

Prova 16

Femin., 400m Estilos

Open

28/07/2022 - 9:35

Resultados Elimin

Rec Nac Absoluto	4:40.11	KAMINSKAYA Victoria	POR	Pontevedra (ESP)	09/04/2017
Rec Nac Sen	4:40.11	KAMINSKAYA Victoria	POR	Pontevedra (ESP)	09/04/2017
Rec Nac Jun17	4:52.12	KAMINSKAYA Victoria	PIMP	Oeiras	27/07/2012
Rec Nac Jun16	4:54.00	ROCHA Ines Neto	SANNP	Gijón (ESP)	20/05/2017
Rec Nac Juv A	4:58.08	DURAES Diana Margarida	FOCA	Povoa de Varzim	05/08/2011
Rec Nac Juv B	5:01.00	ROCHA Ines Neto	CAP	Coimbra	24/07/2015
Rec Nac Inf A	5:11.29	ROCHA Diana Ramos	EDV	Faro	20/07/2007
Rec Nac Inf B	5:14.05	RUIVO Filipa Vilas	DNMG	S. Joao da Madeira	24/07/2009

TAC 19 + 50m: 5:16.57 - 25m: 5:06.36; 18 50m: 5:18.16 - 25m: 5:07.90; Jun17 50m: 5:27.38 - 25m: 5:16.24; Jun16 50m: 5:29.02 - 25m: 5:17.82; Juv A 50m: 5:40.83 - 25m: 5:23.44; Juv B 50m: 5:48.18 - 25m: 5:31.04

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	PORTELA Magdalena	05	Argentina	4:57.44	+0,81	718	
	50m: 31.91 31.91	150m: 1:46.04 38.55	250m: 3:06.83	43.10	350m: 4:24.49	34.47	
	100m: 1:07.49 35.58	200m: 2:23.73 37.69	300m: 3:50.02	43.19	400m: 4:57.44	32.95	
2.	DURAES Diana Margarida	96	Benfica	4:58.60	+0,76	709	
	50m: 32.34 32.34	150m: 1:48.04 39.28	250m: 3:09.23	42.83	350m: 4:25.80	33.80	
	100m: 1:08.76 36.42	200m: 2:26.40 38.36	300m: 3:52.00	42.77	400m: 4:58.60	32.80	
3.	ANDRE Angelica Maria	94	Porto	5:02.95	+0,76	679	
	50m: 31.98 31.98	150m: 1:46.16 38.87	250m: 3:08.90	43.73	350m: 4:27.18	36.06	
	100m: 1:07.29 35.31	200m: 2:25.17 39.01	300m: 3:51.12	42.22	400m: 5:02.95	35.77	
4.	CARDEAL Joana Nunes	02	Academico Viseu	5:03.72	+0,90	674	
	50m: 31.55 31.55	150m: 1:47.38 40.36	250m: 3:09.70	43.59	350m: 4:29.54	35.12	
	100m: 1:07.02 35.47	200m: 2:26.11 38.73	300m: 3:54.42	44.72	400m: 5:03.72	34.18	
5.	CARDEAL Beatriz Nunes	04	Academico Viseu	5:08.06	+0,70	646	
	50m: 31.55 31.55	150m: 1:48.48 40.87	250m: 3:12.73	44.60	350m: 4:33.71	36.63	
	100m: 1:07.61 36.06	200m: 2:28.13 39.65	300m: 3:57.08	44.35	400m: 5:08.06	34.35	
6.	MENDES Mariana Amaral	02	Sporting	5:08.84	+0,90	641	
	50m: 33.08 33.08	150m: 1:50.43 41.19	250m: 3:15.18	44.80	350m: 4:34.93	35.23	
	100m: 1:09.24 36.16	200m: 2:30.38 39.95	300m: 3:59.70	44.52	400m: 5:08.84	33.91	
7.	VEIGA Ana Filipa	01	Gafanha da Encarnacao	5:09.27	+0,81	638	
	50m: 32.68 32.68	150m: 1:52.91 42.36	250m: 3:17.36	42.60	350m: 4:35.19	35.62	
	100m: 1:10.55 37.87	200m: 2:34.76 41.85	300m: 3:59.57	42.21	400m: 5:09.27	34.08	
8.	LOPES Daniela Magalhaes	05	Famalicao	5:11.34	+0,84	626	
	50m: 32.71 32.71	150m: 1:52.90 42.82	250m: 3:18.51	44.51	350m: 4:37.45	34.89	
	100m: 1:10.08 37.37	200m: 2:34.00 41.10	300m: 4:02.56	44.05	400m: 5:11.34	33.89	
9.	PINTO Leonor Filipa	06	Porto	5:12.32	+0,85	620	
	50m: 33.27 33.27	150m: 1:51.47 40.11	250m: 3:16.41	45.13	350m: 4:37.14	35.89	
	100m: 1:11.36 38.09	200m: 2:31.28 39.81	300m: 4:01.25	44.84	400m: 5:12.32	35.18	
10.	LOPES Francisca Macedo	05	Vilacondense	5:13.28	+0,79	614	
	50m: 33.22 33.22	150m: 1:53.06 41.55	250m: 3:18.59	44.67	350m: 4:38.72	35.70	
	100m: 1:11.51 38.29	200m: 2:33.92 40.86	300m: 4:03.02	44.43	400m: 5:13.28	34.56	

