

Torneio de Abertura - Categorias
Condeixa-a-Nova, 23- - 24-10-2021

| Prova 13 | Femin., 400m Livres | | | | Inf_Sen |
|----------------------|---------------------|--------------------------|--------|------------------|------------|
| 24-10-2021 - 9:50 | | | | | Resultados |
| Rec Nac 25m Absoluto | 4:04.61 | Diana Margarida, DURAES | POR | Copenhagen (DEN) | 17-12-2017 |
| Rec Nac 25m Sen | 4:04.61 | Diana Margarida, DURAES | POR | Copenhagen (DEN) | 17-12-2017 |
| Rec Nac 25m Jun A | 4:10.52 | Tamila Hryhorivna, HOLUB | SCB | Porto | 12-12-2015 |
| Rec Nac 25m Jun B | 4:13.53 | Ana Reis, SOUSA | CNLA | Porto | 09-12-2017 |
| Rec Nac 25m Juv A | 4:18.39 | Ana Claudia, SANTOS | SFUAP | Cantanhede | 20-12-2004 |
| Rec Nac 25m Juv B | 4:23.08 | Susana Patricia, MIGUEL | SFUAP | Alhandra | 15-05-2004 |
| Rec Nac 25m Inf A | 4:25.30 | Alexandra Maria, SILVA | FCP | Porto | 19-07-1980 |
| Rec Nac 25m Inf B | 4:38.40 | Filipa Vilas, RUIVO | DNMG | Alcobaça | 13-06-2009 |
| Rec Reg ANC Absoluto | 4:18.48 | Maria Miguel, VELOSO | CNAC | | 13-06-2009 |
| Rec Reg ANC Sen | 4:20.62 | Florbela Cavaco, MACHADO | CNAC | | 12-06-2013 |
| Rec Reg ANC Jun A | 4:18.48 | Maria Miguel, VELOSO | CNAC | | 12-06-2009 |
| Rec Reg ANC Jun B | 4:22.18 | Alexandra Couto, FRAZÃO | FBSC | | 12-06-2018 |
| Rec Reg ANC Juv A | 4:25.67 | Sara Sofia, ALVES | ASSSCC | | 12-06-2015 |
| Rec Reg ANC Juv B | 4:28.96 | Mariana Carmo, ROSA | ALN | | 12-06-2019 |
| Rec Reg ANC Inf A | 4:34.72 | Sara Sofia, ALVES | ASSSCC | | 11-06-2014 |
| Rec Reg ANC Inf B | 4:45.02 | Sara Sofia, ALVES | ASSSCC | | 11-06-2013 |

