

Prova 12

Femin., 400m Livres

Open

04/04/2025 - 9:55

Resultados Elimin

Recordes Nacionais 50m Open	4:08.77	MARTINS, Francisca Soares	FOCA	Canet-en-Roussillon (FRA)	14/05/2023
Recordes Nacionais 50m 18 +	4:08.77	MARTINS, Francisca Soares	FOCA	Canet-en-Roussillon (FRA)	14/05/2023
Recordes Nacionais 50m Jun 17	4:14.67	HOLUB, Tamila Hryhorivna	SCB	Oeiras	23/07/2016
Recordes Nacionais 50m Jun 16	4:20.37	FERREIRA, Marta Andreia	POR	Berlim (GER)	04/08/2002
Recordes Nacionais 50m Juv A	4:20.78	HOLUB, Tamila Hryhorivna	POR	Porto	07/06/2014
Recordes Nacionais 50m Juv B	4:26.20	CABRAL, Maria Francisca	FCP	Oeiras	26/07/2014
Recordes Nacionais 50m 13	4:31.53	SILVA, Alexandra Maria	POR	Skovde (SWE)	08/08/1980
Recordes Nacionais 50m 12	4:43.70	SILVA, Alexandra Maria	FCP	Funchal	27/07/1979

Pontos: AQUA 2024

Lugar	Name	Ano	Nac	Club	Time	TReac	AQUA
Juvenis B							
1.	HOLUB, Sofia Hryhorivna	11	POR	Vitória Sport Clube	4:39.88	+0,85	594 B
	50m: 31.73 31.73	150m: 1:42.18	35.31	250m: 2:52.91	35.41	350m: 4:04.99	36.16
	100m: 1:06.87 35.14	200m: 2:17.50	35.32	300m: 3:28.83	35.92	400m: 4:39.88	34.89
2.	PEREIRA, Sofia Barroca	11	POR	BUZIOS - Coruche	4:47.47	+0,83	548
	50m: 31.90 31.90	150m: 1:42.70	36.18	250m: 2:57.00	37.32	350m: 4:11.51	37.10
	100m: 1:06.52 34.62	200m: 2:19.68	36.98	300m: 3:34.41	37.41	400m: 4:47.47	35.96
3.	JESUS, Vera Franca	11	POR	Naval Do Funchal	4:51.17	+0,74	528
	50m: 32.63 32.63	150m: 1:44.78	36.40	250m: 2:58.84	37.44	350m: 4:14.74	37.94
	100m: 1:08.38 35.75	200m: 2:21.40	36.62	300m: 3:36.80	37.96	400m: 4:51.17	36.43
4.	FERREIRA, Margarida Almeida	11	POR	Sporting	4:51.23	+0,59	527
	50m: 33.39 33.39	150m: 1:47.10	37.46	250m: 3:01.15	37.12	350m: 4:15.48	36.60
	100m: 1:09.64 36.25	200m: 2:24.03	36.93	300m: 3:38.88	37.73	400m: 4:51.23	35.75
5.	CUNHA, Mariana Fernandes	11	POR	Foca Quinta Da Lixa - Cnf	4:52.24	+0,88	522
	50m: 33.31 33.31	150m: 1:47.04	37.33	250m: 3:01.36	37.70	350m: 4:15.99	37.38
	100m: 1:09.71 36.40	200m: 2:23.66	36.62	300m: 3:38.61	37.25	400m: 4:52.24	36.25
6.	PORTULEZ, Beatriz Oliveira	11	POR	Columbofila Cantanhedense	4:53.52	+0,94	515
	50m: 33.27 33.27	150m: 1:47.08	37.22	250m: 3:01.83	37.53	350m: 4:17.28	37.47
	100m: 1:09.86 36.59	200m: 2:24.30	37.22	300m: 3:39.81	37.98	400m: 4:53.52	36.24
7.	CARDOSO, Matilde Paiva	11	POR	Fluvial Portuense	4:55.09	+0,73	507
	50m: 32.05 32.05	150m: 1:45.86	37.57	250m: 3:02.00	38.24	350m: 4:18.08	38.30
	100m: 1:08.29 36.24	200m: 2:23.76	37.90	300m: 3:39.78	37.78	400m: 4:55.09	37.01
8.	LOISAS, Filipa Ferreira	11	POR	Columbofila Cantanhedense	4:55.74	+0,55	504
	50m: 33.74 33.74	150m: 1:48.19	37.13	250m: 3:03.32	37.55	350m: 4:18.89	37.52
	100m: 1:11.06 37.32	200m: 2:25.77	37.58	300m: 3:41.37	38.05	400m: 4:55.74	36.85
9.	FERREIRA, Violeta Bernardo	11	POR	Fluvial Portuense	5:00.21	+0,80	481
	50m: 32.88 32.88	150m: 1:47.27	37.82	250m: 3:03.98	38.48	350m: 4:22.35	39.35
	100m: 1:09.45 36.57	200m: 2:25.50	38.23	300m: 3:43.00	39.02	400m: 5:00.21	37.86
10.	CORREIA, Maria Rendeiro	11	POR	Alges	5:01.33	+0,72	476
	50m: 33.24 33.24	150m: 1:48.60	38.53	250m: 3:06.73	39.23	350m: 4:24.71	39.00
	100m: 1:10.07 36.83	200m: 2:27.50	38.90	300m: 3:45.71	38.98	400m: 5:01.33	36.62
11.	SYTNYK, Sofia	11	POR	Braga	5:01.94	+0,73	473
	50m: 33.19 33.19	150m: 1:47.53	37.76	250m: 3:04.50	38.68	350m: 4:22.98	39.25
	100m: 1:09.77 36.58	200m: 2:25.82	38.29	300m: 3:43.73	39.23	400m: 5:01.94	38.96

