



Torneio de Abertura de Categorias
Óbidos, 19 - 20/10/2024

Prova 12 Femin., 400m Livres Infantil B Fem Resultados
20/10/2024 - 9:43

Rec Nac Open	4:04.61	Diana Margarida, DURAES	POR	Copenhagen (DEN)	17/12/2017
Rec Nac INF B	4:38.40	Filipa Vilas, RUIVO	DNMG	Alcobaça	13/06/2009

Pontos: AQUA 2024

Lugar	Ano		Tempo final							Pts	
1. Alicia Ferreira, OLIVEIRA	13	Ba-Leiria	6:05.73	252							
50m:	43.00	43.00	150m:	2:17.48	47.54	250m:	3:51.59	47.53	350m:	5:24.34	45.96
100m:	1:29.94	46.94	200m:	3:04.06	46.58	300m:	4:38.38	46.79	400m:	6:05.73	41.39
2. Lara Sofia, MARCELINO	13	Vieirense	6:20.19	225							
50m:	43.06	43.06	150m:	2:18.77	48.59	250m:	3:57.33	49.67	350m:	5:33.82	46.98
100m:	1:30.18	47.12	200m:	3:07.66	48.89	300m:	4:46.84	49.51	400m:	6:20.19	46.37
3. Violeta Neves, SILVA	13	Nucleo de Pombal	6:56.66	171							
50m:	46.16	46.16	150m:	2:30.81	52.33	250m:	4:18.63	54.12	350m:	6:05.69	53.50
100m:	1:38.48	52.32	200m:	3:24.51	53.70	300m:	5:12.19	53.56	400m:	6:56.66	50.97

Prova 12 Femin., 400m Livres Infantil A Fem Resultados
20/10/2024 - 9:43

Rec Nac Open	4:04.61	Diana Margarida, DURAES	POR	Copenhagen (DEN)	17/12/2017
Rec Nac INF A	4:25.30	Alexandra Maria, SILVA	FCP	Porto	19/07/1980

Pontos: AQUA 2024

Lugar	Ano		Tempo final							Pts	
1. Luna Francisco, PEREIRA	12	Nucleo de Pombal	5:40.76	312							
50m:	37.61	37.61	150m:	2:03.97	43.38	250m:	3:31.83	44.21	350m:	4:59.65	43.66
100m:	1:20.59	42.98	200m:	2:47.62	43.65	300m:	4:15.99	44.16	400m:	5:40.76	41.11
2. Emiliana Arruda, SARAIVA	12	Vieirense	5:42.05	309							
50m:	35.35	35.35	150m:	2:00.75	43.66	250m:	3:28.24	44.31	350m:	4:58.24	46.05
100m:	1:17.09	41.74	200m:	2:43.93	43.18	300m:	4:12.19	43.95	400m:	5:42.05	43.81
3. Safira Pedro, FONSECA	12	Vieirense	5:52.98	281							
50m:	39.62	39.62	150m:	2:09.76	45.72	250m:	3:40.03	45.16	350m:	5:10.20	44.46
100m:	1:24.04	44.42	200m:	2:54.87	45.11	300m:	4:25.74	45.71	400m:	5:52.98	42.78
4. Valeria, MORITS	12	Nautico Marinha Grande	6:05.02	254							
50m:	36.69	36.69	150m:	2:10.27	45.96	250m:	3:42.53	46.01	350m:	5:18.25	47.78
100m:	1:24.31	47.62	200m:	2:56.52	46.25	300m:	4:30.47	47.94	400m:	6:05.02	46.77
5. Maria Ines, GOMES	12	Nucleo de Pombal	6:22.62	220							
50m:	38.89	38.89	150m:	2:14.24	49.08	250m:	3:54.82	50.30	350m:	5:35.81	51.41
100m:	1:25.16	46.27	200m:	3:04.52	50.28	300m:	4:44.40	49.58	400m:	6:22.62	46.81
DNS Barbara Serrano, LOMBA	12	Ba-Leiria									



Torneio de Abertura de Categorias
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Prova 12, Femin., 400m Livres

Prova 12 Femin., 400m Livres Juvenil B Fem
20/10/2024 - 9:43 Resultados

Rec Nac Open	4:04.61	Diana Margarida, DURAES	POR	Copenhagen (DEN)	17/12/2017
Rec Nac JUV B	4:23.08	Susana Patricia, MIGUEL	SFUAP	Alhandra	15/05/2004