Pontos: FINA 2021

| Lugar | Ano | | Tempo final | | Pts |
|--------------|-----------------------------|---------------------|---------------------------|---------------------|-----|
| Inf B | | | | | |
| 1. | Rita Lucas, SANTOS | 10 | Condeixa Clube | 5:34.84 | 340 |
| | 50m: 37.90 37.90 | 150m: 2:03.59 42.39 | 250m: 3:28.84 42.53 | 350m: 4:54.75 42.99 | |
| | 100m: 1:21.20 43.30 | 200m: 2:46.31 42.72 | 300m: 4:11.76 42.92 | 400m: 5:34.84 40.09 | |
| 2. | Maria Neto, SIMOES | 10 | Condeixa Clube | 5:48.97 | 301 |
| | 50m: 39.44 39.44 | 150m: 2:06.77 43.79 | 250m: 3:36.25 44.60 | 350m: 5:05.34 44.29 | |
| | 100m: 1:22.98 43.54 | 200m: 2:51.65 44.88 | 300m: 4:21.05 44.80 | 400m: 5:48.97 43.63 | |
| 3. | Laura Nobre, MONTEIRO | 10 | Columbofila Cantanhedense | 6:09.01 | 254 |
| | 50m: 42.32 42.32 | 150m: 2:16.09 46.75 | 250m: 3:50.85 47.76 | 350m: 5:25.56 47.34 | |
| | 100m: 1:29.34 47.02 | 200m: 3:03.09 47.00 | 300m: 4:38.22 47.37 | 400m: 6:09.01 43.45 | |
| 4. | Mariana Bernardo, SILVESTRE | 10 | Nautico Academico | 6:10.63 | 251 |
| | 50m: 42.02 42.02 | 150m: 2:17.60 48.04 | 250m: 3:52.73 46.90 | 350m: 5:26.95 46.94 | |
| | 100m: 1:29.56 47.54 | 200m: 3:05.83 48.23 | 300m: 4:40.01 47.28 | 400m: 6:10.63 43.68 | |
| 5. | Mia Cardoso, BAPTISTA | 10 | Nautico Academico | 6:26.79 | 221 |
| | 50m: 42.68 42.68 | 150m: 2:19.53 50.00 | 250m: 3:58.77 49.81 | 350m: 5:39.67 50.15 | |
| | 100m: 1:29.53 46.85 | 200m: 3:08.96 49.43 | 300m: 4:49.52 50.75 | 400m: 6:26.79 47.12 | |
| 6. | Maria Ines, RODRIGUES | 10 | Nautico Academico | 6:33.44 | 210 |
| | 50m: 41.68 41.68 | 150m: 2:22.70 51.29 | 250m: 4:05.04 50.57 | 350m: 5:45.46 49.27 | |
| | 100m: 1:31.41 49.73 | 200m: 3:14.47 51.77 | 300m: 4:56.19 51.15 | 400m: 6:33.44 47.98 | |
| 7. | Leonor Mosca, SILVA | 10 | Columbofila Cantanhedense | 6:40.75 | 198 |
| | 50m: 43.88 43.88 | 150m: 2:24.49 51.53 | 250m: 4:07.69 51.57 | 350m: 5:51.19 52.09 | |
| | 100m: 1:32.96 49.08 | 200m: 3:16.12 51.63 | 300m: 4:59.10 51.41 | 400m: 6:40.75 49.56 | |
| DSQ | Camila Duarte, MARCELO | 10 | Condeixa Clube | | |
| | <i>Falsa partida</i> | | | | |
| DSQ | Sofia Daniela, FERREIRA | 10 | Uniao de Coimbra | | |
| | <i>Falsa partida</i> | | | | |

Inf A

| | | | | | |
|----|---------------------------|---------------------|---------------------------|---------------------|-----|
| 1. | Anastacia, PROTOLYUK | 09 | Columbofila Cantanhedense | 5:05.08 | 450 |
| | 50m: 34.46 34.46 | 150m: 1:50.49 38.38 | 250m: 3:08.22 38.94 | 350m: 4:26.85 39.48 | |
| | 100m: 1:12.11 37.65 | 200m: 2:29.28 38.79 | 300m: 3:47.37 39.15 | 400m: 5:05.08 38.23 | |
| 2. | Leonor Mercês, CAVALEIRO | 09 | Columbofila Cantanhedense | 5:09.82 | 430 |
| | 50m: 35.10 35.10 | 150m: 1:52.21 38.93 | 250m: 3:11.21 39.65 | 350m: 4:30.39 39.55 | |
| | 100m: 1:13.28 38.18 | 200m: 2:31.56 39.35 | 300m: 3:50.84 39.63 | 400m: 5:09.82 39.43 | |
| 3. | Raquel Alexandra, CANCELA | 09 | Miranda do Corvo | 5:34.23 | 342 |
| | 50m: 35.85 35.85 | 150m: 1:58.92 42.15 | 250m: 3:25.46 44.03 | 350m: 4:52.20 43.31 | |
| | 100m: 1:16.77 40.92 | 200m: 2:41.43 42.51 | 300m: 4:08.89 43.43 | 400m: 5:34.23 42.03 | |

