m: 32.20 32.20 100m: 1:08.00 35.80	03	Seleção de Portugal 150m: 1:44.43 36.43 200m: 2:21.35 36.92	250m: 2:57.90 300m: 3:34.67	36.55 36.77 350m: 4:11.15 400m: 4:45.93	565 36.48 34.78
30.	PINHO Carolina Teixeira 50m: 33.17 33.17 100m: 1:09.78 36.61	04	Futebol Clube do Porto 150m: 1:46.24 36.46 200m: 2:22.60 36.36	250m: 2:58.60 300m: 3:34.75	36.00 36.15 350m: 4:11.00 400m: 4:46.22	563 36.25 35.22
31.	GASPAR Beatriz Ferreira 50m: 31.95 31.95 100m: 1:07.52 35.57	04	Hóquei Mealhada/Créd. Agrícola 150m: 1:43.77 36.25 200m: 2:20.62 36.85	250m: 2:57.08 300m: 3:34.44	36.46 37.36 350m: 4:11.09 400m: 4:46.28	563 36.65 35.19
32.	FERNANDES Leonor Camacho 50m: 32.72 32.72 100m: 1:08.24 35.52	02	Sporting 150m: 1:44.34 36.10 200m: 2:20.06 35.72	250m: 2:56.68 300m: 3:33.11	36.62 36.43 350m: 4:10.04 400m: 4:47.11	558 36.93 37.07
33.	MONTEIRO Ana Carolina 50m: 32.60 32.60 100m: 1:07.88 35.28	04	Uniao Coimbra 150m: 1:44.82 36.94 200m: 2:21.76 36.94	250m: 2:58.75 300m: 3:35.10	36.99 36.35 350m: 4:11.88 400m: 4:47.29	557 36.78 35.41
34.	DE VICENTE FORSELL Carolina B. 50m: 31.79 31.79 100m: 1:08.26 36.47	02	Real Canoe N.C. 150m: 1:45.01 36.75 200m: 2:22.62 37.61	250m: 2:59.16 300m: 3:36.62	36.54 37.46 350m: 4:12.26 400m: 4:47.49	556 35.64 35.23
35.	SANTOS Ines Figueira 50m: 32.70 32.70 100m: 1:08.26 35.56	00	União Piedense 150m: 1:44.64 36.38 200m: 2:21.46 36.82	250m: 2:58.22 300m: 3:35.41	36.76 37.19 350m: 4:12.39 400m: 4:47.94	553 36.98 35.55
	FERREIRA Beatriz Marques 50m: 33.01 33.01 100m: 1:08.00 34.99	00	Desportivo Campinho 150m: 1:44.59 36.59 200m: 2:21.33 36.74	250m: 2:58.44 300m: 3:35.58	37.11 37.14 350m: 4:12.34 400m: 4:47.94	553 36.76 35.60
37.	VARANDAS Joana Filipa 50m: 32.94 32.94 100m: 1:08.62 35.68	02	Laranjeiro 150m: 1:45.09 36.47 200m: 2:21.34 36.25	250m: 2:58.57 300m: 3:35.43	37.23 36.86 350m: 4:12.73 400m: 4:48.85	548 37.30 36.12

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

Pos.	Nadador / Swimmer	A/Y	Clube / Team	Tempo / Final	TReac	Pts
38.	SILVA Camila Alexandra	03	Columbofila Cantanhedense	4:49.12	+0.68	547
	50m: 33.87 33.87	150m: 1:45.79 36.03	250m: 2:59.74	37.30 350m: 4:14.04		37.59
	100m: 1:09.76 36.89	200m: 2:22.44 36.65	300m: 3:36.45	36.71 400m: 4:49.12		35.08
39.	SANZ VENTANILLA Carmen	01	Real Canoe N.C.	4:49.83	+0.84	543
	50m: 32.39 32.39	150m: 1:44.61 36.52	250m: 2:58.74	37.28 350m: 4:13.42		37.38
	100m: 1:08.09 35.70	200m: 2:21.46 36.85	300m: 3:36.04	37.30 400m: 4:49.83		36.41
40.	SANTOS Leonor Esteves	04	Avançado EULx	4:49.85	+0.91	542
	50m: 34.07 34.07	150m: 1:47.69 37.09	250m: 3:01.38	36.65 350m: 4:14.68		36.63
	100m: 1:10.60 36.53	200m: 2:24.73 37.04	300m: 3:38.05	36.67 400m: 4:49.85		35.17
