

Prova 35 Femin., 400m Livres Open  
29/07/2022 - 11:25 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
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
Rec Nac Inf A	4:31.53	SILVA Alexandra Maria	POR	Skovde (SWE)	08/08/1980
Rec Nac Inf B	4:43.70	SILVA Alexandra Maria	FCP	Funchal	27/07/1979

TAC 19 + 50m: 4:36.03 - 25m: 4:29.70; 18 50m: 4:37.41 - 25m: 4:31.05; Jun17 50m: 4:43.04 - 25m: 4:37.18; Jun16 50m: 4:45.76 - 25m: 4:38.56; Juv A 50m: 4:52.31 - 25m: 4:45.52; Juv B 50m: 5:06.77 - 25m: 4:54.81

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	DURAES Diana Margarida	96	Benfica	<b>4:17.89</b>	+0,77	770	
	50m: 30.48 30.48	150m: 1:35.33 32.59	250m: 2:40.39 32.32	350m: 3:45.62 32.64			
	100m: 1:02.74 32.26	200m: 2:08.07 32.74	300m: 3:12.98 32.59	400m: 4:17.89 32.27			
2.	HEIN Agostina	08	Argentina	<b>4:19.82</b>	+0,73	753	
	50m: 29.51 29.51	150m: 1:34.94 33.00	250m: 2:41.23 33.18	350m: 3:47.41 32.99			
	100m: 1:01.94 32.43	200m: 2:08.05 33.11	300m: 3:14.42 33.19	400m: 4:19.82 32.41			
3.	PEREZ BLANCO Jimena	97	C.N. Barcelona	<b>4:22.70</b>	+0,68	729	
	50m: 31.57 31.57	150m: 1:38.85 33.51	250m: 2:45.35 32.85	350m: 3:50.53 32.44			
	100m: 1:05.34 33.77	200m: 2:12.50 33.65	300m: 3:18.09 32.74	400m: 4:22.70 32.17			
4.	HOLUB Tamila Hryhorivna	99	Braga	<b>4:23.01</b>	+0,76	726	
	50m: 31.07 31.07	150m: 1:37.02 33.00	250m: 2:43.50 33.29	350m: 3:50.06 33.40			
	100m: 1:04.02 32.95	200m: 2:10.21 33.19	300m: 3:16.66 33.16	400m: 4:23.01 32.95			
5.	CARDEAL Joana Nunes	02	Academico Viseu	<b>4:24.51</b>	+0,72	714	
	50m: 30.45 30.45	150m: 1:36.11 33.12	250m: 2:43.05 33.59	350m: 3:51.20 34.28			
	100m: 1:02.99 32.54	200m: 2:09.46 33.35	300m: 3:16.92 33.87	400m: 4:24.51 33.31			
6.	CARDEAL Beatriz Nunes	04	Academico Viseu	<b>4:25.89</b>	+0,65	703	
	50m: 30.32 30.32	150m: 1:36.67 33.61	250m: 2:44.58 34.03	350m: 3:52.87 33.94			
	100m: 1:03.06 32.74	200m: 2:10.55 33.88	300m: 3:18.93 34.35	400m: 4:25.89 33.02			
7.	MARTINS Francisca Soares	03	Foca Quinta Da Lixa - Cnf	<b>4:27.35</b>	+0,81	691	
	50m: 30.51 30.51	150m: 1:36.87 33.41	250m: 2:45.03 34.24	350m: 3:53.61 34.52			
	100m: 1:03.46 32.95	200m: 2:10.79 33.92	300m: 3:19.09 34.06	400m: 4:27.35 33.74			
8.	MOURA Maria Ferreira	04	Sporting	<b>4:28.25</b>	+0,75	684	
	50m: 30.10 30.10	150m: 1:36.17 33.27	250m: 2:43.66 33.87	350m: 3:53.61 35.47			
	100m: 1:02.90 32.80	200m: 2:09.79 33.62	300m: 3:18.14 34.48	400m: 4:28.25 34.64			
9.	RAMOS Ana Rita	02	Porto	<b>4:28.58</b>	+0,82	682	
	50m: 31.19 31.19	150m: 1:38.07 34.14	250m: 2:46.39 34.47	350m: 3:55.09 34.66			
	100m: 1:03.93 32.74	200m: 2:11.92 33.85	300m: 3:20.43 34.04	400m: 4:28.58 33.49			
10.	PIRES Marta Joao	05	Alges	<b>4:29.05</b>	+0,74	678	
	50m: 30.78 30.78	150m: 1:38.93 34.20	250m: 2:46.82 33.95	350m: 3:55.62 34.36			
	100m: 1:04.73 33.95	200m: 2:12.87 33.94	300m: 3:21.26 34.44	400m: 4:29.05 33.43			

