

Event 16 Girls, 400m Medley Juvenis  
28/07/2022 - 17:20 Results Final

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

Points: FINA 2022

| Rank | Nome                      | YB            | Clube                 | Tempo Final    | RT    | Pts FINA      | Pts   |
|------|---------------------------|---------------|-----------------------|----------------|-------|---------------|-------|
| 1.   | PINTO Margarida Vieira    | 07            | Braga                 | <b>5:14.14</b> | +0,83 | 609           |       |
|      | 50m: 33.67 33.67          | 150m: 1:55.81 | 41.44                 | 250m: 3:20.30  | 44.16 | 350m: 4:40.00 | 34.70 |
|      | 100m: 1:14.37 40.70       | 200m: 2:36.14 | 40.33                 | 300m: 4:05.30  | 45.00 | 400m: 5:14.14 | 34.14 |
| 2.   | FERREIRA Constanca Santos | 08            | Alges                 | <b>5:17.24</b> | +0,80 | 591           |       |
|      | 50m: 32.17 32.17          | 150m: 1:51.59 | 41.92                 | 250m: 3:18.75  | 46.12 | 350m: 4:41.10 | 36.22 |
|      | 100m: 1:09.67 37.50       | 200m: 2:32.63 | 41.04                 | 300m: 4:04.88  | 46.13 | 400m: 5:17.24 | 36.14 |
| 3.   | ALMEIDA Maria Emilia      | 07            | Galitos / Bresimar    | <b>5:18.06</b> | +0,84 | 587           |       |
|      | 50m: 32.20 32.20          | 150m: 1:50.16 | 41.81                 | 250m: 3:19.56  | 48.06 | 350m: 4:42.65 | 35.99 |
|      | 100m: 1:08.35 36.15       | 200m: 2:31.50 | 41.34                 | 300m: 4:06.66  | 47.10 | 400m: 5:18.06 | 35.41 |
| 4.   | GOMES Francisca Martins   | 07            | Porto                 | <b>5:28.28</b> | +0,87 | 534           |       |
|      | 50m: 34.91 34.91          | 150m: 1:59.46 | 43.91                 | 250m: 3:26.86  | 45.04 | 350m: 4:51.00 | 38.59 |
|      | 100m: 1:15.55 40.64       | 200m: 2:41.82 | 42.36                 | 300m: 4:12.41  | 45.55 | 400m: 5:28.28 | 37.28 |
| 5.   | CAMARA Ines Cruz          | 07            | Desportivo Nacional   | <b>5:28.47</b> | +0,68 | 533           |       |
|      | 50m: 32.71 32.71          | 150m: 1:56.16 | 45.05                 | 250m: 3:26.40  | 47.21 | 350m: 4:52.58 | 38.55 |
|      | 100m: 1:11.11 38.40       | 200m: 2:39.19 | 43.03                 | 300m: 4:14.03  | 47.63 | 400m: 5:28.47 | 35.89 |
| 6.   | SIMOES Dania Rodrigues    | 07            | Louzan Natacao/EFAPEL | <b>5:29.27</b> | +0,86 | 529           |       |
|      | 50m: 34.74 34.74          | 150m: 1:57.60 | 42.42                 | 250m: 3:27.04  | 48.29 | 350m: 4:52.18 | 38.71 |
|      | 100m: 1:15.18 40.44       | 200m: 2:38.75 | 41.15                 | 300m: 4:13.47  | 46.43 | 400m: 5:29.27 | 37.09 |
| 7.   | BARROS Adriana Ribeiro    | 08            | Braga                 | <b>5:30.98</b> | +0,84 | 521           |       |
|      | 50m: 34.54 34.54          | 150m: 1:57.62 | 42.94                 | 250m: 3:28.75  | 49.00 | 350m: 4:54.94 | 37.49 |
|      | 100m: 1:14.68 40.14       | 200m: 2:39.75 | 42.13                 | 300m: 4:17.45  | 48.70 | 400m: 5:30.98 | 36.04 |
| 8.   | ALVES Catarina Alexandra  | 07            | Geslours              | <b>5:32.41</b> | +0,76 | 514           |       |
|      | 50m: 33.82 33.82          | 150m: 1:56.58 | 43.18                 | 250m: 3:27.55  | 49.43 | 350m: 4:56.09 | 39.04 |
|      | 100m: 1:13.40 39.58       | 200m: 2:38.12 | 41.54                 | 300m: 4:17.05  | 49.50 | 400m: 5:32.41 | 36.32 |
| 9.   | LOPES Catarina Maria      | 08            | BUZIOS - Coruche      | <b>5:35.47</b> | +0,86 | 500           |       |
|      | 50m: 34.03 34.03          | 150m: 2:01.64 | 47.72                 | 250m: 3:32.86  | 46.00 | 350m: 4:59.15 | 38.90 |
|      | 100m: 1:13.92 39.89       | 200m: 2:46.86 | 45.22                 | 300m: 4:20.25  | 47.39 | 400m: 5:35.47 | 36.32 |
| 10.  | GOMES Rita Cunha          | 07            | Viana Natacao         | <b>5:37.63</b> | +0,87 | 491           |       |
|      | 50m: 34.06 34.06          | 150m: 1:59.49 | 44.79                 | 250m: 3:32.73  | 49.91 | 350m: 5:00.72 | 37.73 |
|      | 100m: 1:14.70 40.64       | 200m: 2:42.82 | 43.33                 | 300m: 4:22.99  | 50.26 | 400m: 5:37.63 | 36.91 |

