

Prova 23
09.02.2020

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	PELEGRINI Federica	ITA	Rome (ITA)	2009
Rec Meeting / Meeting Record	4:12.54	DURAES Diana Margarida	POR	Lisboa	2018
Rec Nacional / Port.Nat Record	4:09.49	DURAES Diana Margarida	POR	Tarragona (ESP)	2018

Meeting Access Time Jun&Sen: 4:56.00; Juv: 5:12.00

Pontos: FINA 2020

Pos.	Nadador / Swimmer	A/Y	Clube / Team	Tempo / Final	TReac	Pts
1.	OLIVIER Monique	98	Luxembourg Federation	4:22.11		734 A
	50m: 29.64 29.64	150m: 1:34.96 33.20	250m: 2:41.52 33.45	350m: 3:48.68 33.66		
	100m: 1:01.76 32.12	200m: 2:08.07 33.11	300m: 3:15.02 33.50	400m: 4:22.11 33.43		
2.	DURAES Diana Margarida	96	Benfica	4:22.71		729 A
	50m: 30.78 30.78	150m: 1:36.45 32.82	250m: 2:42.72 33.28	350m: 3:49.50 33.51		
	100m: 1:03.63 32.85	200m: 2:09.44 32.99	300m: 3:15.99 33.27	400m: 4:22.71 33.21		
3.	MARTINS Francisca Soares	03	Portugal	4:24.94		710 A
	50m: 30.29 30.29	150m: 1:36.71 33.55	250m: 2:44.06 33.52	350m: 3:52.00 34.13		
	100m: 1:03.16 32.87	200m: 2:10.54 33.83	300m: 3:17.87 33.81	400m: 4:24.94 32.94		
4.	ANDRE Leticia Maia	02	Benfica	4:29.74		673 A
	50m: 31.03 31.03	150m: 1:38.63 34.11	250m: 2:47.07 33.95	350m: 3:55.93 34.64		
	100m: 1:04.52 33.49	200m: 2:13.12 34.49	300m: 3:21.29 34.22	400m: 4:29.74 33.81		
5.	EMERY Charlotte	03	England South West	4:29.92		672 A
	50m: 30.67 30.67	150m: 1:37.64 33.85	250m: 2:45.68 34.20	350m: 3:55.63 35.05		
	100m: 1:03.79 33.12	200m: 2:11.48 33.84	300m: 3:20.58 34.90	400m: 4:29.92 34.29		
6.	MAIN Sophie	04	England South West	4:31.88		657 A
	50m: 31.54 31.54	150m: 1:40.10 34.47	250m: 2:49.14 34.58	350m: 3:58.55 34.72		
	100m: 1:05.63 34.09	200m: 2:14.56 34.46	300m: 3:23.83 34.69	400m: 4:31.88 33.33		
7.	QUEIROZ Ana Rita	02	Selecao de Coimbra	4:32.95		650 A
	50m: 31.86 31.86	150m: 1:40.70 34.59	250m: 2:50.02 34.16	350m: 3:58.63 34.00		
	100m: 1:06.11 34.25	200m: 2:15.86 35.16	300m: 3:24.63 34.61	400m: 4:32.95 34.32		
8.	SOUSA Ana Reis	02	Alges	4:33.38		647 A
	50m: 31.55 31.55	150m: 1:41.10 34.84	250m: 2:50.85 34.94	350m: 3:59.98 34.50		