Prova 35, Femin., 400m Livres, Elimin, Open

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
11.	CONCEICAO Ema Jeronimo	03	Fisica Torres Vedras	<b>4:29.65</b>	+0,92	674	
	50m: 31.09 31.09	150m: 1:37.93 33.44	250m: 2:45.80 33.94	350m: 3:55.54 35.30			
	100m: 1:04.49 33.40	200m: 2:11.86 33.93	300m: 3:20.24 34.44	400m: 4:29.65 34.11			
12.	MENDES Mariana Amaral	02	Sporting	<b>4:30.54</b>	+0,86	667	
	50m: 31.84 31.84	150m: 1:40.07 34.17	250m: 2:48.51 34.15	350m: 3:57.45 34.35			
	100m: 1:05.90 34.06	200m: 2:14.36 34.29	300m: 3:23.10 34.59	400m: 4:30.54 33.09			
13.	FARIA Leonor Verissimo	06	Nucleo de Pombal	<b>4:32.32</b>	+0,76	654	
	50m: 31.87 31.87	150m: 1:40.28 34.35	250m: 2:49.60 34.58	350m: 3:59.06 34.59			
	100m: 1:05.93 34.06	200m: 2:15.02 34.74	300m: 3:24.47 34.87	400m: 4:32.32 33.26			
14.	FOMINA Anna	02	Sporting	<b>4:33.49</b>	+0,77	646	
	50m: 30.70 30.70	150m: 1:38.32 34.45	250m: 2:48.07 35.05	350m: 3:58.72 35.44			
	100m: 1:03.87 33.17	200m: 2:13.02 34.70	300m: 3:23.28 35.21	400m: 4:33.49 34.77			
15.	LOPES Daniela Magalhaes	05	Famalicao	<b>4:37.96</b>	+0,82	615	
	50m: 31.51 31.51	150m: 1:40.12 34.81	250m: 2:50.92 35.66	350m: 4:02.86 35.95			
	100m: 1:05.31 33.80	200m: 2:15.26 35.14	300m: 3:26.91 35.99	400m: 4:37.96 35.10			
16.	PEIXOTO Carolina Esteves	06	Braga	<b>4:38.22</b>	+0,80	613	
	50m: 31.02 31.02	150m: 1:39.45 34.90	250m: 2:50.99 35.82	350m: 4:03.16 36.12			
	100m: 1:04.55 33.53	200m: 2:15.17 35.72	300m: 3:27.04 36.05	400m: 4:38.22 35.06			
17.	LOPES Francisca Macedo	05	Vilacondense	<b>4:38.50</b>	+0,76	612	
	50m: 30.98 30.98	150m: 1:40.22 34.98	250m: 2:51.23 35.43	350m: 4:02.78 35.75			
	100m: 1:05.24 34.26	200m: 2:15.80 35.58	300m: 3:27.03 35.80	400m: 4:38.50 35.72			
18.	NUNES Rita Sofia	05	Colegio Efanor	<b>4:41.26</b>	+0,81	594	
	50m: 32.21 32.21	150m: 1:42.63 35.54	250m: 2:54.78 36.02	350m: 4:06.78 35.96			
	100m: 1:07.09 34.88	200m: 2:18.76 36.13	300m: 3:30.82 36.04	400m: 4:41.26 34.48			
19.	CABRAL Carolina Vizinho	07	Natacao de Vagos	<b>4:41.98</b>	+0,77	589	
	50m: 31.95 31.95	150m: 1:43.08 36.10	250m: 2:55.71 36.20	350m: 4:08.41 36.29			
	100m: 1:06.98 35.03	200m: 2:19.51 36.43	300m: 3:32.12 36.41	400m: 4:41.98 33.57			
20.	PIRES Catarina Gaspar	06	Porto	<b>4:42.74</b>	+0,84	584	
	50m: 32.16 32.16	150m: 1:42.31 35.44	250m: 2:54.15 35.47	350m: 4:07.44 36.65			
	100m: 1:06.87 34.71	200m: 2:18.68 36.37	300m: 3:30.79 36.64	400m: 4:42.74 35.30			
21.	MANO Leonor Mil	07	Nautico Academico	<b>4:42.81</b>	+0,78	584	
	50m: 32.15 32.15	150m: 1:44.02 36.37	250m: 2:56.68 36.31	350m: 4:08.46 35.57			
	100m: 1:07.65 35.50	200m: 2:20.37 36.35	300m: 3:32.89 36.21	400m: 4:42.81 34.35			
22.	NEVES Maria Gomes	08	Braga	<b>4:43.72</b>	+0,66	578	
	50m: 32.03 32.03	150m: 1:43.23 36.42	250m: 2:55.80 35.96	350m: 4:08.35 35.86			
	100m: 1:06.81 34.78	200m: 2:19.84 36.61	300m: 3:32.49 36.69	400m: 4:43.72 35.37			
23.	ALVES Joana Silva	05	Benedita	<b>4:43.74</b>	+0,75	578	
	50m: 32.40 32.40	150m: 1:43.85 35.87	250m: 2:55.63 35.97	350m: 4:08.24 36.27			
	100m: 1:07.98 35.58	200m: 2:19.66 35.81	300m: 3:31.97 36.34	400m: 4:43.74 35.50			

