

Prova 12 Femin., 400m Livres Open
29/03/2026 - 9:48 Resultados Elimin

| | | | | | |
|-------------------------------|---------|---------------------------|-----|------------------|------------|
| Recordes Nacionais 50m Open | 4:07.50 | MARTINS, Francisca Soares | POR | Berlin (GER) | 23/07/2025 |
| Recordes Nacionais 50m Sen | 4:07.50 | MARTINS, Francisca Soares | POR | Berlin (GER) | 23/07/2025 |
| Recordes Nacionais 50m Jun 18 | 4:17.80 | HOLUB, Tamila Hryhorivna | POR | Pontevedra (ESP) | 08/04/2017 |
| Recordes Nacionais 50m Jun 17 | 4:14.67 | HOLUB, Tamila Hryhorivna | SCB | Oeiras | 23/07/2016 |
| Recordes Nacionais 50m 16 | 4:20.37 | FERREIRA, Marta Andreia | POR | Berlim (GER) | 04/08/2002 |
| Recordes Nacionais 50m 15 | 4:20.78 | HOLUB, Tamila Hryhorivna | POR | Porto | 07/06/2014 |
| Recordes Nacionais 50m 14 | 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 |

Pontos: AQUA 2026

Lugar Name Ano Nac Club Time TReac AQUA

Juniores

| | | | | | | |
|------------------------------|---------------|-------|------------------------|----------------|---------------|-------|
| 1. PINTO, Maria Carvalho | 09 | POR | Viana Natacao | 4:35.37 | +0,84 | 615 |
| 50m: 31.56 31.56 | 150m: 1:39.99 | 34.56 | 250m: 2:50.05 | 35.10 | 350m: 4:00.71 | 35.16 |
| 100m: 1:05.43 33.87 | 200m: 2:14.95 | 34.96 | 300m: 3:25.55 | 35.50 | 400m: 4:35.37 | 34.66 |
| 2. NEVES, Maria Gomes | 08 | POR | Braga | 4:36.47 | +0,72 | 607 |
| 50m: 30.28 30.28 | 150m: 1:38.09 | 34.36 | 250m: 2:48.05 | 35.01 | 350m: 4:00.26 | 36.26 |
| 100m: 1:03.73 33.45 | 200m: 2:13.04 | 34.95 | 300m: 3:24.00 | 35.95 | 400m: 4:36.47 | 36.21 |
| 3. MATIAS, Alana Costa | 09 | POR | Cnac | 4:43.92 | +0,74 | 561 |
| 50m: 31.44 31.44 | 150m: 1:40.91 | 35.41 | 250m: 2:53.67 | 36.67 | 350m: 4:07.94 | 37.40 |
| 100m: 1:05.50 34.06 | 200m: 2:17.00 | 36.09 | 300m: 3:30.54 | 36.87 | 400m: 4:43.92 | 35.98 |
| 4. TOMAS, Constanca Baptista | 09 | POR | Alcobaca | 4:45.06 | +0,73 | 554 |
| 50m: 32.55 32.55 | 150m: 1:44.98 | 37.03 | 250m: 2:58.79 | 37.41 | 350m: 4:11.26 | 36.57 |
| 100m: 1:07.95 35.40 | 200m: 2:21.38 | 36.40 | 300m: 3:34.69 | 35.90 | 400m: 4:45.06 | 33.80 |
| 5. CRAVEIRO, Luana Ferreira | 09 | POR | Nautico Marinha Grande | 4:45.14 | +0,72 | 553 |
| 50m: 31.64 31.64 | 150m: 1:44.57 | 37.56 | 250m: 2:58.64 | 36.55 | 350m: 4:10.74 | 35.89 |
| 100m: 1:07.01 35.37 | 200m: 2:22.09 | 37.52 | 300m: 3:34.85 | 36.21 | 400m: 4:45.14 | 34.40 |
| 6. MOREIRA, Madalena Valente | 09 | POR | Colegio Efanor | 4:49.17 | +0,82 | 531 |
| 50m: 31.55 31.55 | 150m: 1:41.82 | 35.96 | 250m: 2:56.63 | 37.40 | 350m: 4:11.92 | 37.64 |
| 100m: 1:05.86 34.31 | 200m: 2:19.23 | 37.41 | 300m: 3:34.28 | 37.65 | 400m: 4:49.17 | 37.25 |

