

Prova 2 Femin., 400m Livres Juvenis A  
31/03/2022 - 9:10 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 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	VIEIRA Ana Beatriz	07	Foca Quinta da Lixa CNF	<b>4:38.10</b>	+0,76	614	
	50m: 30.98 30.98	150m: 1:40.12 35.32	250m: 2:51.97 36.07	350m: 4:03.88 35.69			
	100m: 1:04.80 33.82	200m: 2:15.90 35.78	300m: 3:28.19 36.22	400m: 4:38.10 34.22			
2.	MESQUITA Mafalda Martins	07	Famalicao	<b>4:39.88</b>	+0,79	603	
	50m: 31.75 31.75	150m: 1:42.91 35.34	250m: 2:54.60 35.95	350m: 4:05.77 34.80			
	100m: 1:07.57 35.82	200m: 2:18.65 35.74	300m: 3:30.97 36.37	400m: 4:39.88 34.11			
3.	CABRAL Carolina Vizinho	07	Natacao de Vagos	<b>4:41.77</b>	+0,96	591	
	50m: 31.78 31.78	150m: 1:42.61 36.22	250m: 2:55.37 36.70	350m: 4:07.66 35.88			
	100m: 1:06.39 34.61	200m: 2:18.67 36.06	300m: 3:31.78 36.41	400m: 4:41.77 34.11			
4.	LOURO Beatriz Silva	07	Louletano / Loule Concelho	<b>4:42.22</b>	+0,65	588	
	50m: 31.47 31.47	150m: 1:41.73 35.81	250m: 2:54.04 36.32	350m: 4:07.34 36.77			
	100m: 1:05.92 34.45	200m: 2:17.72 35.99	300m: 3:30.57 36.53	400m: 4:42.22 34.88			
5.	ALMEIDA Bianca Filipa	07	Alges e Agueda XXI	<b>4:44.94</b>	+0,83	571	
	50m: 31.66 31.66	150m: 1:42.11 35.81	250m: 2:55.35 36.83	350m: 4:08.97 36.91			
	100m: 1:06.30 34.64	200m: 2:18.52 36.41	300m: 3:32.06 36.71	400m: 4:44.94 35.97			
6.	SANTOS Leonor Castanho	07	Sporting	<b>4:47.65</b>	+0,70	555	
	50m: 32.47 32.47	150m: 1:42.54 35.63	250m: 2:56.39 37.09	350m: 4:11.09 37.45			
	100m: 1:06.91 34.44	200m: 2:19.30 36.76	300m: 3:33.64 37.25	400m: 4:47.65 36.56			
7.	RODRIGUES Leonor Carreiro	07	Benfica	<b>4:48.25</b>	+0,69	552	
	50m: 31.88 31.88	150m: 1:43.01 36.33	250m: 2:56.98 37.25	350m: 4:11.85 37.40			
	100m: 1:06.68 34.80	200m: 2:19.73 36.72	300m: 3:34.45 37.47	400m: 4:48.25 36.40			
8.	GOMES Barbara Sofia	07	Leixoes	<b>4:50.14</b>	+0,70	541	
	50m: 32.64 32.64	150m: 1:45.25 35.91	250m: 3:00.02 37.69	350m: 4:14.09 37.05			
	100m: 1:09.34 36.70	200m: 2:22.33 37.08	300m: 3:37.04 37.02	400m: 4:50.14 36.05			
9.	AGUILAR Marta Andre	07	Nautico Academico	<b>4:53.92</b>	+0,79	520	
	50m: 32.52 32.52	150m: 1:44.40 36.69	250m: 2:59.41 37.30	350m: 4:15.93 38.25			
	100m: 1:07.71 35.19	200m: 2:22.11 37.71	300m: 3:37.68 38.27	400m: 4:53.92 37.99			
10.	PINTO Margarida Vieira	07	Braga	<b>4:55.61</b>	+0,86	511	
	50m: 32.17 32.17	150m: 1:44.83 36.30	250m: 3:00.52 37.30	350m: 4:17.42 37.60			
	100m: 1:08.53 36.36	200m: 2:23.22 38.39	300m: 3:39.82 39.30	400m: 4:55.61 38.19			

