

| Prova 26 | Femin., 400m Livres | | | | Absolutos |
|--------------------|---------------------|-------------------------|-----|-----------------|------------------|
| 24-03-2018 - 18:30 | | | | | Resultados Final |
| RN Absoluto | 4:10.07 | DURAES Diana Margarida | POR | Budapeste (HUN) | 23-07-2017 |
| RN Sen | 4:10.07 | DURAES Diana Margarida | POR | Budapeste (HUN) | 23-07-2017 |
| RN Jun17 | 4:14.67 | HOLUB Tamila Hryhorivna | SCB | Oeiras | 23-07-2016 |
| RN Jun16 | 4:20.37 | FERREIRA Marta Andreia | POR | Berlim (GER) | 04-08-2002 |
| RN Juv A | 4:20.78 | HOLUB Tamila Hryhorivna | POR | Porto | 07-06-2014 |
| RN Juv B | 4:26.20 | CABRAL Maria Francisca | FCP | Oeiras | 26-07-2014 |

Pre-Jun_Fem Juv: 4:31.34 / CEJun_Fem 14 - 17: 4:23.44 / CEPL Abs: 4:13.31 / JOJuvent 15 - 18: 4:18.93

Pontos: FINA 2018

| Lugar | Nome | Ano | Clube | Tempo Final | TReac | Pts FINA | Pts |
|----------------|---|-----|--------------------|----------------|-------|----------|-----|
| Final A | | | | | | | |
| 1. | DURAES Diana Margarida <i>Minimos CEPL</i> | 96 | Benfica | 4:13.27 | +0,74 | 813 | |
| | 50m: 29.25 29.25 150m: 1:31.97 31.59 250m: 2:36.42 32.21 350m: 3:41.31 32.42 | | | | | | |
| | 100m: 1:00.38 31.13 200m: 2:04.21 32.24 300m: 3:08.89 32.47 400m: 4:13.27 31.96 | | | | | | |
| 2. | HOLUB Tamila Hryhorivna | 99 | Braga | 4:16.97 | +0,75 | 779 | |
| | 50m: 29.65 29.65 150m: 1:33.30 31.98 250m: 2:38.28 32.48 350m: 3:44.38 32.95 | | | | | | |
| | 100m: 1:01.32 31.67 200m: 2:05.80 32.50 300m: 3:11.43 33.15 400m: 4:16.97 32.59 | | | | | | |
| 3. | FRAZAO Alexandra Couto | 02 | CASP AE | 4:24.28 | +0,72 | 716 | |
| | 50m: 30.66 30.66 150m: 1:36.14 33.03 250m: 2:42.74 33.57 350m: 3:50.33 33.84 | | | | | | |
| | 100m: 1:03.11 32.45 200m: 2:09.17 33.03 300m: 3:16.49 33.75 400m: 4:24.28 33.95 | | | | | | |
| 4. | RAMOS Ana Rita | 02 | Porto | 4:27.20 | +0,76 | 693 | |
| | 50m: 31.04 31.04 150m: 1:37.29 33.46 250m: 2:45.11 33.98 350m: 3:53.21 34.01 | | | | | | |
| | 100m: 1:03.83 32.79 200m: 2:11.13 33.84 300m: 3:19.20 34.09 400m: 4:27.20 33.99 | | | | | | |
| 5. | HENRIQUES Ines Jacinto | 00 | Pimpoes/Cimai | 4:27.41 | +0,76 | 691 | |
| | 50m: 30.76 30.76 150m: 1:37.81 33.83 250m: 2:45.65 33.91 350m: 3:53.98 34.34 | | | | | | |
| | 100m: 1:03.98 33.22 200m: 2:11.74 33.93 300m: 3:19.64 33.99 400m: 4:27.41 33.43 | | | | | | |
| 6. | RODRIGUES Filipa Serrano | 01 | Benfica | 4:28.11 | +0,73 | 686 | |
| | 50m: 30.54 30.54 150m: 1:36.71 33.49 250m: 2:44.30 33.80 350m: 3:53.60 34.64 | | | | | | |
| | 100m: 1:03.22 32.68 200m: 2:10.50 33.79 300m: 3:18.96 34.66 400m: 4:28.11 34.51 | | | | | | |
| 7. | FARIA Ana Rita | 00 | Porto | 4:28.65 | +0,67 | 681 | |
| | 50m: 30.76 30.76 150m: 1:38.20 33.96 250m: 2:46.50 34.00 350m: 3:55.16 34.16 | | | | | | |
| | 100m: 1:04.24 33.48 200m: 2:12.50 34.30 300m: 3:21.00 34.50 400m: 4:28.65 33.49 | | | | | | |
| 8. | BELEZA Mafalda Gomes | 94 | Sporting | 4:30.00 | +0,71 | 671 | |
| | 50m: 30.50 30.50 150m: 1:37.66 33.58 250m: 2:46.62 34.42 350m: 3:56.56 34.43 | | | | | | |
| | 100m: 1:04.08 33.58 200m: 2:12.20 34.54 300m: 3:22.13 35.51 400m: 4:30.00 33.44 | | | | | | |
| 9. | AZEVEDO Madalena Gomes | 99 | Alges | 4:31.52 | +0,69 | 660 | |
| | 50m: 30.12 30.12 150m: 1:37.97 34.38 250m: 2:47.42 34.66 350m: 3:57.39 34.89 | | | | | | |
| | 100m: 1:03.59 33.47 200m: 2:12.76 34.79 300m: 3:22.50 35.08 400m: 4:31.52 34.13 | | | | | | |
| 10. | COSTA Maria Carolina | 01 | Porto | 4:31.97 | +0,74 | 657 | |
| | 50m: 30.68 30.68 150m: 1:37.69 33.79 250m: 2:45.62 33.68 350m: 3:56.36 35.49 | | | | | | |
| | 100m: 1:03.90 33.22 200m: 2:11.94 34.25 300m: 3:20.87 35.25 400m: 4:31.97 35.61 | | | | | | |
| Final B | | | | | | | |
| 11. | SOUSA Ana Reis <i>Minimos CEJun</i> | 02 | Litoral Alentejano | 4:21.26 | +0,75 | 741 | |
| | 50m: 30.30 30.30 150m: 1:35.71 33.25 250m: 2:42.33 33.26 350m: 3:49.16 33.27 | | | | | | |
| | 100m: 1:02.46 32.16 200m: 2:09.07 33.36 300m: 3:15.89 33.56 400m: 4:21.26 32.10 | | | | | | |