Prova 16, Femin., 400m Estilos, Elimin, Open

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
11.	VARGAS Giovanna Vaz	00	Nautico Marinha Grande	5:14.16	+0,79	609	
	50m: 31.73 31.73	150m: 1:48.71 41.35	250m: 3:15.38 45.67	350m: 4:37.96 36.99			
	100m: 1:07.36 35.63	200m: 2:29.71 41.00	300m: 4:00.97 45.59	400m: 5:14.16 36.20			
12.	PINTO Margarida Vieira	07	Braga	5:20.73	+0,81	572	
	50m: 33.42 33.42	150m: 1:56.73 42.68	250m: 3:23.33 45.31	350m: 4:45.23 36.22			
	100m: 1:14.05 40.63	200m: 2:38.02 41.29	300m: 4:09.01 45.68	400m: 5:20.73 35.50			
13.	MORGADO Alice Jesus	04	Sporting	5:21.42	+0,81	569	
	50m: 32.55 32.55	150m: 1:51.79 41.61	250m: 3:19.04 46.47	350m: 4:43.97 37.64			
	100m: 1:10.18 37.63	200m: 2:32.57 40.78	300m: 4:06.33 47.29	400m: 5:21.42 37.45			
14.	ESTEVENES Laura Fabiana	05	Naval de Faro	5:22.43	+0,76	563	
	50m: 33.75 33.75	150m: 1:56.63 43.03	250m: 3:23.49 44.90	350m: 4:46.88 37.51			
	100m: 1:13.60 39.85	200m: 2:38.59 41.96	300m: 4:09.37 45.88	400m: 5:22.43 35.55			
15.	FERREIRA Constanca Santos	08	Alges	5:23.34	+0,75	559	
	50m: 32.09 32.09	150m: 1:52.43 42.29	250m: 3:20.03 46.53	350m: 4:45.81 38.43			
	100m: 1:10.14 38.05	200m: 2:33.50 41.07	300m: 4:07.38 47.35	400m: 5:23.34 37.53			
16.	ALMEIDA Maria Emilia	07	Galitos / Bresimar	5:25.13	+0,84	549	
	50m: 32.47 32.47	150m: 1:52.57 43.47	250m: 3:23.16 47.98	350m: 4:48.12 37.04			
	100m: 1:09.10 36.63	200m: 2:35.18 42.61	300m: 4:11.08 47.92	400m: 5:25.13 37.01			
17.	LOPES Matilde Nunes	06	Benfica	5:25.18	+0,75	549	
	50m: 33.46 33.46	150m: 1:54.45 42.72	250m: 3:23.22 46.06	350m: 4:48.34 37.46			
	100m: 1:11.73 38.27	200m: 2:37.16 42.71	300m: 4:10.88 47.66	400m: 5:25.18 36.84			
18.	GOMES Francisca Martins	07	Porto	5:26.75	+0,90	541	
	50m: 35.68 35.68	150m: 1:59.48 43.82	250m: 3:26.91 44.70	350m: 4:50.07 38.15			
	100m: 1:15.66 39.98	200m: 2:42.21 42.73	300m: 4:11.92 45.01	400m: 5:26.75 36.68			
19.	FERREIRA Joana Rosa	05	Naval de Peniche	5:28.00	+0,78	535	
	50m: 34.21 34.21	150m: 1:59.02 44.01	250m: 3:28.11 45.17	350m: 4:51.50 37.83			
	100m: 1:15.01 40.80	200m: 2:42.94 43.92	300m: 4:13.67 45.56	400m: 5:28.00 36.50			
20.	RAMOS Joana Barbas	06	Gafanha da Encarnacao	5:29.18	+0,79	529	
	50m: 36.04 36.04	150m: 2:00.46 42.00	250m: 3:29.84 48.41	350m: 4:55.02 36.89			
	100m: 1:18.46 42.42	200m: 2:41.43 40.97	300m: 4:18.13 48.29	400m: 5:29.18 34.16			
21.	SILVA Joana Ferreira	05	Colegio Efanor	5:29.33	+0,76	529	
	50m: 33.57 33.57	150m: 1:55.01 43.53	250m: 3:24.27 46.11	350m: 4:50.41 38.63			
	100m: 1:11.48 37.91	200m: 2:38.16 43.15	300m: 4:11.78 47.51	400m: 5:29.33 38.92			
22.	SIMOES Dania Rodrigues	07	Louzan Natacao/EFAPEL	5:29.60	+0,86	527	
	50m: 34.71 34.71	150m: 1:58.60 43.88	250m: 3:28.40 47.32	350m: 4:52.91 38.31			
	100m: 1:14.72 40.01	200m: 2:41.08 42.48	300m: 4:14.60 46.20	400m: 5:29.60 36.69			
23.	SA Madalena Correa	06	Benfica	5:29.69	+0,88	527	
	50m: 34.70 34.70	150m: 2:03.13 47.57	250m: 3:31.69 43.80	350m: 4:54.33 37.94			
	100m: 1:15.56 40.86	200m: 2:47.89 44.76	300m: 4:16.39 44.70	400m: 5:29.69 35.36			

