

Prova 26	Femin., 400m Livres				Juniores
02/04/2022 - 11:30					Resultados Elimin
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
RNS8	5:42.76	CASTRO Ana Filipa	FVCD	Oeiras	11/05/2019
RNS9	5:02.09	VEIGA Susana Pereira	CNCVG	Coimbra	25/04/2021

CEJun_Fem 14 - 17: 4:23.44 / CMJun_Fem 14 - 17: 4:18.27

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	PIRES Marta Joao	05	Alges	4:32.64	+0,73	652	Q
	50m: 30.29 30.29	150m: 1:37.91 34.28	250m: 2:47.72 35.25	350m: 3:58.13 35.14			
	100m: 1:03.63 33.34	200m: 2:12.47 34.56	300m: 3:22.99 35.27	400m: 4:32.64 34.51			
2.	LOPES Francisca Macedo	05	Vilacondense	4:34.23	+0,77	641	R
	50m: 30.76 30.76	150m: 1:38.77 34.35	250m: 2:48.84 34.85	350m: 3:59.55 35.18			
	100m: 1:04.42 33.66	200m: 2:13.99 35.22	300m: 3:24.37 35.53	400m: 4:34.23 34.68			
3.	FARIA Leonor Verissimo	06	Nucleo de Pombal	4:37.21	+0,70	620	R
	50m: 31.26 31.26	150m: 1:39.94 35.06	250m: 2:51.64 36.27	350m: 4:03.46 35.91			
	100m: 1:04.88 33.62	200m: 2:15.37 35.43	300m: 3:27.55 35.91	400m: 4:37.21 33.75			
4.	COELHO Maria Leonor	06	Benfica	4:37.75	+0,75	617	
	50m: 31.21 31.21	150m: 1:40.08 34.58	250m: 2:50.60 35.00	350m: 4:02.51 36.30			
	100m: 1:05.50 34.29	200m: 2:15.60 35.52	300m: 3:26.21 35.61	400m: 4:37.75 35.24			
5.	ROSA Mariana Carmo	05	Louzan Natacao/EFAPEL	4:40.01	+0,71	602	
	50m: 30.84 30.84	150m: 1:38.80 34.49	250m: 2:49.80 35.16	350m: 4:03.33 36.96			
	100m: 1:04.31 33.47	200m: 2:14.64 35.84	300m: 3:26.37 36.57	400m: 4:40.01 36.68			
6.	PEIXOTO Carolina Esteves	06	Braga	4:41.08	+0,82	595	
