

Event 23
12.02.2023

Women, 400m Freestyle

Absolutos/All
Results Prelim

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

Points: FINA 2022

Pos.	Nadador / Swimmer	A/Y	Clube / Team	Tempo / Final	RT	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		
	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		
	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		
	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		
	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		
	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		
	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		
	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		
	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		
	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		
	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		
	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		
	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		
	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		
	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		
	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		
	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		
	100m: 1:07.30 35.20	200m: 2:18.32 35.89	300m: 3:29.37 35.86	400m: 4:39.93 35.10		

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Event 23, Women, 400m Freestyle, Prelim, Absolutos/All

Pos.	Nadador / Swimmer	A/Y	Clube / Team	Tempo / Final	RT	Pts
18.	FARIA Leonor Verissimo	06	Nucleo de Pombal	4:40.66		598 B
	50m: 31.19 32.20 32.20	150m: 1:42.81 35.48 250m: 2:54.55 35.89	300m: 3:30.88 36.33	350m: 4:06.53 35.65	400m: 4:40.66 34.13	
19.	PINTO Margarida Vieira	07	Portugal	4:41.57		592 B
	50m: 31.19 32.21 31.19	150m: 1:40.14 34.99 250m: 2:52.02 36.35	300m: 3:29.07 37.05	350m: 4:06.07 37.00	400m: 4:41.57 35.50	
20.	ROSA Mariana Carmo	05	Condeixa Aqua Clube	4:42.33		587 B
	50m: 32.05 32.05 32.05	150m: 1:43.20 35.94 250m: 2:55.74 36.29	300m: 3:31.84 36.10	350m: 4:07.94 36.10	400m: 4:42.33 34.39	
21.	ESTEVEENS Laura Fabiana	05	Naval de Faro	4:42.39		587
	50m: 32.21 32.21 32.21	150m: 1:43.38 35.71 250m: 2:55.36 35.93	300m: 3:32.12 36.76	350m: 4:08.84 36.72	400m: 4:42.39 33.55	
22.	VIEIRA Ana Beatriz	07	Foca / Quinta Da Lixa	4:43.00		583
	50m: 31.93 31.93 31.93	150m: 1:43.24 36.07 250m: 2:55.90 36.39	300m: 3:32.70 36.80	350m: 4:08.16 35.46	400m: 4:43.00 34.84	
23.	MILAN Emma	08	Federazione Ticinese di Nuoto	4:43.56		579
	50m: 32.03 32.03 32.03	150m: 1:43.41 36.62 250m: 2:56.75 37.01	300m: 3:33.26 36.51	350m: 4:09.65 36.39	400m: 4:43.56 33.91	
24.	STORNETTA Maria Fernanda	04	Federazione Ticinese di Nuoto	4:43.62		579
	50m: 32.18 32.18 32.18	150m: 1:43.15 35.75 250m: 2:55.76 36.32	300m: 3:32.19 36.43	350m: 4:08.62 36.43	400m: 4:43.62 35.00	
25.	FERREIRA Maria Neto	06	Nautico Academico Coimbra	4:43.80		578
	50m: 31.68 31.68 31.68	150m: 1:42.69 36.26 250m: 2:55.33 36.11	300m: 3:31.69 36.36	350m: 4:07.90 36.21	400m: 4:43.80 35.90	
26.	DIOGO Ines Miranda	07	Nautico Academico Coimbra	4:44.46		574
	50m: 32.67 32.67 32.67	150m: 1:44.09 35.58 250m: 2:56.56 36.16	300m: 3:33.04 36.48	350m: 4:08.93 35.89	400m: 4:44.46 35.53	
27.	MASON Mia	06	City of Manchester	4:44.70		572
	50m: 31.48 31.48 31.48	150m: 1:40.43 35.02 250m: 2:53.09 36.62	300m: 3:30.51 37.42	350m: 4:07.64 37.13	400m: 4:44.70 37.06	
28.	FERREIRA Joana Rocha	05	Benfica	4:44.83		572
	50m: 32.93 32.93 32.93	150m: 1:45.85 36.64 250m: 2:58.71 36.06	300m: 3:34.54 35.83	350m: 4:09.93 35.39	400m: 4:44.83 34.90	
29.	RIESENBERGER Bruna Martins	97	Laranjeiro	4:44.94		571
	50m: 31.99 31.99 31.99	150m: 1:42.56 36.04 250m: 2:55.04 36.36	300m: 3:31.87 36.83	350m: 4:08.87 37.00	400m: 4:44.94 36.07	
30.	OLIVEIRA Vanessa Sofia	05	Gafanha da Encarnacao	4:46.11		564
	50m: 32.99 32.99 32.99	150m: 1:45.00 36.44 250m: 2:57.93 36.38	300m: 3:34.36 36.43	350m: 4:10.73 36.37	400m: 4:46.11 35.38	
31.	ROCCO Ginevra Sofia	06	Federazione Ticinese di Nuoto	4:46.82		560
	50m: 32.53 32.53 32.53	150m: 1:42.80 35.68 250m: 2:55.78 37.17	300m: 3:33.02 37.24	350m: 4:10.90 37.88	400m: 4:46.82 35.92	
32.	FERREIRA Joana Rosa	05	Naval de Peniche	4:47.37		557
	50m: 32.45 32.45 32.45	150m: 1:44.11 35.99 250m: 2:57.81 36.87	300m: 3:34.78 36.97	350m: 4:11.70 36.92	400m: 4:47.37 35.67	
33.	SOARES Miriam Mortagua	06	Galitos / Bresimar	4:47.68		555
	50m: 32.14 32.14 32.14	150m: 1:43.98 36.07 250m: 2:57.32 36.57	300m: 3:34.16 36.84	350m: 4:11.08 36.92	400m: 4:47.68 36.60	
34.	CONTICINI Prisca	01	University of Glasgow	4:48.20		552
	50m: 31.11 31.11 31.11	150m: 1:40.58 35.96 250m: 2:54.39 37.28	300m: 3:32.44 38.05	350m: 4:10.55 38.11	400m: 4:48.20 37.65	
35.	SILVA Ines Martins	04	Vilacondense	4:48.35		551
	50m: 32.38 32.38 32.38	150m: 1:44.77 36.80 250m: 2:58.25 36.73	300m: 3:34.96 36.71	350m: 4:12.10 37.14	400m: 4:48.35 36.25	
36.	BORSA Matilde	08	Federazione Ticinese di Nuoto	4:48.82		548
	50m: 32.27 32.27 32.27	150m: 1:44.74 36.28 250m: 2:58.56 37.09	300m: 3:35.75 37.19	350m: 4:12.66 36.91	400m: 4:48.82 36.16	
37.	RODRIGUES Leonor Carreiro	07	Benfica	4:48.83		548
	50m: 33.13 33.13 33.13	150m: 1:45.68 36.61 250m: 2:59.52 37.07	300m: 3:36.65 37.13	350m: 4:13.57 36.92	400m: 4:48.83 35.26	

