

Campeonato Nacional de Juvenis
Campeonato Nacional Absolutos de Portugal OPEN
Oeiras, 30 Julho a 01 Agosto de 2021



Prova 16
31/07/2021 - 16:40

Femin., 400m Livres

Juvenis B
Resultados

Rec Nac Absoluto	4:09.49	DURAES Diana Margarida	POR	Tarragona (ESP)	25/06/2018
Rec Nac Juv B	4:26.20	CABRAL Maria Francisca	FCP	Oeiras	26/07/2014

Pontos: FINA 2021

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	PINTO Margarida Vieira	07	Braga	4:45.99	+0,78	565	
	50m: 32.02 32.02	150m: 1:44.06 36.60	250m: 2:57.46	36.78	350m: 4:11.04	36.86	
	100m: 1:07.46 35.44	200m: 2:20.68 36.62	300m: 3:34.18	36.72	400m: 4:45.99	34.95	
2.	MANO Leonor Mil	07	Fundacao Beatriz Santos	4:46.00	+0,80	565	
	50m: 32.83 32.83	150m: 1:46.48 36.97	250m: 2:59.67	36.08	350m: 4:11.65	35.34	
	100m: 1:09.51 36.68	200m: 2:23.59 37.11	300m: 3:36.31	36.64	400m: 4:46.00	34.35	
3.	ALMEIDA Bianca Filipa	07	Alges e Agueda XXI	4:47.26	+0,88	557	
	50m: 32.78 32.78	150m: 1:45.43 36.72	250m: 2:58.91	36.76	350m: 4:11.76	36.29	
	100m: 1:08.71 35.93	200m: 2:22.15 36.72	300m: 3:35.47	36.56	400m: 4:47.26	35.50	
4.	AGUILAR Marta Andre	07	Fundacao Beatriz Santos	4:49.17	+0,84	546	
	50m: 32.38 32.38	150m: 1:44.60 36.31	250m: 2:57.67	36.11	350m: 4:12.18	37.19	
	100m: 1:08.29 35.91	200m: 2:21.56 36.96	300m: 3:34.99	37.32	400m: 4:49.17	36.99	
5.	CAMARA Ines Cruz	07	Desportivo Nacional	4:53.79	+0,74	521	
	50m: 33.51 33.51	150m: 1:46.79 36.97	250m: 3:01.99	37.59	350m: 4:17.58	37.66	
	100m: 1:09.82 36.31	200m: 2:24.40 37.61	300m: 3:39.92	37.93	400m: 4:53.79	36.21	
6.	RODRIGUES Leonor Carreiro	07	Benfica	4:54.42	+0,66	518	
	50m: 33.32 33.32	150m: 1:47.69 37.13	250m: 3:03.09	37.82	350m: 4:18.82	37.91	
	100m: 1:10.56 37.24	200m: 2:25.27 37.58	300m: 3:40.91	37.82	400m: 4:54.42	35.60	
7.	ALVES Sara Sofia	07	Naval Setubalense	4:54.45	+0,87	517	
	50m: 33.16 33.16	150m: 1:47.55 37.70	250m: 3:03.37	37.92	350m: 4:18.60	37.32	
	100m: 1:09.85 36.69	200m: 2:25.45 37.90	300m: 3:41.28	37.91	400m: 4:54.45	35.85	
8.	VIANA Matilde Violante	07	Ba-Leiria	4:59.25	+0,86	493	
	50m: 33.10 33.10	150m: 1:48.13 38.12	250m: 3:05.15	38.26	350m: 4:22.08	38.12	
	100m: 1:10.01 36.91	200m: 2:26.89 38.76	300m: 3:43.96	38.81	400m: 4:59.25	37.17	
9.	MACEDO Laura Pinheiro	07	Albicastrense	4:59.43	+0,84	492	
	50m: 33.21 33.21	150m: 1:48.14 37.92	250m: 3:05.18	38.71	350m: 4:22.24	38.40	
	100m: 1:10.22 37.01	200m: 2:26.47 38.33	300m: 3:43.84	38.66	400m: 4:59.43	37.19	
10.	RODEIA Mariana Figueira	07	Naval de Faro	5:00.09	+0,75	489	
	50m: 32.77 32.77	150m: 1:46.87 37.65	250m: 3:04.65	39.34	350m: 4:23.43	39.27	
	100m: 1:09.22 36.45	200m: 2:25.31 38.44	300m: 3:44.16	39.51	400m: 5:00.09	36.66	
11.	SANTOS Leonor Castanho	07	Sporting	5:03.61	+0,70	472	
	50m: 33.55 33.55	150m: 1:47.80 38.09	250m: 3:04.94	38.11	350m: 4:23.88	39.99	
	100m: 1:09.71 36.16	200m: 2:26.83 39.03	300m: 3:43.89	38.95	400m: 5:03.61	39.73	
DNS	SIMAO Laura Roque	07	Nautico Marinha Grande				

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Oeiras, 30 Julho a 01 Agosto de 2021



Prova 16, Femin., 400m Livres

Prova 16
31/07/2021 - 16:40

Femin., 400m Livres

Juvenis A
Resultados

Rec Nac Absoluto	4:09.49	DURAES Diana Margarida	POR	Tarragona (ESP)	25/06/2018
Rec Nac Juv A	4:20.78	HOLUB Tamila Hryhorivna	POR	Porto	07/06/2014