Pontos: AQUA 2024

Lugar			Ano							Tempo final	Pts
1.	Leonor Mota, ALVES		11	Nautico Marinha Grande						4:56.49	474
	50m:	34.21 34.21	150m:	1:49.57	38.26	250m:	3:05.55	38.05	350m:	4:20.90	37.49
	100m:	1:11.31 37.10	200m:	2:27.50	37.93	300m:	3:43.41	37.86	400m:	4:56.49	35.59
2.	Carolina Silva, CASTANHEIRA		11	CNLeiria - VOID						5:11.81	408
	50m:	35.20 35.20	150m:	1:53.15	39.36	250m:	3:12.72	40.62	350m:	4:33.04	39.96
	100m:	1:13.79 38.59	200m:	2:32.10	38.95	300m:	3:53.08	40.36	400m:	5:11.81	38.77
3.	Carlota Sa, SANTOS		11	Nucleo de Pombal						5:11.95	407
	50m:	35.96 35.96	150m:	1:52.89	39.06	250m:	3:12.53	39.60	350m:	4:33.60	40.46
	100m:	1:13.83 37.87	200m:	2:32.93	40.04	300m:	3:53.14	40.61	400m:	5:11.95	38.35
4.	Beatriz Marques, GASPAR		11	Nautico Marinha Grande						5:32.10	337
	50m:	35.95 35.95	150m:	2:00.35	42.72	250m:	3:25.10	42.00	350m:	4:49.49	42.07
	100m:	1:17.63 41.68	200m:	2:43.10	42.75	300m:	4:07.42	42.32	400m:	5:32.10	42.61
5.	Cristiana Henriques, ALMEIDA		11	Benedita						5:38.64	318
	50m:	37.62 37.62	150m:	2:01.63	43.24	250m:	3:28.23	43.42	350m:	4:56.08	43.92
	100m:	1:18.39 40.77	200m:	2:44.81	43.18	300m:	4:12.16	43.93	400m:	5:38.64	42.56
6.	Margarida Soares, MAIA		11	Nautico Marinha Grande						5:40.87	312
	50m:	38.37 38.37	150m:	2:03.62	43.71	250m:	3:30.62	43.93	350m:	4:58.47	44.28
	100m:	1:19.91 41.54	200m:	2:46.69	43.07	300m:	4:14.19	43.57	400m:	5:40.87	42.40
7.	Maria Santos, FONSECA		11	CNLeiria - VOID						5:46.72	296
	50m:	33.67 33.67	150m:	2:02.43	43.76	250m:	3:31.06	44.81			
	100m:	1:18.67 45.00	200m:	2:46.25	43.82	300m:	4:07.42	42.32	400m:	5:46.72	2:15.66
8.	Isabela Lourenco, COSTA		11	Benedita						5:56.23	273
	50m:	39.78 39.78	150m:	2:10.01	45.60	250m:	3:41.94	45.28	350m:	5:12.65	45.17
	100m:	1:24.41 44.63	200m:	2:56.66	46.65	300m:	4:27.48	45.54	400m:	5:56.23	43.58
9.	Yara Silva, INES		11	Ba-Leiria						6:24.27	218
	50m:	42.40 42.40	150m:	2:16.14	47.78	250m:	3:54.26	48.98	350m:	5:34.76	50.11
	100m:	1:28.36 45.96	200m:	3:05.28	49.14	300m:	4:44.65	50.39	400m:	6:24.27	49.51

Prova 12 Femin., 400m Livres Juvenil A Fem
20/10/2024 - 9:43 Resultados

Rec Nac Open	4:04.61	Diana Margarida, DURAES	POR	Copenhagen (DEN)	17/12/2017
Rec Nac JUV A	4:18.39	Ana Claudia, SANTOS	SFUAP	Cantanhede	20/12/2004

