

Prova 23
12.02.2023

Femin., 400m Livres

Absolutos/All
Resultados Elimin

World Record	3:56.40	TITMUS Ariarne	AUS	Adelaide (AUS)	2022
European Record	3:59.15	PELEGRINI Federica	ITA	Rome (ITA)	2009
Meeting Record	4:11.67	DURAES Diana Margarida	POR	Lisboa	2020
Portuguese Nat Record	4:09.49	DURAES Diana Margarida	POR	Tarragona (ESP)	2018

Meeting Access Time Jun&Sen: 4:56.00; Juv: 5:15.00

Pontos: FINA 2022

Pos.	Nadador / Swimmer	A/Y	Clube / Team	Tempo / Final	TReac	Pts
1.	MARTINS Francisca Soares	03	Foca / Quinta Da Lixa	4:17.28		776 A
	50m: 30.12 30.12	150m: 1:34.90 32.40	250m: 2:39.68 32.34	350m: 3:45.15 32.78		32.13
	100m: 1:02.50 32.38	200m: 2:07.34 32.44	300m: 3:12.37 32.69	400m: 4:17.28 32.13		
2.	DURAES Diana Margarida	96	Benfica	4:24.83		711 A
	50m: 31.20 31.20	150m: 1:37.89 33.51	250m: 2:44.97 33.45	350m: 3:51.94 33.53		32.89
	100m: 1:04.38 33.18	200m: 2:11.52 33.63	300m: 3:18.41 33.44	400m: 4:24.83 32.89		
3.	HOLUB Tamila Hryhorivna	99	Braga	4:27.05		694 A
	50m: 31.42 31.42	150m: 1:38.32 33.63	250m: 2:45.63 33.43	350m: 3:53.28 34.13		33.77
	100m: 1:04.69 33.27	200m: 2:12.20 33.88	300m: 3:19.15 33.52	400m: 4:27.05 33.77		
4.	LEBLIC GARCIA Sydney	05	Real Canoe NC	4:28.52		682 A
	50m: 30.60 30.60	150m: 1:38.37 34.21	250m: 2:47.23 34.30	350m: 3:55.79 34.13		32.73
	100m: 1:04.16 33.56	200m: 2:12.93 34.56	300m: 3:21.66 34.43	400m: 4:28.52 32.73		
5.	CARDEAL Joana Nunes	02	Academico Viseu	4:29.17		677 A
	50m: 31.14 31.14	150m: 1:39.34 34.57	250m: 2:47.66 33.98	350m: 3:56.58 34.56		32.59
	100m: 1:04.77 33.63	200m: 2:13.68 34.34	300m: 3:22.02 34.36	400m: 4:29.17 32.59		
6.	ANDRE Leticia Maia	02	Benfica	4:29.45		675 A
	50m: 30.52 30.52	150m: 1:38.32 34.33	250m: 2:48.18 34.35	350m: 3:56.87 34.11		32.58
	100m: 1:03.99 33.47	200m: 2:13.83 35.51	300m: 3:22.76 34.58	400m: 4:29.45 32.58		
7.	CONCEICAO Ema Jeronimo	03	Benfica	4:30.28		669 A
	50m: 31.45 31.45	150m: 1:38.47 33.28	250m: 2:45.97 33.68	350m: 3:55.59 35.03		34.69
	100m: 1:05.19 33.74	200m: 2:12.29 33.82	300m: 3:20.56 34.59	400m: 4:30.28 34.69		
8.	FOMINA Anna	02	Sporting	4:31.84		658 A
	50m: 31.36 31.36	150m: 1:39.77 34.31	250m: 2:48.83 34.52	350m: 3:58.10 34.61		33.74