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Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
24.	AGUILAR Marta Andre	07	Nautico Academico	<b>4:43.92</b>	+0,72	577	
	50m: 32.24 32.24	150m: 1:43.72 35.90	250m: 2:56.20 36.01	350m: 4:09.12 36.44			
	100m: 1:07.82 35.58	200m: 2:20.19 36.47	300m: 3:32.68 36.48	400m: 4:43.92 34.80			
25.	RAMOS Joana Barbas	06	Gafanha da Encarnacao	<b>4:44.06</b>	+0,94	576	
	50m: 32.44 32.44	150m: 1:43.77 36.15	250m: 2:56.67 36.50	350m: 4:09.50 36.36			
	100m: 1:07.62 35.18	200m: 2:20.17 36.40	300m: 3:33.14 36.47	400m: 4:44.06 34.56			
26.	SOARES Miriam Mortagua	06	Galitos / Bresimar	<b>4:44.70</b>	+0,78	572	
	50m: 32.39 32.39	150m: 1:43.32 35.84	250m: 2:55.90 36.35	350m: 4:09.19 36.68			
	100m: 1:07.48 35.09	200m: 2:19.55 36.23	300m: 3:32.51 36.61	400m: 4:44.70 35.51			
27.	AMORIM Ines Santos	06	Desportiva de Viana	<b>4:44.77</b>	+0,82	572	
	50m: 32.39 32.39	150m: 1:42.38 35.38	250m: 2:55.32 36.79	350m: 4:09.38 37.05			
	100m: 1:07.00 34.61	200m: 2:18.53 36.15	300m: 3:32.33 37.01	400m: 4:44.77 35.39			
28.	CARLOTA Catarina Isabel	05	BUZIOS - Coruche	<b>4:44.86</b>	+0,77	571	
	50m: 32.02 32.02	150m: 1:43.23 36.14	250m: 2:55.92 36.28	350m: 4:09.14 36.51			
	100m: 1:07.09 35.07	200m: 2:19.64 36.41	300m: 3:32.63 36.71	400m: 4:44.86 35.72			
29.	PINTO Margarida Vieira	07	Braga	<b>4:45.00</b>	+0,85	571	
	50m: 32.05 32.05	150m: 1:42.30 35.87	250m: 2:55.25 36.63	350m: 4:09.06 36.75			
	100m: 1:06.43 34.38	200m: 2:18.62 36.32	300m: 3:32.31 37.06	400m: 4:45.00 35.94			
30.	LOURO Beatriz Silva	07	Louletano / Loule Concelho	<b>4:47.04</b>	+0,73	559	
	50m: 32.02 32.02	150m: 1:43.70 35.99	250m: 2:56.55 36.53	350m: 4:10.33 36.91			
	100m: 1:07.71 35.69	200m: 2:20.02 36.32	300m: 3:33.42 36.87	400m: 4:47.04 36.71			
31.	FERREIRA Carolina Amadeu	08	Leixoes	<b>4:47.41</b>	+0,78	556	
	50m: 32.87 32.87	150m: 1:45.51 37.06	250m: 3:00.05 37.39	350m: 4:13.11 36.17			
	100m: 1:08.45 35.58	200m: 2:22.66 37.15	300m: 3:36.94 36.89	400m: 4:47.41 34.30			
32.	VIANA Matilde Violante	07	Ba-Leiria	<b>4:48.05</b>	+0,81	553	
	50m: 32.32 32.32	150m: 1:43.83 36.47	250m: 2:57.61 37.02	350m: 4:11.91 37.44			
	100m: 1:07.36 35.04	200m: 2:20.59 36.76	300m: 3:34.47 36.86	400m: 4:48.05 36.14			
33.	BARBOSA Sofia Teixeira	08	Porto	<b>4:48.30</b>	+0,90	551	
	50m: 33.84 33.84	150m: 1:48.28 36.92	250m: 3:01.10 35.78	350m: 4:13.33 35.65			
	100m: 1:11.36 37.52	200m: 2:25.32 37.04	300m: 3:37.68 36.58	400m: 4:48.30 34.97			
34.	ALMEIDA Bianca Filipa	07	Alges e Agueda XXI	<b>4:48.65</b>	+0,85	549	
	50m: 32.64 32.64	150m: 1:44.69 36.52	250m: 2:58.47 36.85	350m: 4:12.44 37.14			
	100m: 1:08.17 35.53	200m: 2:21.62 36.93	300m: 3:35.30 36.83	400m: 4:48.65 36.21			
35.	DIOGO Ines Miranda	07	Nautico Academico	<b>4:49.62</b>	+0,73	544	
	50m: 33.20 33.20	150m: 1:46.73 36.88	250m: 3:00.44 36.57	350m: 4:14.04 36.30			
	100m: 1:09.85 36.65	200m: 2:23.87 37.14	300m: 3:37.74 37.30	400m: 4:49.62 35.58			
36.	FREITAS Diana Gomes	08	Amigos da Montanha	<b>4:50.39</b>	+0,89	539	
	50m: 33.24 33.24	150m: 1:46.01 36.65	250m: 3:00.17 37.07	350m: 4:13.87 36.67			
	100m: 1:09.36 36.12	200m: 2:23.10 37.09	300m: 3:37.20 37.03	400m: 4:50.39 36.52			

