

Prova 1  
17.11.2023 - 15:30

Femin., 400m Estilos

Absolutos  
Resultados

Rec Regional Abs	4:36.19	Victoria Kaminskaya	ESJB	Copenhagen (DEN)	2017
Rec Regional Sen	4:36.19	Victoria Kaminskaya	ESJB	Copenhagen (DEN)	2017
Rec Regional Jun 2	4:49.07	Raquel Gomes Pereira	SAD	Felgueiras	2017
Rec Regional Jun 1	4:51.07	Susana Patricia Miguel	SFUAP	Tomar	2005
Rec Regional Juv A	4:51.85	Ana Claudia Santos	SFUAP	Setubal	2004
Rec Regional Juv B	4:57.68	Susana Patricia Miguel	SFUAP	Penafiel	2004
Rec Nacional Abs Open	4:36.19	Victoria Kaminskaya	POR	Copenhagen (DEN)	2017
Rec Nacional Abs Juv B	4:56.53	Mariana Pacheco Cunha	CFP	Porto	2018
Rec Nacional Sen	4:36.19	Victoria Kaminskaya	POR	Copenhagen (DEN)	2017
Rec Nacional Jun 2	4:46.89	Ines Neto Rocha	CAP	Felgueiras	2018
Rec Nacional Jun 1	4:50.85	Diana Margarida Duraes	FOCA	Silves	2011
Rec Nacional Juv A	4:51.85	Ana Claudia Santos	SFUAP	Setubal	2004
Rec Nacional Juv B	4:56.53	Mariana Pacheco Cunha	CFP	Porto	2018

TAC Juv B: 5:58.50; Juv A: 5:48.06; Jun 1: 5:41.24; Jun 2: 5:37.86; Sen 1: 5:34.84; Sen +: 5:31.50

Pontos: FINA 2022

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts
<b>Juvenis B</b>						
1.	Alicia Del Rio Bernat	10	Algés	5:53.40	<b>5:28.69</b>	488
	50m: 33.77 33.77	150m: 1:55.44 42.69	250m: 3:24.21 46.29	350m: 4:50.56 39.52		
	100m: 1:12.75 38.98	200m: 2:37.92 42.48	300m: 4:11.04 46.83	400m: 5:28.69 38.13		
2.	Rita Braga Gomes	10	Sporting	5:37.95	<b>5:36.83</b>	454
	50m: 34.65 34.65	150m: 2:00.28 43.54	250m: 3:31.85 48.03	350m: 4:58.66 38.58		
	100m: 1:16.74 42.09	200m: 2:43.82 43.54	300m: 4:20.08 48.23	400m: 5:36.83 38.17		
3.	Carolina Escrevente Guerra	10	Algés	5:53.00	<b>5:38.53</b>	447
	50m: 35.47 35.47	150m: 1:59.53 41.64	250m: 3:31.02 49.79	350m: 5:00.46 38.71		
	100m: 1:17.89 42.42	200m: 2:41.23 41.70	300m: 4:21.75 50.73	400m: 5:38.53 38.07		
4.	Luana Raquel Monteiro	10	Palmela Desporto	5:56.97	<b>5:49.78</b>	405
	50m: 38.40 38.40	150m: 2:05.87 45.52	250m: 3:39.05 49.03	350m: 5:10.07 40.76		
	100m: 1:20.35 41.95	200m: 2:50.02 44.15	300m: 4:29.31 50.26	400m: 5:49.78 39.71		
5.	Maria Madalena Fernandes	10	Algés	5:54.26	<b>5:50.95</b>	401
	50m: 35.09 35.09	150m: 2:03.03 46.70	250m: 3:40.10 51.34	350m: 5:12.67 40.19		
	100m: 1:16.33 41.24	200m: 2:48.76 45.73	300m: 4:32.48 52.38	400m: 5:50.95 38.28		
6.	Maria Rita Filipe <i>Fora Tempo Acesso</i>	10	Geslours	5:57.81	<b>6:02.21</b>	365
	50m: 38.13 38.13	150m: 2:08.57 42.48	250m: 3:42.80 52.90	350m: 5:20.19 42.46		
	100m: 1:26.09 47.96	200m: 2:49.90 41.33	300m: 4:37.73 54.93	400m: 6:02.21 42.02		
7.	Luisa Anjos Frischknecht <i>Fora Tempo Acesso</i>	10	Naval Setubalense	5:59.95	<b>6:03.51</b>	361
	50m: 40.56 40.56	150m: 2:12.81 45.99	250m: 3:49.11 50.89	350m: 5:23.17 42.53		
	100m: 1:26.82 46.26	200m: 2:58.22 45.41	300m: 4:40.64 51.53	400m: 6:03.51 40.34		