Event 16, Women, 400m Medley, Final

Event 16 Women, 400m Medley Open  
28/07/2022 - 17:20 Results Finals

|               |         |                        |       |                    |            |
|---------------|---------|------------------------|-------|--------------------|------------|
| Rec Nac Open  | 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 |

Points: FINA 2022

| Rank           | Nome                    | YB                  | Clube                 | Tempo Final         | RT    | Pts FINA | Pts |
|----------------|-------------------------|---------------------|-----------------------|---------------------|-------|----------|-----|
| <b>Final A</b> |                         |                     |                       |                     |       |          |     |
| 1.             | DURAES Diana Margarida  | 96                  | Benfica               | <b>4:50.57</b>      | +0,77 | 770      |     |
|                | 50m: 31.52 31.52        | 150m: 1:45.29 37.89 | 250m: 3:04.43 42.17   | 350m: 4:19.48 32.65 |       |          |     |
|                | 100m: 1:07.40 35.88     | 200m: 2:22.26 36.97 | 300m: 3:46.83 42.40   | 400m: 4:50.57 31.09 |       |          |     |
| 2.             | ANDRE Angelica Maria    | 94                  | Porto                 | <b>4:51.41</b>      | +0,72 | 763      |     |
|                | 50m: 31.60 31.60        | 150m: 1:44.65 38.17 | 250m: 3:04.25 41.11   | 350m: 4:19.38 33.57 |       |          |     |
|                | 100m: 1:06.48 34.88     | 200m: 2:23.14 38.49 | 300m: 3:45.81 41.56   | 400m: 4:51.41 32.03 |       |          |     |
| 3.             | PORTELA Magdalena       | 05                  | Argentina             | <b>4:55.56</b>      | +0,64 | 731      |     |
|                | 50m: 31.18 31.18        | 150m: 1:44.32 37.55 | 250m: 3:05.15 43.74   | 350m: 4:22.37 33.52 |       |          |     |
|                | 100m: 1:06.77 35.59     | 200m: 2:21.41 37.09 | 300m: 3:48.85 43.70   | 400m: 4:55.56 33.19 |       |          |     |
| 4.             | CARDEAL Joana Nunes     | 02                  | Academico Viseu       | <b>4:57.60</b>      | +0,75 | 716      |     |
|                | 50m: 30.72 30.72        | 150m: 1:44.29 38.60 | 250m: 3:05.65 43.38   | 350m: 4:24.47 34.51 |       |          |     |
|                | 100m: 1:05.69 34.97     | 200m: 2:22.27 37.98 | 300m: 3:49.96 44.31   | 400m: 4:57.60 33.13 |       |          |     |
