

Campeonato Nacional de Juvenis, Juniores e Seniores
Oeiras, 12 - 14/7/2024

Prova 16 Absolutos
13/07/2024 - 17:10 Resultados

Rec Nat Open	4:08.77	MARTINS, Francisca Soares	FOCA	Canet-en-Roussillon (FRA)	14/05/2023
Rec Nat Sen	4:08.77	MARTINS, Francisca Soares	FOCA	Canet-en-Roussillon (FRA)	14/05/2023
Rec Nat Jun 17	4:14.67	HOLUB, Tamila Hryhorivna	SCB	Oeiras	23/07/2016
Rec Nat Jun 16	4:20.37	FERREIRA, Marta Andreia	POR	Berlim (GER)	04/08/2002
Rec Nat Juv A	4:20.78	HOLUB, Tamila Hryhorivna	POR	Porto	07/06/2014
Rec Nat Juv B	4:26.20	CABRAL, Maria Francisca	FCP	Oeiras	26/07/2014

JUV_B_Fem Juv B 50m: 5:02.08 - 25m: 4:53.50 / JUV_A_Fem Juv A 50m: 4:55.08 - 25m: 4:46.71 / JUN_16_Fem Jun 16 50m: 4:48.09 - 25m: 4:39.91 / JUN_17_Fem Jun 17 50m: 4:46.69 - 25m: 4:38.55 / SEN_1º ANO_Fem Sen 1 50m: 4:41.10 - 25m: 4:33.12 / SEN_Fem Sen + 50m: 4:39.70 - 25m: 4:31.76

Pontos: FINA 2024

Lugar	Nome	Ano	Nac	Clube	TFinal	TReac	AQUA
Juvenis							
1.	MATIAS, Alana Costa	09	POR	Clube Uniao 1919	4:39.14	+0,78	599
	50m: 31.58 31.58	150m: 1:41.48 35.35	250m: 2:52.79 35.75	350m: 4:04.34 35.64			
	100m: 1:06.13 34.55	200m: 2:17.04 35.56	300m: 3:28.70 35.91	400m: 4:39.14 34.80			
2.	TOMAS, Constanca Baptista	09	POR	Alcobaca	4:43.18	+0,81	574
	50m: 32.12 32.12	150m: 1:44.22 36.66	250m: 2:56.92 36.33	350m: 4:08.74 35.46			
	100m: 1:07.56 35.44	200m: 2:20.59 36.37	300m: 3:33.28 36.36	400m: 4:43.18 34.44			
3.	CRAVEIRO, Luana Ferreira	09	POR	Nautico Marinha Grande	4:45.81	+0,72	558
	50m: 31.21 31.21	150m: 1:41.46 36.08	250m: 2:55.39 36.94	350m: 4:09.87 37.18			
	100m: 1:05.38 34.17	200m: 2:18.45 36.99	300m: 3:32.69 37.30	400m: 4:45.81 35.94			
4.	MOREIRA, Madalena Valente	09	POR	Colegio Efanor	4:46.14	+0,83	556
	50m: 31.37 31.37	150m: 1:42.63 36.59	250m: 2:56.90 37.70	350m: 4:10.78 36.97			
	100m: 1:06.04 34.67	200m: 2:19.20 36.57	300m: 3:33.81 36.91	400m: 4:46.14 35.36			
5.	REGO, Filipa Correia	10	POR	Vilacondense	4:47.57	+0,79	548
	50m: 32.79 32.79	150m: 1:46.82 37.44	250m: 3:01.15 37.24	350m: 4:14.08 36.21			
	100m: 1:09.38 36.59	200m: 2:23.91 37.09	300m: 3:37.87 36.72	400m: 4:47.57 33.49			
6.	PINTO, Maria Carvalho	09	POR	Viana Natacao	4:49.24	+0,76	538
	50m: 31.86 31.86	150m: 1:42.90 36.50	250m: 2:58.05 38.53	350m: 4:12.73 36.93			
	100m: 1:06.40 34.54	200m: 2:19.52 36.62	300m: 3:35.80 37.75	400m: 4:49.24 36.51			
7.	JORDAO, Beatriz Silva	09	POR	Individual ANL	4:51.56	+0,78	526
	50m: 32.23 32.23	150m: 1:45.81 37.27	250m: 3:01.05 37.43	350m: 4:15.70 37.44			
	100m: 1:08.54 36.31	200m: 2:23.62 37.81	300m: 3:38.26 37.21	400m: 4:51.56 35.86			
8.	RICARDO, Francisca Martingo	09	POR	Porto	4:52.08	+0,94	523
	50m: 32.32 32.32	150m: 1:45.56 37.23	250m: 3:00.69 37.70	350m: 4:16.52 37.82			
	100m: 1:08.33 36.01	200m: 2:22.99 37.43	300m: 3:38.70 38.01	400m: 4:52.08 35.56			
9.	MADEIRA, Carolina Marques	09	POR	Clube Nacional de Natacao	4:52.32	+0,84	522
	50m: 33.56 33.56	150m: 1:47.52 37.21	250m: 3:02.52 37.45	350m: 4:16.27 36.61			
	100m: 1:10.31 36.75	200m: 2:25.07 37.55	300m: 3:39.66 37.14	400m: 4:52.32 36.05			
10.	SANTOS, Rita Lucas	10	POR	Condeixa Aqua Clube	4:52.34	+0,82	521
	50m: 32.36 32.36	150m: 1:47.57 38.19	250m: 3:03.51 37.68	350m: 4:17.58 36.70			
	100m: 1:09.38 37.02	200m: 2:25.83 38.26	300m: 3:40.88 37.37	400m: 4:52.34 34.76			
11.	UVA, Sofia Monteiro	09	POR	Sport Alges e Dafundo	4:53.17	+0,60	517
	50m: 33.04 33.04	150m: 1:48.71 37.95	250m: 3:03.27 37.50	350m: 4:18.11 37.04			
	100m: 1:10.76 37.72	200m: 2:25.77 37.06	300m: 3:41.07 37.80	400m: 4:53.17 35.06			