Prova 12, Femin., 400m Livres, Elimin

Juvenis A

1. CARDEAL, Leonor Nunes	10	POR	Condeixa Aqua Clube	4:35.78	+0,84	621	A
50m: 30.87 30.87	150m: 1:40.15	35.14	250m: 2:51.17	35.62	350m: 4:02.38	35.53	
100m: 1:05.01 34.14	200m: 2:15.55	35.40	300m: 3:26.85	35.68	400m: 4:35.78	33.40	
2. MARCELO, Camila Duarte	10	POR	Condeixa Aqua Clube	4:39.54	+0,79	597	B
50m: 32.23 32.23	150m: 1:42.56	35.39	250m: 2:53.11	35.56	350m: 4:04.59	35.72	
100m: 1:07.17 34.94	200m: 2:17.55	34.99	300m: 3:28.87	35.76	400m: 4:39.54	34.95	
3. GREGORIO, Bruna Bacelar	10	POR	Vilacondense	4:49.94	+0,80	535	
50m: 32.27 32.27	150m: 1:44.24	36.37	250m: 2:58.68	37.49	350m: 4:14.35	37.84	
100m: 1:07.87 35.60	200m: 2:21.19	36.95	300m: 3:36.51	37.83	400m: 4:49.94	35.59	
4. BRANCO, Francisca Sousa	10	POR	Porto	4:51.18	+0,90	528	
50m: 33.07 33.07	150m: 1:46.19	36.94	250m: 3:00.30	36.45	350m: 4:15.01	37.22	
100m: 1:09.25 36.18	200m: 2:23.85	37.66	300m: 3:37.79	37.49	400m: 4:51.18	36.17	
5. CASTRO, Leticia Alves	10	POR	Braga	4:51.54	+0,90	526	
50m: 33.48 33.48	150m: 1:46.33	36.73	250m: 3:01.11	37.32	350m: 4:15.25	36.84	
100m: 1:09.60 36.12	200m: 2:23.79	37.46	300m: 3:38.41	37.30	400m: 4:51.54	36.29	
FERNANDES, Maria Madalena	10	POR	Alges	4:51.54	+0,63	526	
50m: 33.14 33.14	150m: 1:46.14	36.61	250m: 3:00.26	37.33	350m: 4:15.66	37.48	
100m: 1:09.53 36.39	200m: 2:22.93	36.79	300m: 3:38.18	37.92	400m: 4:51.54	35.88	
7. MARTINS, Leonor Sombreiro	10	POR	BUZIOS - Coruche	4:52.56	+0,90	520	
50m: 31.91 31.91	150m: 1:44.61	37.43	250m: 3:00.91	38.44	350m: 4:16.76	37.91	
100m: 1:07.18 35.27	200m: 2:22.47	37.86	300m: 3:38.85	37.94	400m: 4:52.56	35.80	
8. PROENCA, Victoria Sales	10	POR	Benfica	4:52.93	+0,72	518	
50m: 33.39 33.39	150m: 1:46.96	37.24	250m: 3:01.83	37.48	350m: 4:17.00	37.37	
100m: 1:09.72 36.33	200m: 2:24.35	37.39	300m: 3:39.63	37.80	400m: 4:52.93	35.93	
9. PAIVA, Leonor Antunes	10	POR	Cnac	4:55.75	+0,70	504	
50m: 32.77 32.77	150m: 1:47.18	37.48	250m: 3:03.42	38.25	350m: 4:19.36	37.92	
100m: 1:09.70 36.93	200m: 2:25.17	37.99	300m: 3:41.44	38.02	400m: 4:55.75	36.39	
10. CUNHA, Maria Rita	10	POR	Colegio Efanor	4:59.01	+0,63	487	
50m: 33.60 33.60	150m: 1:47.92	37.79	250m: 3:04.45	38.22	350m: 4:21.16	38.41	
100m: 1:10.13 36.53	200m: 2:26.23	38.31	300m: 3:42.75	38.30	400m: 4:59.01	37.85	
11. REGO, Filipa Correia	10	POR	Vilacondense	5:00.33	+0,72	481	
50m: 33.02 33.02	150m: 1:48.27	38.39	250m: 3:06.21	39.60	350m: 4:23.73	38.98	
100m: 1:09.88 36.86	200m: 2:26.61	38.34	300m: 3:44.75	38.54	400m: 5:00.33	36.60	
12. FERNANDES, Marta Silva	10	POR	Porto	5:00.73	+0,82	479	
50m: 32.96 32.96	150m: 1:45.29	36.48	250m: 3:01.78	38.45	350m: 4:21.69	40.06	
100m: 1:08.81 35.85	200m: 2:23.33	38.04	300m: 3:41.63	39.85	400m: 5:00.73	39.04	
13. MARQUES, Ana Jose	10	POR	Braga	5:01.00	+0,96	478	
50m: 33.39 33.39	150m: 1:48.28	37.82	250m: 3:05.33	38.53	350m: 4:22.68	38.46	
100m: 1:10.46 37.07	200m: 2:26.80	38.52	300m: 3:44.22	38.89	400m: 5:01.00	38.32	
14. BRANCO, Beatriz Paiva	10	POR	Laranjeiro	5:01.60	+0,56	475	
50m: 33.52 33.52	150m: 1:49.05	38.65	250m: 3:06.12	38.68	350m: 4:24.60	39.14	
100m: 1:10.40 36.88	200m: 2:27.44	38.39	300m: 3:45.46	39.34	400m: 5:01.60	37.00	
15. NOGUEIRA, Ana Laura	10	POR	Braga	5:03.99	+0,89	464	
50m: 33.04 33.04	150m: 1:48.08	38.08	250m: 3:05.23	38.71	350m: 4:24.47	39.95	
100m: 1:10.00 36.96	200m: 2:26.52	38.44	300m: 3:44.52	39.29	400m: 5:03.99	39.52	