| 5.             | MENDES Mariana Amaral   | 02                  | Sporting              | <b>5:02.26</b>      | +0,76 | 684      |     |
|                | 50m: 31.78 31.78        | 150m: 1:48.76 40.68 | 250m: 3:11.99 43.33   | 350m: 4:29.47 34.05 |       |          |     |
|                | 100m: 1:08.08 36.30     | 200m: 2:28.66 39.90 | 300m: 3:55.42 43.43   | 400m: 5:02.26 32.79 |       |          |     |
| 6.             | CARDEAL Beatriz Nunes   | 04                  | Academico Viseu       | <b>5:02.67</b>      | +0,67 | 681      |     |
|                | 50m: 31.73 31.73        | 150m: 1:48.62 41.14 | 250m: 3:11.95 43.76   | 350m: 4:30.56 35.31 |       |          |     |
|                | 100m: 1:07.48 35.75     | 200m: 2:28.19 39.57 | 300m: 3:55.25 43.30   | 400m: 5:02.67 32.11 |       |          |     |
| 7.             | VEIGA Ana Filipa        | 01                  | Gafanha da Encarnacao | <b>5:07.67</b>      | +0,80 | 648      |     |
|                | 50m: 32.47 32.47        | 150m: 1:52.40 42.29 | 250m: 3:16.16 41.82   | 350m: 4:33.42 35.48 |       |          |     |
|                | 100m: 1:10.11 37.64     | 200m: 2:34.34 41.94 | 300m: 3:57.94 41.78   | 400m: 5:07.67 34.25 |       |          |     |
| 8.             | PINTO Leonor Filipa     | 06                  | Porto                 | <b>5:10.66</b>      | +0,80 | 630      |     |
|                | 50m: 33.31 33.31        | 150m: 1:52.25 40.52 | 250m: 3:15.97 44.22   | 350m: 4:35.71 35.32 |       |          |     |
|                | 100m: 1:11.73 38.42     | 200m: 2:31.75 39.50 | 300m: 4:00.39 44.42   | 400m: 5:10.66 34.95 |       |          |     |
| 9.             | LOPES Daniela Magalhaes | 05                  | Famalicao             | <b>5:11.94</b>      | +0,85 | 622      |     |
|                | 50m: 32.04 32.04        | 150m: 1:51.36 42.21 | 250m: 3:17.36 44.92   | 350m: 4:37.43 35.46 |       |          |     |
|                | 100m: 1:09.15 37.11     | 200m: 2:32.44 41.08 | 300m: 4:01.97 44.61   | 400m: 5:11.94 34.51 |       |          |     |
| 10.            | LOPES Francisca Macedo  | 05                  | Vilacondense          | <b>5:13.30</b>      | +0,78 | 614      |     |
|                | 50m: 33.25 33.25        | 150m: 1:53.48 42.02 | 250m: 3:18.41 44.67   | 350m: 4:38.73 35.33 |       |          |     |
|                | 100m: 1:11.46 38.21     | 200m: 2:33.74 40.26 | 300m: 4:03.40 44.99   | 400m: 5:13.30 34.57 |       |          |     |