Torneio de Abertura - Categorias
Condeixa-a-Nova, 23- - 24-10-2021

Prova 13, Femin., 400m Livres, Inf A

| Lugar | | | | | Ano | | | | | Tempo final | Pts | |
|-------|----------------------------|---------|-------|-------|---------|---------------------------|-------|---------|-------|----------------|---------|-------|
| 4. | Margarida Pessoa, MONTEIRO | | | | 09 | Columbofila Cantanhedense | | | | 5:34.81 | 341 | |
| | 50m: | 39.24 | 39.24 | 150m: | 2:03.84 | 42.69 | 250m: | 3:29.04 | 42.67 | 350m: | 4:53.49 | 42.38 |
| | 100m: | 1:21.15 | 41.91 | 200m: | 2:46.37 | 42.53 | 300m: | 4:11.11 | 42.07 | 400m: | 5:34.81 | 41.32 |
| 5. | Matilde Domingues, PIRES | | | | 09 | Columbofila Cantanhedense | | | | 5:41.19 | 322 | |
| | 50m: | 37.07 | 37.07 | 150m: | 2:01.10 | 42.98 | 250m: | 3:27.29 | 43.62 | 350m: | 4:55.41 | 44.48 |
| | 100m: | 1:18.12 | 41.05 | 200m: | 2:43.67 | 42.57 | 300m: | 4:10.93 | 43.64 | 400m: | 5:41.19 | 45.78 |
| 6. | Maria Miranda, MACEDO | | | | 09 | Columbofila Cantanhedense | | | | 5:44.55 | 312 | |
| | 50m: | 38.93 | 38.93 | 150m: | 2:04.73 | 43.31 | 250m: | 3:31.33 | 43.68 | 350m: | 5:00.75 | 45.43 |
| | 100m: | 1:21.42 | 42.49 | 200m: | 2:47.65 | 42.92 | 300m: | 4:15.32 | 43.99 | 400m: | 5:44.55 | 43.80 |
| 7. | Caetana Amado, SANTOS | | | | 09 | Miranda do Corvo | | | | 5:56.69 | 282 | |
| | 50m: | 38.58 | 38.58 | 150m: | 2:08.92 | 46.57 | 250m: | 3:41.76 | 45.92 | 350m: | 5:13.59 | 45.97 |
| | 100m: | 1:22.35 | 43.77 | 200m: | 2:55.84 | 46.92 | 300m: | 4:27.62 | 45.86 | 400m: | 5:56.69 | 43.10 |
| 8. | Maria Alexandra, MOREIRA | | | | 09 | Condeixa Clube | | | | 5:59.93 | 274 | |
| | 50m: | 40.19 | 40.19 | 150m: | 2:09.84 | 45.45 | 250m: | 3:42.20 | 46.66 | 350m: | 5:14.85 | 46.56 |
| | 100m: | 1:24.39 | 44.20 | 200m: | 2:55.54 | 45.70 | 300m: | 4:28.29 | 46.09 | 400m: | 5:59.93 | 45.08 |
| 9. | Gabriela Leonardo, MEDINA | | | | 09 | Condeixa Clube | | | | 6:02.65 | 268 | |
| | 50m: | 38.99 | 38.99 | 150m: | 2:08.71 | 45.62 | 250m: | 3:41.67 | 46.64 | 350m: | 5:16.27 | 48.04 |
| | 100m: | 1:23.09 | 44.10 | 200m: | 2:55.03 | 46.32 | 300m: | 4:28.23 | 46.56 | 400m: | 6:02.65 | 46.38 |
| 10. | Ana Margarida, CRUZ | | | | 09 | Nautico Academico | | | | 6:22.39 | 228 | |
| | 50m: | 41.34 | 41.34 | 150m: | 2:16.59 | 48.68 | 250m: | 3:55.40 | 49.80 | 350m: | 5:36.22 | 50.23 |
| | 100m: | 1:27.91 | 46.57 | 200m: | 3:05.60 | 49.01 | 300m: | 4:45.99 | 50.59 | 400m: | 6:22.39 | 46.17 |
| 11. | Ana Laura, LUCAS | | | | 09 | Columbofila Cantanhedense | | | | 6:42.17 | 196 | |
| | 50m: | 45.12 | 45.12 | 150m: | 2:27.57 | 51.59 | 250m: | 4:11.73 | 50.59 | 350m: | 5:53.45 | 50.89 |
| | 100m: | 1:35.98 | 50.86 | 200m: | 3:21.14 | 53.57 | 300m: | 5:02.56 | 50.83 | 400m: | 6:42.17 | 48.72 |