Prova 16, Femin., 400m Estilos, Elimin, Open

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
24.	SILVA Ana Francisca	06	Alcobaca	5:29.77	+0,87	526	
	50m: 34.32 34.32	150m: 1:56.57 43.15	250m: 3:27.85 49.32	350m: 4:54.54 37.62			
	100m: 1:13.42 39.10	200m: 2:38.53 41.96	300m: 4:16.92 49.07	400m: 5:29.77 35.23			
25.	COSTA Daniela Alexandra	06	Leixoes	5:29.98	+0,93	525	
	50m: 34.90 34.90	150m: 1:58.15 41.84	250m: 3:26.46 47.74	350m: 4:53.23 37.95			
	100m: 1:16.31 41.41	200m: 2:38.72 40.57	300m: 4:15.28 48.82	400m: 5:29.98 36.75			
26.	CAMARA Ines Cruz	07	Desportivo Nacional	5:30.53	+0,82	523	
	50m: 32.92 32.92	150m: 1:55.15 44.34	250m: 3:25.82 47.32	350m: 4:52.73 38.71			
	100m: 1:10.81 37.89	200m: 2:38.50 43.35	300m: 4:14.02 48.20	400m: 5:30.53 37.80			
27.	RIBEIRO Maria Joao	05	Sao Joao Ver	5:30.84	+0,85	521	
	50m: 33.46 33.46	150m: 1:58.25 45.90	250m: 3:27.45 45.30	350m: 4:53.60 40.64			
	100m: 1:12.35 38.89	200m: 2:42.15 43.90	300m: 4:12.96 45.51	400m: 5:30.84 37.24			
28.	BARROS Adriana Ribeiro	08	Braga	5:31.49	+0,77	518	
	50m: 34.21 34.21	150m: 1:57.15 42.23	250m: 3:28.09 48.95	350m: 4:54.03 37.71			
	100m: 1:14.92 40.71	200m: 2:39.14 41.99	300m: 4:16.32 48.23	400m: 5:31.49 37.46			
29.	FROIS Maria Francisca	06	Ba-Leiria	5:31.52	+0,76	518	
	50m: 33.16 33.16	150m: 1:57.62 43.52	250m: 3:27.15 46.52	350m: 4:54.45 38.53			
	100m: 1:14.10 40.94	200m: 2:40.63 43.01	300m: 4:15.92 48.77	400m: 5:31.52 37.07			
30.	GASPAR Beatriz Andre	06	Nautico Academico	5:32.27	+0,69	515	
	50m: 34.07 34.07	150m: 2:01.24 45.57	250m: 3:28.78 43.65	350m: 4:54.18 39.58			
	100m: 1:15.67 41.60	200m: 2:45.13 43.89	300m: 4:14.60 45.82	400m: 5:32.27 38.09			
31.	ALVES Catarina Alexandra	07	Geslours	5:34.12	+0,74	506	
	50m: 33.92 33.92	150m: 1:55.95 42.92	250m: 3:26.40 49.17	350m: 4:54.89 38.30			
	100m: 1:13.03 39.11	200m: 2:37.23 41.28	300m: 4:16.59 50.19	400m: 5:34.12 39.23			
32.	GOMES Rita Cunha	07	Viana Natacao	5:35.98	+0,87	498	
	50m: 33.53 33.53	150m: 1:56.26 44.10	250m: 3:28.52 49.87	350m: 4:58.18 39.87			
	100m: 1:12.16 38.63	200m: 2:38.65 42.39	300m: 4:18.31 49.79	400m: 5:35.98 37.80			
33.	LOPES Catarina Maria	08	BUZIOS - Coruche	5:38.00	+0,82	489	
	50m: 34.88 34.88	150m: 2:03.05 48.02	250m: 3:36.45 47.59	350m: 5:02.48 38.48			
	100m: 1:15.03 40.15	200m: 2:48.86 45.81	300m: 4:24.00 47.55	400m: 5:38.00 35.52			
34.	MAGALHAES Leticia Rodrigues	07	Naval Setubalense	5:38.76	+0,80	486	
	50m: 35.06 35.06	150m: 1:59.95 41.85	250m: 3:30.07 48.72	350m: 4:59.72 39.89			
	100m: 1:18.10 43.04	200m: 2:41.35 41.40	300m: 4:19.83 49.76	400m: 5:38.76 39.04			
35.	SILVA Maria Ines	08	Gafanha da Encarnacao	5:39.30	+0,85	483	
	50m: 37.36 37.36	150m: 2:06.40 46.54	250m: 3:37.28 45.94	350m: 5:00.79 38.95			
	100m: 1:19.86 42.50	200m: 2:51.34 44.94	300m: 4:21.84 44.56	400m: 5:39.30 38.51			
36.	DIAS Beatriz Costa	08	Aquatico Pacense	5:39.72	+0,79	481	
	50m: 33.89 33.89	150m: 1:59.57 45.45	250m: 3:32.50 52.33	350m: 5:02.71 38.48			
	100m: 1:14.12 40.23	200m: 2:40.17 40.60	300m: 4:24.23 51.73	400m: 5:39.72 37.01			