41.	PRETO Filipa Manso	04	Futebol Clube do Porto	4:50.25	+0.82	540
	50m: 33.47 33.47	150m: 1:46.55 36.92	250m: 2:59.89	36.81 350m: 4:13.55		36.85
	100m: 1:09.63 36.16	200m: 2:23.08 36.53	300m: 3:36.70	36.81 400m: 4:50.25		36.70
42.	NOBRE Marisa Isabel	05	Columbofila Cantanhedense	4:50.49	+0.63	539
	50m: 33.53 33.53	150m: 1:47.42 37.11	250m: 3:01.51	36.88 350m: 4:15.36		36.63
	100m: 1:10.31 36.78	200m: 2:24.63 37.21	300m: 3:38.73	37.22 400m: 4:50.49		35.13
43.	PIRES Beatriz Almeida	03	Uniao Coimbra	4:51.11		535
	50m: 33.60 33.60	150m: 1:47.13 36.96	250m: 3:01.45	37.06 350m: 4:15.74		36.77
	100m: 1:10.17 36.57	200m: 2:24.39 37.26	300m: 3:38.97	37.52 400m: 4:51.11		35.37
44.	SOUZA Ines Matos	03	Uniao Coimbra	4:51.31	+0.66	534
	50m: 33.83 33.83	150m: 1:47.61 37.09	250m: 3:01.81	36.99 350m: 4:15.55		36.59
	100m: 1:10.52 36.69	200m: 2:24.82 37.21	300m: 3:38.96	37.15 400m: 4:51.31		35.76
45.	ARMAS Maria Ornelas	98	Acad. Desportiva Açores	4:51.92	+0.81	531
	50m: 32.30 32.30	150m: 1:43.85 36.25	250m: 2:58.22	36.94 350m: 4:14.02		37.82
	100m: 1:07.60 35.30	200m: 2:21.28 37.43	300m: 3:36.20	37.98 400m: 4:51.92		37.90
46.	BRANCO Ana Margarida	01	Alges	4:52.77	+0.85	526
	50m: 32.67 32.67	150m: 1:46.27 37.40	250m: 3:01.19	37.58 350m: 4:16.14		37.50
	100m: 1:08.87 36.20	200m: 2:23.61 37.34	300m: 3:38.64	37.45 400m: 4:52.77		36.63
47.	RODRIGUES Joana Francisca	04	Uniao Coimbra	4:53.81	+0.64	521
	50m: 33.33 33.33	150m: 1:48.68 37.75	250m: 3:04.14	37.81 350m: 4:18.14		36.77
	100m: 1:10.93 37.60	200m: 2:26.33 37.65	300m: 3:41.37	37.23 400m: 4:53.81		35.67
48.	FONSECA Laura Luz	03	Naval Ponta Delgada	4:54.17	+0.84	519
	50m: 32.23 32.23	150m: 1:44.20 36.64	250m: 2:59.70	38.12 350m: 4:16.71		38.71
	100m: 1:07.56 35.33	200m: 2:21.58 37.38	300m: 3:38.00	38.30 400m: 4:54.17		37.46
49.	PEREIRA Emilia Matos	99	Fundação Beatriz Santos	4:54.36	+0.65	518
	50m: 32.91 32.91	150m: 1:47.01 37.30	250m: 3:02.24	37.48 350m: 4:17.48		37.01
	100m: 1:09.71 36.80	200m: 2:24.76 37.75	300m: 3:40.47	38.23 400m: 4:54.36		36.88
50.	AMANTES Beatriz Quintao	03	União Piedense	4:54.89	+0.70	515
	50m: 33.85 33.85	150m: 1:48.51 37.44	250m: 3:02.75	36.54 350m: 4:18.19		37.86
	100m: 1:11.07 37.22	200m: 2:26.21 37.70	300m: 3:40.33	37.58 400m: 4:54.89		36.70
51.	PIRES Filipa Almeida	03	Uniao Coimbra	4:55.06	+0.78	514
	50m: 33.80 33.80	150m: 1:48.25 37.70	250m: 3:03.98	37.76 350m: 4:18.74		36.86
	100m: 1:10.55 36.75	200m: 2:26.22 37.97	300m: 3:41.88	37.90 400m: 4:55.06		36.32
52.	INACIO Marta Macedo	04	Sporting	4:58.39	+0.83	497
	50m: 33.93 33.93	150m: 1:48.71 37.51	250m: 3:04.78	37.58 350m: 4:20.91		37.98
	100m: 1:11.20 37.27	200m: 2:27.20 38.49	300m: 3:42.93	38.15 400m: 4:58.39		37.48