Pontos: FINA 2021

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	FARIA Leonor Verissimo	06	Nucleo de Pombal	4:35.29	+0,83	633	
	50m: 31.81 31.81	150m: 1:41.88 35.08	250m: 2:52.33 34.93	350m: 4:02.11 34.33			
	100m: 1:06.80 34.99	200m: 2:17.40 35.52	300m: 3:27.78 35.45	400m: 4:35.29 33.18			
2.	COELHO Maria Leonor	06	Benfica	4:39.59	+0,82	604	
	50m: 32.36 32.36	150m: 1:43.27 35.50	250m: 2:54.39 35.06	350m: 4:05.60 35.92			
	100m: 1:07.77 35.41	200m: 2:19.33 36.06	300m: 3:29.68 35.29	400m: 4:39.59 33.99			
3.	PIRES Catarina Gaspar	06	Porto	4:40.73	+0,87	597	
	50m: 32.24 32.24	150m: 1:42.83 35.76	250m: 2:54.45 35.82	350m: 4:06.12 35.88			
	100m: 1:07.07 34.83	200m: 2:18.63 35.80	300m: 3:30.24 35.79	400m: 4:40.73 34.61			
4.	AMORIM Ines Santos	06	Desportiva de Viana	4:40.78	+0,91	597	
	50m: 32.76 32.76	150m: 1:43.74 35.66	250m: 2:55.87 36.11	350m: 4:07.73 36.08			
	100m: 1:08.08 35.32	200m: 2:19.76 36.02	300m: 3:31.65 35.78	400m: 4:40.78 33.05			
5.	RAMOS Joana Barbas	06	Gafanha da Encarnacao	4:44.00	+0,86	577	
	50m: 32.56 32.56	150m: 1:43.09 35.95	250m: 2:56.23 36.98	350m: 4:09.24 36.50			
	100m: 1:07.14 34.58	200m: 2:19.25 36.16	300m: 3:32.74 36.51	400m: 4:44.00 34.76			
6.	LOPES Matilde Nunes	06	Benfica	4:44.12	+0,75	576	
	50m: 33.56 33.56	150m: 1:46.05 36.46	250m: 2:59.02 36.33	350m: 4:09.77 35.04			
	100m: 1:09.59 36.03	200m: 2:22.69 36.64	300m: 3:34.73 35.71	400m: 4:44.12 34.35			
7.	SOARES Miriam Mortagua	06	Galitos/ Bresimar	4:44.72	+0,76	572	
	50m: 31.77 31.77	150m: 1:43.39 36.21	250m: 2:56.31 36.12	350m: 4:09.22 36.22			
	100m: 1:07.18 35.41	200m: 2:20.19 36.80	300m: 3:33.00 36.69	400m: 4:44.72 35.50			
8.	SILVA Ana Francisca	06	Alcobaca	4:45.04	+0,83	570	
	50m: 32.51 32.51	150m: 1:43.79 36.08	250m: 2:56.55 36.26	350m: 4:09.91 36.23			
	100m: 1:07.71 35.20	200m: 2:20.29 36.50	300m: 3:33.68 37.13	400m: 4:45.04 35.13			
9.	COSTA Anita Gouveia	06	Condeixa Clube	4:45.14	+0,77	570	
	50m: 32.49 32.49	150m: 1:43.51 35.73	250m: 2:56.00 36.06	350m: 4:09.77 37.04			
	100m: 1:07.78 35.29	200m: 2:19.94 36.43	300m: 3:32.73 36.73	400m: 4:45.14 35.37			
10.	VALENTE Maria Esteves	06	Benfica	4:48.05	+0,84	553	
	50m: 33.44 33.44	150m: 1:45.98 36.30	250m: 2:59.02 36.14	350m: 4:11.82 36.15			
	100m: 1:09.68 36.24	200m: 2:22.88 36.90	300m: 3:35.67 36.65	400m: 4:48.05 36.23			
11.	FERREIRA Maria Neto	06	Fundacao Beatriz Santos	4:49.35	+0,84	545	
	50m: 32.70 32.70	150m: 1:45.53 36.50	250m: 2:58.98 36.68	350m: 4:12.81 36.17			
	100m: 1:09.03 36.33	200m: 2:22.30 36.77	300m: 3:36.64 37.66	400m: 4:49.35 36.54			
12.	PEIXOTO Carolina Esteves	06	Braga	4:49.83	+0,91	543	
	50m: 32.35 32.35	150m: 1:43.66 36.53	250m: 2:58.05 37.43	350m: 4:13.38 37.79			
	100m: 1:07.13 34.78	200m: 2:20.62 36.96	300m: 3:35.59 37.54	400m: 4:49.83 36.45			
13.	MADEIRA Margarida Correia	06	Nautico Marinha Grande	4:51.93	+0,81	531	
	50m: 33.24 33.24	150m: 1:46.45 37.31	250m: 3:00.50 37.20	350m: 4:15.43 37.54			
	100m: 1:09.14 35.90	200m: 2:23.30 36.85	300m: 3:37.89 37.39	400m: 4:51.93 36.50			

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Campeonato Nacional Absolutos de Portugal OPEN
Oeiras, 30 Julho a 01 Agosto de 2021



Prova 16, Femin., 400m Livres, Juvenis A

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
14.	DINIS Filipa Paiva	06	Ba-Leiria	4:52.32	+0,87	529	
	50m: 31.67 31.67	150m: 1:44.39 37.07	250m: 2:59.41 37.75	350m: 4:14.72 37.28			
	100m: 1:07.32 35.65	200m: 2:21.66 37.27	300m: 3:37.44 38.03	400m: 4:52.32 37.60			
15.	TEIXEIRA Ines Correia	06	Amadora	4:58.13	+0,84	498	
	50m: 33.84 33.84	150m: 1:47.83 37.01	250m: 3:02.65 37.57	350m: 4:19.88 38.25			
	100m: 1:10.82 36.98	200m: 2:25.08 37.25	300m: 3:41.63 38.98	400m: 4:58.13 38.25			
16.	FROIS Maria Francisca	06	Ba-Leiria	4:58.82	+0,79	495	
	50m: 32.65 32.65	150m: 1:47.12 38.03	250m: 3:03.76 38.17	350m: 4:21.06 38.88			
	100m: 1:09.09 36.44	200m: 2:25.59 38.47	300m: 3:42.18 38.42	400m: 4:58.82 37.76			
17.	FLORINDO Helena Neto	06	Electrico Clube/ FGil.pt	5:06.97	+0,89	457	
	50m: 33.82 33.82	150m: 1:50.25 38.93	250m: 3:09.15 39.51	350m: 4:28.41 39.81			
	100m: 1:11.32 37.50	200m: 2:29.64 39.39	300m: 3:48.60 39.45	400m: 5:06.97 38.56			

Prova 16 Femin., 400m Livres Juvenis [A e B]
31/07/2021 - 16:40 Resultados

Rec Nac Absoluto	4:09.49	DURAES Diana Margarida	POR	Tarragona (ESP)	25/06/2018
Rec Nac Juv A	4:20.78	HOLUB Tamila Hryhorivna	POR	Porto	07/06/2014
Rec Nac Juv B	4:26.20	CABRAL Maria Francisca	FCP	Oeiras	26/07/2014

Pontos: FINA 2021

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	FARIA Leonor Verissimo	06	Nucleo de Pombal	4:35.29	+0,83	633	
	50m: 31.81 31.81	150m: 1:41.88 35.08	250m: 2:52.33 34.93	350m: 4:02.11 34.33			
	100m: 1:06.80 34.99	200m: 2:17.40 35.52	300m: 3:27.78 35.45	400m: 4:35.29 33.18			
2.	COELHO Maria Leonor	06	Benfica	4:39.59	+0,82	604	
	50m: 32.36 32.36	150m: 1:43.27 35.50	250m: 2:54.39 35.06	350m: 4:05.60 35.92			
	100m: 1:07.77 35.41	200m: 2:19.33 36.06	300m: 3:29.68 35.29	400m: 4:39.59 33.99			
3.	PIRES Catarina Gaspar	06	Porto	4:40.73	+0,87	597	
	50m: 32.24 32.24	150m: 1:42.83 35.76	250m: 2:54.45 35.82	350m: 4:06.12 35.88			
	100m: 1:07.07 34.83	200m: 2:18.63 35.80	300m: 3:30.24 35.79	400m: 4:40.73 34.61			
4.	AMORIM Ines Santos	06	Desportiva de Viana	4:40.78	+0,91	597	
	50m: 32.76 32.76	150m: 1:43.74 35.66	250m: 2:55.87 36.11	350m: 4:07.73 36.08			
	100m: 1:08.08 35.32	200m: 2:19.76 36.02	300m: 3:31.65 35.78	400m: 4:40.78 33.05			
5.	RAMOS Joana Barbas	06	Gafanha da Encarnacao	4:44.00	+0,86	577	
	50m: 32.56 32.56	150m: 1:43.09 35.95	250m: 2:56.23 36.98	350m: 4:09.24 36.50			
	100m: 1:07.14 34.58	200m: 2:19.25 36.16	300m: 3:32.74 36.51	400m: 4:44.00 34.76			
6.	LOPES Matilde Nunes	06	Benfica	4:44.12	+0,75	576	
	50m: 33.56 33.56	150m: 1:46.05 36.46	250m: 2:59.02 36.33	350m: 4:09.77 35.04			
	100m: 1:09.59 36.03	200m: 2:22.69 36.64	300m: 3:34.73 35.71	400m: 4:44.12 34.35			
7.	SOARES Miriam Mortagua	06	Galitos/ Bresimar	4:44.72	+0,76	572	
	50m: 31.77 31.77	150m: 1:43.39 36.21	250m: 2:56.31 36.12	350m: 4:09.22 36.22			
	100m: 1:07.18 35.41	200m: 2:20.19 36.80	300m: 3:33.00 36.69	400m: 4:44.72 35.50			
8.	SILVA Ana Francisca	06	Alcobaca	4:45.04	+0,83	570	
	50m: 32.51 32.51	150m: 1:43.79 36.08	250m: 2:56.55 36.26	350m: 4:09.91 36.23			
	100m: 1:07.71 35.20	200m: 2:20.29 36.50	300m: 3:33.68 37.13	400m: 4:45.04 35.13			