Prova 16, Femin., 400m Estilos, Elimin, Open

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
37.	NUNES Carolina Mendes	08	Estarreja	5:40.09	+0,80	480	
	50m: 36.01 36.01	150m: 2:03.67 44.59	250m: 3:35.30 48.47	350m: 5:02.78 38.51			
	100m: 1:19.08 43.07	200m: 2:46.83 43.16	300m: 4:24.27 48.97	400m: 5:40.09 37.31			
38.	COSTA Maria Joao	08	Vilacondense	5:40.64	+0,73	478	
	50m: 33.31 33.31	150m: 1:59.08 44.15	250m: 3:33.95 50.22	350m: 5:03.72 38.49			
	100m: 1:14.93 41.62	200m: 2:43.73 44.65	300m: 4:25.23 51.28	400m: 5:40.64 36.92			
39.	FREITAS Diana Gomes	08	Amigos da Montanha	5:41.17		475	
	50m: 36.22 36.22	150m: 2:03.91 44.80	250m: 3:37.72 49.61	350m: 5:05.12 38.17			
	100m: 1:19.11 42.89	200m: 2:48.11 44.20	300m: 4:26.95 49.23	400m: 5:41.17 36.05			
40.	BERNAT Elena Del Rio	07	Alges	5:42.51	+0,75	470	
	50m: 35.11 35.11	150m: 2:05.31 46.53	250m: 3:37.10 46.43	350m: 5:04.83 40.02			
	100m: 1:18.78 43.67	200m: 2:50.67 45.36	300m: 4:24.81 47.71	400m: 5:42.51 37.68			
41.	PINTO Lara Filipa	08	Porto	5:47.27	+0,81	451	
	50m: 35.90 35.90	150m: 2:03.75 44.37	250m: 3:37.36 50.65	350m: 5:08.09 39.39			
	100m: 1:19.38 43.48	200m: 2:46.71 42.96	300m: 4:28.70 51.34	400m: 5:47.27 39.18			
42.	GOMES Rita Silva	08	Colegio Efanor	5:48.37	+0,85	446	
	50m: 39.77 39.77	150m: 2:11.38 45.21	250m: 3:41.76 46.47	350m: 5:10.35 40.47			
	100m: 1:26.17 46.40	200m: 2:55.29 43.91	300m: 4:29.88 48.12	400m: 5:48.37 38.02			
43.	SILVA Francisca Lamas	08	Colegio Efanor	5:48.78	+0,75	445	
	50m: 35.05 35.05	150m: 2:00.95 45.51	250m: 3:34.09 50.49	350m: 5:08.41 42.87			
	100m: 1:15.44 40.39	200m: 2:43.60 42.65	300m: 4:25.54 51.45	400m: 5:48.78 40.37			
44.	SILVA Rita Rocha	08	Alcobaca	5:49.00		444	
	50m: 37.84 37.84	150m: 2:05.80 45.30	250m: 3:37.63 47.76	350m: 5:08.75 42.59			
	100m: 1:20.50 42.66	200m: 2:49.87 44.07	300m: 4:26.16 48.53	400m: 5:49.00 40.25			
45.	SOUSA Matilde Filipe	07	Nucleo Sporting da Terceira	5:54.03	+0,79	425	
	50m: 36.29 36.29	150m: 2:04.93 45.04	250m: 3:38.70 50.04	350m: 5:12.70 42.69			
	100m: 1:19.89 43.60	200m: 2:48.66 43.73	300m: 4:30.01 51.31	400m: 5:54.03 41.33			
46.	LUIZ Margarida Maria	08	Lagoa AC	5:54.27	+0,86	425	
	50m: 38.49 38.49	150m: 2:11.18 47.74	250m: 3:46.37 49.84	350m: 5:16.00 39.54			
	100m: 1:23.44 44.95	200m: 2:56.53 45.35	300m: 4:36.46 50.09	400m: 5:54.27 38.27			