Prova 12, Femin., 400m Livres, Elimin, Juvenis A

Lugar	Name	Ano	Nac	Club	Time	TReac	AQUA					
16.	SANTOS, Carolina Brito	10	POR	Naval de Faro	5:04.72	+0,88	460					
	50m:	33.94	33.94	150m:	1:48.94	38.28	250m:	3:06.54	39.11	350m:	4:26.59	40.01
	100m:	1:10.66	36.72	200m:	2:27.43	38.49	300m:	3:46.58	40.04	400m:	5:04.72	38.13

Juniores

1.	CABRAL, Carolina Vizinho	07	POR	Cn Vagos	4:32.64	+0,76	643 A					
	50m:	31.19	31.19	150m:	1:39.66	34.88	250m:	2:48.97	34.79	350m:	3:58.92	35.08
	100m:	1:04.78	33.59	200m:	2:14.18	34.52	300m:	3:23.84	34.87	400m:	4:32.64	33.72
2.	LOURO, Beatriz Silva	07	POR	Louletano / Loule Aqui e Agora	4:34.24	+0,68	632 A					
	50m:	30.76	30.76	150m:	1:38.74	34.47	250m:	2:48.63	34.91	350m:	3:59.01	35.43
	100m:	1:04.27	33.51	200m:	2:13.72	34.98	300m:	3:23.58	34.95	400m:	4:34.24	35.23
3.	VIEIRA, Ana Beatriz	07	POR	Foca Quinta Da Lixa - Cnf	4:34.53	+0,71	630 A					
	50m:	30.91	30.91	150m:	1:39.88	35.00	250m:	2:50.16	35.04	350m:	4:01.02	35.31
	100m:	1:04.88	33.97	200m:	2:15.12	35.24	300m:	3:25.71	35.55	400m:	4:34.53	33.51
4.	SANTOS, Leonor Castanho	07	POR	Sporting	4:37.87	+0,79	607 B					
	50m:	31.60	31.60	150m:	1:40.82	35.28	250m:	2:51.91	35.94	350m:	4:03.77	35.64
	100m:	1:05.54	33.94	200m:	2:15.97	35.15	300m:	3:28.13	36.22	400m:	4:37.87	34.10
5.	MESQUITA, Mafalda Martins	07	POR	Famalicão	4:38.60	+0,84	603 B					
	50m:	31.18	31.18	150m:	1:40.66	35.25	250m:	2:52.23	35.89	350m:	4:03.90	35.88
	100m:	1:05.41	34.23	200m:	2:16.34	35.68	300m:	3:28.02	35.79	400m:	4:38.60	34.70
6.	MATIAS, Alana Costa	09	POR	Cnac	4:38.73	+0,79	602 B					
	50m:	31.07	31.07	150m:	1:39.37	34.59	250m:	2:50.56	35.85	350m:	4:03.37	36.64
	100m:	1:04.78	33.71	200m:	2:14.71	35.34	300m:	3:26.73	36.17	400m:	4:38.73	35.36
7.	FERREIRA, Carolina Amadeu	08	POR	Leixoes Sport Clube	4:39.13	+0,77	599 B					
	50m:	31.62	31.62	150m:	1:40.87	35.22	250m:	2:52.15	35.76	350m:	4:04.27	36.01
	100m:	1:05.65	34.03	200m:	2:16.39	35.52	300m:	3:28.26	36.11	400m:	4:39.13	34.86
8.	TOMAS, Constanca Baptista	09	POR	Alcobaca	4:39.46	+0,75	597 B					
	50m:	31.37	31.37	150m:	1:41.97	35.96	250m:	2:54.79	36.56	350m:	4:05.95	34.96
	100m:	1:06.01	34.64	200m:	2:18.23	36.26	300m:	3:30.99	36.20	400m:	4:39.46	33.51
9.	CRAVEIRO, Luana Ferreira	09	POR	Nautico Marinha Grande	4:43.02	+0,57	575 B					
	50m:	30.87	30.87	150m:	1:41.20	36.02	250m:	2:54.73	36.46	350m:	4:07.56	36.46
	100m:	1:05.18	34.31	200m:	2:18.27	37.07	300m:	3:31.10	36.37	400m:	4:43.02	35.46
10.	MOREIRA, Madalena Valente	09	POR	Colegio Efanor	4:44.11	+0,82	568 R					
	50m:	31.63	31.63	150m:	1:42.89	36.14	250m:	2:55.90	36.29	350m:	4:08.50	35.96
	100m:	1:06.75	35.12	200m:	2:19.61	36.72	300m:	3:32.54	36.64	400m:	4:44.11	35.61
11.	FREITAS, Diana Gomes	08	POR	Amigos da Montanha	4:44.88	+0,78	564					
	50m:	31.99	31.99	150m:	1:43.49	36.36	250m:	2:56.77	36.98	350m:	4:10.48	36.86
	100m:	1:07.13	35.14	200m:	2:19.79	36.30	300m:	3:33.62	36.85	400m:	4:44.88	34.40
12.	ALVES, Sara Sofia	07	POR	Palmela Desporto	4:44.93	+0,26	563					
	50m:	32.07	32.07	150m:	1:43.74	36.22	250m:	2:57.00	36.63	350m:	4:10.15	36.31
	100m:	1:07.52	35.45	200m:	2:20.37	36.63	300m:	3:33.84	36.84	400m:	4:44.93	34.78
13.	VIANA, Matilde Violante	07	POR	CNLeiria - VOID	4:45.05		563					
	50m:	32.14	32.14	150m:	1:43.66	36.60	250m:	2:56.69	36.56	350m:	4:09.96	36.65
	100m:	1:07.06	34.92	200m:	2:20.13	36.47	300m:	3:33.31	36.62	400m:	4:45.05	35.09