Seniores Sub21

| | | | | | | |
|-----------------------------|---------------|-------|---------------------------|----------------|---------------|-------|
| 1. CABRAL, Carolina Vizinho | 07 | POR | Galitos / Bresimar | 4:31.30 | +0,74 | 643 |
| 50m: 31.25 31.25 | 150m: 1:38.96 | 34.10 | 250m: 2:47.88 | 34.25 | 350m: 3:57.49 | 35.16 |
| 100m: 1:04.86 33.61 | 200m: 2:13.63 | 34.67 | 300m: 3:22.33 | 34.45 | 400m: 4:31.30 | 33.81 |
| 2. LOPES, Francisca Macedo | 05 | POR | Fluvial Portuense | 4:32.36 | +0,72 | 635 |
| 50m: 31.01 31.01 | 150m: 1:38.44 | 34.24 | 250m: 2:47.57 | 34.73 | 350m: 3:57.66 | 35.41 |
| 100m: 1:04.20 33.19 | 200m: 2:12.84 | 34.40 | 300m: 3:22.25 | 34.68 | 400m: 4:32.36 | 34.70 |
| 3. VIEIRA, Ana Beatriz | 07 | POR | FOCA Quinta Da Lixa - Cnf | 4:38.17 | | 596 |
| 50m: 30.95 30.95 | 150m: 1:39.93 | 34.84 | 250m: 2:51.22 | 35.37 | 350m: 4:02.80 | 35.29 |
| 100m: 1:05.09 34.14 | 200m: 2:15.85 | 35.92 | 300m: 3:27.51 | 36.29 | 400m: 4:38.17 | 35.37 |
| 4. SANTOS, Leonor Castanho | 07 | POR | Sporting | 4:45.20 | +0,70 | 553 |
| 50m: 31.91 31.91 | 150m: 1:42.09 | 35.67 | 250m: 2:54.85 | 36.34 | 350m: 4:08.45 | 36.69 |
| 100m: 1:06.42 34.51 | 200m: 2:18.51 | 36.42 | 300m: 3:31.76 | 36.91 | 400m: 4:45.20 | 36.75 |