Prova 16, Femin., 400m Estilos, Elimin

Prova 16 Femin., 400m Estilos Juvenis
28/07/2022 - 9:35 Resultados Elimin

Rec Nac Absoluto	4:40.11	KAMINSKAYA Victoria	POR	Pontevedra (ESP)	09/04/2017
Rec Nac Juv A	4:58.08	DURAES Diana Margarida	FOCA	Povoa de Varzim	05/08/2011
Rec Nac Juv B	5:01.00	ROCHA Ines Neto	CAP	Coimbra	24/07/2015

TAC Juv A 50m: 5:40.83 - 25m: 5:23.44; Juv B 50m: 5:48.18 - 25m: 5:31.04

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	PINTO Margarida Vieira	07	Braga	5:20.73	+0,81	572	
	50m: 33.42 33.42	150m: 1:56.73 42.68	250m: 3:23.33 45.31	350m: 4:45.23 36.22			
	100m: 1:14.05 40.63	200m: 2:38.02 41.29	300m: 4:09.01 45.68	400m: 5:20.73 35.50			
2.	FERREIRA Constanca Santos	08	Alges	5:23.34	+0,75	559	
	50m: 32.09 32.09	150m: 1:52.43 42.29	250m: 3:20.03 46.53	350m: 4:45.81 38.43			
	100m: 1:10.14 38.05	200m: 2:33.50 41.07	300m: 4:07.38 47.35	400m: 5:23.34 37.53			
3.	ALMEIDA Maria Emilia	07	Galitos / Bresimar	5:25.13	+0,84	549	
	50m: 32.47 32.47	150m: 1:52.57 43.47	250m: 3:23.16 47.98	350m: 4:48.12 37.04			
	100m: 1:09.10 36.63	200m: 2:35.18 42.61	300m: 4:11.08 47.92	400m: 5:25.13 37.01			
4.	GOMES Francisca Martins	07	Porto	5:26.75	+0,90	541	
	50m: 35.68 35.68	150m: 1:59.48 43.82	250m: 3:26.91 44.70	350m: 4:50.07 38.15			
	100m: 1:15.66 39.98	200m: 2:42.21 42.73	300m: 4:11.92 45.01	400m: 5:26.75 36.68			
5.	SIMOES Dania Rodrigues	07	Louzan Natacao/EFAPEL	5:29.60	+0,86	527	
	50m: 34.71 34.71	150m: 1:58.60 43.88	250m: 3:28.40 47.32	350m: 4:52.91 38.31			
	100m: 1:14.72 40.01	200m: 2:41.08 42.48	300m: 4:14.60 46.20	400m: 5:29.60 36.69			
6.	CAMARA Ines Cruz	07	Desportivo Nacional	5:30.53	+0,82	523	
	50m: 32.92 32.92	150m: 1:55.15 44.34	250m: 3:25.82 47.32	350m: 4:52.73 38.71			
	100m: 1:10.81 37.89	200m: 2:38.50 43.35	300m: 4:14.02 48.20	400m: 5:30.53 37.80			
7.	BARROS Adriana Ribeiro	08	Braga	5:31.49	+0,77	518	
	50m: 34.21 34.21	150m: 1:57.15 42.23	250m: 3:28.09 48.95	350m: 4:54.03 37.71			
	100m: 1:14.92 40.71	200m: 2:39.14 41.99	300m: 4:16.32 48.23	400m: 5:31.49 37.46			
8.	ALVES Catarina Alexandra	07	Gesloures	5:34.12	+0,74	506	
	50m: 33.92 33.92	150m: 1:55.95 42.92	250m: 3:26.40 49.17	350m: 4:54.89 38.30			
	100m: 1:13.03 39.11	200m: 2:37.23 41.28	300m: 4:16.59 50.19	400m: 5:34.12 39.23			
9.	GOMES Rita Cunha	07	Viana Natacao	5:35.98	+0,87	498	
	50m: 33.53 33.53	150m: 1:56.26 44.10	250m: 3:28.52 49.87	350m: 4:58.18 39.87			
	100m: 1:12.16 38.63	200m: 2:38.65 42.39	300m: 4:18.31 49.79	400m: 5:35.98 37.80			
10.	LOPES Catarina Maria	08	BUZIOS - Coruche	5:38.00	+0,82	489	
	50m: 34.88 34.88	150m: 2:03.05 48.02	250m: 3:36.45 47.59	350m: 5:02.48 38.48			
	100m: 1:15.03 40.15	200m: 2:48.86 45.81	300m: 4:24.00 47.55	400m: 5:38.00 35.52			
11.	MAGALHAES Leticia Rodrigues	07	Naval Setubalense	5:38.76	+0,80	486	
	50m: 35.06 35.06	150m: 1:59.95 41.85	250m: 3:30.07 48.72	350m: 4:59.72 39.89			
	100m: 1:18.10 43.04	200m: 2:41.35 41.40	300m: 4:19.83 49.76	400m: 5:38.76 39.04			