Pontos: AQUA 2024

Lugar			Ano							Tempo final	Pts
1.	Laura Helena, AMORIM		10	Nautico Marinha Grande						4:55.33	480
	50m:	32.93 32.93	150m:	1:46.90	37.28	250m:	3:02.58	37.50	350m:	4:18.98	37.82
	100m:	1:09.62 36.69	200m:	2:25.08	38.18	300m:	3:41.16	38.58	400m:	4:55.33	36.35
2.	Matilde Santos, VIEIRA		10	Nautico Marinha Grande						4:58.65	464
	50m:	33.57 33.57	150m:	1:48.16	37.69	250m:	3:04.59	38.16	350m:	4:21.13	38.17
	100m:	1:10.47 36.90	200m:	2:26.43	38.27	300m:	3:42.96	38.37	400m:	4:58.65	37.52
3.	Vida Sofia, VELEZ		10	Ba-Leiria						5:12.15	406
	50m:	34.73 34.73	150m:	1:52.63	39.26	250m:	3:11.63	40.01	350m:	4:31.84	40.41
	100m:	1:13.37 38.64	200m:	2:31.62	38.99	300m:	3:51.43	39.80	400m:	5:12.15	40.31



Torneio de Abertura de Categorias
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Prova 12, Femin., 400m Livres, Juvenil A Fem

Lugar	Ano	Tempo final	Pts
4. Barbara Balbino, MENDES	10 Naval de Peniche	5:16.40	390
50m: 34.15 34.15	150m: 1:51.44 39.22	250m: 3:12.05 40.90	350m: 4:35.15 41.65
100m: 1:12.22 38.07	200m: 2:31.15 39.71	300m: 3:53.50 41.45	400m: 5:16.40 41.25
5. Constanca Rolim, PEDRO	10 Ba-Leiria	5:17.38	387
50m: 35.99 35.99	150m: 1:53.39 39.24	250m: 3:15.52 41.24	350m: 4:37.93 40.53
100m: 1:14.15 38.16	200m: 2:34.28 40.89	300m: 3:57.40 41.88	400m: 5:17.38 39.45
6. Matilde Filipa, AMADO	10 Nautico Marinha Grande	5:26.22	356
50m: 35.33 35.33	200m: 2:39.22 1:24.03	300m: 4:03.62 42.15	400m: 5:26.22 41.67
100m: 1:15.19 39.86	250m: 3:21.47 42.25	350m: 4:44.55 40.93	
DNS Laura Margarida, ASCENSO	10 Nautico Marinha Grande		

Prova 12 Femin., 400m Livres 16 - 17 anos Resultados

Rec Nac Open	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

Pontos: AQUA 2024

Lugar	Ano	Tempo final	Pts
1. Luana Ferreira, CRAVEIRO	09 Nautico Marinha Grande	4:36.45	585
50m: 31.18 31.18	150m: 1:40.59 35.50	250m: 2:50.81 34.58	350m: 4:02.25 35.38
100m: 1:05.09 33.91	200m: 2:16.23 35.64	300m: 3:26.87 36.06	400m: 4:36.45 34.20
2. Beatriz Belo, CLARA	09 CNLeiria - VOID	5:03.59	442
50m: 32.70 32.70	150m: 1:48.20 38.29	250m: 3:06.03 39.25	350m: 4:24.73 39.20
100m: 1:09.91 37.21	200m: 2:26.78 38.58	300m: 3:45.53 39.50	400m: 5:03.59 38.86
3. Zofie, PACHECO	09 Naval de Peniche	5:14.45	397
50m: 38.43 38.43	150m: 1:51.03 39.53	250m: 3:12.37 40.68	350m: 4:35.19 41.44
100m: 1:11.50 33.07	200m: 2:31.69 40.66	300m: 3:53.75 41.38	400m: 5:14.45 39.26
4. Matilde Monteiro, NEVES	08 Nucleo de Pombal	5:26.89	354
50m: 36.10 36.10	150m: 1:57.50 41.49	250m: 3:20.44 41.44	350m: 4:44.87 42.40
100m: 1:16.01 39.91	200m: 2:39.00 41.50	300m: 4:02.47 42.03	400m: 5:26.89 42.02
5. Diana Rita, FONSECA	08 Viegrense	5:27.48	352
50m: 34.98 34.98	150m: 1:56.20 41.50	250m: 3:20.88 42.40	350m: 4:46.06 42.43
100m: 1:14.70 39.72	200m: 2:38.48 42.28	300m: 4:03.63 42.75	400m: 5:27.48 41.42
6. Marta Cabete, GOMES	08 CNLeiria - VOID	5:41.41	310
50m: 37.62 37.62	150m: 2:00.41 42.11	250m: 3:27.44 43.72	350m: 4:55.94 44.07
100m: 1:18.30 40.68	200m: 2:43.72 43.31	300m: 4:11.87 44.43	400m: 5:41.41 45.47



