

Event 20  
 31/03/2023 - 18:03

Women, 400m Medley

 Open  
 Results Finals

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

JO Open: 4:38.53 / CMPL 19+: 4:43.06 / CESub23 19 - 23: 4:48.28 / CEJun\_Fem 14 - 17: 4:55.87 / TAC Sen 50m: 5:21.47 - 25m: 5:12.08; Jun 50m: 5:29.51 - 25m: 5:19.88

Points: FINA 2023

Rank	Nome	YB	Cod	Clube	Tempo Final	RT	Pts FINA
<b>Final A</b>							
1.	Angelica Maria ANDRE	94		Porto	<b>4:52.38</b>	+0,71	756
	50m: 30.69 30.69	150m: 1:43.40	37.93	250m: 3:03.74	42.02	350m: 4:19.64	33.58
	100m: 1:05.47 34.78	200m: 2:21.72	38.32	300m: 3:46.06	42.32	400m: 4:52.38	32.74
2.	Ines Jacinto HENRIQUES	00		Louzan Natacao/EFAPEL	<b>4:56.20</b>	+0,70	727
	50m: 29.69 29.69	150m: 1:41.98	38.66	250m: 3:04.47	44.27	350m: 4:22.90	34.42
	100m: 1:03.32 33.63	200m: 2:20.20	38.22	300m: 3:48.48	44.01	400m: 4:56.20	33.30
3.	Francisca Salvador MESQUITA	02		Sporting	<b>4:57.09</b>	+0,73	720
	50m: 30.94 30.94	150m: 1:46.51	39.91	250m: 3:08.13	42.33	350m: 4:24.33	34.31
	100m: 1:06.60 35.66	200m: 2:25.80	39.29	300m: 3:50.02	41.89	400m: 4:57.09	32.76
4.	Beatriz Nunes CARDEAL	04		Academico Viseu	<b>4:57.54</b>	+0,62	717
	50m: 29.81 29.81	150m: 1:45.01	40.72	250m: 3:07.44	43.02	350m: 4:25.22	33.94
	100m: 1:04.29 34.48	200m: 2:24.42	39.41	300m: 3:51.28	43.84	400m: 4:57.54	32.32
5.	Diana Margarida DURAES	96		Benfica	<b>5:02.06</b>	+0,76	685
	50m: 32.04 32.04	150m: 1:47.88	39.08	250m: 3:10.07	44.15	350m: 4:28.62	34.02
	100m: 1:08.80 36.76	200m: 2:25.92	38.04	300m: 3:54.60	44.53	400m: 5:02.06	33.44
6.	Mariana Amaral MENDES	02		Sporting	<b>5:02.62</b>	+0,81	681
	50m: 31.83 31.83	150m: 1:48.57	40.53	250m: 3:11.76	43.38	350m: 4:29.56	34.24
	100m: 1:08.04 36.21	200m: 2:28.38	39.81	300m: 3:55.32	43.56	400m: 5:02.62	33.06
7.	Joana Nunes CARDEAL	02		Academico Viseu	<b>5:06.18</b>	+0,73	658
	50m: 30.80 30.80	150m: 1:46.56	40.09	250m: 3:11.09	45.28	350m: 4:32.36	35.42
	100m: 1:06.47 35.67	200m: 2:25.81	39.25	300m: 3:56.94	45.85	400m: 5:06.18	33.82
8.	Matilde Nunes LOPES	06		Benfica	<b>5:11.82</b>	+0,71	623
	50m: 32.09 32.09	150m: 1:49.72	41.03	250m: 3:16.10	45.39	350m: 4:37.10	35.16
	100m: 1:08.69 36.60	200m: 2:30.71	40.99	300m: 4:01.94	45.84	400m: 5:11.82	34.72
9.	Ana Filipa VEIGA	01		Gafanha da Encarnacao	<b>5:13.54</b>	+0,77	613
	50m: 32.53 32.53	150m: 1:52.81	42.66	250m: 3:18.44	42.92	350m: 4:38.05	36.48
	100m: 1:10.15 37.62	200m: 2:35.52	42.71	300m: 4:01.57	43.13	400m: 5:13.54	35.49
10.	Sofia Nunes FIAL	03		Porto	<b>5:17.40</b>	+0,76	590
	50m: 33.11 33.11	150m: 1:54.78	42.87	250m: 3:19.30	42.83	350m: 4:41.18	37.80
	100m: 1:11.91 38.80	200m: 2:36.47	41.69	300m: 4:03.38	44.08	400m: 5:17.40	36.22
<b>Final B</b>							
11.	Daniela Magalhaes LOPES	05		Famalicao	<b>5:09.07</b>	+0,78	640
	50m: 31.41 31.41	150m: 1:48.79	40.82	250m: 3:13.60	44.25	350m: 4:34.30	36.14
	100m: 1:07.97 36.56	200m: 2:29.35	40.56	300m: 3:58.16	44.56	400m: 5:09.07	34.77
12.	Rita Machita SANTOS	07		Naval Setubalense	<b>5:15.00</b>	+0,76	604
	50m: 32.41 32.41	150m: 1:51.47	41.75	250m: 3:15.65	42.97	350m: 4:39.25	39.76
	100m: 1:09.72 37.31	200m: 2:32.68	41.21	300m: 3:59.49	43.84	400m: 5:15.00	35.75