	100m: 1:05.46 34.10	200m: 2:14.31 34.54	300m: 3:23.49 34.66	400m: 4:31.84 33.74		
9.	KAY Eleanor	06	Bolton Metro	4:32.81		651 A
	50m: 30.63 30.63	150m: 1:38.73 34.29	250m: 2:48.24 34.83	350m: 3:58.43 35.09		34.38
	100m: 1:04.44 33.81	200m: 2:13.41 34.68	300m: 3:23.34 35.10	400m: 4:32.81 34.38		
10.	BRADLEY-HOLT Lauren	04	City of Manchester	4:33.81		644 A
	50m: 29.77 29.77	150m: 1:38.60 35.23	250m: 2:50.19 35.76	350m: 4:01.23 35.29		32.58
	100m: 1:03.37 33.60	200m: 2:14.43 35.83	300m: 3:25.94 35.75	400m: 4:33.81 32.58		
11.	VIANA Carolina Pereira	04	Sporting	4:35.03		635 B
	50m: 31.93 31.93	150m: 1:40.60 34.51	250m: 2:50.65 35.13	350m: 4:00.59 35.06		34.44
	100m: 1:06.09 34.16	200m: 2:15.52 34.92	300m: 3:25.53 34.88	400m: 4:35.03 34.44		
12.	COELHO Maria Leonor	06	Portugal	4:35.17		634 B
	50m: 31.54 31.54	150m: 1:41.56 35.08	250m: 2:51.78 34.99	350m: 4:01.39 34.62		33.78
	100m: 1:06.48 34.94	200m: 2:16.79 35.23	300m: 3:26.77 34.99	400m: 4:35.17 33.78		
13.	LOURO Beatriz Silva	07	Louletano / Loule Concelho	4:35.95		629 B
	50m: 31.46 31.46	150m: 1:39.93 34.60	250m: 2:49.45 34.76	350m: 4:00.56 35.90		35.39
	100m: 1:05.33 33.87	200m: 2:14.69 34.76	300m: 3:24.66 35.21	400m: 4:35.95 35.39		
14.	AMORIM Ines Santos	06	Portugal	4:36.79		623 B
	50m: 32.18 32.18	150m: 1:40.60 34.32	250m: 2:50.61 34.96	350m: 4:02.14 35.51		34.65
	100m: 1:06.28 34.10	200m: 2:15.65 35.05	300m: 3:26.63 36.02	400m: 4:36.79 34.65		
15.	ARMAS Maria Ornelas	98	Vikings SC	4:36.92		622 B
	50m: 31.90 31.90	150m: 1:41.02 34.83	250m: 2:51.71 35.65	350m: 4:02.90 35.94		34.02
	100m: 1:06.19 34.29	200m: 2:16.06 35.04	300m: 3:26.96 35.25	400m: 4:36.92 34.02		
16.	ROSSI Elisabetta	07	Federazione Ticinese di Nuoto	4:38.44		612 B
	50m: 31.82 31.82	150m: 1:42.10 35.19	250m: 2:52.59 35.16	350m: 4:03.63 35.36		34.81
	100m: 1:06.91 35.09	200m: 2:17.43 35.33	300m: 3:28.27 35.68	400m: 4:38.44 34.81		
17.	PEIXOTO Carolina Esteves	06	Braga	4:39.93		602 B
	50m: 32.10 32.10	150m: 1:42.43 35.13	250m: 2:53.51 35.19	350m: 4:04.83 35.46		35.10
	100m: 1:07.30 35.20	200m: 2:18.32 35.89	300m: 3:29.37 35.86	400m: 4:39.93 35.10		