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Campeonato Nacional Absolutos de Portugal OPEN
Oeiras, 30 Julho a 01 Agosto de 2021



Prova 16, Femin., 400m Livres, Juvenis [A e B]

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
9.	COSTA Anita Gouveia	06	Condeixa Clube	4:45.14	+0,77	570	
	50m: 32.49 32.49	150m: 1:43.51 35.73	250m: 2:56.00 36.06	350m: 4:09.77 37.04			
	100m: 1:07.78 35.29	200m: 2:19.94 36.43	300m: 3:32.73 36.73	400m: 4:45.14 35.37			
10.	PINTO Margarida Vieira	07	Braga	4:45.99	+0,78	565	
	50m: 32.02 32.02	150m: 1:44.06 36.60	250m: 2:57.46 36.78	350m: 4:11.04 36.86			
	100m: 1:07.46 35.44	200m: 2:20.68 36.62	300m: 3:34.18 36.72	400m: 4:45.99 34.95			
11.	MANO Leonor Mil	07	Fundacao Beatriz Santos	4:46.00	+0,80	565	
	50m: 32.83 32.83	150m: 1:46.48 36.97	250m: 2:59.67 36.08	350m: 4:11.65 35.34			
	100m: 1:09.51 36.68	200m: 2:23.59 37.11	300m: 3:36.31 36.64	400m: 4:46.00 34.35			
12.	ALMEIDA Bianca Filipa	07	Alges e Agueda XXI	4:47.26	+0,88	557	
	50m: 32.78 32.78	150m: 1:45.43 36.72	250m: 2:58.91 36.76	350m: 4:11.76 36.29			
	100m: 1:08.71 35.93	200m: 2:22.15 36.72	300m: 3:35.47 36.56	400m: 4:47.26 35.50			
13.	VALENTE Maria Esteves	06	Benfica	4:48.05	+0,84	553	
	50m: 33.44 33.44	150m: 1:45.98 36.30	250m: 2:59.02 36.14	350m: 4:11.82 36.15			
	100m: 1:09.68 36.24	200m: 2:22.88 36.90	300m: 3:35.67 36.65	400m: 4:48.05 36.23			
14.	AGUILAR Marta Andre	07	Fundacao Beatriz Santos	4:49.17	+0,84	546	
	50m: 32.38 32.38	150m: 1:44.60 36.31	250m: 2:57.67 36.11	350m: 4:12.18 37.19			
	100m: 1:08.29 35.91	200m: 2:21.56 36.96	300m: 3:34.99 37.32	400m: 4:49.17 36.99			
15.	FERREIRA Maria Neto	06	Fundacao Beatriz Santos	4:49.35	+0,84	545	
	50m: 32.70 32.70	150m: 1:45.53 36.50	250m: 2:58.98 36.68	350m: 4:12.81 36.17			
	100m: 1:09.03 36.33	200m: 2:22.30 36.77	300m: 3:36.64 37.66	400m: 4:49.35 36.54			
16.	PEIXOTO Carolina Esteves	06	Braga	4:49.83	+0,91	543	
	50m: 32.35 32.35	150m: 1:43.66 36.53	250m: 2:58.05 37.43	350m: 4:13.38 37.79			
	100m: 1:07.13 34.78	200m: 2:20.62 36.96	300m: 3:35.59 37.54	400m: 4:49.83 36.45			
17.	MADEIRA Margarida Correia	06	Nautico Marinha Grande	4:51.93	+0,81	531	
	50m: 33.24 33.24	150m: 1:46.45 37.31	250m: 3:00.50 37.20	350m: 4:15.43 37.54			
	100m: 1:09.14 35.90	200m: 2:23.30 36.85	300m: 3:37.89 37.39	400m: 4:51.93 36.50			
18.	DINIS Filipa Paiva	06	Ba-Leiria	4:52.32	+0,87	529	
	50m: 31.67 31.67	150m: 1:44.39 37.07	250m: 2:59.41 37.75	350m: 4:14.72 37.28			
	100m: 1:07.32 35.65	200m: 2:21.66 37.27	300m: 3:37.44 38.03	400m: 4:52.32 37.60			
19.	CAMARA Ines Cruz	07	Desportivo Nacional	4:53.79	+0,74	521	
	50m: 33.51 33.51	150m: 1:46.79 36.97	250m: 3:01.99 37.59	350m: 4:17.58 37.66			
	100m: 1:09.82 36.31	200m: 2:24.40 37.61	300m: 3:39.92 37.93	400m: 4:53.79 36.21			
20.	RODRIGUES Leonor Carreiro	07	Benfica	4:54.42	+0,66	518	
	50m: 33.32 33.32	150m: 1:47.69 37.13	250m: 3:03.09 37.82	350m: 4:18.82 37.91			
	100m: 1:10.56 37.24	200m: 2:25.27 37.58	300m: 3:40.91 37.82	400m: 4:54.42 35.60			
21.	ALVES Sara Sofia	07	Naval Setubalense	4:54.45	+0,87	517	
	50m: 33.16 33.16	150m: 1:47.55 37.70	250m: 3:03.37 37.92	350m: 4:18.60 37.32			
	100m: 1:09.85 36.69	200m: 2:25.45 37.90	300m: 3:41.28 37.91	400m: 4:54.45 35.85			
22.	TEIXEIRA Ines Correia	06	Amadora	4:58.13	+0,84	498	
	50m: 33.84 33.84	150m: 1:47.83 37.01	250m: 3:02.65 37.57	350m: 4:19.88 38.25			
	100m: 1:10.82 36.98	200m: 2:25.08 37.25	300m: 3:41.63 38.98	400m: 4:58.13 38.25			
23.	FROIS Maria Francisca	06	Ba-Leiria	4:58.82	+0,79	495	
	50m: 32.65 32.65	150m: 1:47.12 38.03	250m: 3:03.76 38.17	350m: 4:21.06 38.88			
	100m: 1:09.09 36.44	200m: 2:25.59 38.47	300m: 3:42.18 38.42	400m: 4:58.82 37.76			