Torneio de Abertura de Categorias
Óbidos, 19 - 20/10/2024

Prova 12, Femin., 400m Livres

Prova 12 Femin., 400m Livres 18 anos e mais velhos
20/10/2024 - 9:43 Resultados

Rec Nac Open	4:04.61	Diana Margarida, DURAES	POR	Copenhagen (DEN)	17/12/2017
Rec Nac 18 +	4:04.61	Diana Margarida, DURAES	POR	Copenhagen (DEN)	17/12/2017

Pontos: AQUA 2024

Lugar			Ano							Tempo final	Pts
1.	Giovanna Vaz, VARGAS		00	Nautico Marinha Grande						4:36.39	586
	50m:	31.53 31.53	150m:	1:40.39	34.93	250m:	2:50.75	35.19	350m:	4:02.00	35.47
	100m:	1:05.46 33.93	200m:	2:15.56	35.17	300m:	3:26.53	35.78	400m:	4:36.39	34.39
2.	Matilde Violante, VIANA		07	CNLeiria - VOID						4:45.53	531
	50m:	31.61 31.61	150m:	1:41.86	35.55	250m:	2:54.81	36.70	350m:	4:08.89	37.21
	100m:	1:06.31 34.70	200m:	2:18.11	36.25	300m:	3:31.68	36.87	400m:	4:45.53	36.64
3.	Ines Mira, PINO		06	Pimpoes/Cimai						4:52.78	493
	50m:	32.97 32.97	150m:	1:45.87	36.92	250m:	3:00.81	37.62	350m:	4:16.10	37.44
	100m:	1:08.95 35.98	200m:	2:23.19	37.32	300m:	3:38.66	37.85	400m:	4:52.78	36.68
4.	Leonor Vendima, COELHO		07	CNLeiria - VOID						4:55.45	479
	50m:	32.68 32.68	150m:	1:46.43	37.33	250m:	3:02.52	38.58	350m:	4:19.43	38.30
	100m:	1:09.10 36.42	200m:	2:23.94	37.51	300m:	3:41.13	38.61	400m:	4:55.45	36.02
5.	Margarida Correia, MADEIRA		06	Nautico Marinha Grande						4:56.51	474
	50m:	33.31 33.31	150m:	1:46.33	36.99	250m:	3:02.06	38.16	350m:	4:18.34	38.12
	100m:	1:09.34 36.03	200m:	2:23.90	37.57	300m:	3:40.22	38.16	400m:	4:56.51	38.17
6.	Giulia Santos, MOURA		06	CNLeiria - VOID						4:56.64	474
	50m:	33.18 33.18	150m:	1:45.10	36.72	250m:	3:00.03	37.30	350m:	4:18.60	40.13
	100m:	1:08.38 35.20	200m:	2:22.73	37.63	300m:	3:38.47	38.44	400m:	4:56.64	38.04

Prova 12 Femin., 400m Livres ABSOLUTOS FEM
20/10/2024 - 9:43 Resultados

Rec Nac Open	4:04.61	Diana Margarida, DURAES	POR	Copenhagen (DEN)	17/12/2017
Rec Nac 18 +	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
Rec Nac INF A	4:25.30	Alexandra Maria, SILVA	FCP	Porto	19/07/1980
Rec Nac INF B	4:38.40	Filipa Vilas, RUIVO	DNMG	Alcobaça	13/06/2009