	100m: 1:06.26 34.71	200m: 2:15.91 34.81	300m: 3:25.48 34.63	400m: 4:33.38 33.40		
9.	FRAZAO Alexandra Couto	02	Sporting	4:34.20		641 A
	50m: 31.72 31.72	150m: 1:40.70 34.61	250m: 2:50.57 35.06	350m: 4:00.20 34.72		
	100m: 1:06.09 34.37	200m: 2:15.51 34.81	300m: 3:25.48 34.91	400m: 4:34.20 34.00		
10.	PIRES Marta Joao	05	Alges	4:36.16		627 A
	50m: 32.00 32.00	150m: 1:41.60 35.13	250m: 2:51.52 34.78	350m: 4:01.56 35.30		
	100m: 1:06.47 34.47	200m: 2:16.74 35.14	300m: 3:26.26 34.74	400m: 4:36.16 34.60		
11.	MOURA Maria Ferreira	04	Portugal	4:36.70		624 B
	50m: 32.13 32.13	150m: 1:42.70 35.40	250m: 2:53.46 35.09	350m: 4:03.37 34.60		
	100m: 1:07.30 35.17	200m: 2:18.37 35.67	300m: 3:28.77 35.31	400m: 4:36.70 33.33		
12.	PEMBERTON Amy	01	England South West	4:37.15		621 B
	50m: 31.38 31.38	150m: 1:40.28 34.97	250m: 2:51.03 35.24	350m: 4:02.21 35.57		
	100m: 1:05.31 33.93	200m: 2:15.79 35.51	300m: 3:26.64 35.61	400m: 4:37.15 34.94		
13.	AMADOR Joana Costa	01	Galitos / Bresimar	4:37.25		620 B
	50m: 31.91 31.91	150m: 1:41.39 35.00	250m: 2:51.86 35.34	350m: 4:02.96 35.31		
	100m: 1:06.39 34.48	200m: 2:16.52 35.13	300m: 3:27.65 35.79	400m: 4:37.25 34.29		
14.	RODRIGUES Filipa Serrano	01	Benfica	4:39.52		605 B
	50m: 31.66 31.66	150m: 1:41.25 35.27	250m: 2:52.27 35.55	350m: 4:04.07 35.85		
	100m: 1:05.98 34.32	200m: 2:16.72 35.47	300m: 3:28.22 35.95	400m: 4:39.52 35.45		
15.	PINHEIRO Ines Mariana	03	Selecao de Coimbra	4:39.94		602 B
	50m: 32.73 32.73	150m: 1:44.48 36.38	250m: 2:56.49 35.55	350m: 4:07.27 34.80		
	100m: 1:08.10 35.37	200m: 2:20.94 36.46	300m: 3:32.47 35.98	400m: 4:39.94 32.67		
16.	RODRIGUES Joana Francisca	04	Selecao de Coimbra	4:40.05		601 B
	50m: 31.87 31.87	150m: 1:42.32 35.69	250m: 2:53.99 35.90	350m: 4:05.39 35.58		
	100m: 1:06.63 34.76	200m: 2:18.09 35.77	300m: 3:29.81 35.82	400m: 4:40.05 34.66		
17.	REBELO Camila Rodrigues	03	Portugal	4:40.11		601 B
	50m: 31.37 31.37	150m: 1:41.20 35.67	250m: 2:52.57 35.91	350m: 4:05.26 36.60		
	100m: 1:05.53 34.16	200m: 2:16.66 35.46	300m: 3:28.66 36.09	400m: 4:40.11 34.85		