Prova 35, Femin., 400m Livres, Elimin, Open

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
37.	RODRIGUES Leonor Carreiro	07	Benfica	<b>4:50.40</b>	+0,74	539	
	50m: 31.83 31.83	150m: 1:44.00 36.55	250m: 2:58.82 37.49	350m: 4:14.40 37.57			
	100m: 1:07.45 35.62	200m: 2:21.33 37.33	300m: 3:36.83 38.01	400m: 4:50.40 36.00			
38.	COSTA Maria Joao	08	Vilacondense	<b>4:51.54</b>	+0,82	533	
	50m: 33.39 33.39	150m: 1:47.61 37.39	250m: 3:02.24 37.10	350m: 4:16.06 36.47			
	100m: 1:10.22 36.83	200m: 2:25.14 37.53	300m: 3:39.59 37.35	400m: 4:51.54 35.48			
39.	MORGADO Alice Jesus	04	Sporting	<b>4:52.40</b>	+0,83	528	
	50m: 32.53 32.53	150m: 1:44.26 36.45	250m: 2:58.79 37.45	350m: 4:14.87 38.41			
	100m: 1:07.81 35.28	200m: 2:21.34 37.08	300m: 3:36.46 37.67	400m: 4:52.40 37.53			
40.	SANTOS Leonor Castanho	07	Sporting	<b>4:54.15</b>	+0,67	519	
	50m: 33.56 33.56	150m: 1:45.86 37.00	250m: 3:00.40 37.42	350m: 4:16.17 38.08			
	100m: 1:08.86 35.30	200m: 2:22.98 37.12	300m: 3:38.09 37.69	400m: 4:54.15 37.98			
41.	LOURENCO Bruna Filipa	08	O Crasto	<b>4:55.06</b>	+0,81	514	
	50m: 34.01 34.01	150m: 1:48.11 37.40	250m: 3:03.52 37.98	350m: 4:19.43 37.72			
	100m: 1:10.71 36.70	200m: 2:25.54 37.43	300m: 3:41.71 38.19	400m: 4:55.06 35.63			
42.	CRUZ Ana Carolina	08	Famalicao	<b>4:55.07</b>	+0,79	514	
	50m: 33.11 33.11	150m: 1:47.50 37.58	250m: 3:03.26 37.84	350m: 4:18.31 37.10			
	100m: 1:09.92 36.81	200m: 2:25.42 37.92	300m: 3:41.21 37.95	400m: 4:55.07 36.76			
43.	ALVES Sara Sofia	07	Naval Setubalense	<b>4:55.31</b>	+0,82	513	
	50m: 33.86 33.86	150m: 1:48.26 37.66	250m: 3:04.08 38.15	350m: 4:19.48 37.72			
	100m: 1:10.60 36.74	200m: 2:25.93 37.67	300m: 3:41.76 37.68	400m: 4:55.31 35.83			
44.	SILVA Ana Francisca	06	Alcobaca	<b>4:55.78</b>	+0,86	510	
	50m: 33.70 33.70	150m: 1:47.42 37.57	250m: 3:02.66 37.61	350m: 4:18.48 37.97			
	100m: 1:09.85 36.15	200m: 2:25.05 37.63	300m: 3:40.51 37.85	400m: 4:55.78 37.30			
45.	NEVES Ana Carolina	08	Fluvial Portuense	<b>4:55.82</b>	+0,97	510	
	50m: 34.11 34.11	150m: 1:49.22 37.97	250m: 3:04.79 37.91	350m: 4:19.94 37.05			
	100m: 1:11.25 37.14	200m: 2:26.88 37.66	300m: 3:42.89 38.10	400m: 4:55.82 35.88			
46.	PAIXAO Maria Saraiva	08	Gafanha da Encarnacao	<b>4:56.47</b>	+0,80	507	
	50m: 34.99 34.99	150m: 1:50.08 37.92	250m: 3:05.24 37.27	350m: 4:20.40 37.66			
	100m: 1:12.16 37.17	200m: 2:27.97 37.89	300m: 3:42.74 37.50	400m: 4:56.47 36.07			
47.	LUIZ Margarida Maria	08	Lagoa AC	<b>4:56.74</b>	+0,82	505	
	50m: 34.49 34.49	150m: 1:49.51 37.70	250m: 3:05.45 37.70	350m: 4:20.96 37.53			
	100m: 1:11.81 37.32	200m: 2:27.75 38.24	300m: 3:43.43 37.98	400m: 4:56.74 35.78			
48.	BARROS Adriana Ribeiro	08	Braga	<b>5:00.04</b>	+0,87	489	
	50m: 33.15 33.15	150m: 1:48.72 38.49	250m: 3:07.17 38.98	350m: 4:23.41 37.70			
	100m: 1:10.23 37.08	200m: 2:28.19 39.47	300m: 3:45.71 38.54	400m: 5:00.04 36.63			
49.	GOMES Rita Cunha	07	Viana Natacao	<b>5:00.15</b>	+0,95	488	
	50m: 33.90 33.90	150m: 1:48.06 37.46	250m: 3:04.35 38.51	350m: 4:22.17 39.06			
	100m: 1:10.60 36.70	200m: 2:25.84 37.78	300m: 3:43.11 38.76	400m: 5:00.15 37.98			



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Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
50.	CORTESAO Maria Manuel	08	Nautico Academico	<b>5:00.97</b>	+0,74	484	
	50m: 34.04 34.04	150m: 1:50.36 38.44	250m: 3:07.07 38.28	350m: 4:23.46 37.82			
	100m: 1:11.92 37.88	200m: 2:28.79 38.43	300m: 3:45.64 38.57	400m: 5:00.97 37.51			
51.	SOUSA Mafalda Pinto	08	Fluvial Portuense	<b>5:01.32</b>	+0,80	483	
	50m: 34.50 34.50	150m: 1:51.02 38.82	250m: 3:07.84 38.49	350m: 4:25.18 38.26			
	100m: 1:12.20 37.70	200m: 2:29.35 38.33	300m: 3:46.92 39.08	400m: 5:01.32 36.14			
52.	BAIONA Raquel Santos	08	Colegio Monte Maior	<b>5:02.25</b>	+0,80	478	
	50m: 33.41 33.41	150m: 1:47.82 37.59	250m: 3:04.97 39.04	350m: 4:23.42 39.21			
	100m: 1:10.23 36.82	200m: 2:25.93 38.11	300m: 3:44.21 39.24	400m: 5:02.25 38.83			
53.	RODRIGUES Carolina Fernandes	08	Uniao Piedense	<b>5:04.34</b>	+0,80	469	
	50m: 34.47 34.47	150m: 1:51.96 39.24	250m: 3:09.83 38.87	350m: 4:27.98 38.87			
	100m: 1:12.72 38.25	200m: 2:30.96 39.00	300m: 3:49.11 39.28	400m: 5:04.34 36.36			
54.	JORGE Sofia Pereira	08	Galitos / Bresimar	<b>5:04.80</b>	+0,99	466	
	50m: 34.16 34.16	150m: 1:51.13 38.83	250m: 3:09.63 39.00	350m: 4:27.14 38.64			
	100m: 1:12.30 38.14	200m: 2:30.63 39.50	300m: 3:48.50 38.87	400m: 5:04.80 37.66			
55.	FERREIRA Lara Mota	08	Fafe	<b>5:13.28</b>		430	
	50m: 35.51 35.51	150m: 1:53.84 39.66	250m: 3:14.29 39.92	350m: 4:34.00 39.87			
	100m: 1:14.18 38.67	200m: 2:34.37 40.53	300m: 3:54.13 39.84	400m: 5:13.28 39.28			
56.	GONCALVES Maria Meleiro	08	Galitos / Bresimar	<b>5:14.54</b>	+0,88	424	
	50m: 35.06 35.06	150m: 1:52.00 39.01	250m: 3:12.38 40.78	350m: 4:34.66 41.48			
	100m: 1:12.99 37.93	200m: 2:31.60 39.60	300m: 3:53.18 40.80	400m: 5:14.54 39.88			
DNS	SANTILLAN Malena	08	Argentina				