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Prova 16, Femin., 400m Livres, Juvenis [A e B]

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
24.	VIANA Matilde Violante	07	Ba-Leiria	4:59.25	+0,86	493	
	50m: 33.10 33.10	150m: 1:48.13 38.12	250m: 3:05.15 38.26	350m: 4:22.08 38.12			
	100m: 1:10.01 36.91	200m: 2:26.89 38.76	300m: 3:43.96 38.81	400m: 4:59.25 37.17			
25.	MACEDO Laura Pinheiro	07	Albicastrense	4:59.43	+0,84	492	
	50m: 33.21 33.21	150m: 1:48.14 37.92	250m: 3:05.18 38.71	350m: 4:22.24 38.40			
	100m: 1:10.22 37.01	200m: 2:26.47 38.33	300m: 3:43.84 38.66	400m: 4:59.43 37.19			
26.	RODEIA Mariana Figueira	07	Naval de Faro	5:00.09	+0,75	489	
	50m: 32.77 32.77	150m: 1:46.87 37.65	250m: 3:04.65 39.34	350m: 4:23.43 39.27			
	100m: 1:09.22 36.45	200m: 2:25.31 38.44	300m: 3:44.16 39.51	400m: 5:00.09 36.66			
27.	SANTOS Leonor Castanho	07	Sporting	5:03.61	+0,70	472	
	50m: 33.55 33.55	150m: 1:47.80 38.09	250m: 3:04.94 38.11	350m: 4:23.88 39.99			
	100m: 1:09.71 36.16	200m: 2:26.83 39.03	300m: 3:43.89 38.95	400m: 5:03.61 39.73			
28.	FLORINDO Helena Neto	06	Electrico Clube/ FGil.pt	5:06.97	+0,89	457	
	50m: 33.82 33.82	150m: 1:50.25 38.93	250m: 3:09.15 39.51	350m: 4:28.41 39.81			
	100m: 1:11.32 37.50	200m: 2:29.64 39.39	300m: 3:48.60 39.45	400m: 5:06.97 38.56			
DNS	SIMAO Laura Roque	07	Nautico Marinha Grande				

Prova 16
31/07/2021 - 16:40

Femin., 400m Livres

Juniores
Resultados

Rec Nac Absoluto	4:09.49	DURAES Diana Margarida	POR	Tarragona (ESP)	25/06/2018
Rec Nac Jun17	4:14.67	HOLUB Tamila Hryhorivna	SCB	Oeiras	23/07/2016
Rec Nac Jun16	4:20.37	FERREIRA Marta Andreia	POR	Berlim (GER)	04/08/2002

Pontos: FINA 2021

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	MOURA Maria Ferreira	04	Sporting	4:26.35	+0,80	699	
	50m: 30.49 30.49	150m: 1:37.18 33.82	250m: 2:44.86 33.86	350m: 3:52.78 34.02			
	100m: 1:03.36 32.87	200m: 2:11.00 33.82	300m: 3:18.76 33.90	400m: 4:26.35 33.57			
2.	CARDEAL Beatriz Nunes	04	Academico Viseu	4:26.70	+0,74	696	
	50m: 30.74 30.74	150m: 1:37.84 33.73	250m: 2:45.71 33.73	350m: 3:53.80 33.94			
	100m: 1:04.11 33.37	200m: 2:11.98 34.14	300m: 3:19.86 34.15	400m: 4:26.70 32.90			
3.	LOPES Daniela Magalhaes	05	Famalicao	4:27.79	+0,80	688	
	50m: 31.31 31.31	150m: 1:38.10 34.05	250m: 2:46.39 34.46	350m: 3:54.99 34.48			
	100m: 1:04.05 32.74	200m: 2:11.93 33.83	300m: 3:20.51 34.12	400m: 4:27.79 32.80			
4.	PIRES Marta Joao	05	Alges	4:28.24	+0,81	685	
	50m: 31.17 31.17	150m: 1:39.06 33.84	250m: 2:47.23 33.87	350m: 3:55.29 33.80			
	100m: 1:05.22 34.05	200m: 2:13.36 34.30	300m: 3:21.49 34.26	400m: 4:28.24 32.95			
5.	ALVES Joana Silva	05	Benedita	4:35.39	+0,72	633	
	50m: 31.94 31.94	150m: 1:42.14 35.02	250m: 2:52.45 34.96	350m: 4:02.11 34.58			
	100m: 1:07.12 35.18	200m: 2:17.49 35.35	300m: 3:27.53 35.08	400m: 4:35.39 33.28			
6.	ROSA Mariana Carmo	05	Louzan Natacao/EFAPEL	4:35.83	+0,85	630	
	50m: 30.92 30.92	150m: 1:38.42 34.16	250m: 2:48.65 35.12	350m: 4:00.19 35.82			
	100m: 1:04.26 33.34	200m: 2:13.53 35.11	300m: 3:24.37 35.72	400m: 4:35.83 35.64			
7.	LOPES Francisca Macedo	05	Vilacondense	4:37.90	+0,85	616	
	50m: 31.57 31.57	150m: 1:41.38 35.16	250m: 2:51.83 35.25	350m: 4:02.68 35.44			
	100m: 1:06.22 34.65	200m: 2:16.58 35.20	300m: 3:27.24 35.41	400m: 4:37.90 35.22			

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Campeonato Nacional de Juvenis
Campeonato Nacional Absolutos de Portugal OPEN
Oeiras, 30 Julho a 01 Agosto de 2021



Prova 16, Femin., 400m Livres, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
8.	RODRIGUES Joana Francisca	04	Individual ANC	4:40.36	+0,85	599	
	50m: 30.97 30.97 150m: 1:40.97 35.36 250m: 2:52.45 35.70 350m: 4:04.85 35.82						
	100m: 1:05.61 34.64 200m: 2:16.75 35.78 300m: 3:29.03 36.58 400m: 4:40.36 35.51						
9.	GASPAR Beatriz Ferreira	04	Individual ANC	4:41.94	+0,87	589	
	50m: 31.74 31.74 150m: 1:42.22 35.47 250m: 2:53.56 35.66 350m: 4:06.13 36.09						
	100m: 1:06.75 35.01 200m: 2:17.90 35.68 300m: 3:30.04 36.48 400m: 4:41.94 35.81						
10.	NOBRE Marisa Isabel	05	Columbofila Cantanhedense	4:43.55	+0,73	579	
	50m: 31.32 31.32 150m: 1:42.35 36.34 250m: 2:55.71 36.77 350m: 4:09.07 36.50						
	100m: 1:06.01 34.69 200m: 2:18.94 36.59 300m: 3:32.57 36.86 400m: 4:43.55 34.48						
11.	MARTINS Ines Correia	04	Porto	4:43.69	+0,75	579	
	50m: 32.55 32.55 150m: 1:43.86 36.00 250m: 2:56.25 36.21 350m: 4:08.25 36.13						
	100m: 1:07.86 35.31 200m: 2:20.04 36.18 300m: 3:32.12 35.87 400m: 4:43.69 35.44						
12.	CARLOTA Catarina Isabel	05	BUZIOS-Coruche	4:50.11	+0,78	541	
	50m: 32.89 32.89 150m: 1:46.01 37.03 250m: 3:00.40 37.31 350m: 4:14.15 36.70						
	100m: 1:08.98 36.09 200m: 2:23.09 37.08 300m: 3:37.45 37.05 400m: 4:50.11 35.96						