Juv B

| | | | | | | | | | | | | |
|-----|----------------------------|---------|-------|-------|---------|---------------------------|-------|---------|-------|----------------|---------|-------|
| 1. | Julia Maria, SOARES | | | | 08 | Miranda do Corvo | | | | 5:21.07 | 386 | |
| | 50m: | 35.36 | 35.36 | 150m: | 1:56.56 | 41.17 | 250m: | 3:19.82 | 41.84 | 350m: | 4:42.42 | 41.26 |
| | 100m: | 1:15.39 | 40.03 | 200m: | 2:37.98 | 41.42 | 300m: | 4:01.16 | 41.34 | 400m: | 5:21.07 | 38.65 |
| 2. | Catarina Sargaco, TEIXEIRA | | | | 08 | Columbofila Cantanhedense | | | | 5:25.25 | 372 | |
| | 50m: | 38.34 | 38.34 | 150m: | 2:00.89 | 41.56 | 250m: | 3:23.14 | 40.86 | 350m: | 4:44.98 | 41.11 |
| | 100m: | 1:19.33 | 40.99 | 200m: | 2:42.28 | 41.39 | 300m: | 4:03.87 | 40.73 | 400m: | 5:25.25 | 40.27 |
| 3. | Maria Manuel, CORTESAO | | | | 08 | Nautico Academico | | | | 5:35.26 | 339 | |
| | 50m: | 37.09 | 37.09 | 150m: | 1:59.70 | 42.15 | 250m: | 3:25.88 | 43.16 | 350m: | 4:52.67 | 43.28 |
| | 100m: | 1:17.55 | 40.46 | 200m: | 2:42.72 | 43.02 | 300m: | 4:09.39 | 43.51 | 400m: | 5:35.26 | 42.59 |
| 4. | Raquel Filipa, JESUS | | | | 08 | Nautico Academico | | | | 5:36.48 | 335 | |
| | 50m: | 37.25 | 37.25 | 150m: | 2:02.38 | 43.22 | 250m: | 3:29.19 | 43.07 | 350m: | 4:55.68 | 43.60 |
| | 100m: | 1:19.16 | 41.91 | 200m: | 2:46.12 | 43.74 | 300m: | 4:12.08 | 42.89 | 400m: | 5:36.48 | 40.80 |
| 5. | Laura Carvalho, FERNANDES | | | | 08 | Nautico Academico | | | | 5:42.06 | 319 | |
| | 50m: | 37.64 | 37.64 | 150m: | 2:03.26 | 43.86 | 250m: | 3:29.43 | 43.30 | 350m: | 4:58.85 | 45.41 |
| | 100m: | 1:19.40 | 41.76 | 200m: | 2:46.13 | 42.87 | 300m: | 4:13.44 | 44.01 | 400m: | 5:42.06 | 43.21 |
| 6. | Ines Serralheiro, SANTOS | | | | 08 | Columbofila Cantanhedense | | | | 6:11.98 | 248 | |
| | 50m: | 39.94 | 39.94 | 150m: | 2:11.55 | 46.15 | 250m: | 3:46.47 | 48.42 | 350m: | 5:24.11 | 48.72 |
| | 100m: | 1:25.40 | 45.46 | 200m: | 2:58.05 | 46.50 | 300m: | 4:35.39 | 48.92 | 400m: | 6:11.98 | 47.87 |
| DSQ | Mariana Santos, ALMEIDA | | | | 08 | Columbofila Cantanhedense | | | | | | |
| | <i>Falsa partida</i> | | | | | | | | | | | |

Torneio de Abertura - Categorias
Condeixa-a-Nova, 23- - 24-10-2021

Prova 13, Femin., 400m Livres

Juv A

| | | | | | |
|----|-------------------------|---------------|---------------------------|---------------------|-------|
| 1. | Leonor Mil, MANO | 07 | Nautico Academico | 4:41.25 | 575 |
| | 50m: 32.13 32.13 | 150m: 1:42.29 | 35.35 250m: 2:54.07 | 35.66 350m: 4:06.11 | 35.92 |
| | 100m: 1:06.94 34.81 | 200m: 2:18.41 | 36.12 300m: 3:30.19 | 36.12 400m: 4:41.25 | 35.14 |
| 2. | Marta Andre, AGUILAR | 07 | Nautico Academico | 4:47.30 | 539 |
| | 50m: 32.30 32.30 | 150m: 1:43.31 | 35.54 250m: 2:55.72 | 36.41 350m: 4:10.46 | 37.34 |
| | 100m: 1:07.77 35.47 | 200m: 2:19.31 | 36.00 300m: 3:33.12 | 37.40 400m: 4:47.30 | 36.84 |
| 3. | Ines Miranda, DIOGO | 07 | Nautico Academico | 4:57.72 | 485 |
| | 50m: 33.27 33.27 | 150m: 1:47.22 | 37.56 250m: 3:03.58 | 38.14 350m: 4:19.99 | 38.13 |
| | 100m: 1:09.66 36.39 | 200m: 2:25.44 | 38.22 300m: 3:41.86 | 38.28 400m: 4:57.72 | 37.73 |
| 4. | Maria Ines, FERNANDES | 07 | Nautico Academico | 5:10.58 | 427 |
| | 50m: 35.62 35.62 | 150m: 1:51.83 | 38.61 250m: 3:10.48 | 39.45 350m: 4:30.90 | 40.42 |
| | 100m: 1:13.22 37.60 | 200m: 2:31.03 | 39.20 300m: 3:50.48 | 40.00 400m: 5:10.58 | 39.68 |
| 5. | Luna Almeida, RODRIGUES | 07 | Columbofila Cantanhedense | 5:33.33 | 345 |
| | 50m: 35.80 35.80 | 150m: 1:57.25 | 41.21 250m: 3:22.22 | 43.23 350m: 4:49.76 | 44.33 |
| | 100m: 1:16.04 40.24 | 200m: 2:38.99 | 41.74 300m: 4:05.43 | 43.21 400m: 5:33.33 | 43.57 |
| 6. | Beatriz Costa, MATOS | 07 | Nautico Academico | 5:33.90 | 343 |
| | 50m: 38.18 38.18 | 150m: 2:04.53 | 43.19 250m: 3:30.73 | 42.83 350m: 4:54.49 | 41.79 |
| | 100m: 1:21.34 43.16 | 200m: 2:47.90 | 43.37 300m: 4:12.70 | 41.97 400m: 5:33.90 | 39.41 |