Prova 35  
29/07/2022 - 11:25

Femin., 400m Livres

Juvenis  
Resultados Elimin

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

TAC Juv A 50m: 4:52.31 - 25m: 4:45.52; Juv B 50m: 5:06.77 - 25m: 4:54.81

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	CABRAL Carolina Vizinho	07	Natacao de Vagos	<b>4:41.98</b>	+0,77	589	
	50m: 31.95 31.95	150m: 1:43.08 36.10	250m: 2:55.71 36.20	350m: 4:08.41 36.29			
	100m: 1:06.98 35.03	200m: 2:19.51 36.43	300m: 3:32.12 36.41	400m: 4:41.98 33.57			
2.	MANO Leonor Mil	07	Nautico Academico	<b>4:42.81</b>	+0,78	584	
	50m: 32.15 32.15	150m: 1:44.02 36.37	250m: 2:56.68 36.31	350m: 4:08.46 35.57			
	100m: 1:07.65 35.50	200m: 2:20.37 36.35	300m: 3:32.89 36.21	400m: 4:42.81 34.35			
3.	NEVES Maria Gomes	08	Braga	<b>4:43.72</b>	+0,66	578	
	50m: 32.03 32.03	150m: 1:43.23 36.42	250m: 2:55.80 35.96	350m: 4:08.35 35.86			
	100m: 1:06.81 34.78	200m: 2:19.84 36.61	300m: 3:32.49 36.69	400m: 4:43.72 35.37			

Prova 35, Femin., 400m Livres, Elimin, Juvenis

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
4.	AGUILAR Marta Andre	07	Nautico Academico	<b>4:43.92</b>	+0,72	577	
	50m: 32.24 32.24	150m: 1:43.72 35.90	250m: 2:56.20 36.01	350m: 4:09.12 36.44			
	100m: 1:07.82 35.58	200m: 2:20.19 36.47	300m: 3:32.68 36.48	400m: 4:43.92 34.80			
5.	PINTO Margarida Vieira	07	Braga	<b>4:45.00</b>	+0,85	571	
	50m: 32.05 32.05	150m: 1:42.30 35.87	250m: 2:55.25 36.63	350m: 4:09.06 36.75			
	100m: 1:06.43 34.38	200m: 2:18.62 36.32	300m: 3:32.31 37.06	400m: 4:45.00 35.94			
6.	LOURO Beatriz Silva	07	Louletano / Loule Concelho	<b>4:47.04</b>	+0,73	559	
	50m: 32.02 32.02	150m: 1:43.70 35.99	250m: 2:56.55 36.53	350m: 4:10.33 36.91			
	100m: 1:07.71 35.69	200m: 2:20.02 36.32	300m: 3:33.42 36.87	400m: 4:47.04 36.71			
7.	FERREIRA Carolina Amadeu	08	Leixoes	<b>4:47.41</b>	+0,78	556	
	50m: 32.87 32.87	150m: 1:45.51 37.06	250m: 3:00.05 37.39	350m: 4:13.11 36.17			
	100m: 1:08.45 35.58	200m: 2:22.66 37.15	300m: 3:36.94 36.89	400m: 4:47.41 34.30			
8.	VIANA Matilde Violante	07	Ba-Leiria	<b>4:48.05</b>	+0,81	553	
	50m: 32.32 32.32	150m: 1:43.83 36.47	250m: 2:57.61 37.02	350m: 4:11.91 37.44			
	100m: 1:07.36 35.04	200m: 2:20.59 36.76	300m: 3:34.47 36.86	400m: 4:48.05 36.14			
9.	BARBOSA Sofia Teixeira	08	Porto	<b>4:48.30</b>	+0,90	551	
	50m: 33.84 33.84	150m: 1:48.28 36.92	250m: 3:01.10 35.78	350m: 4:13.33 35.65			
	100m: 1:11.36 37.52	200m: 2:25.32 37.04	300m: 3:37.68 36.58	400m: 4:48.30 34.97			
10.	ALMEIDA Bianca Filipa	07	Alges e Agueda XXI	<b>4:48.65</b>	+0,85	549	
	50m: 32.64 32.64	150m: 1:44.69 36.52	250m: 2:58.47 36.85	350m: 4:12.44 37.14			
	100m: 1:08.17 35.53	200m: 2:21.62 36.93	300m: 3:35.30 36.83	400m: 4:48.65 36.21			
11.	DIOGO Ines Miranda	07	Nautico Academico	<b>4:49.62</b>	+0,73	544	
	50m: 33.20 33.20	150m: 1:46.73 36.88	250m: 3:00.44 36.57	350m: 4:14.04 36.30			
	100m: 1:09.85 36.65	200m: 2:23.87 37.14	300m: 3:37.74 37.30	400m: 4:49.62 35.58			
12.	FREITAS Diana Gomes	08	Amigos da Montanha	<b>4:50.39</b>	+0,89	539	
	50m: 33.24 33.24	150m: 1:46.01 36.65	250m: 3:00.17 37.07	350m: 4:13.87 36.67			
	100m: 1:09.36 36.12	200m: 2:23.10 37.09	300m: 3:37.20 37.03	400m: 4:50.39 36.52			
13.	RODRIGUES Leonor Carreiro	07	Benfica	<b>4:50.40</b>	+0,74	539	
	50m: 31.83 31.83	150m: 1:44.00 36.55	250m: 2:58.82 37.49	350m: 4:14.40 37.57			
	100m: 1:07.45 35.62	200m: 2:21.33 37.33	300m: 3:36.83 38.01	400m: 4:50.40 36.00			
14.	COSTA Maria Joao	08	Vilacondense	<b>4:51.54</b>	+0,82	533	
	50m: 33.39 33.39	150m: 1:47.61 37.39	250m: 3:02.24 37.10	350m: 4:16.06 36.47			
	100m: 1:10.22 36.83	200m: 2:25.14 37.53	300m: 3:39.59 37.35	400m: 4:51.54 35.48			
15.	SANTOS Leonor Castanho	07	Sporting	<b>4:54.15</b>	+0,67	519	
	50m: 33.56 33.56	150m: 1:45.86 37.00	250m: 3:00.40 37.42	350m: 4:16.17 38.08			
	100m: 1:08.86 35.30	200m: 2:22.98 37.12	300m: 3:38.09 37.69	400m: 4:54.15 37.98			
16.	LOURENCO Bruna Filipa	08	O Crasto	<b>4:55.06</b>	+0,81	514	
	50m: 34.01 34.01	150m: 1:48.11 37.40	250m: 3:03.52 37.98	350m: 4:19.43 37.72			
	100m: 1:10.71 36.70	200m: 2:25.54 37.43	300m: 3:41.71 38.19	400m: 4:55.06 35.63			