**Juvenis A**

1.	Matilde Lopes Fialho	09	Palmela Desporto	5:31.87	<b>5:24.32</b>	508
	50m: 35.10 35.10	150m: 1:56.45 40.36	250m: 3:22.60 47.00	350m: 4:48.80 37.26		
	100m: 1:16.09 40.99	200m: 2:35.60 39.15	300m: 4:11.54 48.94	400m: 5:24.32 35.52		
2.	Beatriz Ferreira Batista	09	CPCD - Póvoa Sta Iria	5:39.46	<b>5:24.76</b>	506
	50m: 35.15 35.15	150m: 1:56.77 41.47	250m: 3:22.62 44.16	350m: 4:48.63 38.90		
	100m: 1:15.30 40.15	200m: 2:38.46 41.69	300m: 4:09.73 47.11	400m: 5:24.76 36.13		
3.	Raquel Sofia Bras	09	Belenenses	5:26.20	<b>5:26.98</b>	496
	50m: 33.80 33.80	150m: 1:56.94 43.70	250m: 3:24.66 45.41	350m: 4:49.81 38.35		
	100m: 1:13.24 39.44	200m: 2:39.25 42.31	300m: 4:11.46 46.80	400m: 5:26.98 37.17		
4.	Sofia Carlos Arede	09	Sporting	5:29.28	<b>5:36.67</b>	454
	50m: 33.76 33.76	150m: 1:58.50 43.45	250m: 3:30.28 48.26	350m: 4:58.12 39.01		
	100m: 1:15.05 41.29	200m: 2:42.02 43.52	300m: 4:19.11 48.83	400m: 5:36.67 38.55		
5.	Alice Lucas Pedro <i>Fora Tempo Acesso</i>	09	Algés	5:59.79	<b>5:54.05</b>	391
	50m: 34.65 34.65	150m: 2:01.86 46.44	250m: 3:38.36 50.45	350m: 5:13.91 43.03		
	100m: 1:15.42 40.77	200m: 2:47.91 46.05	300m: 4:30.88 52.52	400m: 5:54.05 40.14		