	50m: 31.37 31.37	150m: 1:40.44 35.46	250m: 2:53.03 36.40	350m: 4:05.67 36.23			
	100m: 1:04.98 33.61	200m: 2:16.63 36.19	300m: 3:29.44 36.41	400m: 4:41.08 35.41			
7.	PIRES Catarina Gaspar	06	Porto	4:42.76	+0,83	584	
	50m: 32.14 32.14	150m: 1:42.21 35.40	250m: 2:54.64 35.92	350m: 4:07.78 36.20			
	100m: 1:06.81 34.67	200m: 2:18.72 36.51	300m: 3:31.58 36.94	400m: 4:42.76 34.98			
8.	AMORIM Ines Santos	06	Desportiva de Viana	4:42.83	+0,78	584	
	50m: 31.99 31.99	150m: 1:42.25 35.56	250m: 2:55.47 36.59	350m: 4:09.54 37.01			
	100m: 1:06.69 34.70	200m: 2:18.88 36.63	300m: 3:32.53 37.06	400m: 4:42.83 33.29			
9.	SOARES Miriam Mortagua	06	Galitos/ Bresimar	4:43.27	+0,71	581	
	50m: 32.89 32.89	150m: 1:44.27 36.00	250m: 2:56.46 36.23	350m: 4:08.80 36.17			
	100m: 1:08.27 35.38	200m: 2:20.23 35.96	300m: 3:32.63 36.17	400m: 4:43.27 34.47			
10.	RAMOS Joana Barbas	06	Gafanha da Encarnacao	4:43.35	+0,71	581	
	50m: 32.88 32.88	150m: 1:44.03 35.93	250m: 2:56.42 36.23	350m: 4:09.11 36.00			
	100m: 1:08.10 35.22	200m: 2:20.19 36.16	300m: 3:33.11 36.69	400m: 4:43.35 34.24			
11.	LOPES Daniela Magalhaes	05	Famalicao	4:43.62	+0,77	579	
	50m: 32.04 32.04	150m: 1:42.59 35.73	250m: 2:55.29 36.02	350m: 4:07.64 35.60			
	100m: 1:06.86 34.82	200m: 2:19.27 36.68	300m: 3:32.04 36.75	400m: 4:43.62 35.98			
12.	LOPES Matilde Nunes	06	Benfica	4:45.51	+0,74	568	
	50m: 31.85 31.85	150m: 1:41.92 35.49	250m: 2:54.30 36.61	350m: 4:08.61 37.77			
	100m: 1:06.43 34.58	200m: 2:17.69 35.77	300m: 3:30.84 36.54	400m: 4:45.51 36.90			