anlisboa.pt
fb.com/assocnatacaolisboa

Online results:
bit.ly/arenalim2020

anleventos.com
instagram.com/lisbonswimmeet

Approved by:



Supported by:



Sponsored by:



Prova 23, Femin., 400m Livres, Elimin, Absolutos/All

Pos.	Nadador / Swimmer	A/Y	Clube / Team	Tempo / Final	TReac	Pts
18.	HANS CAPITAN Ines Maria 50m: 31.48 31.48 100m: 1:06.38 34.90	02	Mairena del Aljarafe	150m: 1:41.80 35.42 200m: 2:18.26 36.46 250m: 2:54.33 36.07 300m: 3:30.87 36.54 350m: 4:06.90 400m: 4:40.61	4:40.61	598 B 36.03 33.71
19.	SILVA Natacha Sofia 50m: 31.61 31.61 100m: 1:06.33 34.72	02	Benfica	150m: 1:41.53 35.20 200m: 2:17.60 36.07 250m: 2:53.27 35.67 300m: 3:29.84 36.57 350m: 4:05.78 400m: 4:40.86	4:40.86	596 B 35.94 35.08
20.	SILVA Camila Alexandra 50m: 32.94 32.94 100m: 1:08.25 35.31	03	Seleccao de Coimbra	150m: 1:44.22 35.97 200m: 2:20.25 36.03 250m: 2:55.73 35.48 300m: 3:31.15 35.42 350m: 4:06.36 400m: 4:41.05	4:41.05	595 B 35.21 34.69
21.	PIMENTA Margarida Sobral 50m: 32.36 32.36 100m: 1:07.98 35.62	99	Belenenses	150m: 1:44.04 36.06 200m: 2:20.07 36.03 250m: 2:55.92 35.85 300m: 3:32.11 36.19 350m: 4:07.62 400m: 4:42.28	4:42.28	587 R 35.51 34.66
22.	GASPAR Beatriz Ferreira 50m: 31.97 31.97 100m: 1:07.44 35.47	04	Seleccao de Coimbra	150m: 1:42.91 35.47 200m: 2:18.58 35.67 250m: 2:54.51 35.93 300m: 3:30.91 36.40 350m: 4:07.56 400m: 4:43.24	4:43.24	581 R 36.65 35.68
23.	RECUERDO DÍAZ Andrea 50m: 32.47 32.47 100m: 1:08.29 35.82	01	Gredos San Diego	150m: 1:44.43 36.14 200m: 2:20.69 36.26 250m: 2:57.02 36.33 300m: 3:33.18 36.16 350m: 4:09.32 400m: 4:43.73	4:43.73	578 36.14 34.41
24.	CARO JAENES Celia 50m: 31.73 31.73 100m: 1:05.92 34.19	02	Mairena del Aljarafe	150m: 1:41.91 35.99 200m: 2:17.65 35.74 250m: 2:54.13 36.48 300m: 3:30.66 36.53 350m: 4:08.07 400m: 4:43.94	4:43.94	577 37.41 35.87
25.	FOMINA Anna 50m: 31.65 31.65 100m: 1:07.10 35.45	02	Louletano / Loule Concelho	150m: 1:43.86 36.76 200m: 2:20.29 36.43 250m: 2:56.68 36.39 300m: 3:33.24 36.56 350m: 4:09.20 400m: 4:44.15	4:44.15	576 35.96 34.95
26.	TEJERO DOMINGUEZ Marta 50m: 32.70 32.70 100m: 1:08.64 35.94	04	Gredos San Diego	150m: 1:45.24 36.60 200m: 2:21.43 36.19 250m: 2:57.95 36.52 300m: 3:34.49 36.54 350m: 4:10.72 400m: 4:46.08	4:46.08	564 36.23 35.36