## Event 20, Women, 400m Medley, Final, Open

Rank	Nome	YB	Cod	Clube	Tempo Final	RT	Pts FINA
13.	Francisca Macedo LOPES	05		Vilacondense	<b>5:16.77</b>	+0,76	594
	50m: 33.42 33.42	150m: 1:54.69	42.60	250m: 3:21.84	45.72	350m: 4:42.97	35.08
	100m: 1:12.09 38.67	200m: 2:36.12	41.43	300m: 4:07.89	46.05	400m: 5:16.77	33.80
14.	Maria Emilia ALMEIDA	07		Colegio Efanor	<b>5:16.81</b>	+0,84	594
	50m: 32.29 32.29	150m: 1:49.46	40.70	250m: 3:18.14	48.38	350m: 4:41.58	36.11
	100m: 1:08.76 36.47	200m: 2:29.76	40.30	300m: 4:05.47	47.33	400m: 5:16.81	35.23
15.	Margarida Vieira PINTO	07		Braga	<b>5:16.93</b>	+0,81	593
	50m: 32.90 32.90	150m: 1:54.98	42.66	250m: 3:21.74	45.60	350m: 4:43.42	35.70
	100m: 1:12.32 39.42	200m: 2:36.14	41.16	300m: 4:07.72	45.98	400m: 5:16.93	33.51
16.	Alice Jesus MORGADO	04		Sporting	<b>5:21.48</b>	+0,75	568
	50m: 32.68 32.68	150m: 1:54.31	42.37	250m: 3:21.97	45.85	350m: 4:45.10	36.58
	100m: 1:11.94 39.26	200m: 2:36.12	41.81	300m: 4:08.52	46.55	400m: 5:21.48	36.38
17.	Margarida Cabral MONTEIRO	02		Galitos / Bresimar	<b>5:22.35</b>	+0,73	564
	50m: 32.92 32.92	150m: 1:54.52	42.57	250m: 3:22.20	46.11	350m: 4:45.73	36.24
	100m: 1:11.95 39.03	200m: 2:36.09	41.57	300m: 4:09.49	47.29	400m: 5:22.35	36.62
18.	Ines Cruz CAMARA	07		Desportivo Nacional	<b>5:24.02</b>	+0,76	555
	50m: 32.25 32.25	150m: 1:54.07	43.52	250m: 3:23.09	46.62	350m: 4:47.83	37.03
	100m: 1:10.55 38.30	200m: 2:36.47	42.40	300m: 4:10.80	47.71	400m: 5:24.02	36.19
19.	Erica Cristina REIS	05		Sporting	<b>5:24.73</b>	+0,66	551
	50m: 33.01 33.01	150m: 1:55.89	43.48	250m: 3:24.56	46.57	350m: 4:48.74	36.81
	100m: 1:12.41 39.40	200m: 2:37.99	42.10	300m: 4:11.93	47.37	400m: 5:24.73	35.99
20.	Maria Francisca FROIS	06		Nautico de Leiria	<b>5:28.26</b>	+0,78	534
	50m: 33.02 33.02	150m: 1:57.11	44.36	250m: 3:24.75	45.03	350m: 4:50.15	38.28
	100m: 1:12.75 39.73	200m: 2:39.72	42.61	300m: 4:11.87	47.12	400m: 5:28.26	38.11