Prova 26, Femin., 400m Livres, Elimin, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
13.	DINIS Filipa Paiva	06	Ba-Leiria	4:55.62	+0,80	511	
	50m: 32.66 32.66	150m: 1:45.93 36.73	250m: 3:00.97 37.56	350m: 4:17.23 37.86			
	100m: 1:09.20 36.54	200m: 2:23.41 37.48	300m: 3:39.37 38.40	400m: 4:55.62 38.39			

Prova 26 Femin., 400m Livres Seniores Resultados Elimin

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
RNS8	5:42.76	CASTRO Ana Filipa	FVCD	Oeiras	11/05/2019
RNS9	5:02.09	VEIGA Susana Pereira	CNCVG	Coimbra	25/04/2021

CEPL 19 +: 4:12.86 / CMPL 19 +: 4:10.57

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	DURAES Diana Margarida	96	Benfica	4:19.05	+0,72	760 Q	
	50m: 30.52 30.52	150m: 1:35.43 32.65	250m: 2:40.88 32.76	350m: 3:46.29 32.95			
	100m: 1:02.78 32.26	200m: 2:08.12 32.69	300m: 3:13.34 32.46	400m: 4:19.05 32.76			
2.	MARTINS Francisca Soares	03	Foca Quinta da Lixa CNF	4:22.43	+0,65	731 Q	
	50m: 29.81 29.81	150m: 1:34.16 32.46	250m: 2:40.19 33.23	350m: 3:48.43 34.56			
	100m: 1:01.70 31.89	200m: 2:06.96 32.80	300m: 3:13.87 33.68	400m: 4:22.43 34.00			
3.	HOLUB Tamila Hryhorivna	99	Braga	4:23.21	+0,80	725 Q	
	50m: 30.23 30.23	150m: 1:35.72 32.93	250m: 2:42.13 33.33	350m: 3:49.36 33.79			
	100m: 1:02.79 32.56	200m: 2:08.80 33.08	300m: 3:15.57 33.44	400m: 4:23.21 33.85			
4.	CONCEICAO Ema Jeronimo	03	Fisica Torres Vedras	4:27.44	+0,79	691 Q	
	50m: 30.90 30.90	150m: 1:37.54 33.41	250m: 2:44.83 33.74	350m: 3:53.47 34.11			
	100m: 1:04.13 33.23	200m: 2:11.09 33.55	300m: 3:19.36 34.53	400m: 4:27.44 33.97			
5.	MOURA Maria Ferreira	04	Sporting	4:27.62	+0,76	689 Q	
	50m: 30.92 30.92	150m: 1:38.47 34.09	250m: 2:46.23 34.05	350m: 3:54.18 34.11			
	100m: 1:04.38 33.46	200m: 2:12.18 33.71	300m: 3:20.07 33.84	400m: 4:27.62 33.44			
6.	RAMOS Ana Rita	02	Porto	4:28.18	+0,80	685 Q	
	50m: 30.11 30.11	150m: 1:36.03 32.82	250m: 2:43.57 34.07	350m: 3:53.20 34.73			
	100m: 1:03.21 33.10	200m: 2:09.50 33.47	300m: 3:18.47 34.90	400m: 4:28.18 34.98			
7.	CARDEAL Joana Nunes	02	Academico Viseu	4:29.12	+0,73	678 Q	
	50m: 31.12 31.12	150m: 1:38.40 33.99	250m: 2:46.83 34.23	350m: 3:55.31 34.31			
	100m: 1:04.41 33.29	200m: 2:12.60 34.20	300m: 3:21.00 34.17	400m: 4:29.12 33.81			
8.	CARDEAL Beatriz Nunes	04	Academico Viseu	4:31.93		657 Q	
	50m: 31.06 31.06	150m: 1:39.85 34.88	250m: 2:49.55 34.78	350m: 3:58.71 34.68			
	100m: 1:04.97 33.91	200m: 2:14.77 34.92	300m: 3:24.03 34.48	400m: 4:31.93 33.22			
9.	FOMINA Anna	02	Louletano/Loule Concelho	4:33.73	+0,74	644 Q	
	50m: 30.63 30.63	150m: 1:38.08 33.77	250m: 2:47.88 35.01	350m: 3:58.30 35.24			
	100m: 1:04.31 33.68	200m: 2:12.87 34.79	300m: 3:23.06 35.18	400m: 4:33.73 35.43			