Prova 26, Femin., 400m Livres, Final, Absolutos

| Lugar | Nome | Ano | Clube | Tempo Final | TReac | Pts FINA | Pts |
|----------------|---|-----|---------------------------|----------------|-------|----------|-----|
| 12. | ALVES Sara Sofia | 01 | Columbofila Cantanhedense | 4:25.65 | +0,74 | 705 | |
| | 50m: 30.81 30.81 150m: 1:36.99 33.08 250m: 2:44.73 33.48 350m: 3:52.40 33.51 | | | | | | |
| | 100m: 1:03.91 33.10 200m: 2:11.25 34.26 300m: 3:18.89 34.16 400m: 4:25.65 33.25 | | | | | | |
| 13. | BARBOSA Mariana Fernandes | 02 | Porto | 4:28.50 | +0,69 | 683 | |
| | 50m: 30.82 30.82 150m: 1:37.06 33.47 250m: 2:45.30 34.28 350m: 3:54.40 34.56 | | | | | | |
| | 100m: 1:03.59 32.77 200m: 2:11.02 33.96 300m: 3:19.84 34.54 400m: 4:28.50 34.10 | | | | | | |
| 14. | VELOSO Teresa Miguel | 00 | Nautico Academico | 4:30.44 | +0,71 | 668 | |
| | 50m: 31.00 31.00 150m: 1:39.66 34.47 250m: 2:48.42 34.14 350m: 3:56.83 33.91 | | | | | | |
| | 100m: 1:05.19 34.19 200m: 2:14.28 34.62 300m: 3:22.92 34.50 400m: 4:30.44 33.61 | | | | | | |
| 15. | MARTINS Francisca Soares <i>Minimos Pre-Jun</i> | 03 | Foca | 4:30.71 | +0,69 | 666 | |
| | 50m: 31.12 31.12 150m: 1:38.74 34.21 250m: 2:48.11 34.61 350m: 3:57.91 34.50 | | | | | | |
| | 100m: 1:04.53 33.41 200m: 2:13.50 34.76 300m: 3:23.41 35.30 400m: 4:30.71 32.80 | | | | | | |
| 16. | ANDRE Leticia Maia | 02 | Benfica | 4:30.72 | +0,75 | 666 | |
| | 50m: 30.27 30.27 150m: 1:37.60 34.39 250m: 2:46.37 33.99 350m: 3:56.14 34.51 | | | | | | |
| | 100m: 1:03.21 32.94 200m: 2:12.38 34.78 300m: 3:21.63 35.26 400m: 4:30.72 34.58 | | | | | | |
| 17. | MARCELINO Carolina Rosa | 01 | Alges | 4:33.39 | +0,74 | 647 | |
| | 50m: 31.08 31.08 150m: 1:39.37 34.68 250m: 2:48.56 34.23 350m: 3:58.29 34.74 | | | | | | |
| | 100m: 1:04.69 33.61 200m: 2:14.33 34.96 300m: 3:23.55 34.99 400m: 4:33.39 35.10 | | | | | | |
| 18. | QUEIROZ Ana Rita | 02 | CASP AE | 4:36.85 | +0,71 | 623 | |
| | 50m: 31.35 31.35 150m: 1:39.52 34.48 250m: 2:49.63 34.81 350m: 4:01.16 35.37 | | | | | | |