Event 23, Women, 400m Freestyle, Prelim, Absolutos/All

Pos.	Nadador / Swimmer	A/Y	Clube / Team	Tempo / Final	RT	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 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 36.14		
40.	LUIZ Margarida Maria	08	Lagoa Academico	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 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 35.83		
42.	CABRAL Carolina Vizinho	07	Natacao 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 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 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 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 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 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 35.31		
48.	FROIS Maria Francisca	06	Nautico 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 36.53		
49.	VIANA Matilde Violante (Fora Tempo Acesso / Out of Admission Time)	07	Nautico 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 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 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 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 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 37.10		
54.	PIRES Ana Beatriz	08	Uniao 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 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 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 36.55		

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Pos.	Nadador / Swimmer	A/Y	Clube / Team	Tempo / Final	RT	Pts
57.	BERNAT Elena Del Rio (Fora Tempo Acesso / Out of Admission Time)	07	Alges	4:59.47		492
	50m: 33.91 33.91 150m: 1:48.53 37.36 250m: 3:04.98 38.27 350m: 4:22.19 38.30 100m: 1:11.17 37.26 200m: 2:26.71 38.18 300m: 3:43.89 38.91 400m: 4:59.47 37.28					
58.	MADEIRA Carolina Marques	09	Nacional de Natacao	4:59.61		491
	50m: 34.18 34.18 150m: 1:51.35 39.10 250m: 3:07.64 37.38 350m: 4:23.35 37.71 100m: 1:12.25 38.07 200m: 2:30.26 38.91 300m: 3:45.64 38.00 400m: 4:59.61 36.26					
59.	NUNES Francisca Ramos	09	Naval de Peniche	4:59.63		491
	50m: 33.63 33.63 150m: 1:49.25 38.04 250m: 3:06.41 38.66 350m: 4:23.33 37.88 100m: 1:11.21 37.58 200m: 2:27.75 38.50 300m: 3:45.45 39.04 400m: 4:59.63 36.30					
60.	HORTA Diana Valadas (Fora Tempo Acesso / Out of Admission Time)	04	Uniao Piedense	4:59.64		491
	50m: 33.81 33.81 150m: 1:50.26 38.72 250m: 3:06.66 38.12 350m: 4:22.25 37.71 100m: 1:11.54 37.73 200m: 2:28.54 38.28 300m: 3:44.54 37.88 400m: 4:59.64 37.39					
61.	JORGE Sofia Pereira	08	Galitos / Bresimar	5:00.36		487
	50m: 33.08 33.08 150m: 1:48.75 38.46 250m: 3:05.99 38.41 350m: 4:22.53 38.38 100m: 1:10.29 37.21 200m: 2:27.58 38.83 300m: 3:44.15 38.16 400m: 5:00.36 37.83					
62.	PEDREIRO Francisca Soreto	09	Galitos / Bresimar	5:01.50		482