Prova 16
31/07/2021 - 16:40

Femin., 400m Livres

Absolutos
Resultados

Rec Nac Absoluto	4:09.49	DURAES Diana Margarida	POR	Tarragona (ESP)	25/06/2018
Rec Nac Sen	4:09.49	DURAES Diana Margarida	POR	Tarragona (ESP)	25/06/2018
Rec Nac Jun17	4:14.67	HOLUB Tamila Hryhorivna	SCB	Oeiras	23/07/2016
Rec Nac Jun16	4:20.37	FERREIRA Marta Andreia	POR	Berlim (GER)	04/08/2002

Pontos: FINA 2021

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	CONCEICAO Ema Jeronimo	03	Fisica de Torres Vedras	4:18.37	+0,78	766	
	50m: 30.07 30.07 150m: 1:35.34 32.99 250m: 2:41.62 33.14 350m: 3:46.69 32.45						
	100m: 1:02.35 32.28 200m: 2:08.48 33.14 300m: 3:14.24 32.62 400m: 4:18.37 31.68						
2.	MARTINS Francisca Soares	03	Foca Quinta da Lixa CNF	4:20.00	+0,71	752	
	50m: 29.71 29.71 150m: 1:34.35 32.91 250m: 2:40.81 33.39 350m: 3:48.02 33.78						
	100m: 1:01.44 31.73 200m: 2:07.42 33.07 300m: 3:14.24 33.43 400m: 4:20.00 31.98						
3.	MOURA Maria Ferreira	04	Sporting	4:26.35	+0,80	699	
	50m: 30.49 30.49 150m: 1:37.18 33.82 250m: 2:44.86 33.86 350m: 3:52.78 34.02						
	100m: 1:03.36 32.87 200m: 2:11.00 33.82 300m: 3:18.76 33.90 400m: 4:26.35 33.57						
4.	CARDEAL Beatriz Nunes	04	Academico Viseu	4:26.70	+0,74	696	
	50m: 30.74 30.74 150m: 1:37.84 33.73 250m: 2:45.71 33.73 350m: 3:53.80 33.94						
	100m: 1:04.11 33.37 200m: 2:11.98 34.14 300m: 3:19.86 34.15 400m: 4:26.70 32.90						
5.	LOPES Daniela Magalhaes	05	Famalicao	4:27.79	+0,80	688	
	50m: 31.31 31.31 150m: 1:38.10 34.05 250m: 2:46.39 34.46 350m: 3:54.99 34.48						
	100m: 1:04.05 32.74 200m: 2:11.93 33.83 300m: 3:20.51 34.12 400m: 4:27.79 32.80						
6.	PIRES Marta Joao	05	Alges	4:28.24	+0,81	685	
	50m: 31.17 31.17 150m: 1:39.06 33.84 250m: 2:47.23 33.87 350m: 3:55.29 33.80						
	100m: 1:05.22 34.05 200m: 2:13.36 34.30 300m: 3:21.49 34.26 400m: 4:28.24 32.95						
7.	RAMOS Ana Rita	02	Porto	4:30.24	+0,90	669	
	50m: 30.48 30.48 150m: 1:36.16 33.17 250m: 2:44.74 34.78 350m: 3:55.24 35.22						
	100m: 1:02.99 32.51 200m: 2:09.96 33.80 300m: 3:20.02 35.28 400m: 4:30.24 35.00						

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Campeonato Nacional de Juvenis
Campeonato Nacional Absolutos de Portugal OPEN
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Prova 16, Femin., 400m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
8.	MENDES Mariana Amaral	02	Colegio Monte Maior	4:31.56	+0,80	660	
	50m: 31.68 31.68	150m: 1:39.06 33.99	250m: 2:47.86 34.62	350m: 3:57.53 35.03			
	100m: 1:05.07 33.39	200m: 2:13.24 34.18	300m: 3:22.50 34.64	400m: 4:31.56 34.03			
9.	PINHEIRO Ines Mariana	03	Academica de Coimbra	4:35.05	+0,73	635	
	50m: 31.75 31.75	150m: 1:40.61 35.14	250m: 2:50.29 34.97	350m: 4:01.01 35.39			
	100m: 1:05.47 33.72	200m: 2:15.32 34.71	300m: 3:25.62 35.33	400m: 4:35.05 34.04			
10.	ALVES Joana Silva	05	Benedita	4:35.39	+0,72	633	
	50m: 31.94 31.94	150m: 1:42.14 35.02	250m: 2:52.45 34.96	350m: 4:02.11 34.58			
	100m: 1:07.12 35.18	200m: 2:17.49 35.35	300m: 3:27.53 35.08	400m: 4:35.39 33.28			
11.	ROSA Mariana Carmo	05	Louzan Natacao/EFAPEL	4:35.83	+0,85	630	
	50m: 30.92 30.92	150m: 1:38.42 34.16	250m: 2:48.65 35.12	350m: 4:00.19 35.82			
	100m: 1:04.26 33.34	200m: 2:13.53 35.11	300m: 3:24.37 35.72	400m: 4:35.83 35.64			
12.	LOPES Francisca Macedo	05	Vilacondense	4:37.90	+0,85	616	
	50m: 31.57 31.57	150m: 1:41.38 35.16	250m: 2:51.83 35.25	350m: 4:02.68 35.44			
	100m: 1:06.22 34.65	200m: 2:16.58 35.20	300m: 3:27.24 35.41	400m: 4:37.90 35.22			
13.	QUEIROZ Ana Rita	02	Individual ANC	4:39.29	+0,80	606	
	50m: 31.80 31.80	150m: 1:40.72 34.99	250m: 2:51.46 35.43	350m: 4:03.58 36.34			
	100m: 1:05.73 33.93	200m: 2:16.03 35.31	300m: 3:27.24 35.78	400m: 4:39.29 35.71			
14.	RODRIGUES Joana Francisca	04	Individual ANC	4:40.36	+0,85	599	
	50m: 30.97 30.97	150m: 1:40.97 35.36	250m: 2:52.45 35.70	350m: 4:04.85 35.82			
	100m: 1:05.61 34.64	200m: 2:16.75 35.78	300m: 3:29.03 36.58	400m: 4:40.36 35.51			
15.	GASPAR Beatriz Ferreira	04	Individual ANC	4:41.94	+0,87	589	
	50m: 31.74 31.74	150m: 1:42.22 35.47	250m: 2:53.56 35.66	350m: 4:06.13 36.09			
	100m: 1:06.75 35.01	200m: 2:17.90 35.68	300m: 3:30.04 36.48	400m: 4:41.94 35.81			
16.	NOBRE Marisa Isabel	05	Columbofila Cantanhedense	4:43.55	+0,73	579	
	50m: 31.32 31.32	150m: 1:42.35 36.34	250m: 2:55.71 36.77	350m: 4:09.07 36.50			
	100m: 1:06.01 34.69	200m: 2:18.94 36.59	300m: 3:32.57 36.86	400m: 4:43.55 34.48			
17.	MARTINS Ines Correia	04	Porto	4:43.69	+0,75	579	
	50m: 32.55 32.55	150m: 1:43.86 36.00	250m: 2:56.25 36.21	350m: 4:08.25 36.13			
	100m: 1:07.86 35.31	200m: 2:20.04 36.18	300m: 3:32.12 35.87	400m: 4:43.69 35.44			
18.	RODRIGUES Helena Nunes	03	Alges e Agueda XXI	4:46.04	+0,79	564	
	50m: 32.66 32.66	150m: 1:44.28 35.95	250m: 2:57.21 36.46	350m: 4:10.45 36.58			
	100m: 1:08.33 35.67	200m: 2:20.75 36.47	300m: 3:33.87 36.66	400m: 4:46.04 35.59			
19.	CARLOTA Catarina Isabel	05	BUZIOS-Coruche	4:50.11	+0,78	541	
	50m: 32.89 32.89	150m: 1:46.01 37.03	250m: 3:00.40 37.31	350m: 4:14.15 36.70			
	100m: 1:08.98 36.09	200m: 2:23.09 37.08	300m: 3:37.45 37.05	400m: 4:50.11 35.96			
DNS	ROSA Mafalda Sofia	03	Rio Maior				