| | 100m: 1:05.04 33.69 200m: 2:14.82 35.30 300m: 3:25.79 36.16 400m: 4:36.85 35.69 | | | | | | |
| 19. | NEVES Carolina Marques | 01 | Torres Novas | 4:38.01 | +0,75 | 615 | |
| | 50m: 31.20 31.20 150m: 1:41.16 34.86 250m: 2:52.22 35.27 350m: 4:03.89 35.68 | | | | | | |
| | 100m: 1:06.30 35.10 200m: 2:16.95 35.79 300m: 3:28.21 35.99 400m: 4:38.01 34.12 | | | | | | |
| 20. | PINHO Carolina Teixeira | 04 | Porto | 4:43.61 | +0,77 | 579 | |
| | 50m: 31.97 31.97 150m: 1:42.97 36.04 250m: 2:55.13 36.17 350m: 4:08.08 36.39 | | | | | | |
| | 100m: 1:06.93 34.96 200m: 2:18.96 35.99 300m: 3:31.69 36.56 400m: 4:43.61 35.53 | | | | | | |
| Final C | | | | | | | |
| 21. | FERNANDES Leonor Camacho | 02 | Sporting | 4:40.21 | +0,73 | 600 | |
| | 50m: 31.09 31.09 150m: 1:41.10 34.95 250m: 2:52.50 35.57 350m: 4:04.58 35.76 | | | | | | |
| | 100m: 1:06.15 35.06 200m: 2:16.93 35.83 300m: 3:28.82 36.32 400m: 4:40.21 35.63 | | | | | | |
| 22. | MARTINS Ines Alves | 01 | Fluvial Portuense | 4:42.51 | +0,75 | 586 | |
| | 50m: 31.78 31.78 150m: 1:41.69 35.05 250m: 2:53.84 36.16 350m: 4:06.87 36.36 | | | | | | |
| | 100m: 1:06.64 34.86 200m: 2:17.68 35.99 300m: 3:30.51 36.67 400m: 4:42.51 35.64 | | | | | | |
| 23. | CONCEICAO Ema Jeronimo | 03 | Fisica Torres Vedras | 4:44.44 | +0,79 | 574 | |
| | 50m: 31.72 31.72 150m: 1:42.35 35.69 250m: 2:55.05 36.61 350m: 4:08.90 36.27 | | | | | | |
| | 100m: 1:06.66 34.94 200m: 2:18.44 36.09 300m: 3:32.63 37.58 400m: 4:44.44 35.54 | | | | | | |
| 24. | SILVA Camila Alexandra | 03 | Columbofila Cantanhedense | 4:44.76 | +0,75 | 572 | |
| | 50m: 31.96 31.96 150m: 1:42.60 35.77 250m: 2:55.66 36.87 350m: 4:09.11 36.93 | | | | | | |
| | 100m: 1:06.83 34.87 200m: 2:18.79 36.19 300m: 3:32.18 36.52 400m: 4:44.76 35.65 | | | | | | |
| 25. | GASPAR Beatriz Ferreira | 04 | Hoquei Mealhada/ CA | 4:45.43 | +0,80 | 568 | |
| | 50m: 31.59 31.59 150m: 1:42.69 36.03 250m: 2:55.71 36.48 350m: 4:09.97 37.04 | | | | | | |
| | 100m: 1:06.66 35.07 200m: 2:19.23 36.54 300m: 3:32.93 37.22 400m: 4:45.43 35.46 | | | | | | |