Prova 12, Femin., 400m Livres, Elimin

Absolutos

| | | | | | | |
|------------------------------|---------------|-------|---------------------------|----------------|---------------|-------|
| 1. MARTINS, Francisca Soares | 03 | POR | FOCA Quinta Da Lixa - Cnf | 4:14.09 | +0,53 | 782 |
| 50m: 29.19 29.19 | 150m: 1:32.72 | 32.15 | 250m: 2:37.26 | 32.30 | 350m: 3:42.48 | 32.74 |
| 100m: 1:00.57 31.38 | 200m: 2:04.96 | 32.24 | 300m: 3:09.74 | 32.48 | 400m: 4:14.09 | 31.61 |
| 2. DURAES, Diana Margarida | 96 | POR | Benfica | 4:22.14 | +0,61 | 712 |
| 50m: 31.00 31.00 | 150m: 1:36.47 | 32.90 | 250m: 2:42.90 | 33.16 | 350m: 3:49.25 | 33.30 |
| 100m: 1:03.57 32.57 | 200m: 2:09.74 | 33.27 | 300m: 3:15.95 | 33.05 | 400m: 4:22.14 | 32.89 |
| 3. FOMINA, Anna | 02 | POR | Sporting | 4:26.45 | +0,70 | 678 |
| 50m: 29.34 29.34 | 150m: 1:35.21 | 33.53 | 250m: 2:43.63 | 34.79 | 350m: 3:52.30 | 34.38 |
| 100m: 1:01.68 32.34 | 200m: 2:08.84 | 33.63 | 300m: 3:17.92 | 34.29 | 400m: 4:26.45 | 34.15 |
| 4. VIANA, Carolina Pereira | 04 | POR | Sporting | 4:28.22 | +0,72 | 665 |
| 50m: 30.57 30.57 | 150m: 1:37.36 | 33.98 | 250m: 2:45.85 | 34.40 | 350m: 3:54.69 | 34.28 |
| 100m: 1:03.38 32.81 | 200m: 2:11.45 | 34.09 | 300m: 3:20.41 | 34.56 | 400m: 4:28.22 | 33.53 |
| 5. CARDEAL, Joana Nunes | 02 | POR | Condeixa Aqua Clube | 4:28.49 | +0,56 | 663 |
| 50m: 30.11 30.11 | 150m: 1:37.19 | 33.98 | 250m: 2:45.54 | 34.29 | 350m: 3:54.87 | 34.91 |
| 100m: 1:03.21 33.10 | 200m: 2:11.25 | 34.06 | 300m: 3:19.96 | 34.42 | 400m: 4:28.49 | 33.62 |
| 6. CABRAL, Carolina Vizinho | 07 | POR | Galitos / Bresimar | 4:31.30 | +0,74 | 643 |
| 50m: 31.25 31.25 | 150m: 1:38.96 | 34.10 | 250m: 2:47.88 | 34.25 | 350m: 3:57.49 | 35.16 |
| 100m: 1:04.86 33.61 | 200m: 2:13.63 | 34.67 | 300m: 3:22.33 | 34.45 | 400m: 4:31.30 | 33.81 |
| 7. LOPES, Francisca Macedo | 05 | POR | Fluvial Portuense | 4:32.36 | +0,72 | 635 |
| 50m: 31.01 31.01 | 150m: 1:38.44 | 34.24 | 250m: 2:47.57 | 34.73 | 350m: 3:57.66 | 35.41 |
| 100m: 1:04.20 33.19 | 200m: 2:12.84 | 34.40 | 300m: 3:22.25 | 34.68 | 400m: 4:32.36 | 34.70 |
| 8. HOLUB, Sofia Hryhorivna | 11 | POR | Vitória Sport Clube | 4:34.78 | +0,82 | 619 |
| 50m: 30.74 30.74 | 150m: 1:39.30 | 34.02 | 250m: 2:50.02 | 34.84 | 350m: 4:00.86 | 35.29 |
| 100m: 1:05.28 34.54 | 200m: 2:15.18 | 35.88 | 300m: 3:25.57 | 35.55 | 400m: 4:34.78 | 33.92 |
| 9. PINTO, Maria Carvalho | 09 | POR | Viana Natacao | 4:35.37 | +0,84 | 615 |
| 50m: 31.56 31.56 | 150m: 1:39.99 | 34.56 | 250m: 2:50.05 | 35.10 | 350m: 4:00.71 | 35.16 |
| 100m: 1:05.43 33.87 | 200m: 2:14.95 | 34.96 | 300m: 3:25.55 | 35.50 | 400m: 4:35.37 | 34.66 |
| 10. MARCELO, Camila Duarte | 10 | POR | Condeixa Aqua Clube | 4:36.09 | +0,84 | 610 |
| 50m: 31.71 31.71 | 150m: 1:40.64 | 34.91 | 250m: 2:50.81 | 35.07 | 350m: 4:01.64 | 35.25 |
| 100m: 1:05.73 34.02 | 200m: 2:15.74 | 35.10 | 300m: 3:26.39 | 35.58 | 400m: 4:36.09 | 34.45 |
| 11. NEVES, Maria Gomes | 08 | POR | Braga | 4:36.47 | +0,72 | 607 |
| 50m: 30.28 30.28 | 150m: 1:38.09 | 34.36 | 250m: 2:48.05 | 35.01 | 350m: 4:00.26 | 36.26 |
| 100m: 1:03.73 33.45 | 200m: 2:13.04 | 34.95 | 300m: 3:24.00 | 35.95 | 400m: 4:36.47 | 36.21 |
| 12. VIEIRA, Ana Beatriz | 07 | POR | FOCA Quinta Da Lixa - Cnf | 4:38.17 | | 596 |
| 50m: 30.95 30.95 | 150m: 1:39.93 | 34.84 | 250m: 2:51.22 | 35.37 | 350m: 4:02.80 | 35.29 |
| 100m: 1:05.09 34.14 | 200m: 2:15.85 | 35.92 | 300m: 3:27.51 | 36.29 | 400m: 4:38.17 | 35.37 |
| 13. CUNHA, Mariana Fernandes | 11 | POR | FOCA Quinta Da Lixa - Cnf | 4:38.61 | | 593 |
| 50m: 31.50 31.50 | 150m: 1:40.76 | 34.66 | 250m: 2:51.98 | 35.24 | 350m: 4:03.33 | 35.23 |
| 100m: 1:06.10 34.60 | 200m: 2:16.74 | 35.98 | 300m: 3:28.10 | 36.12 | 400m: 4:38.61 | 35.28 |
| 14. CARDEAL, Leonor Nunes | 10 | POR | Condeixa Aqua Clube | 4:39.14 | | 590 |
| 50m: 30.76 30.76 | 150m: 1:39.59 | 35.06 | 250m: 2:51.72 | 35.97 | 350m: 4:04.65 | 36.06 |
| 100m: 1:04.53 33.77 | 200m: 2:15.75 | 36.16 | 300m: 3:28.59 | 36.87 | 400m: 4:39.14 | 34.49 |
| 15. MATIAS, Alana Costa | 09 | POR | Cnac | 4:43.92 | +0,74 | 561 |
| 50m: 31.44 31.44 | 150m: 1:40.91 | 35.41 | 250m: 2:53.67 | 36.67 | 350m: 4:07.94 | 37.40 |
| 100m: 1:05.50 34.06 | 200m: 2:17.00 | 36.09 | 300m: 3:30.54 | 36.87 | 400m: 4:43.92 | 35.98 |