Campeonato Nacional de Juvenis, Juniores e Seniores
Oeiras, 12 - 14/7/2024

Prova 16, Femin., 400m Livres, Juvenis

Lugar	Nome	Ano	Nac	Clube	TFinal	TReac	AQUA
12.	MAIA, Lara Catarina	09	POR	Estarreja/PROZINCO	4:53.19	+0,63	517
	50m: 31.79 31.79	150m: 1:44.48	37.52	250m: 3:00.99	38.31	350m: 4:16.71	37.97
	100m: 1:06.96 35.17	200m: 2:22.68	38.20	300m: 3:38.74	37.75	400m: 4:53.19	36.48
13.	GREGORIO, Bruna Bacelar	10	POR	Vilacondense	4:53.44	+0,92	516
	50m: 32.85 32.85	150m: 1:47.85	37.80	250m: 3:03.54	38.03	350m: 4:18.44	37.14
	100m: 1:10.05 37.20	200m: 2:25.51	37.66	300m: 3:41.30	37.76	400m: 4:53.44	35.00
14.	MARQUES, Ana Jose	10	POR	Braga	4:55.23	+0,87	506
	50m: 33.35 33.35	150m: 1:46.88	37.15	250m: 3:02.36	38.04	350m: 4:18.06	37.73
	100m: 1:09.73 36.38	200m: 2:24.32	37.44	300m: 3:40.33	37.97	400m: 4:55.23	37.17
15.	FARIA, Ines Maria FTL	09	POR	Porto	4:57.05	+0,92	497
	50m: 32.82 32.82	150m: 1:47.24	37.66	250m: 3:03.79	38.15	350m: 4:20.28	38.10
	100m: 1:09.58 36.76	200m: 2:25.64	38.40	300m: 3:42.18	38.39	400m: 4:57.05	36.77
16.	MENDES, Ana Nabais	10	POR	Laranjeiro	4:57.10	+0,74	497
	50m: 33.15 33.15	150m: 1:47.89	37.94	250m: 3:03.97	37.82	350m: 4:20.41	37.68
	100m: 1:09.95 36.80	200m: 2:26.15	38.26	300m: 3:42.73	38.76	400m: 4:57.10	36.69
17.	MARTINS, Leonor Sombreiro	10	POR	BUZIOS - Coruche	4:57.58	+0,83	494
	50m: 32.93 32.93	150m: 1:47.72	38.06	250m: 3:05.01	39.07	350m: 4:21.88	38.11
	100m: 1:09.66 36.73	200m: 2:25.94	38.22	300m: 3:43.77	38.76	400m: 4:57.58	35.70
18.	CARDOSO, Raquel Campos FTL	09	POR	Bombeiros de Ponta Delgada	4:58.65	+0,80	489
	50m: 33.19 33.19	150m: 1:47.48	37.37	250m: 3:03.26	37.44	350m: 4:19.53	38.49
	100m: 1:10.11 36.92	200m: 2:25.82	38.34	300m: 3:41.04	37.78	400m: 4:58.65	39.12
19.	MENDES, Bianca Balbino	10	POR	Naval de Peniche	4:58.67	+0,68	489
	50m: 33.14 33.14	150m: 1:47.47	38.03	250m: 3:04.93	38.71	350m: 4:21.32	37.75
	100m: 1:09.44 36.30	200m: 2:26.22	38.75	300m: 3:43.57	38.64	400m: 4:58.67	37.35
20.	NOGUEIRA, Ana Laura	10	POR	Braga	4:58.69	+0,96	489
	50m: 33.75 33.75	150m: 1:48.58	38.18	250m: 3:06.09	38.63	350m: 4:22.57	37.79
	100m: 1:10.40 36.65	200m: 2:27.46	38.88	300m: 3:44.78	38.69	400m: 4:58.69	36.12
21.	COSTA, Sofia Rodrigues	10	POR	Porto	4:58.96	+0,72	488
	50m: 34.05 34.05	150m: 1:48.97	37.32	250m: 3:04.22	37.80	350m: 4:20.91	38.37
	100m: 1:11.65 37.60	200m: 2:26.42	37.45	300m: 3:42.54	38.32	400m: 4:58.96	38.05
22.	CASTRO, Leticia Alves	10	POR	Braga	5:00.37	+0,97	481
	50m: 33.25 33.25	150m: 1:47.74	37.79	250m: 3:04.84	38.95	350m: 4:22.94	38.94
	100m: 1:09.95 36.70	200m: 2:25.89	38.15	300m: 3:44.00	39.16	400m: 5:00.37	37.43
23.	GASPAR, Joana Melo FTL	09	POR	Clube Nacional de Natacao	5:01.16	+0,84	477
	50m: 33.35 33.35	150m: 1:48.84	37.87	250m: 3:06.21	38.33	350m: 4:23.64	38.45
	100m: 1:10.97 37.62	200m: 2:27.88	39.04	300m: 3:45.19	38.98	400m: 5:01.16	37.52
24.	CUNHA, Maria Rita	10	POR	Colegio Efanor	5:01.53	+0,74	475
	50m: 33.62 33.62	150m: 1:48.71	38.35	250m: 3:06.12	38.84	350m: 4:23.39	38.67
	100m: 1:10.36 36.74	200m: 2:27.28	38.57	300m: 3:44.72	38.60	400m: 5:01.53	38.14