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Campeonato Nacional de Juvenis
Campeonato Nacional Absolutos de Portugal OPEN
Oeiras, 30 Julho a 01 Agosto de 2021



Prova 16, Femin., 400m Livres

Prova 16
31/07/2021 - 16:40

Femin., 400m Livres

Open
Resultados

Rec Nac Absoluto	4:09.49	DURAES Diana Margarida	POR	Tarragona (ESP)	25/06/2018
Rec Nac Sen	4:09.49	DURAES Diana Margarida	POR	Tarragona (ESP)	25/06/2018
Rec Nac Jun17	4:14.67	HOLUB Tamila Hryhorivna	SCB	Oeiras	23/07/2016
Rec Nac Jun16	4:20.37	FERREIRA Marta Andreia	POR	Berlim (GER)	04/08/2002
Rec Nac Juv A	4:20.78	HOLUB Tamila Hryhorivna	POR	Porto	07/06/2014
Rec Nac Juv B	4:26.20	CABRAL Maria Francisca	FCP	Oeiras	26/07/2014
Rec Nac Inf A	4:31.53	SILVA Alexandra Maria	POR	Skovde (SWE)	08/08/1980
Rec Nac Inf B	4:43.70	SILVA Alexandra Maria	FCP	Funchal	27/07/1979

Pontos: FINA 2021

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	CONCEICAO Ema Jeronimo	03	Fisica de Torres Vedras	4:18.37	+0,78	766	
	50m: 30.07 30.07 150m: 1:35.34 32.99 250m: 2:41.62 33.14 350m: 3:46.69 32.45						
	100m: 1:02.35 32.28 200m: 2:08.48 33.14 300m: 3:14.24 32.62 400m: 4:18.37 31.68						
2.	MARTINS Francisca Soares	03	Foca Quinta da Lixa CNF	4:20.00	+0,71	752	
	50m: 29.71 29.71 150m: 1:34.35 32.91 250m: 2:40.81 33.39 350m: 3:48.02 33.78						
	100m: 1:01.44 31.73 200m: 2:07.42 33.07 300m: 3:14.24 33.43 400m: 4:20.00 31.98						
3.	MOURA Maria Ferreira	04	Sporting	4:26.35	+0,80	699	
	50m: 30.49 30.49 150m: 1:37.18 33.82 250m: 2:44.86 33.86 350m: 3:52.78 34.02						
	100m: 1:03.36 32.87 200m: 2:11.00 33.82 300m: 3:18.76 33.90 400m: 4:26.35 33.57						
4.	CARDEAL Beatriz Nunes	04	Academico Viseu	4:26.70	+0,74	696	
	50m: 30.74 30.74 150m: 1:37.84 33.73 250m: 2:45.71 33.73 350m: 3:53.80 33.94						
	100m: 1:04.11 33.37 200m: 2:11.98 34.14 300m: 3:19.86 34.15 400m: 4:26.70 32.90						
5.	LOPES Daniela Magalhaes	05	Famalicao	4:27.79	+0,80	688	
	50m: 31.31 31.31 150m: 1:38.10 34.05 250m: 2:46.39 34.46 350m: 3:54.99 34.48						
	100m: 1:04.05 32.74 200m: 2:11.93 33.83 300m: 3:20.51 34.12 400m: 4:27.79 32.80						
6.	PIRES Marta Joao	05	Alges	4:28.24	+0,81	685	
	50m: 31.17 31.17 150m: 1:39.06 33.84 250m: 2:47.23 33.87 350m: 3:55.29 33.80						
	100m: 1:05.22 34.05 200m: 2:13.36 34.30 300m: 3:21.49 34.26 400m: 4:28.24 32.95						
7.	RAMOS Ana Rita	02	Porto	4:30.24	+0,90	669	
	50m: 30.48 30.48 150m: 1:36.16 33.17 250m: 2:44.74 34.78 350m: 3:55.24 35.22						
	100m: 1:02.99 32.51 200m: 2:09.96 33.80 300m: 3:20.02 35.28 400m: 4:30.24 35.00						
8.	MENDES Mariana Amaral	02	Colegio Monte Maior	4:31.56	+0,80	660	
	50m: 31.68 31.68 150m: 1:39.06 33.99 250m: 2:47.86 34.62 350m: 3:57.53 35.03						
	100m: 1:05.07 33.39 200m: 2:13.24 34.18 300m: 3:22.50 34.64 400m: 4:31.56 34.03						
9.	PINHEIRO Ines Mariana	03	Academica de Coimbra	4:35.05	+0,73	635	
	50m: 31.75 31.75 150m: 1:40.61 35.14 250m: 2:50.29 34.97 350m: 4:01.01 35.39						
	100m: 1:05.47 33.72 200m: 2:15.32 34.71 300m: 3:25.62 35.33 400m: 4:35.05 34.04						
10.	FARIA Leonor Verissimo	06	Nucleo de Pombal	4:35.29	+0,83	633	
	50m: 31.81 31.81 150m: 1:41.88 35.08 250m: 2:52.33 34.93 350m: 4:02.11 34.33						
	100m: 1:06.80 34.99 200m: 2:17.40 35.52 300m: 3:27.78 35.45 400m: 4:35.29 33.18						
11.	ALVES Joana Silva	05	Benedita	4:35.39	+0,72	633	
	50m: 31.94 31.94 150m: 1:42.14 35.02 250m: 2:52.45 34.96 350m: 4:02.11 34.58						
	100m: 1:07.12 35.18 200m: 2:17.49 35.35 300m: 3:27.53 35.08 400m: 4:35.39 33.28						
12.	ROSA Mariana Carmo	05	Louzan Natacao/EFAPEL	4:35.83	+0,85	630	
	50m: 30.92 30.92 150m: 1:38.42 34.16 250m: 2:48.65 35.12 350m: 4:00.19 35.82						
	100m: 1:04.26 33.34 200m: 2:13.53 35.11 300m: 3:24.37 35.72 400m: 4:35.83 35.64						