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

| Lugar | Name | Ano | Nac | Club | Time | TReac | AQUA |
|-------|---------------------------|---------------|-------|------------------------|----------------|---------------|-------|
| 16. | TOMAS, Constanca Baptista | 09 | POR | Alcobaca | 4:45.06 | +0,73 | 554 |
| | 50m: 32.55 32.55 | 150m: 1:44.98 | 37.03 | 250m: 2:58.79 | 37.41 | 350m: 4:11.26 | 36.57 |
| | 100m: 1:07.95 35.40 | 200m: 2:21.38 | 36.40 | 300m: 3:34.69 | 35.90 | 400m: 4:45.06 | 33.80 |
| 17. | CRAVEIRO, Luana Ferreira | 09 | POR | Nautico Marinha Grande | 4:45.14 | +0,72 | 553 |
| | 50m: 31.64 31.64 | 150m: 1:44.57 | 37.56 | 250m: 2:58.64 | 36.55 | 350m: 4:10.74 | 35.89 |
| | 100m: 1:07.01 35.37 | 200m: 2:22.09 | 37.52 | 300m: 3:34.85 | 36.21 | 400m: 4:45.14 | 34.40 |
| 18. | SANTOS, Leonor Castanho | 07 | POR | Sporting | 4:45.20 | +0,70 | 553 |
| | 50m: 31.91 31.91 | 150m: 1:42.09 | 35.67 | 250m: 2:54.85 | 36.34 | 350m: 4:08.45 | 36.69 |
| | 100m: 1:06.42 34.51 | 200m: 2:18.51 | 36.42 | 300m: 3:31.76 | 36.91 | 400m: 4:45.20 | 36.75 |
| 19. | MOREIRA, Madalena Valente | 09 | POR | Colegio Efanor | 4:49.17 | +0,82 | 531 |
| | 50m: 31.55 31.55 | 150m: 1:41.82 | 35.96 | 250m: 2:56.63 | 37.40 | 350m: 4:11.92 | 37.64 |
| | 100m: 1:05.86 34.31 | 200m: 2:19.23 | 37.41 | 300m: 3:34.28 | 37.65 | 400m: 4:49.17 | 37.25 |