Campeonato Nacional de Juvenis, Juniores e Seniores
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Prova 16, Femin., 400m Livres, Juvenis

Lugar	Nome	Ano	Nac	Clube	TFinal	TReac	AQUA
25.	PAIVA, Leonor Antunes FTL	10	POR	Cnac	5:02.16	+0,71	472
	50m: 34.22 34.22	150m: 1:50.26	38.37	250m: 3:07.41	38.73	350m: 4:24.83	38.85
	100m: 1:11.89 37.67	200m: 2:28.68	38.42	300m: 3:45.98	38.57	400m: 5:02.16	37.33
26.	FERNANDES, Maria Madalena FTL	10	POR	Sport Alges e Dafundo	5:02.73	+0,66	470
	50m: 34.33 34.33	150m: 1:49.32	38.46	250m: 3:07.04	38.81	350m: 4:24.94	38.97
	100m: 1:10.86 36.53	200m: 2:28.23	38.91	300m: 3:45.97	38.93	400m: 5:02.73	37.79
27.	PROENCA, Victoria Sales FTL	10	POR	Benfica	5:03.36	+0,70	467
	50m: 33.94 33.94	150m: 1:49.92	38.76	250m: 3:08.09	39.34	350m: 4:26.50	39.19
	100m: 1:11.16 37.22	200m: 2:28.75	38.83	300m: 3:47.31	39.22	400m: 5:03.36	36.86
28.	ALVES, Diana Isabel FTL	10	POR	Pimpoes/Cimai	5:03.45	+0,88	466
	50m: 33.40 33.40	150m: 1:48.67	38.32	250m: 3:07.35	39.53	350m: 4:27.47	39.84
	100m: 1:10.35 36.95	200m: 2:27.82	39.15	300m: 3:47.63	40.28	400m: 5:03.45	35.98
29.	PEDREIRO, Francisca Soreto FTL	09	POR	Galitos / Bresimar	5:03.73	+0,65	465
	50m: 33.56 33.56	150m: 1:49.41	38.55	250m: 3:07.30	38.95	350m: 4:25.20	38.95
	100m: 1:10.86 37.30	200m: 2:28.35	38.94	300m: 3:46.25	38.95	400m: 5:03.73	38.53
30.	DINIZ, Beatriz Costa FTL	10	POR	Sporting	5:06.18	+0,78	454
	50m: 33.66 33.66	150m: 1:49.71	38.62	250m: 3:07.83	39.49	350m: 4:27.00	38.65
	100m: 1:11.09 37.43	200m: 2:28.34	38.63	300m: 3:48.35	40.52	400m: 5:06.18	39.18