	50m: 35.04 35.04 150m: 1:50.41 37.74 250m: 3:07.07 38.53 350m: 4:25.51 38.96 100m: 1:12.67 37.63 200m: 2:28.54 38.13 300m: 3:46.55 39.48 400m: 5:01.50 35.99					
63.	LARANJEIRA Marta Matos	08	Vikings SC	5:01.88		480
	50m: 32.89 32.89 150m: 1:49.10 39.09 250m: 3:06.73 38.51 350m: 4:24.51 39.27 100m: 1:10.01 37.12 200m: 2:28.22 39.12 300m: 3:45.24 38.51 400m: 5:01.88 37.37					
64.	CORTESAO Maria Manuel	08	Nautico Academico Coimbra	5:02.38		478
	50m: 34.96 34.96 150m: 1:51.40 38.69 250m: 3:07.99 38.68 350m: 4:25.00 38.58 100m: 1:12.71 37.75 200m: 2:29.31 37.91 300m: 3:46.42 38.43 400m: 5:02.38 37.38					
65.	CRUZ Constanca Lopes	09	Colegio Int Monte Maior	5:03.21		474
	50m: 34.31 34.31 150m: 1:50.20 38.76 250m: 3:08.44 39.24 350m: 4:25.50 38.23 100m: 1:11.44 37.13 200m: 2:29.20 39.00 300m: 3:47.27 38.83 400m: 5:03.21 37.71					
66.	GONCALVES Maria Meleiro	08	Galitos / Bresimar	5:04.06		470
	50m: 34.30 34.30 150m: 1:50.34 38.35 250m: 3:08.00 39.19 350m: 4:26.58 39.43 100m: 1:11.99 37.69 200m: 2:28.81 38.47 300m: 3:47.15 39.15 400m: 5:04.06 37.48					
67.	FIALHO Matilde Lopes	09	Palmela Desporto	5:04.30		469
	50m: 34.08 34.08 150m: 1:49.74 38.47 250m: 3:07.82 38.96 350m: 4:25.74 38.87 100m: 1:11.27 37.19 200m: 2:28.86 39.12 300m: 3:46.87 39.05 400m: 5:04.30 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 150m: 1:51.97 39.18 250m: 3:09.90 39.27 350m: 4:27.98 38.94 100m: 1:12.79 37.87 200m: 2:30.63 38.66 300m: 3:49.04 39.14 400m: 5:04.39 36.41					
69.	ALVES Catarina Isabel (Fora Tempo Acesso / Out of Admission Time)	06	Aminata	5:05.09		465
	50m: 33.72 33.72 150m: 1:49.74 38.71 250m: 3:08.68 39.40 350m: 4:28.35 39.58 100m: 1:11.03 37.31 200m: 2:29.28 39.54 300m: 3:48.77 40.09 400m: 5:05.09 36.74					
70.	MENDES Rafaela Ferreira	08	Torres Novas	5:05.16		465
	50m: 33.83 33.83 150m: 1:50.58 39.32 250m: 3:10.07 39.91 350m: 4:28.83 39.05 100m: 1:11.26 37.43 200m: 2:30.16 39.58 300m: 3:49.78 39.71 400m: 5:05.16 36.33					
71.	CAVALEIRO Leonor Mercês	09	Columbifila Cantanhedense	5:05.68		462
	50m: 34.18 34.18 150m: 1:51.53 39.14 250m: 3:09.84 38.81 350m: 4:27.78 39.17 100m: 1:12.39 38.21 200m: 2:31.03 39.50 300m: 3:48.61 38.77 400m: 5:05.68 37.90					
72.	HENRIQUES Patricia Subtil	08	Geslours	5:05.82		462
	50m: 33.72 33.72 150m: 1:51.43 39.24 250m: 3:09.85 38.87 350m: 4:28.85 39.26 100m: 1:12.19 38.47 200m: 2:30.98 39.55 300m: 3:49.59 39.74 400m: 5:05.82 36.97					
73.	MATIAS Alana Costa	09	Uniao 1919	5:06.73		458
	50m: 34.24 34.24 150m: 1:51.68 39.21 250m: 3:10.82 39.65 350m: 4:29.29 38.92 100m: 1:12.47 38.23 200m: 2:31.17 39.49 300m: 3:50.37 39.55 400m: 5:06.73 37.44					
74.	SANTOS Teresa Oliveira	08	Alges	5:08.35		450
	50m: 35.24 35.24 150m: 1:53.86 39.06 250m: 3:13.56 39.12 350m: 4:32.46 38.57 100m: 1:14.80 39.56 200m: 2:34.44 40.58 300m: 3:53.89 40.33 400m: 5:08.35 35.89					