Prova 12, Femin., 400m Livres, Elimin, Juniores

Lugar	Name	Ano	Nac	Club	Time	TReac	AQUA
14.	LOPES, Catarina Maria	08	POR	Benfica	4:47.39	+0,74	549
	50m: 32.30 32.30	150m: 1:43.98	36.42	250m: 2:57.73	36.83	350m: 4:11.55	36.72
	100m: 1:07.56 35.26	200m: 2:20.90	36.92	300m: 3:34.83	37.10	400m: 4:47.39	35.84
15.	ALMEIDA, Bianca Filipa	07	POR	Algés e Águeda XXI	4:47.43	+0,74	549
	50m: 32.25 32.25	150m: 1:43.79	36.14	250m: 2:56.98	36.73	350m: 4:11.25	37.22
	100m: 1:07.65 35.40	200m: 2:20.25	36.46	300m: 3:34.03	37.05	400m: 4:47.43	36.18
16.	SANTOS, Teresa Oliveira	08	POR	Alges	4:47.69	+0,59	547
	50m: 32.38 32.38	150m: 1:44.31	36.55	250m: 2:58.27	36.78	350m: 4:12.50	36.78
	100m: 1:07.76 35.38	200m: 2:21.49	37.18	300m: 3:35.72	37.45	400m: 4:47.69	35.19
17.	PINTO, Maria Carvalho	09	POR	Viana Natacao	4:47.79	+0,93	547
	50m: 32.18 32.18	150m: 1:43.90	36.52	250m: 2:57.57	37.22	350m: 4:11.34	36.39
	100m: 1:07.38 35.20	200m: 2:20.35	36.45	300m: 3:34.95	37.38	400m: 4:47.79	36.45
18.	RICARDO, Francisca Martingo	09	POR	Porto	4:50.24	+0,81	533
	50m: 32.02 32.02	150m: 1:44.71	36.76	250m: 2:59.02	36.99	350m: 4:14.06	37.79
	100m: 1:07.95 35.93	200m: 2:22.03	37.32	300m: 3:36.27	37.25	400m: 4:50.24	36.18
19.	MAIA, Lara Catarina	09	POR	Clube Desportivo de Estarreja	4:51.26	+0,66	527
	50m: 31.88 31.88	150m: 1:44.14	36.95	250m: 2:59.17	37.66	350m: 4:15.18	38.23
	100m: 1:07.19 35.31	200m: 2:21.51	37.37	300m: 3:36.95	37.78	400m: 4:51.26	36.08
20.	LUIZ, Margarida Maria	08	POR	Lagoa Academico Clube	4:52.39	+0,78	521
	50m: 33.91 33.91	150m: 1:46.95	36.64	250m: 3:01.10	36.99	350m: 4:15.33	36.89
	100m: 1:10.31 36.40	200m: 2:24.11	37.16	300m: 3:38.44	37.34	400m: 4:52.39	37.06
21.	SANTOS, Joana Almeida	09	POR	Galitos / Bresimar	4:54.12	+0,70	512
	50m: 33.63 33.63	150m: 1:46.84	36.93	250m: 3:01.44	37.54	350m: 4:17.37	37.99
	100m: 1:09.91 36.28	200m: 2:23.90	37.06	300m: 3:39.38	37.94	400m: 4:54.12	36.75
22.	CARDOSO, Raquel Campos	09	POR	Bombeiros de Ponta Delgada	4:54.58	+0,68	510
	50m: 32.93 32.93	150m: 1:45.67	36.82	250m: 3:00.76	37.64	350m: 4:16.99	38.17
	100m: 1:08.85 35.92	200m: 2:23.12	37.45	300m: 3:38.82	38.06	400m: 4:54.58	37.59
23.	FIALHO, Matilde Lopes	09	POR	Palmela Desporto	4:56.31	+0,76	501
	50m: 32.58 32.58	150m: 1:45.02	36.69	250m: 3:01.21	38.48	350m: 4:18.55	38.92
	100m: 1:08.33 35.75	200m: 2:22.73	37.71	300m: 3:39.63	38.42	400m: 4:56.31	37.76

OPEN

1.	MARTINS, Francisca Soares	03	POR	Foca Quinta Da Lixa - Cnf	4:20.05	+0,62	741 A
	50m: 29.42 29.42	150m: 1:34.28	32.60	250m: 2:40.45	33.16	350m: 3:47.12	33.22
	100m: 1:01.68 32.26	200m: 2:07.29	33.01	300m: 3:13.90	33.45	400m: 4:20.05	32.93
2.	FOMINA, Anna	02	POR	Sporting	4:20.66	+0,75	736 A
	50m: 29.83 29.83	150m: 1:34.72	32.80	250m: 2:40.99	33.48	350m: 3:47.91	33.67
	100m: 1:01.92 32.09	200m: 2:07.51	32.79	300m: 3:14.24	33.25	400m: 4:20.66	32.75
3.	CARDEAL, Joana Nunes	02	POR	Condeixa Aqua Clube	4:24.73	+0,41	702 A
	50m: 29.62 29.62	150m: 1:35.24	33.22	250m: 2:42.43	33.51	350m: 3:50.89	34.25
	100m: 1:02.02 32.40	200m: 2:08.92	33.68	300m: 3:16.64	34.21	400m: 4:24.73	33.84
4.	TONGGUER, Li	08	CHN	Benfica	4:27.47	+0,71	681 A
	50m: 30.82 30.82	150m: 1:37.39	33.21	250m: 2:44.80	33.76	350m: 3:53.86	34.42
	100m: 1:04.18 33.36	200m: 2:11.04	33.65	300m: 3:19.44	34.64	400m: 4:27.47	33.61