## Prova 2, Femin., 400m Livres

Prova 2  
31/03/2022 - 9:10

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 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	NEVES Maria Gomes	08	Braga	<b>4:46.55</b>	+0,78	561	
	50m: 31.89 31.89	150m: 1:43.50 36.55	250m: 2:56.67 36.50	350m: 4:10.77 37.09			
	100m: 1:06.95 35.06	200m: 2:20.17 36.67	300m: 3:33.68 37.01	400m: 4:46.55 35.78			
2.	FERREIRA Carolina Amadeu	08	Leixoes	<b>4:49.54</b>	+0,86	544	
	50m: 32.34 32.34	150m: 1:43.75 36.46	250m: 2:58.56 37.72	350m: 4:13.61 37.26			
	100m: 1:07.29 34.95	200m: 2:20.84 37.09	300m: 3:36.35 37.79	400m: 4:49.54 35.93			
3.	BARBOSA Sofia Teixeira	08	Porto	<b>4:54.89</b>	+0,91	515	
	50m: 33.82 33.82	150m: 1:48.42 37.17	250m: 3:04.10 37.24	350m: 4:18.38 36.53			
	100m: 1:11.25 37.43	200m: 2:26.86 38.44	300m: 3:41.85 37.75	400m: 4:54.89 36.51			
4.	RODRIGUES Carolina Fernandes	08	Uniao Piedense	<b>4:55.71</b>	+0,90	511	
	50m: 32.40 32.40	150m: 1:46.66 37.78	250m: 3:03.40 38.36	350m: 4:19.57 37.97			
	100m: 1:08.88 36.48	200m: 2:25.04 38.38	300m: 3:41.60 38.20	400m: 4:55.71 36.14			
5.	CRUZ Ana Carolina	08	Famalicao	<b>4:56.41</b>	+0,89	507	
	50m: 31.75 31.75	150m: 1:46.52 37.65	250m: 3:03.43 38.02	350m: 4:20.08 37.52			
	100m: 1:08.87 37.12	200m: 2:25.41 38.89	300m: 3:42.56 39.13	400m: 4:56.41 36.33			
6.	FREITAS Diana Gomes	08	Amigos da Montanha	<b>4:56.43</b>	+0,98	507	
	50m: 33.81 33.81	150m: 1:48.04 37.30	250m: 3:04.27 38.19	350m: 4:20.22 37.81			
	100m: 1:10.74 36.93	200m: 2:26.08 38.04	300m: 3:42.41 38.14	400m: 4:56.43 36.21			
7.	COSTA Maria Joao	08	Vilacondense	<b>4:56.91</b>	+0,83	505	
	50m: 32.64 32.64	150m: 1:46.45 37.62	250m: 3:03.52 38.34	350m: 4:20.44 38.32			
	100m: 1:08.83 36.19	200m: 2:25.18 38.73	300m: 3:42.12 38.60	400m: 4:56.91 36.47			
8.	JORGE Sofia Pereira	08	Galitos / Bresimar	<b>4:58.20</b>	+0,81	498	
	50m: 33.60 33.60	150m: 1:48.00 38.05	250m: 3:04.96 39.06	350m: 4:20.92 37.98			
	100m: 1:09.95 36.35	200m: 2:25.90 37.90	300m: 3:42.94 37.98	400m: 4:58.20 37.28			
9.	BARROS Adriana Ribeiro	08	Braga	<b>4:58.65</b>	+0,77	496	
	50m: 33.04 33.04	150m: 1:47.59 37.70	250m: 3:04.50 38.89	350m: 4:21.78 38.04			
	100m: 1:09.89 36.85	200m: 2:25.61 38.02	300m: 3:43.74 39.24	400m: 4:58.65 36.87			
10.	NEVES Ana Carolina	08	Fluvial Portuense	<b>5:01.44</b>	+0,56	482	
	50m: 33.27 33.27	150m: 1:48.48 38.52	250m: 3:05.48 38.64	350m: 4:22.97 39.08			
	100m: 1:09.96 36.69	200m: 2:26.84 38.36	300m: 3:43.89 38.41	400m: 5:01.44 38.47			
11.	CARVALHO Constanca Isabel	08	Alges	<b>5:04.68</b>	+0,63	467	
	50m: 34.62 34.62	150m: 1:51.12 38.84	250m: 3:09.25 39.18	350m: 4:27.41 39.10			
	100m: 1:12.28 37.66	200m: 2:30.07 38.95	300m: 3:48.31 39.06	400m: 5:04.68 37.27			
12.	GONCALVES Maria Meleiro	08	Galitos / Bresimar	<b>5:04.99</b>	+0,64	466	
	50m: 34.13 34.13	150m: 1:50.42 38.45	250m: 3:09.14 39.63	350m: 4:28.32 39.53			
	100m: 1:11.97 37.84	200m: 2:29.51 39.09	300m: 3:48.79 39.65	400m: 5:04.99 36.67			
13.	PIRES Ana Beatriz	08	Uniao Piedense	<b>5:06.74</b>	+0,94	458	
	50m: 33.57 33.57	150m: 1:49.26 38.46	250m: 3:08.60 39.96	350m: 4:27.60 40.18			
	100m: 1:10.80 37.23	200m: 2:28.64 39.38	300m: 3:47.42 38.82	400m: 5:06.74 39.14			