Prova 16, Femin., 400m Estilos, Elimin, Juvenis

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
12.	SILVA Maria Ines	08	Gafanha da Encarnacao	5:39.30	+0,85	483	
	50m: 37.36 37.36	150m: 2:06.40	46.54	250m: 3:37.28	45.94	350m: 5:00.79	38.95
	100m: 1:19.86 42.50	200m: 2:51.34	44.94	300m: 4:21.84	44.56	400m: 5:39.30	38.51
13.	DIAS Beatriz Costa	08	Aquatico Pacense	5:39.72	+0,79	481	
	50m: 33.89 33.89	150m: 1:59.57	45.45	250m: 3:32.50	52.33	350m: 5:02.71	38.48
	100m: 1:14.12 40.23	200m: 2:40.17	40.60	300m: 4:24.23	51.73	400m: 5:39.72	37.01
14.	NUNES Carolina Mendes	08	Estarreja	5:40.09	+0,80	480	
	50m: 36.01 36.01	150m: 2:03.67	44.59	250m: 3:35.30	48.47	350m: 5:02.78	38.51
	100m: 1:19.08 43.07	200m: 2:46.83	43.16	300m: 4:24.27	48.97	400m: 5:40.09	37.31
15.	COSTA Maria Joao	08	Vilacondense	5:40.64	+0,73	478	
	50m: 33.31 33.31	150m: 1:59.08	44.15	250m: 3:33.95	50.22	350m: 5:03.72	38.49
	100m: 1:14.93 41.62	200m: 2:43.73	44.65	300m: 4:25.23	51.28	400m: 5:40.64	36.92
16.	FREITAS Diana Gomes	08	Amigos da Montanha	5:41.17		475	
	50m: 36.22 36.22	150m: 2:03.91	44.80	250m: 3:37.72	49.61	350m: 5:05.12	38.17
	100m: 1:19.11 42.89	200m: 2:48.11	44.20	300m: 4:26.95	49.23	400m: 5:41.17	36.05
17.	BERNAT Elena Del Rio	07	Alges	5:42.51	+0,75	470	
	50m: 35.11 35.11	150m: 2:05.31	46.53	250m: 3:37.10	46.43	350m: 5:04.83	40.02
	100m: 1:18.78 43.67	200m: 2:50.67	45.36	300m: 4:24.81	47.71	400m: 5:42.51	37.68
18.	PINTO Lara Filipa	08	Porto	5:47.27	+0,81	451	
	50m: 35.90 35.90	150m: 2:03.75	44.37	250m: 3:37.36	50.65	350m: 5:08.09	39.39
	100m: 1:19.38 43.48	200m: 2:46.71	42.96	300m: 4:28.70	51.34	400m: 5:47.27	39.18
19.	GOMES Rita Silva	08	Colegio Efanor	5:48.37	+0,85	446	
	50m: 39.77 39.77	150m: 2:11.38	45.21	250m: 3:41.76	46.47	350m: 5:10.35	40.47
	100m: 1:26.17 46.40	200m: 2:55.29	43.91	300m: 4:29.88	48.12	400m: 5:48.37	38.02
20.	SILVA Francisca Lamas	08	Colegio Efanor	5:48.78	+0,75	445	
	50m: 35.05 35.05	150m: 2:00.95	45.51	250m: 3:34.09	50.49	350m: 5:08.41	42.87
	100m: 1:15.44 40.39	200m: 2:43.60	42.65	300m: 4:25.54	51.45	400m: 5:48.78	40.37
21.	SILVA Rita Rocha	08	Alcobaca	5:49.00		444	
	50m: 37.84 37.84	150m: 2:05.80	45.30	250m: 3:37.63	47.76	350m: 5:08.75	42.59
	100m: 1:20.50 42.66	200m: 2:49.87	44.07	300m: 4:26.16	48.53	400m: 5:49.00	40.25
22.	SOUSA Matilde Filipe	07	Nucleo Sporting da Terceira	5:54.03	+0,79	425	
	50m: 36.29 36.29	150m: 2:04.93	45.04	250m: 3:38.70	50.04	350m: 5:12.70	42.69
	100m: 1:19.89 43.60	200m: 2:48.66	43.73	300m: 4:30.01	51.31	400m: 5:54.03	41.33
23.	LUIZ Margarida Maria	08	Lagoa AC	5:54.27	+0,86	425	
	50m: 38.49 38.49	150m: 2:11.18	47.74	250m: 3:46.37	49.84	350m: 5:16.00	39.54
	100m: 1:23.44 44.95	200m: 2:56.53	45.35	300m: 4:36.46	50.09	400m: 5:54.27	38.27