Prova 12, Femin., 400m Livres, Elimin, OPEN

Lugar	Name	Ano	Nac	Club	Time	TReac	AQUA
5.	VIANA, Carolina Pereira	04	POR	Sporting	4:29.25	+0,74	668 A
	50m: 30.46 30.46	150m: 1:36.77	33.64	250m: 2:44.94	34.32	350m: 3:54.81	35.04
	100m: 1:03.13 32.67	200m: 2:10.62	33.85	300m: 3:19.77	34.83	400m: 4:29.25	34.44
6.	CABRAL, Carolina Vizinho	07	POR	Cn Vagos	4:32.64	+0,76	643 A
	50m: 31.19 31.19	150m: 1:39.66	34.88	250m: 2:48.97	34.79	350m: 3:58.92	35.08
	100m: 1:04.78 33.59	200m: 2:14.18	34.52	300m: 3:23.84	34.87	400m: 4:32.64	33.72
7.	LOURO, Beatriz Silva	07	POR	Louletano / Loule Aqui e Agora	4:34.24	+0,68	632 A
	50m: 30.76 30.76	150m: 1:38.74	34.47	250m: 2:48.63	34.91	350m: 3:59.01	35.43
	100m: 1:04.27 33.51	200m: 2:13.72	34.98	300m: 3:23.58	34.95	400m: 4:34.24	35.23
8.	VIEIRA, Ana Beatriz	07	POR	Foca Quinta Da Lixa - Cnf	4:34.53	+0,71	630 A
	50m: 30.91 30.91	150m: 1:39.88	35.00	250m: 2:50.16	35.04	350m: 4:01.02	35.31
	100m: 1:04.88 33.97	200m: 2:15.12	35.24	300m: 3:25.71	35.55	400m: 4:34.53	33.51
9.	CARDEAL, Leonor Nunes	10	POR	Condeixa Aqua Clube	4:35.78	+0,84	621 A
	50m: 30.87 30.87	150m: 1:40.15	35.14	250m: 2:51.17	35.62	350m: 4:02.38	35.53
	100m: 1:05.01 34.14	200m: 2:15.55	35.40	300m: 3:26.85	35.68	400m: 4:35.78	33.40
10.	LOPES, Daniela Magalhaes	05	POR	Porto	4:36.17	+0,80	619 A
	50m: 31.09 31.09	150m: 1:40.17	35.13	250m: 2:50.47	35.23	350m: 4:01.21	35.67
	100m: 1:05.04 33.95	200m: 2:15.24	35.07	300m: 3:25.54	35.07	400m: 4:36.17	34.96
11.	LOPES, Francisca Macedo	05	POR	Vilacondense	4:36.54	+0,77	616 B
	50m: 31.05 31.05	150m: 1:39.26	34.69	250m: 2:49.02	35.01	350m: 4:00.93	36.11
	100m: 1:04.57 33.52	200m: 2:14.01	34.75	300m: 3:24.82	35.80	400m: 4:36.54	35.61
12.	SANTOS, Leonor Castanho	07	POR	Sporting	4:37.87	+0,79	607 B
	50m: 31.60 31.60	150m: 1:40.82	35.28	250m: 2:51.91	35.94	350m: 4:03.77	35.64
	100m: 1:05.54 33.94	200m: 2:15.97	35.15	300m: 3:28.13	36.22	400m: 4:37.87	34.10
13.	MESQUITA, Mafalda Martins	07	POR	Famalicão	4:38.60	+0,84	603 B
	50m: 31.18 31.18	150m: 1:40.66	35.25	250m: 2:52.23	35.89	350m: 4:03.90	35.88
	100m: 1:05.41 34.23	200m: 2:16.34	35.68	300m: 3:28.02	35.79	400m: 4:38.60	34.70
14.	MATIAS, Alana Costa	09	POR	Cnac	4:38.73	+0,79	602 B
	50m: 31.07 31.07	150m: 1:39.37	34.59	250m: 2:50.56	35.85	350m: 4:03.37	36.64
	100m: 1:04.78 33.71	200m: 2:14.71	35.34	300m: 3:26.73	36.17	400m: 4:38.73	35.36
15.	FERREIRA, Carolina Amadeu	08	POR	Leixoes Sport Clube	4:39.13	+0,77	599 B
	50m: 31.62 31.62	150m: 1:40.87	35.22	250m: 2:52.15	35.76	350m: 4:04.27	36.01
	100m: 1:05.65 34.03	200m: 2:16.39	35.52	300m: 3:28.26	36.11	400m: 4:39.13	34.86
16.	TOMAS, Constanca Baptista	09	POR	Alcobaca	4:39.46	+0,75	597 B
	50m: 31.37 31.37	150m: 1:41.97	35.96	250m: 2:54.79	36.56	350m: 4:05.95	34.96
	100m: 1:06.01 34.64	200m: 2:18.23	36.26	300m: 3:30.99	36.20	400m: 4:39.46	33.51
17.	MARCELO, Camila Duarte	10	POR	Condeixa Aqua Clube	4:39.54	+0,79	597 B
	50m: 32.23 32.23	150m: 1:42.56	35.39	250m: 2:53.11	35.56	350m: 4:04.59	35.72
	100m: 1:07.17 34.94	200m: 2:17.55	34.99	300m: 3:28.87	35.76	400m: 4:39.54	34.95
18.	HOLUB, Sofia Hryhorivna	11	POR	Vitória Sport Clube	4:39.88	+0,85	594 B
	50m: 31.73 31.73	150m: 1:42.18	35.31	250m: 2:52.91	35.41	350m: 4:04.99	36.16
	100m: 1:06.87 35.14	200m: 2:17.50	35.32	300m: 3:28.83	35.92	400m: 4:39.88	34.89
19.	ARMAS, Maria Ornelas	98	POR	Adrcimm	4:39.97	+0,96	594 B
	50m: 31.73 31.73	150m: 1:41.16	35.21	250m: 2:51.75	35.52	350m: 4:04.39	36.41
	100m: 1:05.95 34.22	200m: 2:16.23	35.07	300m: 3:27.98	36.23	400m: 4:39.97	35.58