Prova 35, Femin., 400m Livres, Elimin, Juvenis

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
17.	CRUZ Ana Carolina	08	Famalicao	<b>4:55.07</b>	+0,79	514	
	50m: 33.11 33.11	150m: 1:47.50 37.58	250m: 3:03.26 37.84	350m: 4:18.31 37.10			
	100m: 1:09.92 36.81	200m: 2:25.42 37.92	300m: 3:41.21 37.95	400m: 4:55.07 36.76			
18.	ALVES Sara Sofia	07	Naval Setubalense	<b>4:55.31</b>	+0,82	513	
	50m: 33.86 33.86	150m: 1:48.26 37.66	250m: 3:04.08 38.15	350m: 4:19.48 37.72			
	100m: 1:10.60 36.74	200m: 2:25.93 37.67	300m: 3:41.76 37.68	400m: 4:55.31 35.83			
19.	NEVES Ana Carolina	08	Fluvial Portuense	<b>4:55.82</b>	+0,97	510	
	50m: 34.11 34.11	150m: 1:49.22 37.97	250m: 3:04.79 37.91	350m: 4:19.94 37.05			
	100m: 1:11.25 37.14	200m: 2:26.88 37.66	300m: 3:42.89 38.10	400m: 4:55.82 35.88			
20.	PAIXAO Maria Saraiva	08	Gafanha da Encarnacao	<b>4:56.47</b>	+0,80	507	
	50m: 34.99 34.99	150m: 1:50.08 37.92	250m: 3:05.24 37.27	350m: 4:20.40 37.66			
	100m: 1:12.16 37.17	200m: 2:27.97 37.89	300m: 3:42.74 37.50	400m: 4:56.47 36.07			
21.	LUIZ Margarida Maria	08	Lagoa AC	<b>4:56.74</b>	+0,82	505	
	50m: 34.49 34.49	150m: 1:49.51 37.70	250m: 3:05.45 37.70	350m: 4:20.96 37.53			
	100m: 1:11.81 37.32	200m: 2:27.75 38.24	300m: 3:43.43 37.98	400m: 4:56.74 35.78			
22.	BARROS Adriana Ribeiro	08	Braga	<b>5:00.04</b>	+0,87	489	
	50m: 33.15 33.15	150m: 1:48.72 38.49	250m: 3:07.17 38.98	350m: 4:23.41 37.70			
	100m: 1:10.23 37.08	200m: 2:28.19 39.47	300m: 3:45.71 38.54	400m: 5:00.04 36.63			
23.	GOMES Rita Cunha	07	Viana Natacao	<b>5:00.15</b>	+0,95	488	
	50m: 33.90 33.90	150m: 1:48.06 37.46	250m: 3:04.35 38.51	350m: 4:22.17 39.06			
	100m: 1:10.60 36.70	200m: 2:25.84 37.78	300m: 3:43.11 38.76	400m: 5:00.15 37.98			
24.	CORTESAO Maria Manuel	08	Nautico Academico	<b>5:00.97</b>	+0,74	484	
	50m: 34.04 34.04	150m: 1:50.36 38.44	250m: 3:07.07 38.28	350m: 4:23.46 37.82			
	100m: 1:11.92 37.88	200m: 2:28.79 38.43	300m: 3:45.64 38.57	400m: 5:00.97 37.51			
25.	SOUSA Mafalda Pinto	08	Fluvial Portuense	<b>5:01.32</b>	+0,80	483	
	50m: 34.50 34.50	150m: 1:51.02 38.82	250m: 3:07.84 38.49	350m: 4:25.18 38.26			
	100m: 1:12.20 37.70	200m: 2:29.35 38.33	300m: 3:46.92 39.08	400m: 5:01.32 36.14			
26.	BAIONA Raquel Santos	08	Colegio Monte Maior	<b>5:02.25</b>	+0,80	478	
	50m: 33.41 33.41	150m: 1:47.82 37.59	250m: 3:04.97 39.04	350m: 4:23.42 39.21			
	100m: 1:10.23 36.82	200m: 2:25.93 38.11	300m: 3:44.21 39.24	400m: 5:02.25 38.83			
27.	RODRIGUES Carolina Fernandes	08	Uniao Piedense	<b>5:04.34</b>	+0,80	469	
	50m: 34.47 34.47	150m: 1:51.96 39.24	250m: 3:09.83 38.87	350m: 4:27.98 38.87			
	100m: 1:12.72 38.25	200m: 2:30.96 39.00	300m: 3:49.11 39.28	400m: 5:04.34 36.36			
28.	JORGE Sofia Pereira	08	Galitos / Bresimar	<b>5:04.80</b>	+0,99	466	
	50m: 34.16 34.16	150m: 1:51.13 38.83	250m: 3:09.63 39.00	350m: 4:27.14 38.64			
	100m: 1:12.30 38.14	200m: 2:30.63 39.50	300m: 3:48.50 38.87	400m: 5:04.80 37.66			
29.	FERREIRA Lara Mota	08	Fafe	<b>5:13.28</b>		430	
	50m: 35.51 35.51	150m: 1:53.84 39.66	250m: 3:14.29 39.92	350m: 4:34.00 39.87			
	100m: 1:14.18 38.67	200m: 2:34.37 40.53	300m: 3:54.13 39.84	400m: 5:13.28 39.28			