Prova 26, Femin., 400m Livres, Elimin

Prova 26 Femin., 400m Livres Absolutos
02/04/2022 - 11:30 Resultados Elimin

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
RNS8	5:42.76	CASTRO Ana Filipa	FVCD	Oeiras	11/05/2019
RNS9	5:02.09	VEIGA Susana Pereira	CNCVCG	Coimbra	25/04/2021

CEJun_Fem 14 - 17: 4:23.44 / CMJun_Fem 14 - 17: 4:18.27 / CEPL 19 +: 4:12.86 / CMPL 19 +: 4:10.57

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	DURAES Diana Margarida	96	Benfica	4:19.05	+0,72	760 Q	
	50m: 30.52 30.52	150m: 1:35.43 32.65	250m: 2:40.88 32.76	350m: 3:46.29 32.95	400m: 4:19.05 32.76		
	100m: 1:02.78 32.26	200m: 2:08.12 32.69	300m: 3:13.34 32.46				
2.	MARTINS Francisca Soares	03	Foca Quinta da Lixa CNF	4:22.43	+0,65	731 Q	
	50m: 29.81 29.81	150m: 1:34.16 32.46	250m: 2:40.19 33.23	350m: 3:48.43 34.56	400m: 4:22.43 34.00		
	100m: 1:01.70 31.89	200m: 2:06.96 32.80	300m: 3:13.87 33.68				
3.	HOLUB Tamila Hryhorivna	99	Braga	4:23.21	+0,80	725 Q	
	50m: 30.23 30.23	150m: 1:35.72 32.93	250m: 2:42.13 33.33	350m: 3:49.36 33.79	400m: 4:23.21 33.85		
	100m: 1:02.79 32.56	200m: 2:08.80 33.08	300m: 3:15.57 33.44				
4.	CONCEICAO Ema Jeronimo	03	Fisica Torres Vedras	4:27.44	+0,79	691 Q	
	50m: 30.90 30.90	150m: 1:37.54 33.41	250m: 2:44.83 33.74	350m: 3:53.47 34.11	400m: 4:27.44 33.97		
	100m: 1:04.13 33.23	200m: 2:11.09 33.55	300m: 3:19.36 34.53				
5.	MOURA Maria Ferreira	04	Sporting	4:27.62	+0,76	689 Q	
	50m: 30.92 30.92	150m: 1:38.47 34.09	250m: 2:46.23 34.05	350m: 3:54.18 34.11	400m: 4:27.62 33.44		
	100m: 1:04.38 33.46	200m: 2:12.18 33.71	300m: 3:20.07 33.84				
6.	RAMOS Ana Rita	02	Porto	4:28.18	+0,80	685 Q	
	50m: 30.11 30.11	150m: 1:36.03 32.82	250m: 2:43.57 34.07	350m: 3:53.20 34.73	400m: 4:28.18 34.98		
	100m: 1:03.21 33.10	200m: 2:09.50 33.47	300m: 3:18.47 34.90				
7.	CARDEAL Joana Nunes	02	Academico Viseu	4:29.12	+0,73	678 Q	
	50m: 31.12 31.12	150m: 1:38.40 33.99	250m: 2:46.83 34.23	350m: 3:55.31 34.31	400m: 4:29.12 33.81		
	100m: 1:04.41 33.29	200m: 2:12.60 34.20	300m: 3:21.00 34.17				
8.	CARDEAL Beatriz Nunes	04	Academico Viseu	4:31.93		657 Q	
	50m: 31.06 31.06	150m: 1:39.85 34.88	250m: 2:49.55 34.78	350m: 3:58.71 34.68	400m: 4:31.93 33.22		
	100m: 1:04.97 33.91	200m: 2:14.77 34.92	300m: 3:24.03 34.48				
9.	PIRES Marta Joao	05	Alges	4:32.64	+0,73	652 Q	
	50m: 30.29 30.29	150m: 1:37.91 34.28	250m: 2:47.72 35.25	350m: 3:58.13 35.14	400m: 4:32.64 34.51		
	100m: 1:03.63 33.34	200m: 2:12.47 34.56	300m: 3:22.99 35.27				
10.	FOMINA Anna	02	Louletano/Loule Concelho	4:33.73	+0,74	644 Q	
	50m: 30.63 30.63	150m: 1:38.08 33.77	250m: 2:47.88 35.01	350m: 3:58.30 35.24	400m: 4:33.73 35.43		
	100m: 1:04.31 33.68	200m: 2:12.87 34.79	300m: 3:23.06 35.18				
11.	LOPES Francisca Macedo	05	Vilacondense	4:34.23	+0,77	641 R	
	50m: 30.76 30.76	150m: 1:38.77 34.35	250m: 2:48.84 34.85	350m: 3:59.55 35.18	400m: 4:34.23 34.68		
	100m: 1:04.42 33.66	200m: 2:13.99 35.22	300m: 3:24.37 35.53				