Prova 12, Femin., 400m Livres, Elimin, OPEN

Lugar	Name	Ano	Nac	Club	Time	TReac	AQUA
20.	CRAVEIRO, Luana Ferreira	09	POR	Nautico Marinha Grande	4:43.02	+0,57	575 B
	50m: 30.87 30.87	150m: 1:41.20	36.02	250m: 2:54.73	36.46	350m: 4:07.56	36.46
	100m: 1:05.18 34.31	200m: 2:18.27	37.07	300m: 3:31.10	36.37	400m: 4:43.02	35.46
21.	RODRIGUES, Helena Nunes	03	POR	Condeixa Aqua Clube	4:43.97	+0,79	569 R
	50m: 32.04 32.04	150m: 1:42.89	36.13	250m: 2:55.34	35.94	350m: 4:08.30	36.49
	100m: 1:06.76 34.72	200m: 2:19.40	36.51	300m: 3:31.81	36.47	400m: 4:43.97	35.67
22.	MOREIRA, Madalena Valente	09	POR	Colegio Efanor	4:44.11	+0,82	568 R
	50m: 31.63 31.63	150m: 1:42.89	36.14	250m: 2:55.90	36.29	350m: 4:08.50	35.96
	100m: 1:06.75 35.12	200m: 2:19.61	36.72	300m: 3:32.54	36.64	400m: 4:44.11	35.61
23.	FREITAS, Diana Gomes	08	POR	Amigos da Montanha	4:44.88	+0,78	564
	50m: 31.99 31.99	150m: 1:43.49	36.36	250m: 2:56.77	36.98	350m: 4:10.48	36.86
	100m: 1:07.13 35.14	200m: 2:19.79	36.30	300m: 3:33.62	36.85	400m: 4:44.88	34.40
24.	ALVES, Sara Sofia	07	POR	Palmela Desporto	4:44.93	+0,26	563
	50m: 32.07 32.07	150m: 1:43.74	36.22	250m: 2:57.00	36.63	350m: 4:10.15	36.31
	100m: 1:07.52 35.45	200m: 2:20.37	36.63	300m: 3:33.84	36.84	400m: 4:44.93	34.78
25.	VIANA, Matilde Violante	07	POR	CNLeiria - VOID	4:45.05		563
	50m: 32.14 32.14	150m: 1:43.66	36.60	250m: 2:56.69	36.56	350m: 4:09.96	36.65
	100m: 1:07.06 34.92	200m: 2:20.13	36.47	300m: 3:33.31	36.62	400m: 4:45.05	35.09
26.	PEIXOTO, Carolina Esteves	06	POR	Braga	4:45.45	+0,82	560
	50m: 32.29 32.29	150m: 1:43.00	35.93	250m: 2:56.03	36.72	350m: 4:09.46	36.72
	100m: 1:07.07 34.78	200m: 2:19.31	36.31	300m: 3:32.74	36.71	400m: 4:45.45	35.99
27.	LOPES, Catarina Maria	08	POR	Benfica	4:47.39	+0,74	549
	50m: 32.30 32.30	150m: 1:43.98	36.42	250m: 2:57.73	36.83	350m: 4:11.55	36.72
	100m: 1:07.56 35.26	200m: 2:20.90	36.92	300m: 3:34.83	37.10	400m: 4:47.39	35.84
28.	ALMEIDA, Bianca Filipa	07	POR	Algés e Águeda XXI	4:47.43	+0,74	549
	50m: 32.25 32.25	150m: 1:43.79	36.14	250m: 2:56.98	36.73	350m: 4:11.25	37.22
	100m: 1:07.65 35.40	200m: 2:20.25	36.46	300m: 3:34.03	37.05	400m: 4:47.43	36.18
29.	PEREIRA, Sofia Barroca	11	POR	BUZIOS - Coruche	4:47.47	+0,83	548
	50m: 31.90 31.90	150m: 1:42.70	36.18	250m: 2:57.00	37.32	350m: 4:11.51	37.10
	100m: 1:06.52 34.62	200m: 2:19.68	36.98	300m: 3:34.41	37.41	400m: 4:47.47	35.96
30.	SANTOS, Teresa Oliveira	08	POR	Alges	4:47.69	+0,59	547
	50m: 32.38 32.38	150m: 1:44.31	36.55	250m: 2:58.27	36.78	350m: 4:12.50	36.78
	100m: 1:07.76 35.38	200m: 2:21.49	37.18	300m: 3:35.72	37.45	400m: 4:47.69	35.19
31.	PINTO, Maria Carvalho	09	POR	Viana Natacao	4:47.79	+0,93	547
	50m: 32.18 32.18	150m: 1:43.90	36.52	250m: 2:57.57	37.22	350m: 4:11.34	36.39
	100m: 1:07.38 35.20	200m: 2:20.35	36.45	300m: 3:34.95	37.38	400m: 4:47.79	36.45
32.	GREGORIO, Bruna Bacelar	10	POR	Vilacondense	4:49.94	+0,80	535
	50m: 32.27 32.27	150m: 1:44.24	36.37	250m: 2:58.68	37.49	350m: 4:14.35	37.84
	100m: 1:07.87 35.60	200m: 2:21.19	36.95	300m: 3:36.51	37.83	400m: 4:49.94	35.59
33.	RICARDO, Francisca Martingo	09	POR	Porto	4:50.24	+0,81	533
	50m: 32.02 32.02	150m: 1:44.71	36.76	250m: 2:59.02	36.99	350m: 4:14.06	37.79
	100m: 1:07.95 35.93	200m: 2:22.03	37.32	300m: 3:36.27	37.25	400m: 4:50.24	36.18
34.	JESUS, Vera Franca	11	POR	Naval Do Funchal	4:51.17	+0,74	528
	50m: 32.63 32.63	150m: 1:44.78	36.40	250m: 2:58.84	37.44	350m: 4:14.74	37.94
	100m: 1:08.38 35.75	200m: 2:21.40	36.62	300m: 3:36.80	37.96	400m: 4:51.17	36.43