## Event 20 31/03/2023 - 18:03

## Girls, 400m Medley

## Juvenis Results Final

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

JO Open: 4:38.53 / CEJun\_Fem 14 - 17: 4:55.87 / TAC 50m: 5:43.97 - 25m: 5:33.93

Points: FINA 2023

Rank	Nome	YB	Cod	Clube	Tempo Final	RT	Pts FINA
1.	Teresa Isabel RODRIGUES	09		Foca Quinta da Lixa CNF	<b>5:24.08</b>	+0,73	555
	50m: 34.86 34.86	150m: 1:59.80	43.81	250m: 3:27.39	45.65	350m: 4:48.85	36.39
	100m: 1:15.99 41.13	200m: 2:41.74	41.94	300m: 4:12.46	45.07	400m: 5:24.08	35.23
2.	Beatriz Alves AMBRUS	09		Porto	<b>5:29.09</b>	+0,70	530
	50m: 33.96 33.96	150m: 1:55.76	41.73	250m: 3:25.26	48.28	350m: 4:51.78	38.31
	100m: 1:14.03 40.07	200m: 2:36.98	41.22	300m: 4:13.47	48.21	400m: 5:29.09	37.31
3.	Maria Joao COSTA	08		Vilacondense	<b>5:29.50</b>	+0,76	528
	50m: 33.59 33.59	150m: 1:56.78	43.96	250m: 3:28.00	47.86	350m: 4:53.67	37.12
	100m: 1:12.82 39.23	200m: 2:40.14	43.36	300m: 4:16.55	48.55	400m: 5:29.50	35.83
4.	Constanca Baptista TOMAS	09		Alcobaca	<b>5:33.02</b>	+0,74	511
	50m: 34.50 34.50	150m: 1:59.55	44.21	250m: 3:31.28	48.59	350m: 4:57.39	37.15
	100m: 1:15.34 40.84	200m: 2:42.69	43.14	300m: 4:20.24	48.96	400m: 5:33.02	35.63

Event 20, Girls, 400m Medley, Final, Juvenis

Rank	Nome	YB	Cod	Clube	Tempo Final	RT	Pts FINA
5.	Leonor Queiroz GONCALVES	09		Braga	<b>5:33.08</b>	+0,81	511
	50m: 34.99 34.99	150m: 2:00.95	44.88	250m: 3:31.96	47.73	350m: 4:57.35	37.39
	100m: 1:16.07 41.08	200m: 2:44.23	43.28	300m: 4:19.96	48.00	400m: 5:33.08	35.73
6.	Carolina Mendes NUNES	08		Estarreja/PROZINCO	<b>5:35.14</b>	+0,84	502
	50m: 35.28 35.28	150m: 2:01.96	44.55	250m: 3:32.47	47.65	350m: 4:58.07	36.88
	100m: 1:17.41 42.13	200m: 2:44.82	42.86	300m: 4:21.19	48.72	400m: 5:35.14	37.07
7.	Adriana Ribeiro BARROS	08		Braga	<b>5:35.91</b>	+0,80	498
	50m: 34.09 34.09	150m: 1:59.53	44.07	250m: 3:32.00	47.41	350m: 4:59.47	38.06
	100m: 1:15.46 41.37	200m: 2:44.59	45.06	300m: 4:21.41	49.41	400m: 5:35.91	36.44
8.	Filipa Carvalho GALANTE	09		Vilacondense	<b>5:36.23</b>	+0,78	497
	50m: 37.82 37.82	150m: 2:03.17	41.31	250m: 3:31.75	46.37	350m: 4:59.36	38.26
	100m: 1:21.86 44.04	200m: 2:45.38	42.21	300m: 4:21.10	49.35	400m: 5:36.23	36.87
9.	Laura Brites COSTA	09		Rio Maior	<b>5:42.05</b>	+0,66	472
	50m: 34.16 34.16	150m: 2:01.91	45.02	250m: 3:34.50	47.98	350m: 5:03.51	39.05
	100m: 1:16.89 42.73	200m: 2:46.52	44.61	300m: 4:24.46	49.96	400m: 5:42.05	38.54
10.	Francisca Lamas SILVA	08		Colegio Efanor	<b>5:42.57</b>	+0,72	470
	50m: 34.53 34.53	150m: 1:59.82	43.83	250m: 3:32.41	48.90	350m: 5:02.35	40.61
	100m: 1:15.99 41.46	200m: 2:43.51	43.69	300m: 4:21.74	49.33	400m: 5:42.57	40.22