27.	SEBASTIAO Sofia Antunes 50m: 32.47 32.47 100m: 1:08.17 35.70	05	Amadora	150m: 1:44.63 36.46 200m: 2:20.85 36.22 250m: 2:57.09 36.24 300m: 3:33.96 36.87 350m: 4:10.46 400m: 4:46.19	4:46.19	564 36.50 35.73
28.	KENNEDY Niamh 50m: 33.28 33.28 100m: 1:09.88 36.60	05	Galway SC	150m: 1:47.06 37.18 200m: 2:23.92 36.86 250m: 2:59.71 35.79 300m: 3:35.56 35.85 350m: 4:11.02 400m: 4:46.36	4:46.36	563 35.46 35.34
29.	ALVAREZ MEJÍAS Irene 50m: 32.06 32.06 100m: 1:07.81 35.75	01	Gredos San Diego	150m: 1:43.87 36.06 200m: 2:20.22 36.35 250m: 2:56.81 36.59 300m: 3:34.05 37.24 350m: 4:11.03 400m: 4:46.46	4:46.46	562 36.98 35.43
30.	COELHO Maria Leonor 50m: 32.42 32.42 100m: 1:08.52 36.10	06	Benfica	150m: 1:44.72 36.20 200m: 2:21.26 36.54 250m: 2:58.11 36.85 300m: 3:35.14 37.03 350m: 4:11.88 400m: 4:46.64	4:46.64	561 36.74 34.76
31.	BERBEL MERINO Paula 50m: 30.84 30.84 100m: 1:05.99 35.15	03	Gredos San Diego	150m: 1:42.52 36.53 200m: 2:19.72 37.20 250m: 2:56.52 36.80 300m: 3:33.65 37.13 350m: 4:10.72 400m: 4:47.06	4:47.06	558 37.07 36.34
32.	CANINHAS Maria Pinto 50m: 31.59 31.59 100m: 1:07.63 36.04	05	Natação do Fundão	150m: 1:44.01 36.38 200m: 2:21.25 37.24 250m: 2:57.96 36.71 300m: 3:35.66 37.70 350m: 4:12.27 400m: 4:47.72	4:47.72	555 36.61 35.45
33.	CARLOTA Catarina Isabel 50m: 32.95 32.95 100m: 1:08.66 35.71	05	BUZIOS - Coruche	150m: 1:45.70 37.04 200m: 2:22.76 37.06 250m: 2:59.86 37.10 300m: 3:36.98 37.12 350m: 4:13.31 400m: 4:48.19	4:48.19	552 36.33 34.88
34.	TEIXEIRA Ines Correia 50m: 33.21 33.21 100m: 1:09.20 35.99	06	Amadora	150m: 1:45.52 36.32 200m: 2:23.14 37.62 250m: 2:58.90 35.76 300m: 3:35.65 36.75 350m: 4:12.45 400m: 4:48.41	4:48.41	551 36.80 35.96
35.	RANITO Beatriz Paulo 50m: 32.70 32.70 100m: 1:09.14 36.44	99	Geslours	150m: 1:46.04 36.90 200m: 2:23.10 37.06 250m: 3:00.09 36.99 300m: 3:36.78 36.69 350m: 4:13.77 400m: 4:49.76	4:49.76	543 36.99 35.99
36.	FERREIRA Joana Rocha 50m: 32.99 32.99 100m: 1:09.03 36.04	05	Benfica	150m: 1:46.06 37.03 200m: 2:23.03 36.97 250m: 2:59.91 36.88 300m: 3:36.68 36.77 350m: 4:13.71 400m: 4:50.01	4:50.01	542 37.03 36.30
37.	BARRIO RUBIO Paula 50m: 33.20 33.20 100m: 1:09.44 36.24	04	Gredos San Diego	150m: 1:46.29 36.85 200m: 2:23.70 37.41 250m: 3:00.30 36.60 300m: 3:37.59 37.29 350m: 4:14.94 400m: 4:51.23	4:51.23	535 37.35 36.29