Prova 12, Femin., 400m Livres, Elimin, OPEN

Lugar	Name	Ano	Nac	Club	Time	TReac	AQUA
35.	BRANCO, Francisca Sousa	10	POR	Porto	4:51.18	+0,90	528
	50m: 33.07 33.07	150m: 1:46.19	36.94	250m: 3:00.30	36.45	350m: 4:15.01	37.22
	100m: 1:09.25 36.18	200m: 2:23.85	37.66	300m: 3:37.79	37.49	400m: 4:51.18	36.17
36.	FERREIRA, Margarida Almeida	11	POR	Sporting	4:51.23	+0,59	527
	50m: 33.39 33.39	150m: 1:47.10	37.46	250m: 3:01.15	37.12	350m: 4:15.48	36.60
	100m: 1:09.64 36.25	200m: 2:24.03	36.93	300m: 3:38.88	37.73	400m: 4:51.23	35.75
37.	MAIA, Lara Catarina	09	POR	Clube Desportivo de Estarreja	4:51.26	+0,66	527
	50m: 31.88 31.88	150m: 1:44.14	36.95	250m: 2:59.17	37.66	350m: 4:15.18	38.23
	100m: 1:07.19 35.31	200m: 2:21.51	37.37	300m: 3:36.95	37.78	400m: 4:51.26	36.08
38.	CASTRO, Leticia Alves	10	POR	Braga	4:51.54	+0,90	526
	50m: 33.48 33.48	150m: 1:46.33	36.73	250m: 3:01.11	37.32	350m: 4:15.25	36.84
	100m: 1:09.60 36.12	200m: 2:23.79	37.46	300m: 3:38.41	37.30	400m: 4:51.54	36.29
	FERNANDES, Maria Madalena	10	POR	Alges	4:51.54	+0,63	526
	50m: 33.14 33.14	150m: 1:46.14	36.61	250m: 3:00.26	37.33	350m: 4:15.66	37.48
	100m: 1:09.53 36.39	200m: 2:22.93	36.79	300m: 3:38.18	37.92	400m: 4:51.54	35.88
40.	CUNHA, Mariana Fernandes	11	POR	Foca Quinta Da Lixa - Cnf	4:52.24	+0,88	522
	50m: 33.31 33.31	150m: 1:47.04	37.33	250m: 3:01.36	37.70	350m: 4:15.99	37.38
	100m: 1:09.71 36.40	200m: 2:23.66	36.62	300m: 3:38.61	37.25	400m: 4:52.24	36.25
41.	LUIZ, Margarida Maria	08	POR	Lagoa Academico Clube	4:52.39	+0,78	521
	50m: 33.91 33.91	150m: 1:46.95	36.64	250m: 3:01.10	36.99	350m: 4:15.33	36.89
	100m: 1:10.31 36.40	200m: 2:24.11	37.16	300m: 3:38.44	37.34	400m: 4:52.39	37.06
42.	MARTINS, Leonor Sombreiro	10	POR	BUZIOS - Coruche	4:52.56	+0,90	520
	50m: 31.91 31.91	150m: 1:44.61	37.43	250m: 3:00.91	38.44	350m: 4:16.76	37.91
	100m: 1:07.18 35.27	200m: 2:22.47	37.86	300m: 3:38.85	37.94	400m: 4:52.56	35.80
43.	PROENCA, Victoria Sales	10	POR	Benfica	4:52.93	+0,72	518
	50m: 33.39 33.39	150m: 1:46.96	37.24	250m: 3:01.83	37.48	350m: 4:17.00	37.37
	100m: 1:09.72 36.33	200m: 2:24.35	37.39	300m: 3:39.63	37.80	400m: 4:52.93	35.93
44.	PORTULEZ, Beatriz Oliveira	11	POR	Columbofila Cantanhedense	4:53.52	+0,94	515
	50m: 33.27 33.27	150m: 1:47.08	37.22	250m: 3:01.83	37.53	350m: 4:17.28	37.47
	100m: 1:09.86 36.59	200m: 2:24.30	37.22	300m: 3:39.81	37.98	400m: 4:53.52	36.24
45.	SANTOS, Joana Almeida	09	POR	Galitos / Bresimar	4:54.12	+0,70	512
	50m: 33.63 33.63	150m: 1:46.84	36.93	250m: 3:01.44	37.54	350m: 4:17.37	37.99
	100m: 1:09.91 36.28	200m: 2:23.90	37.06	300m: 3:39.38	37.94	400m: 4:54.12	36.75
46.	CARDOSO, Raquel Campos	09	POR	Bombeiros de Ponta Delgada	4:54.58	+0,68	510
	50m: 32.93 32.93	150m: 1:45.67	36.82	250m: 3:00.76	37.64	350m: 4:16.99	38.17
	100m: 1:08.85 35.92	200m: 2:23.12	37.45	300m: 3:38.82	38.06	400m: 4:54.58	37.59
47.	CARDOSO, Matilde Paiva	11	POR	Fluvial Portuense	4:55.09	+0,73	507
	50m: 32.05 32.05	150m: 1:45.86	37.57	250m: 3:02.00	38.24	350m: 4:18.08	38.30
	100m: 1:08.29 36.24	200m: 2:23.76	37.90	300m: 3:39.78	37.78	400m: 4:55.09	37.01
48.	LOISAS, Filipa Ferreira	11	POR	Columbofila Cantanhedense	4:55.74	+0,55	504
	50m: 33.74 33.74	150m: 1:48.19	37.13	250m: 3:03.32	37.55	350m: 4:18.89	37.52
	100m: 1:11.06 37.32	200m: 2:25.77	37.58	300m: 3:41.37	38.05	400m: 4:55.74	36.85
49.	PAIVA, Leonor Antunes	10	POR	Cnac	4:55.75	+0,70	504
	50m: 32.77 32.77	150m: 1:47.18	37.48	250m: 3:03.42	38.25	350m: 4:19.36	37.92
	100m: 1:09.70 36.93	200m: 2:25.17	37.99	300m: 3:41.44	38.02	400m: 4:55.75	36.39