Jun

| | | | | | |
|----|---------------------------|---------------|---------------------------|---------------------|-------|
| 1. | Mariana Carmo, ROSA | 05 | Louzan Natacao/EFAPEL | 4:32.12 | 635 |
| | 50m: 31.07 31.07 | 150m: 1:37.86 | 33.65 250m: 2:46.57 | 34.51 350m: 3:56.95 | 35.37 |
| | 100m: 1:04.21 33.14 | 200m: 2:12.06 | 34.20 300m: 3:21.58 | 35.01 400m: 4:32.12 | 35.17 |
| 2. | Marisa Isabel, NOBRE | 05 | Columbofila Cantanhedense | 4:40.31 | 581 |
| | 50m: 31.27 31.27 | 150m: 1:40.77 | 35.78 250m: 2:53.32 | 36.06 350m: 4:05.27 | 35.53 |
| | 100m: 1:04.99 33.72 | 200m: 2:17.26 | 36.49 300m: 3:29.74 | 36.42 400m: 4:40.31 | 35.04 |
| 3. | Maria Neto, FERREIRA | 06 | Nautico Academico | 4:45.00 | 552 |
| | 50m: 32.20 32.20 | 150m: 1:42.78 | 35.57 250m: 2:55.70 | 36.45 350m: 4:09.36 | 36.66 |
| | 100m: 1:07.21 35.01 | 200m: 2:19.25 | 36.47 300m: 3:32.70 | 37.00 400m: 4:45.00 | 35.64 |
| 4. | Beatriz Andre, GASPAR | 06 | Nautico Academico | 4:49.51 | 527 |
| | 50m: 33.24 33.24 | 150m: 1:45.24 | 36.22 250m: 2:58.84 | 36.61 350m: 4:13.35 | 37.29 |
| | 100m: 1:09.02 35.78 | 200m: 2:22.23 | 36.99 300m: 3:36.06 | 37.22 400m: 4:49.51 | 36.16 |
| 5. | Maria Vitoria, GRILO | 06 | Uniao de Coimbra | 4:53.72 | 505 |
| | 50m: 32.04 32.04 | 150m: 1:42.40 | 35.84 250m: 2:58.38 | 38.35 350m: 4:16.24 | 38.64 |
| | 100m: 1:06.56 34.52 | 200m: 2:20.03 | 37.63 300m: 3:37.60 | 39.22 400m: 4:53.72 | 37.48 |
| 6. | Matilde Fonseca, OLIVEIRA | 06 | Miranda do Corvo | 4:55.03 | 498 |
| | 50m: 32.55 32.55 | 150m: 1:43.65 | 36.05 250m: 2:58.27 | 37.70 350m: 4:16.05 | 39.24 |
| | 100m: 1:07.60 35.05 | 200m: 2:20.57 | 36.92 300m: 3:36.81 | 38.54 400m: 4:55.03 | 38.98 |
| 7. | Xenia Angelica, KOZIY | 06 | Condeixa Clube | 5:20.99 | 387 |
| | 50m: 33.96 33.96 | 150m: 1:51.40 | 39.26 250m: 3:12.78 | 40.36 350m: 4:39.42 | 43.58 |
| | 100m: 1:12.14 38.18 | 200m: 2:32.42 | 41.02 300m: 3:55.84 | 43.06 400m: 5:20.99 | 41.57 |