Prova 1, Femin., 400m Estilos

Juniores

1.	Sara Sofia Alves <i>Campeã Regional</i>	07	Palmela Desporto	5:18.33	<b>5:16.04</b>	550
	50m: 33.26 33.26		150m: 1:53.92 40.39	250m: 3:21.30 47.22	350m: 4:43.10 34.86	
	100m: 1:13.53 40.27		200m: 2:34.08 40.16	300m: 4:08.24 46.94	400m: 5:16.04 32.94	
2.	Laura Maria Cruz	07	Colegio Int Monte Maior	5:40.00	<b>5:22.62</b>	517
	50m: 35.34 35.34		150m: 1:56.64 39.71	250m: 3:21.83 46.85	350m: 4:46.69 37.98	
	100m: 1:16.93 41.59		200m: 2:34.98 38.34	300m: 4:08.71 46.88	400m: 5:22.62 35.93	
3.	Leonor Castanho Santos	07	Sporting	5:40.00	<b>5:23.51</b>	512
	50m: 34.55 34.55		150m: 1:55.69 40.44	250m: 3:21.81 47.06	350m: 4:47.49 36.70	
	100m: 1:15.25 40.70		200m: 2:34.75 39.06	300m: 4:10.79 48.98	400m: 5:23.51 36.02	
4.	Margarida Santos Botelho	07	Naval Setubalense	5:25.38	<b>5:24.07</b>	510
	50m: 34.21 34.21		150m: 1:54.87 42.98	250m: 3:23.54 46.48	350m: 4:48.30 37.00	
	100m: 1:11.89 37.68		200m: 2:37.06 42.19	300m: 4:11.30 47.76	400m: 5:24.07 35.77	
5.	Catarina Alexandra Alves	07	Geslours	5:23.24	<b>5:27.88</b>	492
	50m: 34.13 34.13		150m: 1:56.72 42.50	250m: 3:24.60 46.82	350m: 4:50.47 38.21	
	100m: 1:14.22 40.09		200m: 2:37.78 41.06	300m: 4:12.26 47.66	400m: 5:27.88 37.41	
6.	Maria Carlotta Ferrari	07	Benfica	5:40.00	<b>5:35.85</b>	458
	50m: 32.69 32.69		150m: 1:54.49 42.28	250m: 3:24.24 48.20	350m: 4:55.37 40.10	
	100m: 1:12.21 39.52		200m: 2:36.04 41.55	300m: 4:15.27 51.03	400m: 5:35.85 40.48	
7.	Ana Beatriz Pires <i>Fora Tempo Acesso</i>	08	Uniao Piedense	5:42.00	<b>5:42.99</b>	430
	50m: 33.72 33.72		150m: 2:00.45 44.05	250m: 3:33.60 49.07	350m: 5:04.55 38.99	
	100m: 1:16.40 42.68		200m: 2:44.53 44.08	300m: 4:25.56 51.96	400m: 5:42.99 38.44	
8.	Beatriz Alexandra Rolim <i>Fora Tempo Acesso</i>	08	Uniao Piedense	5:42.00	<b>5:48.92</b>	408
	50m: 35.76 35.76		150m: 2:03.43 42.24	250m: 3:38.97 54.27	350m: 5:13.53 40.21	
	100m: 1:21.19 45.43		200m: 2:44.70 41.27	300m: 4:33.32 54.35	400m: 5:48.92 35.39	

Seniores

1.	Matilde Nunes Lopes <i>Campeã Regional</i>	06	Benfica	5:02.29	<b>5:01.96</b>	630
	50m: 31.94 31.94		150m: 1:47.21 39.40	250m: 3:09.67 43.26	350m: 4:27.77 34.60	
	100m: 1:07.81 35.87		200m: 2:26.41 39.20	300m: 3:53.17 43.50	400m: 5:01.96 34.19	
2.	Ana Rita Matos	02	Belenenses	5:18.64	<b>5:11.46</b>	574
	50m: 32.42 32.42		150m: 1:49.63 40.32	250m: 3:13.66 45.22	350m: 4:35.92 36.18	
	100m: 1:09.31 36.89		200m: 2:28.44 38.81	300m: 3:59.74 46.08	400m: 5:11.46 35.54	
3.	Barbara Cunha Ventura	05	Benfica	5:17.74	<b>5:14.98</b>	555
	50m: 33.07 33.07		150m: 1:50.74 39.92	250m: 3:15.76 45.59	350m: 4:38.15 36.88	
	100m: 1:10.82 37.75		200m: 2:30.17 39.43	300m: 4:01.27 45.51	400m: 5:14.98 36.83	
4.	Maria Carolina Vargas	05	Benfica	5:18.72	<b>5:15.75</b>	551
	50m: 35.15 35.15		150m: 1:57.64 42.68	250m: 3:21.29 42.46	350m: 4:40.69 36.58	
	100m: 1:14.96 39.81		200m: 2:38.83 41.19	300m: 4:04.11 42.82	400m: 5:15.75 35.06	
5.	Natacha Sofia Silva	02	Benfica	5:18.05	<b>5:20.25</b>	528
	50m: 33.61 33.61		150m: 1:55.43 43.28	250m: 3:21.76 44.26	350m: 4:44.21 37.37	
	100m: 1:12.15 38.54		200m: 2:37.50 42.07	300m: 4:06.84 45.08	400m: 5:20.25 36.04	
6.	Iris Pereira Carrao <i>Fora Tempo Acesso</i>	05	Uniao Piedense	5:30.00	<b>5:32.57</b>	472
	50m: 33.21 33.21		150m: 1:55.67 44.02	250m: 3:27.41 49.37	350m: 4:55.57 37.81	
	100m: 1:11.65 38.44		200m: 2:38.04 42.37	300m: 4:17.76 50.35	400m: 5:32.57 37.00	
7.	Marta Pereira Domingos <i>Fora Tempo Acesso</i>	04	Uniao Piedense	5:30.00	<b>5:52.73</b>	395
	50m: 35.22 35.22		150m: 2:08.09 48.01	250m: 3:42.87 47.68	350m: 5:13.27 40.81	
	100m: 1:20.08 44.86		200m: 2:55.19 47.10	300m: 4:32.46 49.59	400m: 5:52.73 39.46	