Prova 23, Femin., 400m Livres, Elimin, Absolutos/All

Pos.	Nadador / Swimmer	A/Y	Clube / Team	Tempo / Final	TReac	Pts
38.	GIBBS Alison 50m: 31.76 32.76 100m: 1:08.59 35.83	04	Galway SC 150m: 1:45.73 37.14 200m: 2:22.68 36.95	250m: 3:00.25 37.57 300m: 3:37.44 37.19	350m: 4:15.32 400m: 4:51.82	532 37.88 36.50
39.	HORTA Diana Valadas 50m: 31.76 31.76 100m: 1:07.45 35.69	04	União Piedense 150m: 1:45.08 37.63 200m: 2:22.82 37.74	250m: 3:00.21 37.39 300m: 3:37.94 37.73	350m: 4:15.58 400m: 4:51.98	531 37.64 36.40
40.	PEREIRA Carolina Rei 50m: 32.45 32.45 100m: 1:07.93 35.48	05	Natação de Vagos 150m: 1:44.78 36.85 200m: 2:21.98 37.20	250m: 2:59.75 37.77 300m: 3:37.36 37.61	350m: 4:15.05 400m: 4:52.01	530 37.69 36.96
41.	VALENTE Maria Esteves 50m: 33.18 33.18 100m: 1:09.71 36.53	06	Benfica 150m: 1:47.07 37.36 200m: 2:24.62 37.55	250m: 3:02.18 37.56 300m: 3:39.80 37.62	350m: 4:16.63 400m: 4:52.11	530 36.83 35.48
42.	FLORINDO Helena Neto 50m: 32.64 32.64 100m: 1:08.46 35.82	06	Eléctrico 150m: 1:45.53 37.07 200m: 2:22.73 37.20	250m: 3:00.47 37.74 300m: 3:37.92 37.45	350m: 4:15.71 400m: 4:52.47	528 37.79 36.76
43.	CORREIA Beatriz Santos 50m: 32.09 32.09 100m: 1:08.27 36.18	04	Academico Viseu 150m: 1:46.25 37.98 200m: 2:24.34 38.09	250m: 3:02.11 37.77 300m: 3:40.07 37.96	350m: 4:17.19 400m: 4:53.33	523 37.12 36.14
44.	ARMAS Maria Ornelas 50m: 33.02 33.02 100m: 1:08.28 35.26	98	Avançado EULx 150m: 1:44.84 36.56 200m: 2:22.00 37.16	250m: 2:59.87 37.87 300m: 3:37.94 38.07	350m: 4:16.41 400m: 4:53.37	523 38.47 36.96
45.	FONSECA Laura Luz 50m: 32.90 32.90 100m: 1:09.07 36.17	03	Bombeiros Ponta Delgada 150m: 1:46.54 37.47 200m: 2:24.01 37.47	250m: 3:01.90 37.89 300m: 3:39.62 37.72	350m: 4:17.68 400m: 4:53.82	521 38.06 36.14
46.	REIS Juliana Branco 50m: 32.38 32.38 100m: 1:09.64 37.26	05	Alcobaca 150m: 1:47.21 37.57 200m: 2:26.07 38.86	250m: 3:03.62 37.55 300m: 3:41.96 38.34	350m: 4:18.75 400m: 4:54.24	519 36.79 35.49
47.	NUNES Rita Sofia 50m: 32.99 32.99 100m: 1:09.54 36.55	05	Colegio Efanor 150m: 1:46.63 37.09 200m: 2:24.56 37.93	250m: 3:02.41 37.85 300m: 3:40.86 38.45	350m: 4:17.85 400m: 4:54.27	518 36.99 36.42
48.	NIZA Beatriz Mocego 50m: 33.55 33.55 100m: 1:10.42 36.87	06	Amadora 150m: 1:47.75 37.33 200m: 2:25.33 37.58	250m: 3:02.75 37.42 300m: 3:40.89 38.14	350m: 4:18.35 400m: 4:55.16	514 37.46 36.81
49.	SEENEY Aoife 50m: 33.61 33.61 100m: 1:10.70 37.09	04	Galway SC 150m: 1:48.46 37.76 200m: 2:25.66 37.20	250m: 3:03.59 37.93 300m: 3:41.52 37.93	350m: 4:19.25 400m: 4:55.46	512 37.73 36.21
50.	MIRA Leonor Maria 50m: 32.58 32.58 100m: 1:09.28 36.70	04	BUZIOS - Coruche 150m: 1:47.29 38.01 200m: 2:25.30 38.01	250m: 3:03.00 37.70 300m: 3:40.69 37.69	350m: 4:18.56 400m: 4:55.59	511 37.87 37.03
51.	PIRES Laura Joao 50m: 34.35 34.35 100m: 1:11.01 36.66	05	Natação do Fundão 150m: 1:48.59 37.58 200m: 2:26.24 37.65	250m: 3:04.09 37.85 300m: 3:41.94 37.85	350m: 4:20.29 400m: 4:55.81	510 38.35 35.52
52.	OLIVEIRA Vanessa Sofia 50m: 34.80 34.80 100m: 1:12.44 37.64	05	Gafanha da Encarnação 150m: 1:50.70 38.26 200m: 2:28.65 37.95	250m: 3:06.60 37.95 300m: 3:43.88 37.28	350m: 4:20.74 400m: 4:56.02	509 36.86 35.28
53.	DOMINGUES Vitoria Cruz 50m: 34.04 34.04 100m: 1:11.80 37.76	06	Natação de Vagos 150m: 1:49.30 37.50 200m: 2:27.26 37.96	250m: 3:04.44 37.18 300m: 3:42.29 37.85	350m: 4:19.57 400m: 4:56.08	509 37.28 36.51
54.	FERREIRA Francisca Santos 50m: 32.99 32.99 100m: 1:09.28 36.29	06	Alges 150m: 1:47.68 38.40 200m: 2:25.57 37.89	250m: 3:03.42 37.85 300m: 3:41.44 38.02	350m: 4:19.72 400m: 4:56.10	509 38.28 36.38
55.	ALGUACIL MUÑOZ Laura (Fora Tempo Acesso / Out of Admission Time) 50m: 34.48 34.48 100m: 1:11.12 36.64	04	Gredos San Diego 150m: 1:49.19 38.07 200m: 2:26.88 37.69	250m: 3:04.56 37.68 300m: 3:41.89 37.33	350m: 4:19.58 400m: 4:56.29	508 37.69 36.71
56.	ANTUNES Rebeca Leonor 50m: 32.24 32.24 100m: 1:08.51 36.27	06	Colégio Vasco da Gama 150m: 1:46.38 37.87 200m: 2:24.77 38.39	250m: 3:03.41 38.64 300m: 3:42.12 38.71	350m: 4:19.85 400m: 4:56.66	506 37.73 36.81