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

Pos.	Nadador / Swimmer	A/Y	Clube / Team	Tempo / Final	TReac	Pts
18.	FARIA Leonor Verissimo 50m: 31.19 31.19 100m: 1:07.33 35.13	06	Nucleo de Pombal 150m: 1:42.81 35.48 200m: 2:18.66 35.85	4:40.66 250m: 2:54.55 35.89 300m: 3:30.88 36.33	350m: 4:06.53 400m: 4:40.66	598 B 35.65 34.13
19.	PINTO Margarida Vieira 50m: 32.21 31.19 100m: 1:05.15 33.96	07	Portugal 150m: 1:40.14 34.99 200m: 2:15.67 35.53	4:41.57 250m: 2:52.02 36.35 300m: 3:29.07 37.05	350m: 4:06.07 400m: 4:41.57	592 B 37.00 35.50
20.	ROSA Mariana Carmo 50m: 32.05 32.05 100m: 1:07.26 35.21	05	Condeixa Aqua Clube 150m: 1:43.20 35.94 200m: 2:19.45 36.25	4:42.33 250m: 2:55.74 36.29 300m: 3:31.84 36.10	350m: 4:07.94 400m: 4:42.33	587 B 36.10 34.39
21.	ESTEVEENS Laura Fabiana 50m: 32.21 32.21 100m: 1:07.67 35.46	05	Naval de Faro 150m: 1:43.38 35.71 200m: 2:19.43 36.05	4:42.39 250m: 2:55.36 35.93 300m: 3:32.12 36.76	350m: 4:08.84 400m: 4:42.39	587 36.72 33.55
22.	VIEIRA Ana Beatriz 50m: 31.93 31.93 100m: 1:07.17 35.24	07	Foca / Quinta Da Lixa 150m: 1:43.24 36.07 200m: 2:19.51 36.27	4:43.00 250m: 2:55.90 36.39 300m: 3:32.70 36.80	350m: 4:08.16 400m: 4:43.00	583 35.46 34.84
23.	MILAN Emma 50m: 32.03 32.03 100m: 1:06.79 34.76	08	Federazione Ticinese di Nuoto 150m: 1:43.41 36.62 200m: 2:19.74 36.33	4:43.56 250m: 2:56.75 37.01 300m: 3:33.26 36.51	350m: 4:09.65 400m: 4:43.56	579 36.39 33.91
24.	STORNETTA Maria Fernanda 50m: 32.18 32.18 100m: 1:07.40 35.22	04	Federazione Ticinese di Nuoto 150m: 1:43.15 35.75 200m: 2:19.44 36.29	4:43.62 250m: 2:55.76 36.32 300m: 3:32.19 36.43	350m: 4:08.62 400m: 4:43.62	579 36.43 35.00
25.	FERREIRA Maria Neto 50m: 31.68 31.68 100m: 1:06.43 34.75	06	Náutico Académico Coimbra 150m: 1:42.69 36.26 200m: 2:19.22 36.53	4:43.80 250m: 2:55.33 36.11 300m: 3:31.69 36.36	350m: 4:07.90 400m: 4:43.80	578 36.21 35.90
26.	DIOGO Ines Miranda 50m: 32.67 32.67 100m: 1:08.51 35.84	07	Náutico Académico Coimbra 150m: 1:44.09 35.58 200m: 2:20.40 36.31	4:44.46 250m: 2:56.56 36.16 300m: 3:33.04 36.48	350m: 4:08.93 400m: 4:44.46	574 35.89 35.53
27.	MASON Mia 50m: 31.48 31.48 100m: 1:05.41 33.93	06	City of Manchester 150m: 1:40.43 35.02 200m: 2:16.47 36.04	4:44.70 250m: 2:53.09 36.62 300m: 3:30.51 37.42	350m: 4:07.64 400m: 4:44.70	572 37.13 37.06