Juniores

1.	FRANCO, Catarina Andrade	07	POR	Benfica	4:32.79	+0,69	642
	50m: 30.47 30.47	150m: 1:38.78	34.53	250m: 2:47.96	34.51	350m: 3:57.88	35.04
	100m: 1:04.25 33.78	200m: 2:13.45	34.67	300m: 3:22.84	34.88	400m: 4:32.79	34.91
2.	MESQUITA, Mafalda Martins	07	POR	Famalicao	4:34.54	+0,79	630
	50m: 30.65 30.65	150m: 1:39.47	34.87	250m: 2:50.43	35.66	350m: 4:00.92	35.23
	100m: 1:04.60 33.95	200m: 2:14.77	35.30	300m: 3:25.69	35.26	400m: 4:34.54	33.62
3.	CABRAL, Carolina Vizinho	07	POR	Cn Vagos	4:35.90	+0,81	620
	50m: 31.28 31.28	150m: 1:39.83	34.81	250m: 2:50.76	35.60	350m: 4:02.39	35.92
	100m: 1:05.02 33.74	200m: 2:15.16	35.33	300m: 3:26.47	35.71	400m: 4:35.90	33.51
4.	NEVES, Maria Gomes	08	POR	Braga	4:36.17		619
	50m: 31.00 31.00	150m: 1:39.92	34.79	250m: 2:50.65	35.13	350m: 4:01.57	35.15
	100m: 1:05.13 34.13	200m: 2:15.52	35.60	300m: 3:26.42	35.77	400m: 4:36.17	34.60
5.	ALMEIDA, Bianca Filipa	07	POR	Alges e Agueda XXI	4:40.33	+0,79	591
	50m: 31.27 31.27	150m: 1:40.13	34.88	250m: 2:51.88	36.00	350m: 4:04.86	36.48
	100m: 1:05.25 33.98	200m: 2:15.88	35.75	300m: 3:28.38	36.50	400m: 4:40.33	35.47

Campeonato Nacional de Juvenis, Juniores e Seniores
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Prova 16, Femin., 400m Livres, Juniores