Prova 35, Femin., 400m Livres, Elimin, Juvenis

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
30.	GONCALVES Maria Meleiro	08	Galitos / Bresimar	<b>5:14.54</b>	+0,88	424	
	50m: 35.06 35.06	150m: 1:52.00 39.01	250m: 3:12.38 40.78	350m: 4:34.66 41.48			
	100m: 1:12.99 37.93	200m: 2:31.60 39.60	300m: 3:53.18 40.80	400m: 5:14.54 39.88			

Prova 35 Femin., 400m Livres Absolutos  
29/07/2022 - 11:25 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

TAC 19 + 50m: 4:36.03 - 25m: 4:29.70; 18 50m: 4:37.41 - 25m: 4:31.05; Jun17 50m: 4:43.04 - 25m: 4:37.18; Jun16 50m: 4:45.76 - 25m: 4:38.56

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	DURAES Diana Margarida	96	Benfica	<b>4:17.89</b>	+0,77	770	
	50m: 30.48 30.48	150m: 1:35.33 32.59	250m: 2:40.39 32.32	350m: 3:45.62 32.64			
	100m: 1:02.74 32.26	200m: 2:08.07 32.74	300m: 3:12.98 32.59	400m: 4:17.89 32.27			
2.	HOLUB Tamila Hryhorivna	99	Braga	<b>4:23.01</b>	+0,76	726	
	50m: 31.07 31.07	150m: 1:37.02 33.00	250m: 2:43.50 33.29	350m: 3:50.06 33.40			
	100m: 1:04.02 32.95	200m: 2:10.21 33.19	300m: 3:16.66 33.16	400m: 4:23.01 32.95			
3.	CARDEAL Joana Nunes	02	Academico Viseu	<b>4:24.51</b>	+0,72	714	
	50m: 30.45 30.45	150m: 1:36.11 33.12	250m: 2:43.05 33.59	350m: 3:51.20 34.28			
	100m: 1:02.99 32.54	200m: 2:09.46 33.35	300m: 3:16.92 33.87	400m: 4:24.51 33.31			
4.	CARDEAL Beatriz Nunes	04	Academico Viseu	<b>4:25.89</b>	+0,65	703	
	50m: 30.32 30.32	150m: 1:36.67 33.61	250m: 2:44.58 34.03	350m: 3:52.87 33.94			
	100m: 1:03.06 32.74	200m: 2:10.55 33.88	300m: 3:18.93 34.35	400m: 4:25.89 33.02			
5.	MARTINS Francisca Soares	03	Foca Quinta Da Lixa - Cnf	<b>4:27.35</b>	+0,81	691	
	50m: 30.51 30.51	150m: 1:36.87 33.41	250m: 2:45.03 34.24	350m: 3:53.61 34.52			
	100m: 1:03.46 32.95	200m: 2:10.79 33.92	300m: 3:19.09 34.06	400m: 4:27.35 33.74			
6.	MOURA Maria Ferreira	04	Sporting	<b>4:28.25</b>	+0,75	684	
	50m: 30.10 30.10	150m: 1:36.17 33.27	250m: 2:43.66 33.87	350m: 3:53.61 35.47			
	100m: 1:02.90 32.80	200m: 2:09.79 33.62	300m: 3:18.14 34.48	400m: 4:28.25 34.64			
7.	RAMOS Ana Rita	02	Porto	<b>4:28.58</b>	+0,82	682	
	50m: 31.19 31.19	150m: 1:38.07 34.14	250m: 2:46.39 34.47	350m: 3:55.09 34.66			
	100m: 1:03.93 32.74	200m: 2:11.92 33.85	300m: 3:20.43 34.04	400m: 4:28.58 33.49			
8.	PIRES Marta Joao	05	Alges	<b>4:29.05</b>	+0,74	678	
	50m: 30.78 30.78	150m: 1:38.93 34.20	250m: 2:46.82 33.95	350m: 3:55.62 34.36			
	100m: 1:04.73 33.95	200m: 2:12.87 33.94	300m: 3:21.26 34.44	400m: 4:29.05 33.43			
9.	CONCEICAO Ema Jeronimo	03	Fisica Torres Vedras	<b>4:29.65</b>	+0,92	674	
	50m: 31.09 31.09	150m: 1:37.93 33.44	250m: 2:45.80 33.94	350m: 3:55.54 35.30			
	100m: 1:04.49 33.40	200m: 2:11.86 33.93	300m: 3:20.24 34.44	400m: 4:29.65 34.11			