53.	RIBEIRO Maria Ines	03	Alges	4:58.53	+0.83	496
	50m: 34.43 34.43	150m: 1:50.20 38.27	250m: 3:05.61	37.27 350m: 4:21.35		37.61
	100m: 1:11.93 37.50	200m: 2:28.34 38.14	300m: 3:43.74	38.13 400m: 4:58.53		37.18
54.	CUADRADO MARTIN Irene (Fora Tempo Acesso / Out of Admission Time)	02	Federación Castilla Y Leon	4:59.57	+0.71	491
	50m: 32.98 32.98	150m: 1:47.22 37.68	250m: 3:04.10	38.53 350m: 4:21.67		39.03
	100m: 1:09.54 36.56	200m: 2:25.57 38.35	300m: 3:42.64	38.54 400m: 4:59.57		37.90
55.	MARQUES Maria Alexandra	04	Assoc Albicastrense	4:59.99	+0.77	489
	50m: 33.83 33.83	150m: 1:49.62 37.98	250m: 3:05.88	38.03 350m: 4:22.39		38.18
	100m: 1:11.64 37.81	200m: 2:27.85 38.23	300m: 3:44.21	38.33 400m: 4:59.99		37.60
56.	FERREIRA Leonor Marques	03	Desportivo Campinho	5:00.31	+0.65	488
	50m: 34.01 34.01	150m: 1:50.86 38.56	250m: 3:07.10	37.94 350m: 4:23.97		38.03
	100m: 1:12.30 38.29	200m: 2:29.16 38.30	300m: 3:45.94	38.84 400m: 5:00.31		36.34

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Pos.	Nadador / Swimmer	A/Y	Clube / Team	Tempo / Final	TReac	Pts
57.	MCCULLOUGH Amy (Fora Tempo Acesso / Out of Admission Time)	00	Larne Swimming Club	5:02.42	+0.70	478
	50m: 34.08 34.08 100m: 1:12.18 38.10	150m: 1:50.67 38.49 200m: 2:29.31 38.64	250m: 3:07.96 300m: 3:46.64	38.65 38.68	350m: 4:25.74 400m: 5:02.42	39.10 36.68
58.	PACHECO Maria Manuel	03	Naval Ponta Delgada	5:03.34		473
	50m: 33.94 33.94 100m: 1:11.89 37.95	150m: 1:50.65 38.76 200m: 2:29.02 38.37	250m: 3:07.78 300m: 3:46.80	38.76 39.02	350m: 4:25.52 400m: 5:03.34	38.72 37.82
59.	NARRA Vera Figueiredo	04	Amadora	5:03.94	+0.67	470
	50m: 33.29 33.29 100m: 1:10.63 37.34	150m: 1:48.04 37.41 200m: 2:26.91 38.87	250m: 3:05.33 300m: 3:44.46	38.42 39.13	350m: 4:24.21 400m: 5:03.94	39.75 39.73
60.	GERALDES Madalena Graca	04	Sporting	5:04.77	+1.01	467
	50m: 33.90 33.90 100m: 1:11.26 37.36	150m: 1:50.08 38.82 200m: 2:28.90 38.82	250m: 3:07.89 300m: 3:46.60	38.99 38.71	350m: 4:26.40 400m: 5:04.77	39.80 38.37
61.	BENTO Joana Viegas (Fora Tempo Acesso / Out of Admission Time)	99	Natação de Faro	5:04.83	+0.65	466
	50m: 34.53 34.53 100m: 1:12.10 37.57	150m: 1:51.04 38.94 200m: 2:29.70 38.66	250m: 3:08.55 300m: 3:47.47	38.85 38.92	350m: 4:26.52 400m: 5:04.83	39.05 38.31
62.	FRANCA Nicole Patriarca	05	CPCD - Póvoa Sta Iria	5:06.12	+0.79	460
	50m: 33.84 33.84 100m: 1:11.41 37.57	150m: 1:50.59 39.18 200m: 2:30.39 39.80	250m: 3:09.69 300m: 3:49.13	39.30 39.44	350m: 4:29.22 400m: 5:06.12	40.09 36.90
63.	BARAO Margarida Carvalho	04	Colégio Vasco da Gama	5:06.66		458