Prova 1, Femin., 400m Estilos

Absolutos

1.	Matilde Nunes Lopes <i>Campeã Regional</i>	06	Benfica	5:02.29	<b>5:01.96</b>	630
	50m: 31.94 31.94		150m: 1:47.21 39.40	250m: 3:09.67 43.26	350m: 4:27.77 34.60	
	100m: 1:07.81 35.87		200m: 2:26.41 39.20	300m: 3:53.17 43.50	400m: 5:01.96 34.19	
2.	Ana Rita Matos	02	Belenenses	5:18.64	<b>5:11.46</b>	574
	50m: 32.42 32.42		150m: 1:49.63 40.32	250m: 3:13.66 45.22	350m: 4:35.92 36.18	
	100m: 1:09.31 36.89		200m: 2:28.44 38.81	300m: 3:59.74 46.08	400m: 5:11.46 35.54	
3.	Barbara Cunha Ventura	05	Benfica	5:17.74	<b>5:14.98</b>	555
	50m: 33.07 33.07		150m: 1:50.74 39.92	250m: 3:15.76 45.59	350m: 4:38.15 36.88	
	100m: 1:10.82 37.75		200m: 2:30.17 39.43	300m: 4:01.27 45.51	400m: 5:14.98 36.83	
4.	Maria Carolina Vargas	05	Benfica	5:18.72	<b>5:15.75</b>	551
	50m: 35.15 35.15		150m: 1:57.64 42.68	250m: 3:21.29 42.46	350m: 4:40.69 36.58	
	100m: 1:14.96 39.81		200m: 2:38.83 41.19	300m: 4:04.11 42.82	400m: 5:15.75 35.06	
5.	Sara Sofia Alves	07	Palmela Desporto	5:18.33	<b>5:16.04</b>	550
	50m: 33.26 33.26		150m: 1:53.92 40.39	250m: 3:21.30 47.22	350m: 4:43.10 34.86	
	100m: 1:13.53 40.27		200m: 2:34.08 40.16	300m: 4:08.24 46.94	400m: 5:16.04 32.94	
6.	Natacha Sofia Silva	02	Benfica	5:18.05	<b>5:20.25</b>	528
	50m: 33.61 33.61		150m: 1:55.43 43.28	250m: 3:21.76 44.26	350m: 4:44.21 37.37	
	100m: 1:12.15 38.54		200m: 2:37.50 42.07	300m: 4:06.84 45.08	400m: 5:20.25 36.04	
7.	Laura Maria Cruz	07	Colegio Int Monte Maior	5:40.00	<b>5:22.62</b>	517
	50m: 35.34 35.34		150m: 1:56.64 39.71	250m: 3:21.83 46.85	350m: 4:46.69 37.98	
	100m: 1:16.93 41.59		200m: 2:34.98 38.34	300m: 4:08.71 46.88	400m: 5:22.62 35.93	
8.	Leonor Castanho Santos	07	Sporting	5:40.00	<b>5:23.51</b>	512
	50m: 34.55 34.55		150m: 1:55.69 40.44	250m: 3:21.81 47.06	350m: 4:47.49 36.70	
	100m: 1:15.25 40.70		200m: 2:34.75 39.06	300m: 4:10.79 48.98	400m: 5:23.51 36.02	
9.	Margarida Santos Botelho	07	Naval Setubalense	5:25.38	<b>5:24.07</b>	510
	50m: 34.21 34.21		150m: 1:54.87 42.98	250m: 3:23.54 46.48	350m: 4:48.30 37.00	
	100m: 1:11.89 37.68		200m: 2:37.06 42.19	300m: 4:11.30 47.76	400m: 5:24.07 35.77	
10.	Matilde Lopes Fialho	09	Palmela Desporto	5:31.87	<b>5:24.32</b>	508
