

Event 16

Women, 400m Medley

Open

28/07/2022 - 9:35

Results Prelim

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

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

Points: FINA 2022

Rank	Nome	YB	Clube	Tempo Final	RT	Pts FINA	Pts
1.	PORTELA Magdalena	05	Argentina	<b>4:57.44</b>	+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	<b>4:58.60</b>	+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	<b>5:02.95</b>	+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	<b>5:03.72</b>	+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	<b>5:08.06</b>	+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	<b>5:08.84</b>	+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	<b>5:09.27</b>	+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	<b>5:11.34</b>	+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	<b>5:12.32</b>	+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	<b>5:13.28</b>	+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	

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

Rank	Nome	YB	Clube	Tempo Final				RT	Pts FINA	Pts
11.	VARGAS Giovanna Vaz	00	Nautico Marinha Grande	<b>5:14.16</b>				+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	<b>5:20.73</b>				+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	<b>5:21.42</b>				+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.	ESTEVEENS Laura Fabiana	05	Naval de Faro	<b>5:22.43</b>				+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	<b>5:23.34</b>				+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	<b>5:25.13</b>				+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	<b>5:25.18</b>				+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	<b>5:26.75</b>				+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	<b>5:28.00</b>				+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	<b>5:29.18</b>				+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	<b>5:29.33</b>				+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	<b>5:29.60</b>				+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	<b>5:29.69</b>				+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			

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

Rank	Nome	YB	Clube	Tempo Final		RT	Pts FINA	Pts
24.	SILVA Ana Francisca	06	Alcobaca	<b>5:29.77</b>		+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	<b>5:29.98</b>		+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	<b>5:30.53</b>		+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	<b>5:30.84</b>		+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	<b>5:31.49</b>		+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	<b>5:31.52</b>		+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	<b>5:32.27</b>		+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	Gesloures	<b>5:34.12</b>		+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	<b>5:35.98</b>		+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	<b>5:38.00</b>		+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	<b>5:38.76</b>		+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	<b>5:39.30</b>		+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	<b>5:39.72</b>		+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	

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

Rank	Nome	YB	Clube	Tempo Final	RT	Pts FINA	Pts
37.	NUNES Carolina Mendes	08	Estarreja	<b>5:40.09</b>	+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	<b>5:40.64</b>	+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	<b>5:41.17</b>		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	<b>5:42.51</b>	+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	<b>5:47.27</b>	+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	<b>5:48.37</b>	+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	<b>5:48.78</b>	+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	<b>5:49.00</b>		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	<b>5:54.03</b>	+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	<b>5:54.27</b>	+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			

Event 16, Women, 400m Medley, Prelim

Event 16 Girls, 400m Medley Juvenis  
28/07/2022 - 9:35 Results Prelim

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	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

Points: FINA 2022

Rank	Nome	YB	Clube	Tempo Final	RT	Pts FINA	Pts
1.	PINTO Margarida Vieira	07	Braga	<b>5:20.73</b>	+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	<b>5:23.34</b>	+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	<b>5:25.13</b>	+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	<b>5:26.75</b>	+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	<b>5:29.60</b>	+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	<b>5:30.53</b>	+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	<b>5:31.49</b>	+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	<b>5:34.12</b>	+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	<b>5:35.98</b>	+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	<b>5:38.00</b>	+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	<b>5:38.76</b>	+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			

Event 16, Girls, 400m Medley, Prelim, Juvenis

Rank	Nome	YB	Clube	Tempo Final	RT	Pts FINA	Pts
12.	SILVA Maria Ines	08	Gafanha da Encarnacao	<b>5:39.30</b>	+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	<b>5:39.72</b>	+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	<b>5:40.09</b>	+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	<b>5:40.64</b>	+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	<b>5:41.17</b>		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	<b>5:42.51</b>	+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	<b>5:47.27</b>	+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	<b>5:48.37</b>	+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	<b>5:48.78</b>	+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	<b>5:49.00</b>		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	<b>5:54.03</b>	+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	<b>5:54.27</b>	+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

Event 16, Women, 400m Medley, Prelim

Event 16 Women, 400m Medley Absolutos  
28/07/2022 - 9:35 Results Prelim

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

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

Points: FINA 2022

Rank	Nome	YB	Clube	Tempo Final	RT	Pts FINA	Pts
1.	DURAES Diana Margarida	96	Benfica	<b>4:58.60</b>	+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	<b>5:02.95</b>	+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	<b>5:03.72</b>	+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	<b>5:08.06</b>	+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	<b>5:08.84</b>	+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	<b>5:09.27</b>	+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	<b>5:11.34</b>	+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	<b>5:12.32</b>	+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	<b>5:13.28</b>	+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	<b>5:14.16</b>	+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	<b>5:21.42</b>	+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			

Event 16, Women, 400m Medley, Prelim, Absolutos

Rank	Nome	YB	Clube	Tempo Final	RT	Pts FINA	Pts
12.	ESTEVEENS Laura Fabiana	05	Naval de Faro	<b>5:22.43</b>	+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	<b>5:25.18</b>	+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	<b>5:28.00</b>	+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	<b>5:29.18</b>	+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	<b>5:29.33</b>	+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	<b>5:29.69</b>	+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	<b>5:29.77</b>	+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	<b>5:29.98</b>	+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	<b>5:30.84</b>	+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	<b>5:31.52</b>	+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	<b>5:32.27</b>	+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