Prova 16, Femin., 400m Estilos, Elimin

Prova 16 Femin., 400m Estilos Absolutos
28/07/2022 - 9:35 Resultados Elimin

Rec Nac Absoluto	4:40.11	KAMINSKAYA Victoria	POR	Pontevedra (ESP)	09/04/2017
Rec Nac Sen	4:40.11	KAMINSKAYA Victoria	POR	Pontevedra (ESP)	09/04/2017
Rec Nac Jun17	4:52.12	KAMINSKAYA Victoria	PIMP	Oeiras	27/07/2012
Rec Nac Jun16	4:54.00	ROCHA Ines Neto	SANNP	Gijón (ESP)	20/05/2017

TAC 19 + 50m: 5:16.57 - 25m: 5:06.36; 18 50m: 5:18.16 - 25m: 5:07.90; Jun17 50m: 5:27.38 - 25m: 5:16.24; Jun16 50m: 5:29.02 - 25m: 5:17.82

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	DURAES Diana Margarida	96	Benfica	4:58.60	+0,76	709	
	50m: 32.34 32.34	150m: 1:48.04 39.28	250m: 3:09.23 42.83	350m: 4:25.80 33.80			
	100m: 1:08.76 36.42	200m: 2:26.40 38.36	300m: 3:52.00 42.77	400m: 4:58.60 32.80			
2.	ANDRE Angelica Maria	94	Porto	5:02.95	+0,76	679	
	50m: 31.98 31.98	150m: 1:46.16 38.87	250m: 3:08.90 43.73	350m: 4:27.18 36.06			
	100m: 1:07.29 35.31	200m: 2:25.17 39.01	300m: 3:51.12 42.22	400m: 5:02.95 35.77			
3.	CARDEAL Joana Nunes	02	Academico Viseu	5:03.72	+0,90	674	
	50m: 31.55 31.55	150m: 1:47.38 40.36	250m: 3:09.70 43.59	350m: 4:29.54 35.12			
	100m: 1:07.02 35.47	200m: 2:26.11 38.73	300m: 3:54.42 44.72	400m: 5:03.72 34.18			
4.	CARDEAL Beatriz Nunes	04	Academico Viseu	5:08.06	+0,70	646	
	50m: 31.55 31.55	150m: 1:48.48 40.87	250m: 3:12.73 44.60	350m: 4:33.71 36.63			
	100m: 1:07.61 36.06	200m: 2:28.13 39.65	300m: 3:57.08 44.35	400m: 5:08.06 34.35			
5.	MENDES Mariana Amaral	02	Sporting	5:08.84	+0,90	641	
	50m: 33.08 33.08	150m: 1:50.43 41.19	250m: 3:15.18 44.80	350m: 4:34.93 35.23			
	100m: 1:09.24 36.16	200m: 2:30.38 39.95	300m: 3:59.70 44.52	400m: 5:08.84 33.91			
6.	VEIGA Ana Filipa	01	Gafanha da Encarnacao	5:09.27	+0,81	638	
	50m: 32.68 32.68	150m: 1:52.91 42.36	250m: 3:17.36 42.60	350m: 4:35.19 35.62			
	100m: 1:10.55 37.87	200m: 2:34.76 41.85	300m: 3:59.57 42.21	400m: 5:09.27 34.08			
7.	LOPES Daniela Magalhaes	05	Famalicao	5:11.34	+0,84	626	
	50m: 32.71 32.71	150m: 1:52.90 42.82	250m: 3:18.51 44.51	350m: 4:37.45 34.89			
	100m: 1:10.08 37.37	200m: 2:34.00 41.10	300m: 4:02.56 44.05	400m: 5:11.34 33.89			
8.	PINTO Leonor Filipa	06	Porto	5:12.32	+0,85	620	
	50m: 33.27 33.27	150m: 1:51.47 40.11	250m: 3:16.41 45.13	350m: 4:37.14 35.89			
	100m: 1:11.36 38.09	200m: 2:31.28 39.81	300m: 4:01.25 44.84	400m: 5:12.32 35.18			
9.	LOPES Francisca Macedo	05	Vilacondense	5:13.28	+0,79	614	
	50m: 33.22 33.22	150m: 1:53.06 41.55	250m: 3:18.59 44.67	350m: 4:38.72 35.70			
	100m: 1:11.51 38.29	200m: 2:33.92 40.86	300m: 4:03.02 44.43	400m: 5:13.28 34.56			
10.	VARGAS Giovanna Vaz	00	Nautico Marinha Grande	5:14.16	+0,79	609	
	50m: 31.73 31.73	150m: 1:48.71 41.35	250m: 3:15.38 45.67	350m: 4:37.96 36.99			
	100m: 1:07.36 35.63	200m: 2:29.71 41.00	300m: 4:00.97 45.59	400m: 5:14.16 36.20			
11.	MORGADO Alice Jesus	04	Sporting	5:21.42	+0,81	569	
	50m: 32.55 32.55	150m: 1:51.79 41.61	250m: 3:19.04 46.47	350m: 4:43.97 37.64			
	100m: 1:10.18 37.63	200m: 2:32.57 40.78	300m: 4:06.33 47.29	400m: 5:21.42 37.45			