28.	FERREIRA Joana Rocha 50m: 32.93 32.93 100m: 1:09.21 36.28	05	Benfica 150m: 1:45.85 36.64 200m: 2:22.65 36.80	4:44.83 250m: 2:58.71 36.06 300m: 3:34.54 35.83	350m: 4:09.93 400m: 4:44.83	572 35.39 34.90
29.	RIESENBERGER Bruna Martins 50m: 31.99 31.99 100m: 1:06.52 34.53	97	Laranjeiro 150m: 1:42.56 36.04 200m: 2:18.68 36.12	4:44.94 250m: 2:55.04 36.36 300m: 3:31.87 36.83	350m: 4:08.87 400m: 4:44.94	571 37.00 36.07
30.	OLIVEIRA Vanessa Sofia 50m: 32.99 32.99 100m: 1:08.56 35.57	05	Gafanha da Encarnacao 150m: 1:45.00 36.44 200m: 2:21.55 36.55	4:46.11 250m: 2:57.93 36.38 300m: 3:34.36 36.43	350m: 4:10.73 400m: 4:46.11	564 36.37 35.38
31.	ROCCO Ginevra Sofia 50m: 32.53 32.53 100m: 1:07.12 34.59	06	Federazione Ticinese di Nuoto 150m: 1:42.80 35.68 200m: 2:18.61 35.81	4:46.82 250m: 2:55.78 37.17 300m: 3:33.02 37.24	350m: 4:10.90 400m: 4:46.82	560 37.88 35.92
32.	FERREIRA Joana Rosa 50m: 32.45 32.45 100m: 1:08.12 35.67	05	Naval de Peniche 150m: 1:44.11 35.99 200m: 2:20.94 36.83	4:47.37 250m: 2:57.81 36.87 300m: 3:34.78 36.97	350m: 4:11.70 400m: 4:47.37	557 36.92 35.67
33.	SOARES Miriam Mortagua 50m: 32.14 32.14 100m: 1:07.91 35.77	06	Galitos / Bresimar 150m: 1:43.98 36.07 200m: 2:20.75 36.77	4:47.68 250m: 2:57.32 36.57 300m: 3:34.16 36.84	350m: 4:11.08 400m: 4:47.68	555 36.92 36.60
34.	CONTICINI Prisca 50m: 31.11 31.11 100m: 1:04.62 33.51	01	University of Glasgow 150m: 1:40.58 35.96 200m: 2:17.11 36.53	4:48.20 250m: 2:54.39 37.28 300m: 3:32.44 38.05	350m: 4:10.55 400m: 4:48.20	552 38.11 37.65
35.	SILVA Ines Martins 50m: 32.38 32.38 100m: 1:07.97 35.59	04	Vilacondense 150m: 1:44.77 36.80 200m: 2:21.52 36.75	4:48.35 250m: 2:58.25 36.73 300m: 3:34.96 36.71	350m: 4:12.10 400m: 4:48.35	551 37.14 36.25
36.	BORSA Matilde 50m: 32.27 32.27 100m: 1:08.46 36.19	08	Federazione Ticinese di Nuoto 150m: 1:44.74 36.28 200m: 2:21.47 36.73	4:48.82 250m: 2:58.56 37.09 300m: 3:35.75 37.19	350m: 4:12.66 400m: 4:48.82	548 36.91 36.16
37.	RODRIGUES Leonor Carreiro 50m: 33.13 33.13 100m: 1:09.07 35.94	07	Benfica 150m: 1:45.68 36.61 200m: 2:22.45 36.77	4:48.83 250m: 2:59.52 37.07 300m: 3:36.65 37.13	350m: 4:13.57 400m: 4:48.83	548 36.92 35.26