## Prova 2, Femin., 400m Livres, Juvenis B

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
14.	ROLIM Beatriz Alexandra	08	Uniao Piedense	<b>5:07.66</b>	+0,86	454	
	50m: 33.85 33.85	150m: 1:50.48 38.77	250m: 3:09.65 39.67	350m: 4:29.62 40.08			
	100m: 1:11.71 37.86	200m: 2:29.98 39.50	300m: 3:49.54 39.89	400m: 5:07.66 38.04			
15.	GOMES Rita Silva	08	Colegio Efanor	<b>5:08.59</b>	+0,89	449	
	50m: 34.63 34.63	150m: 1:51.16 38.76	250m: 3:10.58 39.63	350m: 4:30.17 39.66			
	100m: 1:12.40 37.77	200m: 2:30.95 39.79	300m: 3:50.51 39.93	400m: 5:08.59 38.42			
16.	MARQUES Matilde Catroga	08	Colegio Monte Maior	<b>5:08.89</b>	+0,89	448	
	50m: 34.55 34.55	150m: 1:53.27 40.62	250m: 3:12.54 39.71	350m: 4:31.01 38.68			
	100m: 1:12.65 38.10	200m: 2:32.83 39.56	300m: 3:52.33 39.79	400m: 5:08.89 37.88			
17.	FERREIRA Lara Mota	08	Fafe	<b>5:09.15</b>	+0,85	447	
	50m: 34.41 34.41	150m: 1:53.07 40.05	250m: 3:12.50 39.58	350m: 4:31.30 39.04			
	100m: 1:13.02 38.61	200m: 2:32.92 39.85	300m: 3:52.26 39.76	400m: 5:09.15 37.85			

## Prova 2 Femin., 400m Livres Juvenis Resultados

Rec	Nac	Tempo	Clube	País	Local	Data
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 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	VIEIRA Ana Beatriz	07	Foca Quinta da Lixa CNF	<b>4:38.10</b>	+0,76	614	
	50m: 30.98 30.98	150m: 1:40.12 35.32	250m: 2:51.97 36.07	350m: 4:03.88 35.69			
	100m: 1:04.80 33.82	200m: 2:15.90 35.78	300m: 3:28.19 36.22	400m: 4:38.10 34.22			
2.	MESQUITA Mafalda Martins	07	Famalicao	<b>4:39.88</b>	+0,79	603	
	50m: 31.75 31.75	150m: 1:42.91 35.34	250m: 2:54.60 35.95	350m: 4:05.77 34.80			
	100m: 1:07.57 35.82	200m: 2:18.65 35.74	300m: 3:30.97 36.37	400m: 4:39.88 34.11			
3.	CABRAL Carolina Vizinho	07	Natacao de Vagos	<b>4:41.77</b>	+0,96	591	
	50m: 31.78 31.78	150m: 1:42.61 36.22	250m: 2:55.37 36.70	350m: 4:07.66 35.88			
	100m: 1:06.39 34.61	200m: 2:18.67 36.06	300m: 3:31.78 36.41	400m: 4:41.77 34.11			
4.	LOURO Beatriz Silva	07	Louletano / Loule Concelho	<b>4:42.22</b>	+0,65	588	
	50m: 31.47 31.47	150m: 1:41.73 35.81	250m: 2:54.04 36.32	350m: 4:07.34 36.77			
	100m: 1:05.92 34.45	200m: 2:17.72 35.99	300m: 3:30.57 36.53	400m: 4:42.22 34.88			
5.	ALMEIDA Bianca Filipa	07	Alges e Agueda XXI	<b>4:44.94</b>	+0,83	571	
	50m: 31.66 31.66	150m: 1:42.11 35.81	250m: 2:55.35 36.83	350m: 4:08.97 36.91			
	100m: 1:06.30 34.64	200m: 2:18.52 36.41	300m: 3:32.06 36.71	400m: 4:44.94 35.97			
6.	NEVES Maria Gomes	08	Braga	<b>4:46.55</b>	+0,78	561	
	50m: 31.89 31.89	150m: 1:43.50 36.55	250m: 2:56.67 36.50	350m: 4:10.77 37.09			
	100m: 1:06.95 35.06	200m: 2:20.17 36.67	300m: 3:33.68 37.01	400m: 4:46.55 35.78			
7.	SANTOS Leonor Castanho	07	Sporting	<b>4:47.65</b>	+0,70	555	
	50m: 32.47 32.47	150m: 1:42.54 35.63	250m: 2:56.39 37.09	350m: 4:11.09 37.45			
	100m: 1:06.91 34.44	200m: 2:19.30 36.76	300m: 3:33.64 37.25	400m: 4:47.65 36.56			
8.	RODRIGUES Leonor Carreiro	07	Benfica	<b>4:48.25</b>	+0,69	552	
	50m: 31.88 31.88	150m: 1:43.01 36.33	250m: 2:56.98 37.25	350m: 4:11.85 37.40			
	100m: 1:06.68 34.80	200m: 2:19.73 36.72	300m: 3:34.45 37.47	400m: 4:48.25 36.40			