Splash Meet Manager, 11.73733

Registered to Federacao Portuguesa De Natacao

28/07/2022 10:08 - Página 7

ORGANIZAÇÃO



PATROCINADOR PRINCIPAL



PATROCINADOR OFICIAL



PARCEIROS INSTITUCIONAIS



FORNECEDOR OFICIAL



PARCEIROS



MUNICÍPIO DE OEIRAS



Prova 16, Femin., 400m Estilos, Elimin, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
12.	ESTEVEENS Laura Fabiana	05	Naval de Faro	5:22.43	+0,76	563	
	50m: 33.75 33.75	150m: 1:56.63	43.03	250m: 3:23.49	44.90	350m: 4:46.88	37.51
	100m: 1:13.60 39.85	200m: 2:38.59	41.96	300m: 4:09.37	45.88	400m: 5:22.43	35.55
13.	LOPES Matilde Nunes	06	Benfica	5:25.18	+0,75	549	
	50m: 33.46 33.46	150m: 1:54.45	42.72	250m: 3:23.22	46.06	350m: 4:48.34	37.46
	100m: 1:11.73 38.27	200m: 2:37.16	42.71	300m: 4:10.88	47.66	400m: 5:25.18	36.84
14.	FERREIRA Joana Rosa	05	Naval de Peniche	5:28.00	+0,78	535	
	50m: 34.21 34.21	150m: 1:59.02	44.01	250m: 3:28.11	45.17	350m: 4:51.50	37.83
	100m: 1:15.01 40.80	200m: 2:42.94	43.92	300m: 4:13.67	45.56	400m: 5:28.00	36.50
15.	RAMOS Joana Barbas	06	Gafanha da Encarnacao	5:29.18	+0,79	529	
	50m: 36.04 36.04	150m: 2:00.46	42.00	250m: 3:29.84	48.41	350m: 4:55.02	36.89
	100m: 1:18.46 42.42	200m: 2:41.43	40.97	300m: 4:18.13	48.29	400m: 5:29.18	34.16
16.	SILVA Joana Ferreira	05	Colegio Efanor	5:29.33	+0,76	529	
	50m: 33.57 33.57	150m: 1:55.01	43.53	250m: 3:24.27	46.11	350m: 4:50.41	38.63
	100m: 1:11.48 37.91	200m: 2:38.16	43.15	300m: 4:11.78	47.51	400m: 5:29.33	38.92
17.	SA Madalena Correa	06	Benfica	5:29.69	+0,88	527	
	50m: 34.70 34.70	150m: 2:03.13	47.57	250m: 3:31.69	43.80	350m: 4:54.33	37.94
	100m: 1:15.56 40.86	200m: 2:47.89	44.76	300m: 4:16.39	44.70	400m: 5:29.69	35.36
18.	SILVA Ana Francisca	06	Alcobaca	5:29.77	+0,87	526	
	50m: 34.32 34.32	150m: 1:56.57	43.15	250m: 3:27.85	49.32	350m: 4:54.54	37.62
	100m: 1:13.42 39.10	200m: 2:38.53	41.96	300m: 4:16.92	49.07	400m: 5:29.77	35.23
19.	COSTA Daniela Alexandra	06	Leixoes	5:29.98	+0,93	525	
	50m: 34.90 34.90	150m: 1:58.15	41.84	250m: 3:26.46	47.74	350m: 4:53.23	37.95
	100m: 1:16.31 41.41	200m: 2:38.72	40.57	300m: 4:15.28	48.82	400m: 5:29.98	36.75
20.	RIBEIRO Maria Joao	05	Sao Joao Ver	5:30.84	+0,85	521	
	50m: 33.46 33.46	150m: 1:58.25	45.90	250m: 3:27.45	45.30	350m: 4:53.60	40.64
	100m: 1:12.35 38.89	200m: 2:42.15	43.90	300m: 4:12.96	45.51	400m: 5:30.84	37.24
21.	FROIS Maria Francisca	06	Ba-Leiria	5:31.52	+0,76	518	
	50m: 33.16 33.16	150m: 1:57.62	43.52	250m: 3:27.15	46.52	350m: 4:54.45	38.53
	100m: 1:14.10 40.94	200m: 2:40.63	43.01	300m: 4:15.92	48.77	400m: 5:31.52	37.07
22.	GASPAR Beatriz Andre	06	Nautico Academico	5:32.27	+0,69	515	
	50m: 34.07 34.07	150m: 2:01.24	45.57	250m: 3:28.78	43.65	350m: 4:54.18	39.58
	100m: 1:15.67 41.60	200m: 2:45.13	43.89	300m: 4:14.60	45.82	400m: 5:32.27	38.09