	50m: 35.10 35.10		150m: 1:56.45 40.36	250m: 3:22.60 47.00	350m: 4:48.80 37.26	
	100m: 1:16.09 40.99		200m: 2:35.60 39.15	300m: 4:11.54 48.94	400m: 5:24.32 35.52	
11.	Beatriz Ferreira Batista	09	CPCD - Póvoa Sta Iria	5:39.46	<b>5:24.76</b>	506
	50m: 35.15 35.15		150m: 1:56.77 41.47	250m: 3:22.62 44.16	350m: 4:48.63 38.90	
	100m: 1:15.30 40.15		200m: 2:38.46 41.69	300m: 4:09.73 47.11	400m: 5:24.76 36.13	
12.	Raquel Sofia Bras	09	Belenenses	5:26.20	<b>5:26.98</b>	496
	50m: 33.80 33.80		150m: 1:56.94 43.70	250m: 3:24.66 45.41	350m: 4:49.81 38.35	
	100m: 1:13.24 39.44		200m: 2:39.25 42.31	300m: 4:11.46 46.80	400m: 5:26.98 37.17	
13.	Catarina Alexandra Alves	07	Geslours	5:23.24	<b>5:27.88</b>	492
	50m: 34.13 34.13		150m: 1:56.72 42.50	250m: 3:24.60 46.82	350m: 4:50.47 38.21	
	100m: 1:14.22 40.09		200m: 2:37.78 41.06	300m: 4:12.26 47.66	400m: 5:27.88 37.41	
14.	Alicia Del Rio Bernat	10	Algés	5:53.40	<b>5:28.69</b>	488
	50m: 33.77 33.77		150m: 1:55.44 42.69	250m: 3:24.21 46.29	350m: 4:50.56 39.52	
	100m: 1:12.75 38.98		200m: 2:37.92 42.48	300m: 4:11.04 46.83	400m: 5:28.69 38.13	
15.	Iris Pereira Carrao <i>Fora Tempo Acesso</i>	05	Uniao Piedense	5:30.00	<b>5:32.57</b>	472
	50m: 33.21 33.21		150m: 1:55.67 44.02	250m: 3:27.41 49.37	350m: 4:55.57 37.81	
	100m: 1:11.65 38.44		200m: 2:38.04 42.37	300m: 4:17.76 50.35	400m: 5:32.57 37.00	
16.	Maria Carlotta Ferrari	07	Benfica	5:40.00	<b>5:35.85</b>	458
	50m: 32.69 32.69		150m: 1:54.49 42.28	250m: 3:24.24 48.20	350m: 4:55.37 40.10	
	100m: 1:12.21 39.52		200m: 2:36.04 41.55	300m: 4:15.27 51.03	400m: 5:35.85 40.48	
17.	Sofia Carlos Arede	09	Sporting	5:29.28	<b>5:36.67</b>	454
	50m: 33.76 33.76		150m: 1:58.50 43.45	250m: 3:30.28 48.26	350m: 4:58.12 39.01	
	100m: 1:15.05 41.29		200m: 2:42.02 43.52	300m: 4:19.11 48.83	400m: 5:36.67 38.55	
18.	Rita Braga Gomes	10	Sporting	5:37.95	<b>5:36.83</b>	454
	50m: 34.65 34.65		150m: 2:00.28 43.54	250m: 3:31.85 48.03	350m: 4:58.66 38.58	
	100m: 1:16.74 42.09		200m: 2:43.82 43.54	300m: 4:20.08 48.23	400m: 5:36.83 38.17	
19.	Carolina Escrevente Guerra	10	Algés	5:53.00	<b>5:38.53</b>	447
	50m: 35.47 35.47		150m: 1:59.53 41.64	250m: 3:31.02 49.79	350m: 5:00.46 38.71	
	100m: 1:17.89 42.42		200m: 2:41.23 41.70	300m: 4:21.75 50.73	400m: 5:38.53 38.07	