Lugar	Nome	Ano	Nac	Clube	TFinal	TReac	AQUA
6.	LOURO, Beatriz Silva	07	POR	Louletano / Loule Concelho	4:40.37	+0,69	591
	50m: 30.69 30.69	150m: 1:39.44	35.01	250m: 2:51.22	36.26	350m: 4:03.92	36.27
	100m: 1:04.43 33.74	200m: 2:14.96	35.52	300m: 3:27.65	36.43	400m: 4:40.37	36.45
7.	FERREIRA, Carolina Amadeu	08	POR	Leixoes Sport Clube	4:41.37	+0,85	585
	50m: 31.42 31.42	150m: 1:41.38	35.36	250m: 2:53.77	36.38	350m: 4:06.16	36.28
	100m: 1:06.02 34.60	200m: 2:17.39	36.01	300m: 3:29.88	36.11	400m: 4:41.37	35.21
8.	SANTOS, Leonor Castanho	07	POR	Sporting	4:41.48	+0,73	584
	50m: 32.66 32.66	150m: 1:43.06	35.63	250m: 2:54.84	36.27	350m: 4:07.16	36.31
	100m: 1:07.43 34.77	200m: 2:18.57	35.51	300m: 3:30.85	36.01	400m: 4:41.48	34.32
9.	AGUILAR, Marta Andre	07	POR	Cnac	4:42.67	+0,84	577
	50m: 32.66 32.66	150m: 1:43.53	35.88	250m: 2:55.73	35.94	350m: 4:08.28	36.17
	100m: 1:07.65 34.99	200m: 2:19.79	36.26	300m: 3:32.11	36.38	400m: 4:42.67	34.39
10.	ALVES, Sara Sofia	07	POR	Pdem	4:43.11	+0,82	574
	50m: 31.30 31.30	150m: 1:41.05	35.54	250m: 2:53.83	36.66	350m: 4:06.93	36.65
	100m: 1:05.51 34.21	200m: 2:17.17	36.12	300m: 3:30.28	36.45	400m: 4:43.11	36.18
11.	FREITAS, Diana Gomes	08	POR	Amigos da Montanha	4:43.44	+0,78	572
	50m: 31.27 31.27	150m: 1:41.23	35.54	250m: 2:55.16	37.19	350m: 4:08.48	36.49
	100m: 1:05.69 34.42	200m: 2:17.97	36.74	300m: 3:31.99	36.83	400m: 4:43.44	34.96
12.	LOPES, Catarina Maria	08	POR	Benfica	4:45.68	+0,80	559
	50m: 33.11 33.11	150m: 1:44.54	36.11	250m: 2:57.41	36.66	350m: 4:10.54	36.83
	100m: 1:08.43 35.32	200m: 2:20.75	36.21	300m: 3:33.71	36.30	400m: 4:45.68	35.14
13.	LUIZ, Margarida Maria	08	POR	Lagoa Academico Clube	4:47.68	+0,80	547
	50m: 32.79 32.79	150m: 1:43.99	36.09	250m: 2:57.81	37.03	350m: 4:11.84	36.89
	100m: 1:07.90 35.11	200m: 2:20.78	36.79	300m: 3:34.95	37.14	400m: 4:47.68	35.84
14.	SANTOS, Teresa Oliveira FTL	08	POR	Sport Alges e Dafundo	4:50.47	+0,57	532
	50m: 32.15 32.15	150m: 1:44.61	36.66	250m: 2:58.30	37.02	350m: 4:13.31	37.85
	100m: 1:07.95 35.80	200m: 2:21.28	36.67	300m: 3:35.46	37.16	400m: 4:50.47	37.16
15.	VIANA, Matilde Violante FTL	07	POR	CNLeiria	4:54.12	+0,86	512
	50m: 32.79 32.79	150m: 1:46.50	37.55	250m: 3:02.12	37.90	350m: 4:17.28	37.36
	100m: 1:08.95 36.16	200m: 2:24.22	37.72	300m: 3:39.92	37.80	400m: 4:54.12	36.84
16.	RODRIGUES, Leonor Carreiro FTL	07	POR	Benfica	4:55.50	+0,74	505
	50m: 33.17 33.17	150m: 1:46.23	37.22	250m: 3:01.54	38.07	350m: 4:18.10	38.63
	100m: 1:09.01 35.84	200m: 2:23.47	37.24	300m: 3:39.47	37.93	400m: 4:55.50	37.40