Event 23, Women, 400m Freestyle, Prelim, Absolutos/All

Pos.	Nadador / Swimmer	A/Y	Clube / Team	Tempo / Final				RT	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					
	100m: 1:15.71 39.68	200m: 2:35.24 40.04	300m: 3:53.88 39.49	400m: 5:08.55 36.03					
76.	VICENTE Clara Alexandra	09	Lagoa Academico	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					
	100m: 1:12.78 38.03	200m: 2:30.03 38.87	300m: 3:49.97 40.03	400m: 5:08.59 38.18					
77.	FLORINDO Helena Neto (Fora Tempo Acesso / Out of Admission Time)	06	Electrico	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					
	100m: 1:09.60 37.08	200m: 2:27.22 39.30	300m: 3:48.13 40.61	400m: 5:09.03 40.18					
78.	UVA Sofia Monteiro	09	Alges	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					
	100m: 1:12.82 38.82	200m: 2:32.73 40.02	300m: 3:52.87 40.14	400m: 5:10.66 38.20					
79.	CARVALHO Constanca Isabel	08	Alges	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					
	100m: 1:12.27 37.60	200m: 2:31.45 39.65	300m: 3:52.09 40.22	400m: 5:11.76 39.14					
80.	GASPAR Joana Melo	09	Nacional de Natacao	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					
	100m: 1:13.66 38.66	200m: 2:33.40 39.52	300m: 3:53.54 39.86	400m: 5:12.27 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					
	100m: 1:16.23 40.16	200m: 2:35.87 40.10	300m: 3:55.11 39.79	400m: 5:12.49 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					
	100m: 1:11.95 37.70	200m: 2:32.21 40.69	300m: 3:53.79 40.87	400m: 5:13.26 38.93					
83.	LIMA Beatriz Ribeiro (Fora Tempo Acesso / Out of Admission Time)	09	Geslours	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					
	100m: 1:12.98 38.21	200m: 2:33.41 40.54	300m: 3:57.27 42.09	400m: 5:21.17 41.54					