Pontos: AQUA 2024

Lugar			Ano							Tempo final	Pts
1.	Giovanna Vaz, VARGAS		00	Nautico Marinha Grande						4:36.39	586
	50m:	31.53 31.53	150m:	1:40.39	34.93	250m:	2:50.75	35.19	350m:	4:02.00	35.47
	100m:	1:05.46 33.93	200m:	2:15.56	35.17	300m:	3:26.53	35.78	400m:	4:36.39	34.39
2.	Luana Ferreira, CRAVEIRO		09	Nautico Marinha Grande						4:36.45	585
	50m:	31.18 31.18	150m:	1:40.59	35.50	250m:	2:50.81	34.58	350m:	4:02.25	35.38
	100m:	1:05.09 33.91	200m:	2:16.23	35.64	300m:	3:26.87	36.06	400m:	4:36.45	34.20
3.	Matilde Violante, VIANA		07	CNLeiria - VOID						4:45.53	531
	50m:	31.61 31.61	150m:	1:41.86	35.55	250m:	2:54.81	36.70	350m:	4:08.89	37.21
	100m:	1:06.31 34.70	200m:	2:18.11	36.25	300m:	3:31.68	36.87	400m:	4:45.53	36.64
4.	Ines Mira, PINO		06	Pimpoes/Cimai						4:52.78	493
	50m:	32.97 32.97	150m:	1:45.87	36.92	250m:	3:00.81	37.62	350m:	4:16.10	37.44
	100m:	1:08.95 35.98	200m:	2:23.19	37.32	300m:	3:38.66	37.85	400m:	4:52.78	36.68
5.	Laura Helena, AMORIM		10	Nautico Marinha Grande						4:55.33	480
	50m:	32.93 32.93	150m:	1:46.90	37.28	250m:	3:02.58	37.50	350m:	4:18.98	37.82
	100m:	1:09.62 36.69	200m:	2:25.08	38.18	300m:	3:41.16	38.58	400m:	4:55.33	36.35