Campeonato Nacional de Juvenis, Juniores e Seniores
Oeiras, 12 - 14/7/2024

Prova 16, Femin., 400m Livres

Seniores

1. MARTINS, Francisca Soares	03	POR	Foca Quinta Da Lixa - Cnf	4:13.03	+0,67	804	
50m: 29.10 29.10	150m: 1:32.47 32.03	250m: 2:37.33 32.49	350m: 3:42.34 32.47	100m: 1:00.44 31.34	200m: 2:04.84 32.37	300m: 3:09.87 32.54	400m: 4:13.03 30.69
2. DURAES, Diana Margarida	96	POR	Benfica	4:14.34	+0,72	792	
50m: 29.50 29.50	150m: 1:32.66 32.04	250m: 2:37.37 32.39	350m: 3:42.66 32.80	100m: 1:00.62 31.12	200m: 2:04.98 32.32	300m: 3:09.86 32.49	400m: 4:14.34 31.68
3. HENRIQUES, Ines Jacinto	00	POR	Louzan Natacao/EFAPEL	4:20.50	+0,70	737	
50m: 30.20 30.20	150m: 1:35.68 32.87	250m: 2:41.46 33.01	350m: 3:47.76 33.17	100m: 1:02.81 32.61	200m: 2:08.45 32.77	300m: 3:14.59 33.13	400m: 4:20.50 32.74
4. HOLUB, Tamila Hryhorivna	99	POR	Braga	4:24.10	+0,78	707	
50m: 30.73 30.73	150m: 1:36.90 33.33	250m: 2:42.73 32.79	350m: 3:50.58 34.27	100m: 1:03.57 32.84	200m: 2:09.94 33.04	300m: 3:16.31 33.58	400m: 4:24.10 33.52
5. FOMINA, Anna	02	POR	Sporting	4:26.81	+0,83	686	
50m: 30.32 30.32	150m: 1:36.41 33.19	250m: 2:44.02 33.72	350m: 3:52.22 34.36	100m: 1:03.22 32.90	200m: 2:10.30 33.89	300m: 3:17.86 33.84	400m: 4:26.81 34.59
6. LOPES, Francisca Macedo	05	POR	Vilacondense	4:28.07	+0,76	676	
50m: 30.51 30.51	150m: 1:37.00 33.44	250m: 2:44.72 33.86	350m: 3:53.90 34.78	100m: 1:03.56 33.05	200m: 2:10.86 33.86	300m: 3:19.12 34.40	400m: 4:28.07 34.17
7. MOURA, Maria Ferreira	04	POR	Sporting	4:28.47		673	
50m: 30.27 30.27	150m: 1:35.86 32.93	250m: 2:43.32 34.09	350m: 3:53.34 35.35	100m: 1:02.93 32.66	200m: 2:09.23 33.37	300m: 3:17.99 34.67	400m: 4:28.47 35.13
8. VIANA, Carolina Pereira	04	POR	Sporting	4:29.36	+0,77	667	
50m: 30.73 30.73	150m: 1:37.47 33.77	250m: 2:45.77 34.31	350m: 3:55.20 34.58	100m: 1:03.70 32.97	200m: 2:11.46 33.99	300m: 3:20.62 34.85	400m: 4:29.36 34.16
9. MENDES, Mariana Amaral	02	POR	Sporting	4:30.54	+0,80	658	
50m: 31.61 31.61	150m: 1:38.96 33.85	250m: 2:47.68 34.55	350m: 3:57.24 34.85	100m: 1:05.11 33.50	200m: 2:13.13 34.17	300m: 3:22.39 34.71	400m: 4:30.54 33.30
10. AMORIM, Ines Santos	06	POR	Escola Desportiva de Viana	4:31.37	+0,84	652	
50m: 30.91 30.91	150m: 1:38.30 34.32	250m: 2:46.65 34.33	350m: 3:57.04 35.19	100m: 1:03.98 33.07	200m: 2:12.32 34.02	300m: 3:21.85 35.20	400m: 4:31.37 34.33
11. RODRIGUES, Helena Nunes	03	POR	Condeixa Aqua Clube	4:31.49	+0,75	651	
50m: 31.35 31.35	150m: 1:39.12 34.21	250m: 2:48.63 34.55	350m: 3:57.88 34.50	100m: 1:04.91 33.56	200m: 2:14.08 34.96	300m: 3:23.38 34.75	400m: 4:31.49 33.61
12. LOPES, Daniela Magalhaes	05	POR	Famalicao	4:34.93	+0,79	627	
50m: 31.41 31.41	150m: 1:39.27 34.26	250m: 2:48.93 34.73	350m: 4:00.26 35.81	100m: 1:05.01 33.60	200m: 2:14.20 34.93	300m: 3:24.45 35.52	400m: 4:34.93 34.67
13. ARMAS, Maria Ornelas	98	POR	Clube Oriental de Lisboa	4:37.88	+0,92	607	
50m: 31.30 31.30	150m: 1:40.19 34.97	250m: 2:50.82 35.62	350m: 4:02.59 35.98	100m: 1:05.22 33.92	200m: 2:15.20 35.01	300m: 3:26.61 35.79	400m: 4:37.88 35.29
14. FARIA, Leonor Verissimo	06	POR	Cnac	4:42.17	+0,86	580	
<i>FTL</i>							
50m: 31.98 31.98	150m: 1:42.19 35.78	250m: 2:54.68 36.44	350m: 4:07.26 36.32	100m: 1:06.41 34.43	200m: 2:18.24 36.05	300m: 3:30.94 36.26	400m: 4:42.17 34.91

Campeonato Nacional de Juvenis, Juniores e Seniores
Oeiras, 12 - 14/7/2024

Prova 16, Femin., 400m Livres, Seniores

Lugar	Nome	Ano	Nac	Clube	TFinal	TReac	AQUA
15.	BARREIRA, Andreia Monteiro FTL	06	POR	Peso da Regua	4:57.00	+0,76	497
	50m: 33.38 33.38	150m: 1:48.04	37.45	250m: 3:03.74	37.53	350m: 4:19.38	37.52
	100m: 1:10.59 37.21	200m: 2:26.21	38.17	300m: 3:41.86	38.12	400m: 4:57.00	37.62