## Prova 2, Femin., 400m Livres, Juvenis

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
9.	FERREIRA Carolina Amadeu	08	Leixoes	<b>4:49.54</b>	+0,86	544	
	50m: 32.34 32.34	150m: 1:43.75 36.46	250m: 2:58.56 37.72	350m: 4:13.61 37.26			
	100m: 1:07.29 34.95	200m: 2:20.84 37.09	300m: 3:36.35 37.79	400m: 4:49.54 35.93			
10.	GOMES Barbara Sofia	07	Leixoes	<b>4:50.14</b>	+0,70	541	
	50m: 32.64 32.64	150m: 1:45.25 35.91	250m: 3:00.02 37.69	350m: 4:14.09 37.05			
	100m: 1:09.34 36.70	200m: 2:22.33 37.08	300m: 3:37.04 37.02	400m: 4:50.14 36.05			
11.	AGUILAR Marta Andre	07	Nautico Academico	<b>4:53.92</b>	+0,79	520	
	50m: 32.52 32.52	150m: 1:44.40 36.69	250m: 2:59.41 37.30	350m: 4:15.93 38.25			
	100m: 1:07.71 35.19	200m: 2:22.11 37.71	300m: 3:37.68 38.27	400m: 4:53.92 37.99			
12.	BARBOSA Sofia Teixeira	08	Porto	<b>4:54.89</b>	+0,91	515	
	50m: 33.82 33.82	150m: 1:48.42 37.17	250m: 3:04.10 37.24	350m: 4:18.38 36.53			
	100m: 1:11.25 37.43	200m: 2:26.86 38.44	300m: 3:41.85 37.75	400m: 4:54.89 36.51			
13.	PINTO Margarida Vieira	07	Braga	<b>4:55.61</b>	+0,86	511	
	50m: 32.17 32.17	150m: 1:44.83 36.30	250m: 3:00.52 37.30	350m: 4:17.42 37.60			
	100m: 1:08.53 36.36	200m: 2:23.22 38.39	300m: 3:39.82 39.30	400m: 4:55.61 38.19			
14.	RODRIGUES Carolina Fernandes	08	Uniao Piedense	<b>4:55.71</b>	+0,90	511	
	50m: 32.40 32.40	150m: 1:46.66 37.78	250m: 3:03.40 38.36	350m: 4:19.57 37.97			
	100m: 1:08.88 36.48	200m: 2:25.04 38.38	300m: 3:41.60 38.20	400m: 4:55.71 36.14			
15.	CRUZ Ana Carolina	08	Famalicao	<b>4:56.41</b>	+0,89	507	
	50m: 31.75 31.75	150m: 1:46.52 37.65	250m: 3:03.43 38.02	350m: 4:20.08 37.52			
	100m: 1:08.87 37.12	200m: 2:25.41 38.89	300m: 3:42.56 39.13	400m: 4:56.41 36.33			
16.	FREITAS Diana Gomes	08	Amigos da Montanha	<b>4:56.43</b>	+0,98	507	
	50m: 33.81 33.81	150m: 1:48.04 37.30	250m: 3:04.27 38.19	350m: 4:20.22 37.81			
	100m: 1:10.74 36.93	200m: 2:26.08 38.04	300m: 3:42.41 38.14	400m: 4:56.43 36.21			
17.	COSTA Maria Joao	08	Vilacondense	<b>4:56.91</b>	+0,83	505	
	50m: 32.64 32.64	150m: 1:46.45 37.62	250m: 3:03.52 38.34	350m: 4:20.44 38.32			
	100m: 1:08.83 36.19	200m: 2:25.18 38.73	300m: 3:42.12 38.60	400m: 4:56.91 36.47			
18.	JORGE Sofia Pereira	08	Galitos / Bresimar	<b>4:58.20</b>	+0,81	498	
	50m: 33.60 33.60	150m: 1:48.00 38.05	250m: 3:04.96 39.06	350m: 4:20.92 37.98			
	100m: 1:09.95 36.35	200m: 2:25.90 37.90	300m: 3:42.94 37.98	400m: 4:58.20 37.28			
19.	BARROS Adriana Ribeiro	08	Braga	<b>4:58.65</b>	+0,77	496	
	50m: 33.04 33.04	150m: 1:47.59 37.70	250m: 3:04.50 38.89	350m: 4:21.78 38.04			
	100m: 1:09.89 36.85	200m: 2:25.61 38.02	300m: 3:43.74 39.24	400m: 4:58.65 36.87			
20.	NEVES Ana Carolina	08	Fluvial Portuense	<b>5:01.44</b>	+0,56	482	
	50m: 33.27 33.27	150m: 1:48.48 38.52	250m: 3:05.48 38.64	350m: 4:22.97 39.08			
	100m: 1:09.96 36.69	200m: 2:26.84 38.36	300m: 3:43.89 38.41	400m: 5:01.44 38.47			
21.	CARVALHO Constanca Isabel	08	Alges	<b>5:04.68</b>	+0,63	467	
	50m: 34.62 34.62	150m: 1:51.12 38.84	250m: 3:09.25 39.18	350m: 4:27.41 39.10			
	100m: 1:12.28 37.66	200m: 2:30.07 38.95	300m: 3:48.31 39.06	400m: 5:04.68 37.27			
22.	GONCALVES Maria Meleiro	08	Galitos / Bresimar	<b>5:04.99</b>	+0,64	466	
	50m: 34.13 34.13	150m: 1:50.42 38.45	250m: 3:09.14 39.63	350m: 4:28.32 39.53			
	100m: 1:11.97 37.84	200m: 2:29.51 39.09	300m: 3:48.79 39.65	400m: 5:04.99 36.67			
23.	PIRES Ana Beatriz	08	Uniao Piedense	<b>5:06.74</b>	+0,94	458	
	50m: 33.57 33.57	150m: 1:49.26 38.46	250m: 3:08.60 39.96	350m: 4:27.60 40.18			
	100m: 1:10.80 37.23	200m: 2:28.64 39.38	300m: 3:47.42 38.82	400m: 5:06.74 39.14			