Torneio de Abertura de Categorias
Óbidos, 19 - 20/10/2024

Prova 12, Femin., 400m Livres, ABSOLUTOS FEM

Lugar	Ano	Tempo final	Pts
6. Leonor Vendima, COELHO	07 CNLeiria - VOID	4:55.45	479
50m: 32.68 32.68	150m: 1:46.43 37.33	250m: 3:02.52 38.58	350m: 4:19.43 38.30
100m: 1:09.10 36.42	200m: 2:23.94 37.51	300m: 3:41.13 38.61	400m: 4:55.45 36.02
7. Leonor Mota, ALVES	11 Nautico Marinha Grande	4:56.49	474
50m: 34.21 34.21	150m: 1:49.57 38.26	250m: 3:05.55 38.05	350m: 4:20.90 37.49
100m: 1:11.31 37.10	200m: 2:27.50 37.93	300m: 3:43.41 37.86	400m: 4:56.49 35.59
8. Margarida Correia, MADEIRA	06 Nautico Marinha Grande	4:56.51	474
50m: 33.31 33.31	150m: 1:46.33 36.99	250m: 3:02.06 38.16	350m: 4:18.34 38.12
100m: 1:09.34 36.03	200m: 2:23.90 37.57	300m: 3:40.22 38.16	400m: 4:56.51 38.17
9. Giulia Santos, MOURA	06 CNLeiria - VOID	4:56.64	474
50m: 33.18 33.18	150m: 1:45.10 36.72	250m: 3:00.03 37.30	350m: 4:18.60 40.13
100m: 1:08.38 35.20	200m: 2:22.73 37.63	300m: 3:38.47 38.44	400m: 4:56.64 38.04
10. Matilde Santos, VIEIRA	10 Nautico Marinha Grande	4:58.65	464
50m: 33.57 33.57	150m: 1:48.16 37.69	250m: 3:04.59 38.16	350m: 4:21.13 38.17
100m: 1:10.47 36.90	200m: 2:26.43 38.27	300m: 3:42.96 38.37	400m: 4:58.65 37.52
11. Beatriz Belo, CLARA	09 CNLeiria - VOID	5:03.59	442
50m: 32.70 32.70	150m: 1:48.20 38.29	250m: 3:06.03 39.25	350m: 4:24.73 39.20
100m: 1:09.91 37.21	200m: 2:26.78 38.58	300m: 3:45.53 39.50	400m: 5:03.59 38.86
12. Carolina Silva, CASTANHEIRA	11 CNLeiria - VOID	5:11.81	408
50m: 35.20 35.20	150m: 1:53.15 39.36	250m: 3:12.72 40.62	350m: 4:33.04 39.96
100m: 1:13.79 38.59	200m: 2:32.10 38.95	300m: 3:53.08 40.36	400m: 5:11.81 38.77
13. Carlota Sa, SANTOS	11 Nucleo de Pombal	5:11.95	407
50m: 35.96 35.96	150m: 1:52.89 39.06	250m: 3:12.53 39.60	350m: 4:33.60 40.46
100m: 1:13.83 37.87	200m: 2:32.93 40.04	300m: 3:53.14 40.61	400m: 5:11.95 38.35
14. Vida Sofia, VELEZ	10 Ba-Leiria	5:12.15	406
50m: 34.73 34.73	150m: 1:52.63 39.26	250m: 3:11.63 40.01	350m: 4:31.84 40.41
100m: 1:13.37 38.64	200m: 2:31.62 38.99	300m: 3:51.43 39.80	400m: 5:12.15 40.31
15. Zofie, PACHECO	09 Naval de Peniche	5:14.45	397
50m: 38.43 38.43	150m: 1:51.03 39.53	250m: 3:12.37 40.68	350m: 4:35.19 41.44
100m: 1:11.50 33.07	200m: 2:31.69 40.66	300m: 3:53.75 41.38	400m: 5:14.45 39.26
16. Barbara Balbino, MENDES	10 Naval de Peniche	5:16.40	390
50m: 34.15 34.15	150m: 1:51.44 39.22	250m: 3:12.05 40.90	350m: 4:35.15 41.65
100m: 1:12.22 38.07	200m: 2:31.15 39.71	300m: 3:53.50 41.45	400m: 5:16.40 41.25
17. Constanca Rolim, PEDRO	10 Ba-Leiria	5:17.38	387
50m: 35.99 35.99	150m: 1:53.39 39.24	250m: 3:15.52 41.24	350m: 4:37.93 40.53
100m: 1:14.15 38.16	200m: 2:34.28 40.89	300m: 3:57.40 41.88	400m: 5:17.38 39.45
18. Matilde Filipa, AMADO	10 Nautico Marinha Grande	5:26.22	356
50m: 35.33 35.33	200m: 2:39.22 1:24.03	300m: 4:03.62 42.15	400m: 5:26.22 41.67
100m: 1:15.19 39.86	250m: 3:21.47 42.25	350m: 4:44.55 40.93	
19. Matilde Monteiro, NEVES	08 Nucleo de Pombal	5:26.89	354
50m: 36.10 36.10	150m: 1:57.50 41.49	250m: 3:20.44 41.44	350m: 4:44.87 42.40
100m: 1:16.01 39.91	200m: 2:39.00 41.50	300m: 4:02.47 42.03	400m: 5:26.89 42.02
20. Diana Rita, FONSECA	08 Vieirense	5:27.48	352
50m: 34.98 34.98	150m: 1:56.20 41.50	250m: 3:20.88 42.40	350m: 4:46.06 42.43
100m: 1:14.70 39.72	200m: 2:38.48 42.28	300m: 4:03.63 42.75	400m: 5:27.48 41.42
21. Beatriz Marques, GASPAR	11 Nautico Marinha Grande	5:32.10	337
50m: 35.95 35.95	150m: 2:00.35 42.72	250m: 3:25.10 42.00	350m: 4:49.49 42.07
100m: 1:17.63 41.68	200m: 2:43.10 42.75	300m: 4:07.42 42.32	400m: 5:32.10 42.61