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
12.	FARIA Leonor Verissimo	06	Nucleo de Pombal	4:37.21	+0,70	620	R
	50m: 31.26 31.26	150m: 1:39.94 35.06	250m: 2:51.64 36.27	350m: 4:03.46 35.91			
	100m: 1:04.88 33.62	200m: 2:15.37 35.43	300m: 3:27.55 35.91	400m: 4:37.21 33.75			
13.	COELHO Maria Leonor	06	Benfica	4:37.75	+0,75	617	
	50m: 31.21 31.21	150m: 1:40.08 34.58	250m: 2:50.60 35.00	350m: 4:02.51 36.30			
	100m: 1:05.50 34.29	200m: 2:15.60 35.52	300m: 3:26.21 35.61	400m: 4:37.75 35.24			
14.	ROSA Mariana Carmo	05	Louzan Natacao/EFAPEL	4:40.01	+0,71	602	
	50m: 30.84 30.84	150m: 1:38.80 34.49	250m: 2:49.80 35.16	350m: 4:03.33 36.96			
	100m: 1:04.31 33.47	200m: 2:14.64 35.84	300m: 3:26.37 36.57	400m: 4:40.01 36.68			
15.	PEIXOTO Carolina Esteves	06	Braga	4:41.08	+0,82	595	
	50m: 31.37 31.37	150m: 1:40.44 35.46	250m: 2:53.03 36.40	350m: 4:05.67 36.23			
	100m: 1:04.98 33.61	200m: 2:16.63 36.19	300m: 3:29.44 36.41	400m: 4:41.08 35.41			
16.	PIRES Catarina Gaspar	06	Porto	4:42.76	+0,83	584	
	50m: 32.14 32.14	150m: 1:42.21 35.40	250m: 2:54.64 35.92	350m: 4:07.78 36.20			
	100m: 1:06.81 34.67	200m: 2:18.72 36.51	300m: 3:31.58 36.94	400m: 4:42.76 34.98			
17.	AMORIM Ines Santos	06	Desportiva de Viana	4:42.83	+0,78	584	
	50m: 31.99 31.99	150m: 1:42.25 35.56	250m: 2:55.47 36.59	350m: 4:09.54 37.01			
	100m: 1:06.69 34.70	200m: 2:18.88 36.63	300m: 3:32.53 37.06	400m: 4:42.83 33.29			
18.	SOARES Miriam Mortagua	06	Galitos/ Bresimar	4:43.27	+0,71	581	
	50m: 32.89 32.89	150m: 1:44.27 36.00	250m: 2:56.46 36.23	350m: 4:08.80 36.17			
	100m: 1:08.27 35.38	200m: 2:20.23 35.96	300m: 3:32.63 36.17	400m: 4:43.27 34.47			
19.	RAMOS Joana Barbas	06	Gafanha da Encarnacao	4:43.35	+0,71	581	
	50m: 32.88 32.88	150m: 1:44.03 35.93	250m: 2:56.42 36.23	350m: 4:09.11 36.00			
	100m: 1:08.10 35.22	200m: 2:20.19 36.16	300m: 3:33.11 36.69	400m: 4:43.35 34.24			
20.	LOPES Daniela Magalhaes	05	Famalicao	4:43.62	+0,77	579	
	50m: 32.04 32.04	150m: 1:42.59 35.73	250m: 2:55.29 36.02	350m: 4:07.64 35.60			
	100m: 1:06.86 34.82	200m: 2:19.27 36.68	300m: 3:32.04 36.75	400m: 4:43.62 35.98			
21.	LOPES Matilde Nunes	06	Benfica	4:45.51	+0,74	568	
	50m: 31.85 31.85	150m: 1:41.92 35.49	250m: 2:54.30 36.61	350m: 4:08.61 37.77			
	100m: 1:06.43 34.58	200m: 2:17.69 35.77	300m: 3:30.84 36.54	400m: 4:45.51 36.90			
22.	DINIS Filipa Paiva	06	Ba-Leiria	4:55.62	+0,80	511	
	50m: 32.66 32.66	150m: 1:45.93 36.73	250m: 3:00.97 37.56	350m: 4:17.23 37.86			
	100m: 1:09.20 36.54	200m: 2:23.41 37.48	300m: 3:39.37 38.40	400m: 4:55.62 38.39			
EXH	VEIGA Susana Pereira	00	Colegio Vasco da Gama	5:02.69	+0,84	476	
	50m: 33.83 33.83	150m: 1:47.61 37.32	250m: 3:04.25 38.89	350m: 4:23.59 39.80			
	100m: 1:10.29 36.46	200m: 2:25.36 37.75	300m: 3:43.79 39.54	400m: 5:02.69 39.10			
EXH	CASTRO Ana Filipa	97	Feira Viva	5:56.60		291	
	50m: 40.69 40.69	150m: 2:12.17 45.49	250m: 3:42.34 44.43	350m: 5:12.58 44.82			
	100m: 1:26.68 45.99	200m: 2:57.91 45.74	300m: 4:27.76 45.42	400m: 5:56.60 44.02			