ORGANIZAÇÃO



PARCEIROS



Campeonato Nacional de Juvenis
Campeonato Nacional Absolutos de Portugal OPEN
Oeiras, 30 Julho a 01 Agosto de 2021



Prova 16, Femin., 400m Livres, Open

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
13.	LOPES Francisca Macedo	05	Vilacondense	4:37.90	+0,85	616	
	50m: 31.57 31.57	150m: 1:41.38 35.16	250m: 2:51.83 35.25	350m: 4:02.68 35.44			
	100m: 1:06.22 34.65	200m: 2:16.58 35.20	300m: 3:27.24 35.41	400m: 4:37.90 35.22			
14.	QUEIROZ Ana Rita	02	Individual ANC	4:39.29	+0,80	606	
	50m: 31.80 31.80	150m: 1:40.72 34.99	250m: 2:51.46 35.43	350m: 4:03.58 36.34			
	100m: 1:05.73 33.93	200m: 2:16.03 35.31	300m: 3:27.24 35.78	400m: 4:39.29 35.71			
15.	COELHO Maria Leonor	06	Benfica	4:39.59	+0,82	604	
	50m: 32.36 32.36	150m: 1:43.27 35.50	250m: 2:54.39 35.06	350m: 4:05.60 35.92			
	100m: 1:07.77 35.41	200m: 2:19.33 36.06	300m: 3:29.68 35.29	400m: 4:39.59 33.99			
16.	RODRIGUES Joana Francisca	04	Individual ANC	4:40.36	+0,85	599	
	50m: 30.97 30.97	150m: 1:40.97 35.36	250m: 2:52.45 35.70	350m: 4:04.85 35.82			
	100m: 1:05.61 34.64	200m: 2:16.75 35.78	300m: 3:29.03 36.58	400m: 4:40.36 35.51			
17.	PIRES Catarina Gaspar	06	Porto	4:40.73	+0,87	597	
	50m: 32.24 32.24	150m: 1:42.83 35.76	250m: 2:54.45 35.82	350m: 4:06.12 35.88			
	100m: 1:07.07 34.83	200m: 2:18.63 35.80	300m: 3:30.24 35.79	400m: 4:40.73 34.61			
18.	AMORIM Ines Santos	06	Desportiva de Viana	4:40.78	+0,91	597	
	50m: 32.76 32.76	150m: 1:43.74 35.66	250m: 2:55.87 36.11	350m: 4:07.73 36.08			
	100m: 1:08.08 35.32	200m: 2:19.76 36.02	300m: 3:31.65 35.78	400m: 4:40.78 33.05			
19.	GASPAR Beatriz Ferreira	04	Individual ANC	4:41.94	+0,87	589	
	50m: 31.74 31.74	150m: 1:42.22 35.47	250m: 2:53.56 35.66	350m: 4:06.13 36.09			
	100m: 1:06.75 35.01	200m: 2:17.90 35.68	300m: 3:30.04 36.48	400m: 4:41.94 35.81			
20.	NOBRE Marisa Isabel	05	Columbofila Cantanhedense	4:43.55	+0,73	579	
	50m: 31.32 31.32	150m: 1:42.35 36.34	250m: 2:55.71 36.77	350m: 4:09.07 36.50			
	100m: 1:06.01 34.69	200m: 2:18.94 36.59	300m: 3:32.57 36.86	400m: 4:43.55 34.48			
21.	MARTINS Ines Correia	04	Porto	4:43.69	+0,75	579	
	50m: 32.55 32.55	150m: 1:43.86 36.00	250m: 2:56.25 36.21	350m: 4:08.25 36.13			
	100m: 1:07.86 35.31	200m: 2:20.04 36.18	300m: 3:32.12 35.87	400m: 4:43.69 35.44			
22.	RAMOS Joana Barbas	06	Gafanha da Encarnacao	4:44.00	+0,86	577	
	50m: 32.56 32.56	150m: 1:43.09 35.95	250m: 2:56.23 36.98	350m: 4:09.24 36.50			
	100m: 1:07.14 34.58	200m: 2:19.25 36.16	300m: 3:32.74 36.51	400m: 4:44.00 34.76			
23.	LOPES Matilde Nunes	06	Benfica	4:44.12	+0,75	576	
	50m: 33.56 33.56	150m: 1:46.05 36.46	250m: 2:59.02 36.33	350m: 4:09.77 35.04			
	100m: 1:09.59 36.03	200m: 2:22.69 36.64	300m: 3:34.73 35.71	400m: 4:44.12 34.35			
24.	SOARES Miriam Mortagua	06	Galitos/ Bresimar	4:44.72	+0,76	572	
	50m: 31.77 31.77	150m: 1:43.39 36.21	250m: 2:56.31 36.12	350m: 4:09.22 36.22			
	100m: 1:07.18 35.41	200m: 2:20.19 36.80	300m: 3:33.00 36.69	400m: 4:44.72 35.50			
25.	SILVA Ana Francisca	06	Alcobaca	4:45.04	+0,83	570	
	50m: 32.51 32.51	150m: 1:43.79 36.08	250m: 2:56.55 36.26	350m: 4:09.91 36.23			
	100m: 1:07.71 35.20	200m: 2:20.29 36.50	300m: 3:33.68 37.13	400m: 4:45.04 35.13			
26.	COSTA Anita Gouveia	06	Condeixa Clube	4:45.14	+0,77	570	
	50m: 32.49 32.49	150m: 1:43.51 35.73	250m: 2:56.00 36.06	350m: 4:09.77 37.04			
	100m: 1:07.78 35.29	200m: 2:19.94 36.43	300m: 3:32.73 36.73	400m: 4:45.14 35.37			
27.	PINTO Margarida Vieira	07	Braga	4:45.99	+0,78	565	
	50m: 32.02 32.02	150m: 1:44.06 36.60	250m: 2:57.46 36.78	350m: 4:11.04 36.86			
	100m: 1:07.46 35.44	200m: 2:20.68 36.62	300m: 3:34.18 36.72	400m: 4:45.99 34.95			

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Campeonato Nacional de Juvenis
Campeonato Nacional Absolutos de Portugal OPEN
Oeiras, 30 Julho a 01 Agosto de 2021