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

Pos.	Nadador / Swimmer	A/Y	Clube / Team	Tempo / Final	TReac	Pts
38.	SANTOS Leonor Castanho	07	Sporting	4:49.04		547
	50m: 33.33 33.33	150m: 1:46.36 36.95	250m: 3:00.06 36.89	350m: 4:13.52		36.48
	100m: 1:09.41 36.08	200m: 2:23.17 36.81	300m: 3:37.04 36.98	400m: 4:49.04	4:49.04	35.52
39.	VALENTE Maria Esteves	06	Benfica	4:49.48		545
	50m: 32.60 32.60	150m: 1:44.59 36.25	250m: 2:58.34 37.27	350m: 4:13.34		37.89
	100m: 1:08.34 35.74	200m: 2:21.07 36.48	300m: 3:35.45 37.11	400m: 4:49.48	4:49.48	36.14
40.	LUIZ Margarida Maria	08	Lagoa Académico	4:50.26		540
	50m: 33.72 33.72	150m: 1:46.24 36.82	250m: 3:00.11 36.88	350m: 4:13.73		36.99
	100m: 1:09.42 35.70	200m: 2:23.23 36.99	300m: 3:36.74 36.63	400m: 4:50.26	4:50.26	36.53
41.	COSTA Maria Joao	08	Vilacondense	4:52.02		530
	50m: 32.50 32.50	150m: 1:46.52 37.43	250m: 3:01.66 37.61	350m: 4:16.19		36.83
	100m: 1:09.09 36.59	200m: 2:24.05 37.53	300m: 3:39.36 37.70	400m: 4:52.02	4:52.02	35.83
42.	CABRAL Carolina Vizinho	07	Natação Vagos	4:52.03		530
	50m: 32.33 32.33	150m: 1:45.76 37.54	250m: 3:00.51 37.58	350m: 4:16.11		37.70
	100m: 1:08.22 35.89	200m: 2:22.93 37.17	300m: 3:38.41 37.90	400m: 4:52.03	4:52.03	35.92
43.	SCARFONE Sofia	07	Federazione Ticinese di Nuoto	4:53.40		523
	50m: 33.12 33.12	150m: 1:46.30 36.88	250m: 3:01.18 37.40	350m: 4:17.13		37.92
	100m: 1:09.42 36.30	200m: 2:23.78 37.48	300m: 3:39.21 38.03	400m: 4:53.40	4:53.40	36.27
44.	CACHACO Beatriz Heitor	07	Geslours	4:53.70		521
	50m: 32.99 32.99	150m: 1:48.26 37.78	250m: 3:03.34 36.83	350m: 4:17.76		37.07
	100m: 1:10.48 37.49	200m: 2:26.51 38.25	300m: 3:40.69 37.35	400m: 4:53.70	4:53.70	35.94
45.	COSTA Mafalda Santos	05	Colegio Int Monte Maior	4:54.40		518
	50m: 32.90 32.90	150m: 1:45.87 37.00	250m: 3:01.28 37.81	350m: 4:17.32		38.17
	100m: 1:08.87 35.97	200m: 2:23.47 37.60	300m: 3:39.15 37.87	400m: 4:54.40	4:54.40	37.08
46.	GALANTE Filipa Carvalho	09	Vilacondense	4:54.45		517
	50m: 34.79 34.79	150m: 1:49.56 37.03	250m: 3:04.76 37.36	350m: 4:17.99		35.70
	100m: 1:12.53 37.74	200m: 2:27.40 37.84	300m: 3:42.29 37.53	400m: 4:54.45	4:54.45	36.46
47.	PROTOLYUK Anastacia	09	Columbofila Cantanhedense	4:54.88		515