Prova 1, Femin., 400m Estilos, Absolutos

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts
20.	Ana Beatriz Pires <i>Fora Tempo Acesso</i>	08	Uniao Piedense	5:42.00	<b>5:42.99</b>	430
	50m: 33.72 33.72	150m: 2:00.45 44.05	250m: 3:33.60 49.07	350m: 5:04.55 38.99		
	100m: 1:16.40 42.68	200m: 2:44.53 44.08	300m: 4:25.56 51.96	400m: 5:42.99 38.44		
21.	Beatriz Alexandra Rolim <i>Fora Tempo Acesso</i>	08	Uniao Piedense	5:42.00	<b>5:48.92</b>	408
	50m: 35.76 35.76	150m: 2:03.43 42.24	250m: 3:38.97 54.27	350m: 5:13.53 40.21		
	100m: 1:21.19 45.43	200m: 2:44.70 41.27	300m: 4:33.32 54.35	400m: 5:48.92 35.39		
22.	Luana Raquel Monteiro	10	Palmela Desporto	5:56.97	<b>5:49.78</b>	405
	50m: 38.40 38.40	150m: 2:05.87 45.52	250m: 3:39.05 49.03	350m: 5:10.07 40.76		
	100m: 1:20.35 41.95	200m: 2:50.02 44.15	300m: 4:29.31 50.26	400m: 5:49.78 39.71		
23.	Maria Madalena Fernandes	10	Algés	5:54.26	<b>5:50.95</b>	401
	50m: 35.09 35.09	150m: 2:03.03 46.70	250m: 3:40.10 51.34	350m: 5:12.67 40.19		
	100m: 1:16.33 41.24	200m: 2:48.76 45.73	300m: 4:32.48 52.38	400m: 5:50.95 38.28		
24.	Marta Pereira Domingos <i>Fora Tempo Acesso</i>	04	Uniao Piedense	5:30.00	<b>5:52.73</b>	395
	50m: 35.22 35.22	150m: 2:08.09 48.01	250m: 3:42.87 47.68	350m: 5:13.27 40.81		
	100m: 1:20.08 44.86	200m: 2:55.19 47.10	300m: 4:32.46 49.59	400m: 5:52.73 39.46		
25.	Alice Lucas Pedro <i>Fora Tempo Acesso</i>	09	Algés	5:59.79	<b>5:54.05</b>	391
	50m: 34.65 34.65	150m: 2:01.86 46.44	250m: 3:38.36 50.45	350m: 5:13.91 43.03		
	100m: 1:15.42 40.77	200m: 2:47.91 46.05	300m: 4:30.88 52.52	400m: 5:54.05 40.14		
26.	Maria Rita Filipe <i>Fora Tempo Acesso</i>	10	Gesloures	5:57.81	<b>6:02.21</b>	365
	50m: 38.13 38.13	150m: 2:08.57 42.48	250m: 3:42.80 52.90	350m: 5:20.19 42.46		
	100m: 1:26.09 47.96	200m: 2:49.90 41.33	300m: 4:37.73 54.93	400m: 6:02.21 42.02		
27.	Luisa Anjos Frischknecht <i>Fora Tempo Acesso</i>	10	Naval Setubalense	5:59.95	<b>6:03.51</b>	361
	50m: 40.56 40.56	150m: 2:12.81 45.99	250m: 3:49.11 50.89	350m: 5:23.17 42.53		
	100m: 1:26.82 46.26	200m: 2:58.22 45.41	300m: 4:40.64 51.53	400m: 6:03.51 40.34		