Sen

| | | | | | |
|----|----------------------------|---------------|---------------------|---------------------|-------|
| 1. | Maria Carlota, REBELO | 03 | Condeixa Clube | 4:40.50 | 579 |
| | 50m: 31.29 31.29 | 150m: 1:38.75 | 34.16 250m: 2:50.31 | 36.17 350m: 4:04.44 | 37.30 |
| | 100m: 1:04.59 33.30 | 200m: 2:14.14 | 35.39 300m: 3:27.14 | 36.83 400m: 4:40.50 | 36.06 |
| 2. | Joana Francisca, RODRIGUES | 04 | Condeixa Clube | 4:40.78 | 578 |
| | 50m: 31.14 31.14 | 150m: 1:41.45 | 35.66 250m: 2:53.67 | 36.13 350m: 4:05.89 | 35.84 |
| | 100m: 1:05.79 34.65 | 200m: 2:17.54 | 36.09 300m: 3:30.05 | 36.38 400m: 4:40.78 | 34.89 |
| 3. | Helena Nunes, RODRIGUES | 03 | Condeixa Clube | 4:43.89 | 559 |
| | 50m: 32.41 32.41 | 150m: 1:43.39 | 36.00 250m: 2:55.40 | 35.70 350m: 4:08.24 | 36.62 |
| | 100m: 1:07.39 34.98 | 200m: 2:19.70 | 36.31 300m: 3:31.62 | 36.22 400m: 4:43.89 | 35.65 |

Torneio de Abertura - Categorias
Condeixa-a-Nova, 23- - 24-10-2021

Prova 13, Femin., 400m Livres, Sen

| Lugar | | | Ano | | | | | Tempo final | Pts |
|-------|--------------------------|---------------|-------|----------------------|-------|-------|---------------|----------------|---------------|
| 4. | Ana Carolina, MONTEIRO | | 04 | Uniao de Coimbra | | | | 4:45.33 | 551 |
| | 50m: | 32.24 32.24 | 150m: | 1:43.16 | 35.89 | 250m: | 2:55.44 36.03 | 350m: | 4:09.17 36.56 |
| | 100m: | 1:07.27 35.03 | 200m: | 2:19.41 | 36.25 | 300m: | 3:32.61 37.17 | 400m: | 4:45.33 36.16 |
| 5. | Beatriz Costa, TEJO | | 02 | Academica de Coimbra | | | | 4:46.19 | 546 |
| | 50m: | 32.54 32.54 | 150m: | 1:44.74 | 36.46 | 250m: | 2:57.56 36.32 | 350m: | 4:10.77 36.45 |
| | 100m: | 1:08.28 35.74 | 200m: | 2:21.24 | 36.50 | 300m: | 3:34.32 36.76 | 400m: | 4:46.19 35.42 |
| 6. | Beatriz Ferreira, GASPAR | | 04 | Uniao de Coimbra | | | | 4:46.48 | 544 |
| | 50m: | 32.03 32.03 | 150m: | 1:41.88 | 35.44 | 250m: | 2:54.95 36.59 | 350m: | 4:09.83 37.39 |
| | 100m: | 1:06.44 34.41 | 200m: | 2:18.36 | 36.48 | 300m: | 3:32.44 37.49 | 400m: | 4:46.48 36.65 |
| 7. | Matilde Alves, FLORENCIO | | 04 | Condeixa Clube | | | | 4:48.75 | 531 |
| | 50m: | 32.73 32.73 | 150m: | 1:44.28 | 36.35 | 250m: | 2:58.30 36.94 | 350m: | 4:12.15 36.66 |
| | 100m: | 1:07.93 35.20 | 200m: | 2:21.36 | 37.08 | 300m: | 3:35.49 37.19 | 400m: | 4:48.75 36.60 |
| 8. | Maria Alexandra, MARQUES | | 04 | Academica de Coimbra | | | | 4:54.27 | 502 |
| | 50m: | 33.96 33.96 | 150m: | 1:47.41 | 37.22 | 250m: | 3:02.32 37.29 | 350m: | 4:17.48 37.66 |
| | 100m: | 1:10.19 36.23 | 200m: | 2:25.03 | 37.62 | 300m: | 3:39.82 37.50 | 400m: | 4:54.27 36.79 |