	50m: 33.11 33.11	150m: 1:47.77 37.71	250m: 3:04.04 38.16	350m: 4:19.57		37.52
	100m: 1:10.06 36.95	200m: 2:25.88 38.11	300m: 3:42.05 38.01	400m: 4:54.88	4:54.88	35.31
48.	FROIS Maria Francisca	06	Náutico Leiria	4:55.97		509
	50m: 33.28 33.28	150m: 1:47.86 37.63	250m: 3:03.00 37.77	350m: 4:19.44		38.25
	100m: 1:10.23 36.95	200m: 2:25.23 37.37	300m: 3:41.19 38.19	400m: 4:55.97	4:55.97	36.53
49.	VIANA Matilde Violante (Fora Tempo Acesso / Out of Admission Time)	07	Náutico Leiria	4:56.27		508
	50m: 32.82 32.82	150m: 1:47.39 38.25	250m: 3:03.84 38.42	350m: 4:19.95		38.20
	100m: 1:09.14 36.32	200m: 2:25.42 38.03	300m: 3:41.75 37.91	400m: 4:56.27	4:56.27	36.32
50.	PAIXAO Maria Saraiva	08	Gafanha da Encarnacao	4:56.65		506
	50m: 34.94 34.94	150m: 1:49.92 37.43	250m: 3:05.80 37.87	350m: 4:20.87		37.29
	100m: 1:12.49 37.55	200m: 2:27.93 38.01	300m: 3:43.58 37.78	400m: 4:56.65	4:56.65	35.78
51.	JORDAO Beatriz Silva	09	Vikings SC	4:57.17		503
	50m: 34.10 34.10	150m: 1:48.36 37.27	250m: 3:04.76 37.87	350m: 4:20.93		37.67
	100m: 1:11.09 36.99	200m: 2:26.89 38.53	300m: 3:43.26 38.50	400m: 4:57.17	4:57.17	36.24
52.	DAVIES Nyika	08	CN Marbella	4:57.22		503
	50m: 33.55 33.55	150m: 1:47.30 37.35	250m: 3:02.71 38.02	350m: 4:19.69		38.66
	100m: 1:09.95 36.40	200m: 2:24.69 37.39	300m: 3:41.03 38.32	400m: 4:57.22	4:57.22	37.53
53.	BAIONA Raquel Santos	08	Colegio Int Monte Maior	4:58.16		498
	50m: 33.68 33.68	150m: 1:47.20 37.29	250m: 3:03.76 38.49	350m: 4:21.06		38.55
	100m: 1:09.91 36.23	200m: 2:25.27 38.07	300m: 3:42.51 38.75	400m: 4:58.16	4:58.16	37.10
54.	PIRES Ana Beatriz	08	União Piedense	4:58.31		498
	50m: 33.70 33.70	150m: 1:47.24 37.24	250m: 3:03.07 37.91	350m: 4:20.57		38.92
	100m: 1:10.00 36.30	200m: 2:25.16 37.92	300m: 3:41.65 38.58	400m: 4:58.31	4:58.31	37.74
55.	LANINI Amanda	08	Federazione Ticinese di Nuoto	4:58.80		495
	50m: 33.28 33.28	150m: 1:48.80 38.28	250m: 3:05.60 38.21	350m: 4:22.38		37.93
	100m: 1:10.52 37.24	200m: 2:27.39 38.59	300m: 3:44.45 38.85	400m: 4:58.80	4:58.80	36.42
56.	SANTOS Joana Almeida	09	Galitos / Bresimar	4:58.81		495
	50m: 34.31 34.31	150m: 1:49.83 38.08	250m: 3:06.17 38.42	350m: 4:22.26		37.79
	100m: 1:11.75 37.44	200m: 2:27.75 37.92	300m: 3:44.47 38.30	400m: 4:58.81	4:58.81	36.55