Torneio de Abertura de Categorias
Óbidos, 19 - 20/10/2024

Prova 12, Femin., 400m Livres, ABSOLUTOS FEM

Lugar	Ano	Tempo final	Pts			
22. Cristiana Henriques, ALMEIDA	11	Benedita	5:38.64	318		
50m: 37.62 37.62	150m: 2:01.63	43.24	250m: 3:28.23	43.42	350m: 4:56.08	43.92
100m: 1:18.39 40.77	200m: 2:44.81	43.18	300m: 4:12.16	43.93	400m: 5:38.64	42.56
23. Luna Francisco, PEREIRA	12	Nucleo de Pombal	5:40.76	312		
50m: 37.61 37.61	150m: 2:03.97	43.38	250m: 3:31.83	44.21	350m: 4:59.65	43.66
100m: 1:20.59 42.98	200m: 2:47.62	43.65	300m: 4:15.99	44.16	400m: 5:40.76	41.11
24. Margarida Soares, MAIA	11	Nautico Marinha Grande	5:40.87	312		
50m: 38.37 38.37	150m: 2:03.62	43.71	250m: 3:30.62	43.93	350m: 4:58.47	44.28
100m: 1:19.91 41.54	200m: 2:46.69	43.07	300m: 4:14.19	43.57	400m: 5:40.87	42.40
25. Marta Cabete, GOMES	08	CNLeiria - VOID	5:41.41	310		
50m: 37.62 37.62	150m: 2:00.41	42.11	250m: 3:27.44	43.72	350m: 4:55.94	44.07
100m: 1:18.30 40.68	200m: 2:43.72	43.31	300m: 4:11.87	44.43	400m: 5:41.41	45.47
26. Emilliana Arruda, SARAIVA	12	Vieirense	5:42.05	309		
50m: 35.35 35.35	150m: 2:00.75	43.66	250m: 3:28.24	44.31	350m: 4:58.24	46.05
100m: 1:17.09 41.74	200m: 2:43.93	43.18	300m: 4:12.19	43.95	400m: 5:42.05	43.81
27. Maria Santos, FONSECA	11	CNLeiria - VOID	5:46.72	296		
50m: 33.67 33.67	150m: 2:02.43	43.76	250m: 3:31.06	44.81		
100m: 1:18.67 45.00	200m: 2:46.25	43.82	400m: 5:46.72	2:15.66		
28. Safira Pedro, FONSECA	12	Vieirense	5:52.98	281		
50m: 39.62 39.62	150m: 2:09.76	45.72	250m: 3:40.03	45.16	350m: 5:10.20	44.46
100m: 1:24.04 44.42	200m: 2:54.87	45.11	300m: 4:25.74	45.71	400m: 5:52.98	42.78
29. Isabela Lourenco, COSTA	11	Benedita	5:56.23	273		
50m: 39.78 39.78	150m: 2:10.01	45.60	250m: 3:41.94	45.28	350m: 5:12.65	45.17
100m: 1:24.41 44.63	200m: 2:56.66	46.65	300m: 4:27.48	45.54	400m: 5:56.23	43.58
30. Valeria, MORITS	12	Nautico Marinha Grande	6:05.02	254		
50m: 36.69 36.69	150m: 2:10.27	45.96	250m: 3:42.53	46.01	350m: 5:18.25	47.78
100m: 1:24.31 47.62	200m: 2:56.52	46.25	300m: 4:30.47	47.94	400m: 6:05.02	46.77
31. Alicia Ferreira, OLIVEIRA	13	Ba-Leiria	6:05.73	252		
50m: 43.00 43.00	150m: 2:17.48	47.54	250m: 3:51.59	47.53	350m: 5:24.34	45.96
100m: 1:29.94 46.94	200m: 3:04.06	46.58	300m: 4:38.38	46.79	400m: 6:05.73	41.39
32. Lara Sofia, MARCELINO	13	Vieirense	6:20.19	225		
50m: 43.06 43.06	150m: 2:18.77	48.59	250m: 3:57.33	49.67	350m: 5:33.82	46.98
100m: 1:30.18 47.12	200m: 3:07.66	48.89	300m: 4:46.84	49.51	400m: 6:20.19	46.37
33. Maria Ines, GOMES	12	Nucleo de Pombal	6:22.62	220		
50m: 38.89 38.89	150m: 2:14.24	49.08	250m: 3:54.82	50.30	350m: 5:35.81	51.41
100m: 1:25.16 46.27	200m: 3:04.52	50.28	300m: 4:44.40	49.58	400m: 6:22.62	46.81
34. Yara Silva, INES	11	Ba-Leiria	6:24.27	218		
50m: 42.40 42.40	150m: 2:16.14	47.78	250m: 3:54.26	48.98	350m: 5:34.76	50.11
100m: 1:28.36 45.96	200m: 3:05.28	49.14	300m: 4:44.65	50.39	400m: 6:24.27	49.51
35. Violeta Neves, SILVA	13	Nucleo de Pombal	6:56.66	171		
50m: 46.16 46.16	150m: 2:30.81	52.33	250m: 4:18.63	54.12	350m: 6:05.69	53.50
100m: 1:38.48 52.32	200m: 3:24.51	53.70	300m: 5:12.19	53.56	400m: 6:56.66	50.97
DNS Barbara Serrano, LOMBA	12	Ba-Leiria				
DNS Laura Margarida, ASCENSO	10	Nautico Marinha Grande				