Prova 26, Femin., 400m Livres, Final, Absolutos

| Lugar | Nome | Ano | Clube | Tempo Final | TReac | Pts FINA | Pts |
|-------|------------------------------|---------------|---------------|----------------|--------------|---------------|-------|
| 26. | SOUSA Ines Matos | 03 | Uniao Coimbra | 4:47.32 | +0,74 | 557 | |
| | 50m: 32.66 32.66 | 150m: 1:44.61 | 36.17 | 250m: 2:58.07 | 36.65 | 350m: 4:11.48 | 36.33 |
| | 100m: 1:08.44 35.78 | 200m: 2:21.42 | 36.81 | 300m: 3:35.15 | 37.08 | 400m: 4:47.32 | 35.84 |
| 27. | PRETO Filipa Manso | 04 | Porto | 4:47.34 | +0,83 | 557 | |
| | 50m: 32.21 32.21 | 150m: 1:43.86 | 36.22 | 250m: 2:57.16 | 36.81 | 350m: 4:11.41 | 36.94 |
| | 100m: 1:07.64 35.43 | 200m: 2:20.35 | 36.49 | 300m: 3:34.47 | 37.31 | 400m: 4:47.34 | 35.93 |
| 28. | PIRES Beatriz Almeida | 03 | Uniao Coimbra | 4:47.38 | +0,76 | 557 | |
| | 50m: 32.51 32.51 | 150m: 1:44.11 | 35.99 | 250m: 2:57.98 | 36.96 | 350m: 4:11.71 | 36.69 |
| | 100m: 1:08.12 35.61 | 200m: 2:21.02 | 36.91 | 300m: 3:35.02 | 37.04 | 400m: 4:47.38 | 35.67 |
| 29. | VARANDAS Joana Filipa | 02 | Laranjeiro | 4:47.80 | +0,79 | 554 | |
| | 50m: 32.61 32.61 | 150m: 1:44.59 | 36.45 | 250m: 2:58.18 | 37.20 | 350m: 4:12.66 | 37.11 |
| | 100m: 1:08.14 35.53 | 200m: 2:20.98 | 36.39 | 300m: 3:35.55 | 37.37 | 400m: 4:47.80 | 35.14 |
| 30. | SANTOS Leonor Esteves | 04 | Avancado EUL | 4:50.97 | +0,74 | 536 | |
| | 50m: 32.65 32.65 | 150m: 1:45.70 | 36.96 | 250m: 2:59.96 | 36.89 | 350m: 4:14.47 | 37.08 |
| | 100m: 1:08.74 36.09 | 200m: 2:23.07 | 37.37 | 300m: 3:37.39 | 37.43 | 400m: 4:50.97 | 36.50 |