



II Torneio Fundação CNL Cidade de Leiria - Absolutos  
Leiria, 4 - 5/11/2023

Prova 1 Femin., 400m Livres Absolutos (JUV+JUN+SEN)  
04/11/2023 - 15:00 Resultados Elimin

Rec Nac Open	4:04.61	Diana Margarida, DURAES	POR	Copenhagen (DEN)	17/12/2017
Rec Nac SEN	4:04.61	Diana Margarida, DURAES	POR	Copenhagen (DEN)	17/12/2017
Rec Nac 17	4:10.52	Tamila Hryhorivna, HOLUB	SCB	Porto	12/12/2015
Rec Nac 16	4:13.53	Ana Reis, SOUSA	CNLA	Porto	09/12/2017
Rec Nac JUV A	4:18.39	Ana Claudia, SANTOS	SFUAP	Cantanhede	20/12/2004
Rec Nac JUV B	4:23.08	Susana Patricia, MIGUEL	SFUAP	Alhandra	15/05/2004

Pontos: FINA 2023

Lugar	Ano	Tempo final	Pts	Pontos
1. Maria Ornelas, ARMAS	98 Vikings Sports Club	4:33.01	608 Q	-
50m: 31.31 31.31	150m: 1:39.31 34.46	250m: 2:48.62 34.73	350m: 3:58.76 35.00	
100m: 1:04.85 33.54	200m: 2:13.89 34.58	300m: 3:23.76 35.14	400m: 4:33.01 34.25	
2. Mariana Marques, MERCEDES	03 Vikings Sports Club	4:36.00	588 Q	-
50m: 31.89 31.89	150m: 1:41.66 35.19	250m: 2:51.96 35.14	350m: 4:02.29 35.00	
100m: 1:06.47 34.58	200m: 2:16.82 35.16	300m: 3:27.29 35.33	400m: 4:36.00 33.71	
3. Joana Rosa, FERREIRA	05 CNLeiria	4:38.56	572 Q	-
50m: 31.69 31.69	150m: 1:41.40 34.97	250m: 2:52.00 35.36	350m: 4:03.31 35.74	
100m: 1:06.43 34.74	200m: 2:16.64 35.24	300m: 3:27.57 35.57	400m: 4:38.56 35.25	
4. Ana Francisca, SILVA	06 Alcobaca	4:47.62	520 Q	-
50m: 33.22 33.22	150m: 1:45.55 36.10	250m: 2:58.62 36.20	350m: 4:11.36 36.21	
100m: 1:09.45 36.23	200m: 2:22.42 36.87	300m: 3:35.15 36.53	400m: 4:47.62 36.26	
5. Matilde Violante, VIANA	07 CNLeiria	4:48.17	517 Q	-
50m: 31.94 31.94	150m: 1:43.84 36.75	250m: 2:57.73 36.99	350m: 4:11.70 36.83	
100m: 1:07.09 35.15	200m: 2:20.74 36.90	300m: 3:34.87 37.14	400m: 4:48.17 36.47	
6. Camila Duarte, MARCELO	10 Condeixa Aqua Clube	4:49.17	511 Q	-
50m: 34.02 34.02	150m: 1:47.87 37.05	250m: 3:00.98 36.19	350m: 4:13.45 36.21	
100m: 1:10.82 36.80	200m: 2:24.79 36.92	300m: 3:37.24 36.26	400m: 4:49.17 35.72	
7. Ines Correia, TEIXEIRA	06 Amadora	4:50.99	502 Q	-
50m: 32.88 32.88	150m: 1:45.62 36.68	250m: 2:59.89 36.81	350m: 4:14.28 37.17	
100m: 1:08.94 36.06	200m: 2:23.08 37.46	300m: 3:37.11 37.22	400m: 4:50.99 36.71	
8. Leonor Vendima, COELHO	07 CNLeiria	4:59.64	459 Q	-
50m: 33.37 33.37	150m: 1:47.97 37.78	250m: 3:05.25 38.64	350m: 4:22.84 38.63	
100m: 1:10.19 36.82	200m: 2:26.61 38.64	300m: 3:44.21 38.96	400m: 4:59.64 36.80	
9. Maria Leonor, LOPES	10 Torres Novas	5:14.48	397 R	-
50m: 36.37 36.37	150m: 1:56.65 40.26	250m: 3:16.61 39.79	350m: 4:36.85 39.85	
100m: 1:16.39 40.02	200m: 2:36.82 40.17	300m: 3:57.00 40.39	400m: 5:14.48 37.63	
10. Leonor Pereira, SILVA	10 Óbidos	5:17.28	387 R	-
50m: 34.59 34.59	150m: 1:54.37 40.78	250m: 3:16.28 41.05	350m: 4:38.03 41.00	
100m: 1:13.59 39.00	200m: 2:35.23 40.86	300m: 3:57.03 40.75	400m: 5:17.28 39.25	
11. Debora Silva, INACIO	10 Pimpoes/Cimai	5:30.78	341	-
50m: 34.71 34.71	150m: 1:57.57 41.94	250m: 3:23.32 43.52	350m: 4:50.91 44.39	
100m: 1:15.63 40.92	200m: 2:39.80 42.23	300m: 4:06.52 43.20	400m: 5:30.78 39.87	
12. Carolina Santos, CARRILHO	08 CLAC-Entroncamento	5:46.34	297	-
50m: 38.43 38.43	150m: 2:04.87 43.75	250m: 3:33.79 44.69	350m: 5:03.02 44.48	
100m: 1:21.12 42.69	200m: 2:49.10 44.23	300m: 4:18.54 44.75	400m: 5:46.34 43.32	
13. Daniela Santos, CARRILHO	08 CLAC-Entroncamento	5:51.04	286	-
50m: 37.04 37.04	150m: 2:04.00 44.40	250m: 3:35.40 46.14	350m: 5:07.00 45.66	
100m: 1:19.60 42.56	200m: 2:49.26 45.26	300m: 4:21.34 45.94	400m: 5:51.04 44.04	
DNS Joana Patricia, ANTUNES	06 CLAC-Entroncamento			-
DNS Joana Teixeira, DIAS	97 CLAC-Entroncamento			-