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

Pos.	Nadador / Swimmer	A/Y	Clube / Team	Tempo / Final	TReac	Pts
57.	BERNAT Elena Del Rio (Fora Tempo Acesso / Out of Admission Time)	07	Algés	4:59.47		492
	50m: 33.91 33.91 100m: 1:11.17 37.26		150m: 1:48.53 37.36 200m: 2:26.71 38.18	250m: 3:04.98 38.27 300m: 3:43.89 38.91	350m: 4:22.19 400m: 4:59.47	38.30 37.71
58.	MADEIRA Carolina Marques	09	Nacional de Nataçao	4:59.61		491
	50m: 34.18 34.18 100m: 1:12.25 38.07		150m: 1:51.35 39.10 200m: 2:30.26 38.91	250m: 3:07.64 37.38 300m: 3:45.64 38.00	350m: 4:23.35 400m: 4:59.61	37.71 36.26
59.	NUNES Francisca Ramos	09	Naval de Peniche	4:59.63		491
	50m: 33.63 33.63 100m: 1:11.21 37.58		150m: 1:49.25 38.04 200m: 2:27.75 38.50	250m: 3:06.41 38.66 300m: 3:45.45 39.04	350m: 4:23.33 400m: 4:59.63	37.88 36.30
60.	HORTA Diana Valadas (Fora Tempo Acesso / Out of Admission Time)	04	União Piedense	4:59.64		491
	50m: 33.81 33.81 100m: 1:11.54 37.73		150m: 1:50.26 38.72 200m: 2:28.54 38.28	250m: 3:06.66 38.12 300m: 3:44.54 37.88	350m: 4:22.25 400m: 4:59.64	37.71 37.39
61.	JORGE Sofia Pereira	08	Galitos / Bresimar	5:00.36		487
	50m: 33.08 33.08 100m: 1:10.29 37.21		150m: 1:48.75 38.46 200m: 2:27.58 38.83	250m: 3:05.99 38.41 300m: 3:44.15 38.16	350m: 4:22.53 400m: 5:00.36	38.38 37.83
62.	PEDREIRO Francisca Soreto	09	Galitos / Bresimar	5:01.50		482
	50m: 35.04 35.04 100m: 1:12.67 37.63		150m: 1:50.41 37.74 200m: 2:28.54 38.13	250m: 3:07.07 38.53 300m: 3:46.55 39.48	350m: 4:25.51 400m: 5:01.50	38.96 35.99
63.	LARANJEIRA Marta Matos	08	Vikings SC	5:01.88		480
	50m: 32.89 32.89 100m: 1:10.01 37.12		150m: 1:49.10 39.09 200m: 2:28.22 39.12	250m: 3:06.73 38.51 300m: 3:45.24 38.51	350m: 4:24.51 400m: 5:01.88	39.27 37.37
64.	CORTESAO Maria Manuel	08	Náutico Académico Coimbra	5:02.38		478
	50m: 34.96 34.96 100m: 1:12.71 37.75		150m: 1:51.40 38.69 200m: 2:29.31 37.91	250m: 3:07.99 38.68 300m: 3:46.42 38.43	350m: 4:25.00 400m: 5:02.38	38.58 37.38
65.	CRUZ Constanca Lopes	09	Colegio Int Monte Maior	5:03.21		474
	50m: 34.31 34.31 100m: 1:11.44 37.13		150m: 1:50.20 38.76 200m: 2:29.20 39.00	250m: 3:08.44 39.24 300m: 3:47.27 38.83	350m: 4:25.50 400m: 5:03.21	38.23 37.71
66.	GONCALVES Maria Meleiro	08	Galitos / Bresimar	5:04.06		470
	50m: 34.30 34.30 100m: 1:11.99 37.69		150m: 1:50.34 38.35 200m: 2:28.81 38.47	250m: 3:08.00 39.19 300m: 3:47.15 39.15	350m: 4:26.58 400m: 5:04.06	39.43 37.48
67.	FIALHO Matilde Lopes	09	Palmela Desporto	5:04.30		469
	50m: 34.08 34.08 100m: 1:11.27 37.19		150m: 1:49.74 38.47 200m: 2:28.86 39.12	250m: 3:07.82 38.96 300m: 3:46.87 39.05	350m: 4:25.74 400m: 5:04.30	38.87 38.56
68.	MAGALHAES Leticia Rodrigues (Fora Tempo Acesso / Out of Admission Time)	07	Naval Setubalense	5:04.39		468
	50m: 34.92 34.92 100m: 1:12.79 37.87		150m: 1:51.97 39.18 200m: 2:30.63 38.66	250m: 3:09.90 39.27 300m: 3:49.04 39.14	350m: 4:27.98 400m: 5:04.39	38.94 36.41
69.	ALVES Catarina Isabel (Fora Tempo Acesso / Out of Admission Time)	06	Aminata	5:05.09		465
	50m: 33.72 33.72 100m: 1:11.03 37.31		150m: 1:49.74 38.71 200m: 2:29.28 39.54	250m: 3:08.68 39.40 300m: 3:48.77 40.09	350m: 4:28.35 400m: 5:05.09	39.58 36.74
70.	MENDES Rafaela Ferreira	08	Torres Novas	5:05.16		465
	50m: 33.83 33.83 100m: 1:11.26 37.43		150m: 1:50.58 39.32 200m: 2:30.16 39.58	250m: 3:10.07 39.91 300m: 3:49.78 39.71	350m: 4:28.83 400m: 5:05.16	39.05 36.33
71.	CAVALEIRO Leonor Mercês	09	Columbofilia Cantanhedense	5:05.68		462
	50m: 34.18 34.18 100m: 1:12.39 38.21		150m: 1:51.53 39.14 200m: 2:31.03 39.50	250m: 3:09.84 38.81 300m: 3:48.61 38.77	350m: 4:27.78 400m: 5:05.68	39.17 37.90
72.	HENRIQUES Patricia Subtil	08	Gesloures	5:05.82		462
	50m: 33.72 33.72 100m: 1:12.19 38.47		150m: 1:51.43 39.24 200m: 2:30.98 39.55	250m: 3:09.85 38.87 300m: 3:49.59 39.74	350m: 4:28.85 400m: 5:05.82	39.26 36.97
73.	MATIAS Alana Costa	09	União 1919	5:06.73		458
	50m: 34.24 34.24 100m: 1:12.47 38.23		150m: 1:51.68 39.21 200m: 2:31.17 39.49	250m: 3:10.82 39.65 300m: 3:50.37 39.55	350m: 4:29.29 400m: 5:06.73	38.92 37.44
74.	SANTOS Teresa Oliveira	08	Algés	5:08.35		450
	50m: 35.24 35.24 100m: 1:14.80 39.56		150m: 1:53.86 39.06 200m: 2:34.44 40.58	250m: 3:13.56 39.12 300m: 3:53.89 40.33	350m: 4:32.46 400m: 5:08.35	38.57 35.89