Prova 23, Femin., 400m Livres, Elimin, Absolutos/All

Pos.	Nadador / Swimmer	A/Y	Clube / Team	Tempo / Final	TReac	Pts
57.	CARRAO Iris Pereira 50m: 31.94 31.94 100m: 1:07.56 35.62	05	Laranjeiro 150m: 1:44.39 36.83 200m: 2:22.35 37.96	250m: 3:00.42 38.07 300m: 3:39.56 39.14	350m: 4:18.38 400m: 4:56.93	505 38.82 38.55
58.	RAMOS Joana Barbas 50m: 34.50 34.50 100m: 1:12.48 37.98	06	Gafanha da Encarnaçao 150m: 1:49.96 37.48 200m: 2:28.12 38.16	250m: 3:05.62 37.50 300m: 3:43.85 38.23	350m: 4:20.97 400m: 4:57.52	502 37.12 36.55
59.	BELO Catarina Cunha 50m: 34.51 34.51 100m: 1:11.97 37.46	06	Fundação Beatriz Santos 150m: 1:49.94 37.97 200m: 2:27.85 37.91	250m: 3:05.67 37.82 300m: 3:43.97 38.30	350m: 4:21.76 400m: 4:58.55	496 37.79 36.79
60.	CAMACHO Maria Martins (Fora Tempo Acesso / Out of Admission Time) 50m: 33.00 33.00 100m: 1:10.18 37.18	04	União Piedense 150m: 1:48.02 37.84 200m: 2:26.42 38.40	250m: 3:04.26 37.84 300m: 3:43.02 38.76	350m: 4:21.60 400m: 4:59.65	491 38.58 38.05
61.	SANTOS Mariana Marques 50m: 32.29 32.29 100m: 1:09.22 36.93	05	Geslours 150m: 1:47.25 38.03 200m: 2:26.00 38.75	250m: 3:05.19 39.19 300m: 3:44.76 39.57	350m: 4:24.04 400m: 5:02.25	478 39.28 38.21
62.	CUNHA Ines Santos 50m: 35.19 35.19 100m: 1:13.60 38.41	06	Gafanha da Encarnaçao 150m: 1:53.00 39.40 200m: 2:31.32 38.32	250m: 3:10.07 38.75 300m: 3:48.58 38.51	350m: 4:26.25 400m: 5:02.39	478 37.67 36.14
63.	O'LEARY Eimear 50m: 33.06 33.06 100m: 1:09.42 36.36	05	Galway SC 150m: 1:47.51 38.09 200m: 2:26.20 38.69	250m: 3:05.34 39.14 300m: 3:44.86 39.52	350m: 4:24.89 400m: 5:03.16	474 40.03 38.27
64.	BERNAT Maria Del Rio 50m: 33.24 33.24 100m: 1:10.53 37.29	05	Alges 150m: 1:48.99 38.46 200m: 2:28.23 39.24	250m: 3:07.14 38.91 300m: 3:46.72 39.58	350m: 4:25.96 400m: 5:05.01	465 39.24 39.05
65.	PACHECO Maria Manuel (Fora Tempo Acesso / Out of Admission Time) 50m: 33.85 33.85 100m: 1:11.44 37.59	03	Bombeiros Ponta Delgada 150m: 1:50.11 38.67 200m: 2:29.29 39.18	250m: 3:08.83 39.54 300m: 3:47.96 39.13	350m: 4:27.39 400m: 5:05.06	465 39.43 37.67
66.	ARAUJO Maria Clara 50m: 33.57 33.57 100m: 1:10.89 37.32	05	Naval do Funchal 150m: 1:49.08 38.19 200m: 2:27.54 38.46	250m: 3:07.03 39.49 300m: 3:46.98 39.95	350m: 4:26.55 400m: 5:05.62	463 39.57 39.07
67.	CAMACHO Laura Fernandes (Fora Tempo Acesso / Out of Admission Time) 50m: 34.34 34.34 100m: 1:12.94 38.60	04	Naval do Funchal 150m: 1:52.55 39.61 200m: 2:32.06 39.51	250m: 3:12.28 40.22 300m: 3:51.56 39.28	350m: 4:31.48 400m: 5:09.86	444 39.92 38.38
68.	SILVA Ines Gaspar (Fora Tempo Acesso / Out of Admission Time) 50m: 34.07 34.07 100m: 1:12.78 38.71	06	Geslours 150m: 1:52.16 39.38 200m: 2:32.51 40.35	250m: 3:12.71 40.20 300m: 3:53.57 40.86	350m: 4:34.17 400m: 5:12.86	431 40.60 38.69
69.	HERMINIO Clara Sofia (Fora Tempo Acesso / Out of Admission Time) 50m: 35.21 35.21 100m: 1:14.22 39.01	06	Desportivo Cova da Piedade 150m: 1:53.72 39.50 200m: 2:33.53 39.81	250m: 3:12.99 39.46 300m: 3:53.81 40.82	350m: 4:34.41 400m: 5:13.32	429 40.60 38.91
70.	SILVEIRA Sofia Pereira (Fora Tempo Acesso / Out of Admission Time) 50m: 35.34 35.34 100m: 1:14.37 39.03	05	Bombeiros Ponta Delgada 150m: 1:54.67 40.30 200m: 2:35.20 40.53	250m: 3:16.10 40.90 300m: 3:56.23 40.13	350m: 4:37.07 400m: 5:16.45	417 40.84 39.38