Event 16, Women, 400m Medley, Final, Open

| Rank           | Nome                    | YB                  | Clube                  | Tempo Final         | RT    | Pts FINA | Pts |
|----------------|-------------------------|---------------------|------------------------|---------------------|-------|----------|-----|
| <b>Final B</b> |                         |                     |                        |                     |       |          |     |
| 11.            | VARGAS Giovanna Vaz     | 00                  | Nautico Marinha Grande | <b>5:11.58</b>      | +0,77 | 624      |     |
|                | 50m: 31.67 31.67        | 150m: 1:48.91 41.47 | 250m: 3:13.90 44.78    | 350m: 4:35.22 36.40 |       |          |     |
|                | 100m: 1:07.44 35.77     | 200m: 2:29.12 40.21 | 300m: 3:58.82 44.92    | 400m: 5:11.58 36.36 |       |          |     |
| 12.            | MORGADO Alice Jesus     | 04                  | Sporting               | <b>5:17.83</b>      | +0,87 | 588      |     |
|                | 50m: 32.94 32.94        | 150m: 1:52.58 42.16 | 250m: 3:19.47 45.75    | 350m: 4:41.98 36.48 |       |          |     |
|                | 100m: 1:10.42 37.48     | 200m: 2:33.72 41.14 | 300m: 4:05.50 46.03    | 400m: 5:17.83 35.85 |       |          |     |
| 13.            | LOPES Matilde Nunes     | 06                  | Benfica                | <b>5:18.08</b>      | +0,74 | 587      |     |
|                | 50m: 33.77 33.77        | 150m: 1:55.57 43.65 | 250m: 3:22.83 44.41    | 350m: 4:43.16 35.35 |       |          |     |
|                | 100m: 1:11.92 38.15     | 200m: 2:38.42 42.85 | 300m: 4:07.81 44.98    | 400m: 5:18.08 34.92 |       |          |     |
| 14.            | ESTEVEENS Laura Fabiana | 05                  | Naval de Faro          | <b>5:19.69</b>      | +0,75 | 578      |     |
|                | 50m: 33.00 33.00        | 150m: 1:55.93 43.92 | 250m: 3:23.11 45.30    | 350m: 4:45.88 37.05 |       |          |     |
|                | 100m: 1:12.01 39.01     | 200m: 2:37.81 41.88 | 300m: 4:08.83 45.72    | 400m: 5:19.69 33.81 |       |          |     |
| 15.            | SILVA Ana Francisca     | 06                  | Alcobaca               | <b>5:21.91</b>      | +0,82 | 566      |     |
|                | 50m: 33.55 33.55        | 150m: 1:53.38 41.19 | 250m: 3:21.36 47.91    | 350m: 4:47.09 36.83 |       |          |     |
|                | 100m: 1:12.19 38.64     | 200m: 2:33.45 40.07 | 300m: 4:10.26 48.90    | 400m: 5:21.91 34.82 |       |          |     |
| 16.            | SILVA Joana Ferreira    | 05                  | Colegio Efanor         | <b>5:22.00</b>      | +0,74 | 566      |     |
|                | 50m: 33.16 33.16        | 150m: 1:54.89 43.51 | 250m: 3:21.23 44.86    | 350m: 4:45.30 37.40 |       |          |     |
|                | 100m: 1:11.38 38.22     | 200m: 2:36.37 41.48 | 300m: 4:07.90 46.67    | 400m: 5:22.00 36.70 |       |          |     |
| 17.            | RAMOS Joana Barbas      | 06                  | Gafanha da Encarnacao  | <b>5:24.59</b>      | +0,79 | 552      |     |
|                | 50m: 34.85 34.85        | 150m: 1:57.71 41.80 | 250m: 3:25.92 48.06    | 350m: 4:49.67 36.34 |       |          |     |
|                | 100m: 1:15.91 41.06     | 200m: 2:37.86 40.15 | 300m: 4:13.33 47.41    | 400m: 5:24.59 34.92 |       |          |     |
| 18.            | FERREIRA Joana Rosa     | 05                  | Naval de Peniche       | <b>5:25.65</b>      | +0,76 | 547      |     |
|                | 50m: 33.76 33.76        | 150m: 1:57.44 43.76 | 250m: 3:26.05 45.41    | 350m: 4:50.02 37.91 |       |          |     |
|                | 100m: 1:13.68 39.92     | 200m: 2:40.64 43.20 | 300m: 4:12.11 46.06    | 400m: 5:25.65 35.63 |       |          |     |
| 19.            | SA Madalena Correa      | 06                  | Benfica                | <b>5:32.57</b>      | +0,85 | 513      |     |
|                | 50m: 35.24 35.24        | 150m: 2:02.28 45.47 | 250m: 3:31.14 44.69    | 350m: 4:55.30 38.36 |       |          |     |
|                | 100m: 1:16.81 41.57     | 200m: 2:46.45 44.17 | 300m: 4:16.94 45.80    | 400m: 5:32.57 37.27 |       |          |     |
| 20.            | COSTA Daniela Alexandra | 06                  | Leixoes                | <b>5:43.55</b>      | +0,93 | 466      |     |
|                | 50m: 36.63 36.63        | 150m: 2:05.09 43.71 | 250m: 3:35.96 49.10    | 350m: 5:04.35 39.53 |       |          |     |
|                | 100m: 1:21.38 44.75     | 200m: 2:46.86 41.77 | 300m: 4:24.82 48.86    | 400m: 5:43.55 39.20 |       |          |     |