Prova 2, Femin., 400m Livres, Juvenis

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
24.	ROLIM Beatriz Alexandra	08	Uniao Piedense	<b>5:07.66</b>	+0,86	454	
	50m: 33.85 33.85	150m: 1:50.48 38.77	250m: 3:09.65 39.67	350m: 4:29.62 40.08			
	100m: 1:11.71 37.86	200m: 2:29.98 39.50	300m: 3:49.54 39.89	400m: 5:07.66 38.04			
25.	GOMES Rita Silva	08	Colegio Efanor	<b>5:08.59</b>	+0,89	449	
	50m: 34.63 34.63	150m: 1:51.16 38.76	250m: 3:10.58 39.63	350m: 4:30.17 39.66			
	100m: 1:12.40 37.77	200m: 2:30.95 39.79	300m: 3:50.51 39.93	400m: 5:08.59 38.42			
26.	MARQUES Matilde Catroga	08	Colegio Monte Maior	<b>5:08.89</b>	+0,89	448	
	50m: 34.55 34.55	150m: 1:53.27 40.62	250m: 3:12.54 39.71	350m: 4:31.01 38.68			
	100m: 1:12.65 38.10	200m: 2:32.83 39.56	300m: 3:52.33 39.79	400m: 5:08.89 37.88			
27.	FERREIRA Lara Mota	08	Fafe	<b>5:09.15</b>	+0,85	447	
	50m: 34.41 34.41	150m: 1:53.07 40.05	250m: 3:12.50 39.58	350m: 4:31.30 39.04			
	100m: 1:13.02 38.61	200m: 2:32.92 39.85	300m: 3:52.26 39.76	400m: 5:09.15 37.85			