OPEN

| | | | | | | | |
|-----|---------------------------|---------------|-------|---------------------------|----------------|---------------|-------|
| 1. | MARTINS, Francisca Soares | 03 | POR | FOCA Quinta Da Lixa - Cnf | 4:14.09 | +0,53 | 782 |
| | 50m: 29.19 29.19 | 150m: 1:32.72 | 32.15 | 250m: 2:37.26 | 32.30 | 350m: 3:42.48 | 32.74 |
| | 100m: 1:00.57 31.38 | 200m: 2:04.96 | 32.24 | 300m: 3:09.74 | 32.48 | 400m: 4:14.09 | 31.61 |
| 2. | DURAES, Diana Margarida | 96 | POR | Benfica | 4:22.14 | +0,61 | 712 |
| | 50m: 31.00 31.00 | 150m: 1:36.47 | 32.90 | 250m: 2:42.90 | 33.16 | 350m: 3:49.25 | 33.30 |
| | 100m: 1:03.57 32.57 | 200m: 2:09.74 | 33.27 | 300m: 3:15.95 | 33.05 | 400m: 4:22.14 | 32.89 |
| 3. | FOMINA, Anna | 02 | POR | Sporting | 4:26.45 | +0,70 | 678 |
| | 50m: 29.34 29.34 | 150m: 1:35.21 | 33.53 | 250m: 2:43.63 | 34.79 | 350m: 3:52.30 | 34.38 |
| | 100m: 1:01.68 32.34 | 200m: 2:08.84 | 33.63 | 300m: 3:17.92 | 34.29 | 400m: 4:26.45 | 34.15 |
| 4. | VIANA, Carolina Pereira | 04 | POR | Sporting | 4:28.22 | +0,72 | 665 |
| | 50m: 30.57 30.57 | 150m: 1:37.36 | 33.98 | 250m: 2:45.85 | 34.40 | 350m: 3:54.69 | 34.28 |
| | 100m: 1:03.38 32.81 | 200m: 2:11.45 | 34.09 | 300m: 3:20.41 | 34.56 | 400m: 4:28.22 | 33.53 |
| 5. | CARDEAL, Joana Nunes | 02 | POR | Condeixa Aqua Clube | 4:28.49 | +0,56 | 663 |
| | 50m: 30.11 30.11 | 150m: 1:37.19 | 33.98 | 250m: 2:45.54 | 34.29 | 350m: 3:54.87 | 34.91 |
| | 100m: 1:03.21 33.10 | 200m: 2:11.25 | 34.06 | 300m: 3:19.96 | 34.42 | 400m: 4:28.49 | 33.62 |
| 6. | CABRAL, Carolina Vizinho | 07 | POR | Galitos / Bresimar | 4:31.30 | +0,74 | 643 |
| | 50m: 31.25 31.25 | 150m: 1:38.96 | 34.10 | 250m: 2:47.88 | 34.25 | 350m: 3:57.49 | 35.16 |
| | 100m: 1:04.86 33.61 | 200m: 2:13.63 | 34.67 | 300m: 3:22.33 | 34.45 | 400m: 4:31.30 | 33.81 |
| 7. | LOPES, Francisca Macedo | 05 | POR | Fluvial Portuense | 4:32.36 | +0,72 | 635 |
| | 50m: 31.01 31.01 | 150m: 1:38.44 | 34.24 | 250m: 2:47.57 | 34.73 | 350m: 3:57.66 | 35.41 |
| | 100m: 1:04.20 33.19 | 200m: 2:12.84 | 34.40 | 300m: 3:22.25 | 34.68 | 400m: 4:32.36 | 34.70 |
| 8. | HOLUB, Sofia Hryhorivna | 11 | POR | Vitória Sport Clube | 4:34.78 | +0,82 | 619 |
| | 50m: 30.74 30.74 | 150m: 1:39.30 | 34.02 | 250m: 2:50.02 | 34.84 | 350m: 4:00.86 | 35.29 |
| | 100m: 1:05.28 34.54 | 200m: 2:15.18 | 35.88 | 300m: 3:25.57 | 35.55 | 400m: 4:34.78 | 33.92 |
| 9. | PINTO, Maria Carvalho | 09 | POR | Viana Natacao | 4:35.37 | +0,84 | 615 |
| | 50m: 31.56 31.56 | 150m: 1:39.99 | 34.56 | 250m: 2:50.05 | 35.10 | 350m: 4:00.71 | 35.16 |
| | 100m: 1:05.43 33.87 | 200m: 2:14.95 | 34.96 | 300m: 3:25.55 | 35.50 | 400m: 4:35.37 | 34.66 |
| 10. | MARCELO, Camila Duarte | 10 | POR | Condeixa Aqua Clube | 4:36.09 | +0,84 | 610 |
| | 50m: 31.71 31.71 | 150m: 1:40.64 | 34.91 | 250m: 2:50.81 | 35.07 | 350m: 4:01.64 | 35.25 |
| | 100m: 1:05.73 34.02 | 200m: 2:15.74 | 35.10 | 300m: 3:26.39 | 35.58 | 400m: 4:36.09 | 34.45 |