Prova 12, Femin., 400m Livres, Elimin, OPEN

Lugar	Name	Ano	Nac	Club	Time	TReac	AQUA
50.	FIALHO, Matilde Lopes	09	POR	Palmela Desporto	4:56.31	+0,76	501
	50m: 32.58 32.58	150m: 1:45.02	36.69	250m: 3:01.21	38.48	350m: 4:18.55	38.92
	100m: 1:08.33 35.75	200m: 2:22.73	37.71	300m: 3:39.63	38.42	400m: 4:56.31	37.76
51.	CUNHA, Maria Rita	10	POR	Colegio Efanor	4:59.01	+0,63	487
	50m: 33.60 33.60	150m: 1:47.92	37.79	250m: 3:04.45	38.22	350m: 4:21.16	38.41
	100m: 1:10.13 36.53	200m: 2:26.23	38.31	300m: 3:42.75	38.30	400m: 4:59.01	37.85
52.	FERREIRA, Violeta Bernardo	11	POR	Fluvial Portuense	5:00.21	+0,80	481
	50m: 32.88 32.88	150m: 1:47.27	37.82	250m: 3:03.98	38.48	350m: 4:22.35	39.35
	100m: 1:09.45 36.57	200m: 2:25.50	38.23	300m: 3:43.00	39.02	400m: 5:00.21	37.86
53.	REGO, Filipa Correia	10	POR	Vilacondense	5:00.33	+0,72	481
	50m: 33.02 33.02	150m: 1:48.27	38.39	250m: 3:06.21	39.60	350m: 4:23.73	38.98
	100m: 1:09.88 36.86	200m: 2:26.61	38.34	300m: 3:44.75	38.54	400m: 5:00.33	36.60
54.	FERNANDES, Marta Silva	10	POR	Porto	5:00.73	+0,82	479
	50m: 32.96 32.96	150m: 1:45.29	36.48	250m: 3:01.78	38.45	350m: 4:21.69	40.06
	100m: 1:08.81 35.85	200m: 2:23.33	38.04	300m: 3:41.63	39.85	400m: 5:00.73	39.04
55.	MARQUES, Ana Jose	10	POR	Braga	5:01.00	+0,96	478
	50m: 33.39 33.39	150m: 1:48.28	37.82	250m: 3:05.33	38.53	350m: 4:22.68	38.46
	100m: 1:10.46 37.07	200m: 2:26.80	38.52	300m: 3:44.22	38.89	400m: 5:01.00	38.32
56.	CORREIA, Maria Rendeiro	11	POR	Alges	5:01.33	+0,72	476
	50m: 33.24 33.24	150m: 1:48.60	38.53	250m: 3:06.73	39.23	350m: 4:24.71	39.00
	100m: 1:10.07 36.83	200m: 2:27.50	38.90	300m: 3:45.71	38.98	400m: 5:01.33	36.62
57.	BRANCO, Beatriz Paiva	10	POR	Laranjeiro	5:01.60	+0,56	475
	50m: 33.52 33.52	150m: 1:49.05	38.65	250m: 3:06.12	38.68	350m: 4:24.60	39.14
	100m: 1:10.40 36.88	200m: 2:27.44	38.39	300m: 3:45.46	39.34	400m: 5:01.60	37.00
58.	SYTNYK, Sofia	11	POR	Braga	5:01.94	+0,73	473
	50m: 33.19 33.19	150m: 1:47.53	37.76	250m: 3:04.50	38.68	350m: 4:22.98	39.25
	100m: 1:09.77 36.58	200m: 2:25.82	38.29	300m: 3:43.73	39.23	400m: 5:01.94	38.96
59.	NOGUEIRA, Ana Laura	10	POR	Braga	5:03.99	+0,89	464
	50m: 33.04 33.04	150m: 1:48.08	38.08	250m: 3:05.23	38.71	350m: 4:24.47	39.95
	100m: 1:10.00 36.96	200m: 2:26.52	38.44	300m: 3:44.52	39.29	400m: 5:03.99	39.52
60.	SANTOS, Carolina Brito	10	POR	Naval de Faro	5:04.72	+0,88	460
	50m: 33.94 33.94	150m: 1:48.94	38.28	250m: 3:06.54	39.11	350m: 4:26.59	40.01
	100m: 1:10.66 36.72	200m: 2:27.43	38.49	300m: 3:46.58	40.04	400m: 5:04.72	38.13