	50m: 34.72 34.72 100m: 1:13.05 38.33	150m: 1:51.43 38.38 200m: 2:30.72 39.29	250m: 3:09.15 300m: 3:49.03	38.43 39.88	350m: 4:27.80 400m: 5:06.66	38.77 38.86
64.	MONTEIRO Mafalda Sardinha	04	Benfica	5:07.41	+0.80	455
	50m: 34.12 34.12 100m: 1:12.14 38.02	150m: 1:51.19 39.05 200m: 2:30.82 39.63	250m: 3:10.53 300m: 3:50.40	39.71 39.87	350m: 4:29.54 400m: 5:07.41	39.14 37.87
65.	PEDRO Daniela Alexandra	04	Colégio Vasco da Gama	5:08.28	+0.90	451
	50m: 33.98 33.98 100m: 1:13.08 39.10	150m: 1:53.50 40.42 200m: 2:33.13 39.63	250m: 3:13.22 300m: 3:53.11	40.09 39.89	350m: 4:32.11 400m: 5:08.28	39.00 36.17
66.	LOPES Raquel Raposo	04	Desportivo Cova Piedade	5:08.59	+0.87	449
	50m: 34.63 34.63 100m: 1:12.87 38.24	150m: 1:52.59 39.72 200m: 2:32.57 39.98	250m: 3:12.01 300m: 3:51.32	39.44 39.31	350m: 4:30.30 400m: 5:08.59	38.98 38.29
67.	GARCIA Ines Marques	03	Nautico Abrantes	5:09.13	+0.87	447
	50m: 34.76 34.76 100m: 1:13.63 38.87	150m: 1:52.89 39.26 200m: 2:32.72 39.83	250m: 3:12.23 300m: 3:52.55	39.51 40.32	350m: 4:31.56 400m: 5:09.13	39.01 37.57
68.	DOMINGOS Filipa Ferraz	06	Estrelas S. João De Brito	5:09.32	+0.71	446
	50m: 35.02 35.02 100m: 1:14.05 39.03	150m: 1:53.09 39.04 200m: 2:32.72 39.63	250m: 3:12.05 300m: 3:51.46	39.33 39.41	350m: 4:30.72 400m: 5:09.32	39.26 38.60
69.	SILVA Ana Catarina (Fora Tempo Acesso / Out of Admission Time)	04	Fundação Beatriz Santos	5:12.67	+1.02	432
	50m: 35.92 35.92 100m: 1:14.94 39.02	150m: 1:54.98 40.04 200m: 2:34.46 39.48	250m: 3:14.45 300m: 3:54.45	39.99 40.00	350m: 4:34.34 400m: 5:12.67	39.89 38.33
70.	BARAO Matilde Carvalho (Fora Tempo Acesso / Out of Admission Time)	04	Colégio Vasco da Gama	5:15.07		422
	50m: 34.87 34.87 100m: 1:13.29 38.42	150m: 1:53.11 39.82 200m: 2:33.31 40.20	250m: 3:14.20 300m: 3:54.61	40.89 40.41	350m: 4:35.53 400m: 5:15.07	40.92 39.54
71.	PIRES Laura Joao (Fora Tempo Acesso / Out of Admission Time)	05	Natação do Fundão	5:16.10	+0.87	418
	50m: 36.21 36.21 100m: 1:15.31 39.10	150m: 1:55.12 39.81 200m: 2:35.57 40.45	250m: 3:15.76 300m: 3:56.46	40.19 40.70	350m: 4:36.72 400m: 5:16.10	40.26 39.38
72.	VIANA Carolina Pereira (Fora Tempo Acesso / Out of Admission Time)	04	Aquatico Silves	5:16.93	+0.82	415
	50m: 34.00 34.00 100m: 1:11.72 37.72	150m: 1:51.12 39.40 200m: 2:31.47 40.35	250m: 3:13.33 300m: 3:55.22	41.86 41.89	350m: 4:36.84 400m: 5:16.93	41.62 40.09

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

Pos.	Nadador / Swimmer	A/Y	Clube / Team	Tempo / Final	TReac	Pts
73.	LEOTE Erica Neves (Fora Tempo Acesso / Out of Admission Time)	03	Torres Novas	5:20.36		402
	50m: 34.90 34.90	150m: 1:54.08 40.38	250m: 3:16.04 41.18	350m: 4:39.04 41.32		
	100m: 1:13.70 38.80	200m: 2:34.86 40.78	300m: 3:57.72 41.68	400m: 5:20.36 41.32		