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

Pos.	Nadador / Swimmer	A/Y	Clube / Team	Tempo / Final	TReac	Pts
75.	FERNANDES Francisca Santos	08	Miranda do Corvo	5:08.55		450
	50m: 36.03 36.03	150m: 1:55.20 39.49	250m: 3:14.39 39.15	350m: 4:32.52 38.64		38.64
	100m: 1:15.71 39.68	200m: 2:35.24 40.04	300m: 3:53.88 39.49	400m: 5:08.55 36.03		36.03
76.	VICENTE Clara Alexandra	09	Lagoa Académico	5:08.59		449
	50m: 34.75 34.75	150m: 1:51.16 38.38	250m: 3:09.94 39.91	350m: 4:30.41 40.44		40.44
	100m: 1:12.78 38.03	200m: 2:30.03 38.87	300m: 3:49.97 40.03	400m: 5:08.59 38.18		38.18
77.	FLORINDO Helena Neto (Fora Tempo Acesso / Out of Admission Time)	06	Elétrico	5:09.03		447
	50m: 32.52 32.52	150m: 1:47.92 38.32	250m: 3:07.52 40.30	350m: 4:28.85 40.72		40.72
	100m: 1:09.60 37.08	200m: 2:27.22 39.30	300m: 3:48.13 40.61	400m: 5:09.03 40.18		40.18
78.	UVA Sofia Monteiro	09	Algés	5:10.66		440
	50m: 34.00 34.00	150m: 1:52.71 39.89	250m: 3:12.73 40.00	350m: 4:32.46 39.59		39.59
	100m: 1:12.82 38.82	200m: 2:32.73 40.02	300m: 3:52.87 40.14	400m: 5:10.66 38.20		38.20
79.	CARVALHO Constanca Isabel	08	Algés	5:11.76		436
	50m: 34.67 34.67	150m: 1:51.80 39.53	250m: 3:11.87 40.42	350m: 4:32.62 40.53		40.53
	100m: 1:12.27 37.60	200m: 2:31.45 39.65	300m: 3:52.09 40.22	400m: 5:11.76 39.14		39.14
80.	GASPAR Joana Melo	09	Nacional de Nataçao	5:12.27		434
	50m: 35.00 35.00	150m: 1:53.88 40.22	250m: 3:13.68 40.28	350m: 4:33.93 40.39		40.39
	100m: 1:13.66 38.66	200m: 2:33.40 39.52	300m: 3:53.54 39.86	400m: 5:12.27 38.34		38.34
81.	MELIM Sara Beatriz	09	Desportivo Nacional	5:12.49		433
	50m: 36.07 36.07	150m: 1:55.77 39.54	250m: 3:15.32 39.45	350m: 4:34.68 39.57		39.57
	100m: 1:16.23 40.16	200m: 2:35.87 40.10	300m: 3:55.11 39.79	400m: 5:12.49 37.81		37.81
82.	SOARES Julia Maria	08	Miranda do Corvo	5:13.26		430
	50m: 34.25 34.25	150m: 1:51.52 39.57	250m: 3:12.92 40.71	350m: 4:34.33 40.54		40.54
	100m: 1:11.95 37.70	200m: 2:32.21 40.69	300m: 3:53.79 40.87	400m: 5:13.26 38.93		38.93
83.	LIMA Beatriz Ribeiro (Fora Tempo Acesso / Out of Admission Time)	09	Gesloures	5:21.17		399
	50m: 34.77 34.77	150m: 1:52.87 39.89	250m: 3:15.18 41.77	350m: 4:39.63 42.36		42.36
	100m: 1:12.98 38.21	200m: 2:33.41 40.54	300m: 3:57.27 42.09	400m: 5:21.17 41.54		41.54