Splash Meet Manager, 11.73733

Registered to Federacao Portuguesa De Natacao

29/07/2022 12:05 - Página 8

ORGANIZAÇÃO



PATROCINADOR PRINCIPAL



PATROCINADOR OFICIAL



PARCEIROS INSTITUCIONAIS



FORNECEDOR OFICIAL



PARCEIROS



MUNICÍPIO DE OEIRAS





Prova 35, Femin., 400m Livres, Elimin, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
10.	MENDES Mariana Amaral	02	Sporting	<b>4:30.54</b>	+0,86	667	
	50m: 31.84 31.84	150m: 1:40.07 34.17	250m: 2:48.51 34.15	350m: 3:57.45 34.35			
	100m: 1:05.90 34.06	200m: 2:14.36 34.29	300m: 3:23.10 34.59	400m: 4:30.54 33.09			
11.	FARIA Leonor Verissimo	06	Nucleo de Pombal	<b>4:32.32</b>	+0,76	654	
	50m: 31.87 31.87	150m: 1:40.28 34.35	250m: 2:49.60 34.58	350m: 3:59.06 34.59			
	100m: 1:05.93 34.06	200m: 2:15.02 34.74	300m: 3:24.47 34.87	400m: 4:32.32 33.26			
12.	FOMINA Anna	02	Sporting	<b>4:33.49</b>	+0,77	646	
	50m: 30.70 30.70	150m: 1:38.32 34.45	250m: 2:48.07 35.05	350m: 3:58.72 35.44			
	100m: 1:03.87 33.17	200m: 2:13.02 34.70	300m: 3:23.28 35.21	400m: 4:33.49 34.77			
13.	LOPES Daniela Magalhaes	05	Famalicao	<b>4:37.96</b>	+0,82	615	
	50m: 31.51 31.51	150m: 1:40.12 34.81	250m: 2:50.92 35.66	350m: 4:02.86 35.95			
	100m: 1:05.31 33.80	200m: 2:15.26 35.14	300m: 3:26.91 35.99	400m: 4:37.96 35.10			
14.	PEIXOTO Carolina Esteves	06	Braga	<b>4:38.22</b>	+0,80	613	
	50m: 31.02 31.02	150m: 1:39.45 34.90	250m: 2:50.99 35.82	350m: 4:03.16 36.12			
	100m: 1:04.55 33.53	200m: 2:15.17 35.72	300m: 3:27.04 36.05	400m: 4:38.22 35.06			
15.	LOPES Francisca Macedo	05	Vilacondense	<b>4:38.50</b>	+0,76	612	
	50m: 30.98 30.98	150m: 1:40.22 34.98	250m: 2:51.23 35.43	350m: 4:02.78 35.75			
	100m: 1:05.24 34.26	200m: 2:15.80 35.58	300m: 3:27.03 35.80	400m: 4:38.50 35.72			
16.	NUNES Rita Sofia	05	Colegio Efanor	<b>4:41.26</b>	+0,81	594	
	50m: 32.21 32.21	150m: 1:42.63 35.54	250m: 2:54.78 36.02	350m: 4:06.78 35.96			
	100m: 1:07.09 34.88	200m: 2:18.76 36.13	300m: 3:30.82 36.04	400m: 4:41.26 34.48			
17.	PIRES Catarina Gaspar	06	Porto	<b>4:42.74</b>	+0,84	584	
	50m: 32.16 32.16	150m: 1:42.31 35.44	250m: 2:54.15 35.47	350m: 4:07.44 36.65			
	100m: 1:06.87 34.71	200m: 2:18.68 36.37	300m: 3:30.79 36.64	400m: 4:42.74 35.30			
18.	ALVES Joana Silva	05	Benedita	<b>4:43.74</b>	+0,75	578	
	50m: 32.40 32.40	150m: 1:43.85 35.87	250m: 2:55.63 35.97	350m: 4:08.24 36.27			
	100m: 1:07.98 35.58	200m: 2:19.66 35.81	300m: 3:31.97 36.34	400m: 4:43.74 35.50			
19.	RAMOS Joana Barbas	06	Gafanha da Encarnacao	<b>4:44.06</b>	+0,94	576	
	50m: 32.44 32.44	150m: 1:43.77 36.15	250m: 2:56.67 36.50	350m: 4:09.50 36.36			
	100m: 1:07.62 35.18	200m: 2:20.17 36.40	300m: 3:33.14 36.47	400m: 4:44.06 34.56			
20.	SOARES Miriam Mortagua	06	Galitos / Bresimar	<b>4:44.70</b>	+0,78	572	
	50m: 32.39 32.39	150m: 1:43.32 35.84	250m: 2:55.90 36.35	350m: 4:09.19 36.68			
	100m: 1:07.48 35.09	200m: 2:19.55 36.23	300m: 3:32.51 36.61	400m: 4:44.70 35.51			
21.	AMORIM Ines Santos	06	Desportiva de Viana	<b>4:44.77</b>	+0,82	572	
	50m: 32.39 32.39	150m: 1:42.38 35.38	250m: 2:55.32 36.79	350m: 4:09.38 37.05			
	100m: 1:07.00 34.61	200m: 2:18.53 36.15	300m: 3:32.33 37.01	400m: 4:44.77 35.39			
22.	CARLOTA Catarina Isabel	05	BUZIOS - Coruche	<b>4:44.86</b>	+0,77	571	
	50m: 32.02 32.02	150m: 1:43.23 36.14	250m: 2:55.92 36.28	350m: 4:09.14 36.51			
	100m: 1:07.09 35.07	200m: 2:19.64 36.41	300m: 3:32.63 36.71	400m: 4:44.86 35.72			

Prova 35, Femin., 400m Livres, Elimin, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
23.	MORGADO Alice Jesus	04	Sporting	<b>4:52.40</b>	+0,83	528	
	50m: 32.53 32.53	150m: 1:44.26 36.45	250m: 2:58.79 37.45	350m: 4:14.87 38.41			
	100m: 1:07.81 35.28	200m: 2:21.34 37.08	300m: 3:36.46 37.67	400m: 4:52.40 37.53			
24.	SILVA Ana Francisca	06	Alcobaca	<b>4:55.78</b>	+0,86	510	
	50m: 33.70 33.70	150m: 1:47.42 37.57	250m: 3:02.66 37.61	350m: 4:18.48 37.97			
	100m: 1:09.85 36.15	200m: 2:25.05 37.63	300m: 3:40.51 37.85	400m: 4:55.78 37.30			