Prova 16, Femin., 400m Livres, Open

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
28.	MANO Leonor Mil	07	Fundacao Beatriz Santos	4:46.00	+0,80	565	
	50m: 32.83 32.83 150m: 1:46.48 36.97 250m: 2:59.67 36.08 350m: 4:11.65 35.34						
	100m: 1:09.51 36.68 200m: 2:23.59 37.11 300m: 3:36.31 36.64 400m: 4:46.00 34.35						
29.	RODRIGUES Helena Nunes	03	Alges e Agueda XXI	4:46.04	+0,79	564	
	50m: 32.66 32.66 150m: 1:44.28 35.95 250m: 2:57.21 36.46 350m: 4:10.45 36.58						
	100m: 1:08.33 35.67 200m: 2:20.75 36.47 300m: 3:33.87 36.66 400m: 4:46.04 35.59						
30.	ALMEIDA Bianca Filipa	07	Alges e Agueda XXI	4:47.26	+0,88	557	
	50m: 32.78 32.78 150m: 1:45.43 36.72 250m: 2:58.91 36.76 350m: 4:11.76 36.29						
	100m: 1:08.71 35.93 200m: 2:22.15 36.72 300m: 3:35.47 36.56 400m: 4:47.26 35.50						
31.	VALENTE Maria Esteves	06	Benfica	4:48.05	+0,84	553	
	50m: 33.44 33.44 150m: 1:45.98 36.30 250m: 2:59.02 36.14 350m: 4:11.82 36.15						
	100m: 1:09.68 36.24 200m: 2:22.88 36.90 300m: 3:35.67 36.65 400m: 4:48.05 36.23						
32.	AGUILAR Marta Andre	07	Fundacao Beatriz Santos	4:49.17	+0,84	546	
	50m: 32.38 32.38 150m: 1:44.60 36.31 250m: 2:57.67 36.11 350m: 4:12.18 37.19						
	100m: 1:08.29 35.91 200m: 2:21.56 36.96 300m: 3:34.99 37.32 400m: 4:49.17 36.99						
33.	FERREIRA Maria Neto	06	Fundacao Beatriz Santos	4:49.35	+0,84	545	
	50m: 32.70 32.70 150m: 1:45.53 36.50 250m: 2:58.98 36.68 350m: 4:12.81 36.17						
	100m: 1:09.03 36.33 200m: 2:22.30 36.77 300m: 3:36.64 37.66 400m: 4:49.35 36.54						
34.	PEIXOTO Carolina Esteves	06	Braga	4:49.83	+0,91	543	
	50m: 32.35 32.35 150m: 1:43.66 36.53 250m: 2:58.05 37.43 350m: 4:13.38 37.79						
	100m: 1:07.13 34.78 200m: 2:20.62 36.96 300m: 3:35.59 37.54 400m: 4:49.83 36.45						
35.	CARLOTA Catarina Isabel	05	BUZIOS-Coruche	4:50.11	+0,78	541	
	50m: 32.89 32.89 150m: 1:46.01 37.03 250m: 3:00.40 37.31 350m: 4:14.15 36.70						
	100m: 1:08.98 36.09 200m: 2:23.09 37.08 300m: 3:37.45 37.05 400m: 4:50.11 35.96						
36.	MADEIRA Margarida Correia	06	Nautico Marinha Grande	4:51.93	+0,81	531	
	50m: 33.24 33.24 150m: 1:46.45 37.31 250m: 3:00.50 37.20 350m: 4:15.43 37.54						
	100m: 1:09.14 35.90 200m: 2:23.30 36.85 300m: 3:37.89 37.39 400m: 4:51.93 36.50						
37.	DINIS Filipa Paiva	06	Ba-Leiria	4:52.32	+0,87	529	
	50m: 31.67 31.67 150m: 1:44.39 37.07 250m: 2:59.41 37.75 350m: 4:14.72 37.28						
	100m: 1:07.32 35.65 200m: 2:21.66 37.27 300m: 3:37.44 38.03 400m: 4:52.32 37.60						
38.	CAMARA Ines Cruz	07	Desportivo Nacional	4:53.79	+0,74	521	
	50m: 33.51 33.51 150m: 1:46.79 36.97 250m: 3:01.99 37.59 350m: 4:17.58 37.66						
	100m: 1:09.82 36.31 200m: 2:24.40 37.61 300m: 3:39.92 37.93 400m: 4:53.79 36.21						
39.	RODRIGUES Leonor Carreiro	07	Benfica	4:54.42	+0,66	518	
	50m: 33.32 33.32 150m: 1:47.69 37.13 250m: 3:03.09 37.82 350m: 4:18.82 37.91						
	100m: 1:10.56 37.24 200m: 2:25.27 37.58 300m: 3:40.91 37.82 400m: 4:54.42 35.60						
40.	ALVES Sara Sofia	07	Naval Setubalense	4:54.45	+0,87	517	
	50m: 33.16 33.16 150m: 1:47.55 37.70 250m: 3:03.37 37.92 350m: 4:18.60 37.32						
	100m: 1:09.85 36.69 200m: 2:25.45 37.90 300m: 3:41.28 37.91 400m: 4:54.45 35.85						
41.	TEIXEIRA Ines Correia	06	Amadora	4:58.13	+0,84	498	
	50m: 33.84 33.84 150m: 1:47.83 37.01 250m: 3:02.65 37.57 350m: 4:19.88 38.25						
	100m: 1:10.82 36.98 200m: 2:25.08 37.25 300m: 3:41.63 38.98 400m: 4:58.13 38.25						
42.	FROIS Maria Francisca	06	Ba-Leiria	4:58.82	+0,79	495	
	50m: 32.65 32.65 150m: 1:47.12 38.03 250m: 3:03.76 38.17 350m: 4:21.06 38.88						
	100m: 1:09.09 36.44 200m: 2:25.59 38.47 300m: 3:42.18 38.42 400m: 4:58.82 37.76						

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PARCEIROS



Campeonato Nacional de Juvenis
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Oeiras, 30 Julho a 01 Agosto de 2021



Prova 16, Femin., 400m Livres, Open

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
43.	VIANA Matilde Violante	07	Ba-Leiria	4:59.25	+0,86	493	
	50m: 33.10 33.10	150m: 1:48.13 38.12	250m: 3:05.15 38.26	350m: 4:22.08 38.12			
	100m: 1:10.01 36.91	200m: 2:26.89 38.76	300m: 3:43.96 38.81	400m: 4:59.25 37.17			
44.	MACEDO Laura Pinheiro	07	Albicastrense	4:59.43	+0,84	492	
	50m: 33.21 33.21	150m: 1:48.14 37.92	250m: 3:05.18 38.71	350m: 4:22.24 38.40			
	100m: 1:10.22 37.01	200m: 2:26.47 38.33	300m: 3:43.84 38.66	400m: 4:59.43 37.19			
45.	RODEIA Mariana Figueira	07	Naval de Faro	5:00.09	+0,75	489	
	50m: 32.77 32.77	150m: 1:46.87 37.65	250m: 3:04.65 39.34	350m: 4:23.43 39.27			
	100m: 1:09.22 36.45	200m: 2:25.31 38.44	300m: 3:44.16 39.51	400m: 5:00.09 36.66			
46.	SANTOS Leonor Castanho	07	Sporting	5:03.61	+0,70	472	
	50m: 33.55 33.55	150m: 1:47.80 38.09	250m: 3:04.94 38.11	350m: 4:23.88 39.99			
	100m: 1:09.71 36.16	200m: 2:26.83 39.03	300m: 3:43.89 38.95	400m: 5:03.61 39.73			
47.	FLORINDO Helena Neto	06	Electrico Clube/ FGil.pt	5:06.97	+0,89	457	
	50m: 33.82 33.82	150m: 1:50.25 38.93	250m: 3:09.15 39.51	350m: 4:28.41 39.81			
	100m: 1:11.32 37.50	200m: 2:29.64 39.39	300m: 3:48.60 39.45	400m: 5:06.97 38.56			
DNS	ROSA Mafalda Sofia	03	Rio Maior				
DNS	SIMAO Laura Roque	07	Nautico Marinha Grande				

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