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

| Lugar | Name | Ano | Nac | Club | Time | TReac | AQUA |
|-------|----------------------------|---------------|-------|---------------------------|----------------|---------------|-------|
| 11. | NEVES, Maria Gomes | 08 | POR | Braga | 4:36.47 | +0,72 | 607 |
| | 50m: 30.28 30.28 | 150m: 1:38.09 | 34.36 | 250m: 2:48.05 | 35.01 | 350m: 4:00.26 | 36.26 |
| | 100m: 1:03.73 33.45 | 200m: 2:13.04 | 34.95 | 300m: 3:24.00 | 35.95 | 400m: 4:36.47 | 36.21 |
| 12. | VIEIRA, Ana Beatriz | 07 | POR | FOCA Quinta Da Lixa - Cnf | 4:38.17 | | 596 |
| | 50m: 30.95 30.95 | 150m: 1:39.93 | 34.84 | 250m: 2:51.22 | 35.37 | 350m: 4:02.80 | 35.29 |
| | 100m: 1:05.09 34.14 | 200m: 2:15.85 | 35.92 | 300m: 3:27.51 | 36.29 | 400m: 4:38.17 | 35.37 |
| 13. | CUNHA, Mariana Fernandes | 11 | POR | FOCA Quinta Da Lixa - Cnf | 4:38.61 | | 593 |
| | 50m: 31.50 31.50 | 150m: 1:40.76 | 34.66 | 250m: 2:51.98 | 35.24 | 350m: 4:03.33 | 35.23 |
| | 100m: 1:06.10 34.60 | 200m: 2:16.74 | 35.98 | 300m: 3:28.10 | 36.12 | 400m: 4:38.61 | 35.28 |
| 14. | CARDEAL, Leonor Nunes | 10 | POR | Condeixa Aqua Clube | 4:39.14 | | 590 |
| | 50m: 30.76 30.76 | 150m: 1:39.59 | 35.06 | 250m: 2:51.72 | 35.97 | 350m: 4:04.65 | 36.06 |
| | 100m: 1:04.53 33.77 | 200m: 2:15.75 | 36.16 | 300m: 3:28.59 | 36.87 | 400m: 4:39.14 | 34.49 |
| 15. | MATIAS, Alana Costa | 09 | POR | Cnac | 4:43.92 | +0,74 | 561 |
| | 50m: 31.44 31.44 | 150m: 1:40.91 | 35.41 | 250m: 2:53.67 | 36.67 | 350m: 4:07.94 | 37.40 |
| | 100m: 1:05.50 34.06 | 200m: 2:17.00 | 36.09 | 300m: 3:30.54 | 36.87 | 400m: 4:43.92 | 35.98 |
| 16. | TOMAS, Constanca Baptista | 09 | POR | Alcobaca | 4:45.06 | +0,73 | 554 |
| | 50m: 32.55 32.55 | 150m: 1:44.98 | 37.03 | 250m: 2:58.79 | 37.41 | 350m: 4:11.26 | 36.57 |
| | 100m: 1:07.95 35.40 | 200m: 2:21.38 | 36.40 | 300m: 3:34.69 | 35.90 | 400m: 4:45.06 | 33.80 |
| 17. | CRAVEIRO, Luana Ferreira | 09 | POR | Nautico Marinha Grande | 4:45.14 | +0,72 | 553 |
| | 50m: 31.64 31.64 | 150m: 1:44.57 | 37.56 | 250m: 2:58.64 | 36.55 | 350m: 4:10.74 | 35.89 |
| | 100m: 1:07.01 35.37 | 200m: 2:22.09 | 37.52 | 300m: 3:34.85 | 36.21 | 400m: 4:45.14 | 34.40 |
| 18. | SANTOS, Leonor Castanho | 07 | POR | Sporting | 4:45.20 | +0,70 | 553 |
| | 50m: 31.91 31.91 | 150m: 1:42.09 | 35.67 | 250m: 2:54.85 | 36.34 | 350m: 4:08.45 | 36.69 |
| | 100m: 1:06.42 34.51 | 200m: 2:18.51 | 36.42 | 300m: 3:31.76 | 36.91 | 400m: 4:45.20 | 36.75 |
| 19. | MOREIRA, Madalena Valente | 09 | POR | Colegio Efanor | 4:49.17 | +0,82 | 531 |
| | 50m: 31.55 31.55 | 150m: 1:41.82 | 35.96 | 250m: 2:56.63 | 37.40 | 350m: 4:11.92 | 37.64 |
| | 100m: 1:05.86 34.31 | 200m: 2:19.23 | 37.41 | 300m: 3:34.28 | 37.65 | 400m: 4:49.17 | 37.25 |
| EXH | VEIGA, Susana Pereira | 00 | POR | Os Belenenses | 4:58.23 | | 484 |
| | <i>Recorde Nacional NA</i> | | | | | | |
| | 50m: 33.64 33.64 | 150m: 1:46.12 | 36.50 | 250m: 3:02.33 | 38.15 | 350m: 4:19.56 | 38.47 |
| | 100m: 1:09.62 35.98 | 200m: 2:24.18 | 38.06 | 300m: 3:41.09 | 38.76 | 400m: 4:58.23 | 38.67 |