

Event 20  
31/03/2023 - 12:15

Women, 400m Medley

Open  
Results Prelim

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

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	
1.	Angelica Maria ANDRE	94		Porto	<b>4:57.33</b>	+0,73	718	A
	50m: 31.23 31.23	150m: 1:45.29	38.77	250m: 3:07.27	42.47	350m: 4:22.80	34.32	
	100m: 1:06.52 35.29	200m: 2:24.80	39.51	300m: 3:48.48	41.21	400m: 4:57.33	34.53	
2.	Ines Jacinto HENRIQUES	00		Louzan Natacao/EFAPEL	<b>4:58.15</b>	+0,69	713	A
	50m: 30.09 30.09	150m: 1:42.52	38.18	250m: 3:04.95	44.04	350m: 4:23.95	34.45	
	100m: 1:04.34 34.25	200m: 2:20.91	38.39	300m: 3:49.50	44.55	400m: 4:58.15	34.20	
3.	Joana Nunes CARDEAL	02		Academico Viseu	<b>5:02.65</b>	+0,71	681	A
	50m: 30.96 30.96	150m: 1:45.64	39.35	250m: 3:08.76	43.99	350m: 4:28.51	34.87	
	100m: 1:06.29 35.33	200m: 2:24.77	39.13	300m: 3:53.64	44.88	400m: 5:02.65	34.14	
4.	Beatriz Nunes CARDEAL	04		Academico Viseu	<b>5:03.09</b>	+0,62	678	A
	50m: 30.19 30.19	150m: 1:46.07	40.83	250m: 3:10.37	43.96	350m: 4:29.36	35.02	
	100m: 1:05.24 35.05	200m: 2:26.41	40.34	300m: 3:54.34	43.97	400m: 5:03.09	33.73	
5.	Francisca Salvador MESQUITA	02		Sporting	<b>5:03.14</b>	+0,76	678	A
	50m: 31.45 31.45	150m: 1:47.29	40.11	250m: 3:10.18	43.23	350m: 4:29.06	35.50	
	100m: 1:07.18 35.73	200m: 2:26.95	39.66	300m: 3:53.56	43.38	400m: 5:03.14	34.08	
6.	Diana Margarida DURAES	96		Benfica	<b>5:06.13</b>	+0,73	658	A
	50m: 32.65 32.65	150m: 1:49.62	39.67	250m: 3:13.14	44.59	350m: 4:31.92	34.69	
	100m: 1:09.95 37.30	200m: 2:28.55	38.93	300m: 3:57.23	44.09	400m: 5:06.13	34.21	
7.	Matilde Nunes LOPES	06		Benfica	<b>5:11.92</b>	+0,73	622	A
	50m: 31.93 31.93	150m: 1:49.32	40.59	250m: 3:15.36	45.34	350m: 4:36.67	35.48	
	100m: 1:08.73 36.80	200m: 2:30.02	40.70	300m: 4:01.19	45.83	400m: 5:11.92	35.25	
8.	Mariana Amaral MENDES	02		Sporting	<b>5:12.87</b>	+0,76	617	A
	50m: 32.74 32.74	150m: 1:52.08	42.24	250m: 3:18.50	45.07	350m: 4:38.65	35.77	
	100m: 1:09.84 37.10	200m: 2:33.43	41.35	300m: 4:02.88	44.38	400m: 5:12.87	34.22	
9.	Ana Filipa VEIGA	01		Gafanha da Encarnacao	<b>5:13.27</b>	+0,77	614	A
	50m: 32.07 32.07	150m: 1:52.51	42.41	250m: 3:17.78	43.33	350m: 4:37.94	36.43	
	100m: 1:10.10 38.03	200m: 2:34.45	41.94	300m: 4:01.51	43.73	400m: 5:13.27	35.33	
10.	Sofia Nunes FIAL	03		Porto	<b>5:15.89</b>	+0,73	599	A
	50m: 33.43 33.43	150m: 1:54.63	42.49	250m: 3:19.32	42.79	350m: 4:40.49	37.43	
	100m: 1:12.14 38.71	200m: 2:36.53	41.90	300m: 4:03.06	43.74	400m: 5:15.89	35.40	
11.	Giovanna Vaz VARGAS	00		Nautico Marinha Grande	<b>5:16.27</b>	+0,80	597	B
	50m: 32.26 32.26	150m: 1:51.36	42.43	250m: 3:18.46	45.59	350m: 4:40.39	36.71	
	100m: 1:08.93 36.67	200m: 2:32.87	41.51	300m: 4:03.68	45.22	400m: 5:16.27	35.88	
12.	Daniela Magalhaes LOPES	05		Famalicao	<b>5:16.32</b>	+0,80	597	B
	50m: 31.98 31.98	150m: 1:53.07	42.85	250m: 3:18.71	43.74	350m: 4:40.38	36.84	
	100m: 1:10.22 38.24	200m: 2:34.97	41.90	300m: 4:03.54	44.83	400m: 5:16.32	35.94	
13.	Margarida Vieira PINTO	07		Braga	<b>5:16.58</b>	+0,82	595	B
	50m: 32.96 32.96	150m: 1:54.65	42.33	250m: 3:21.21	45.68	350m: 4:42.29	35.33	
	100m: 1:12.32 39.36	200m: 2:35.53	40.88	300m: 4:06.96	45.75	400m: 5:16.58	34.29	

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

Rank	Nome	YB	Cod	Clube	Tempo Final	RT	Pts FINA	
14.	Rita Machita SANTOS	07		Naval Setubalense	<b>5:18.56</b>	+0,78	584	B
	50m: 33.72 33.72	150m: 1:55.13	42.27	250m: 3:20.80	43.65	350m: 4:43.25	37.90	
	100m: 1:12.86 39.14	200m: 2:37.15	42.02	300m: 4:05.35	44.55	400m: 5:18.56	35.31	
15.	Laura Fabiana ESTEVENS	05		Naval de Faro	<b>5:18.62</b>	+0,69	584	B
	50m: 33.89 33.89	150m: 1:57.45	42.98	250m: 3:21.95	43.33	350m: 4:43.54	36.55	
	100m: 1:14.47 40.58	200m: 2:38.62	41.17	300m: 4:06.99	45.04	400m: 5:18.62	35.08	
16.	Erica Cristina REIS	05		Sporting	<b>5:19.22</b>	+0,68	580	B
	50m: 32.21 32.21	150m: 1:53.21	42.78	250m: 3:20.58	45.29	350m: 4:44.99	37.35	
	100m: 1:10.43 38.22	200m: 2:35.29	42.08	300m: 4:07.64	47.06	400m: 5:19.22	34.23	
17.	Maria Emilia ALMEIDA	07		Colegio Efanor	<b>5:19.61</b>	+0,84	578	B
	50m: 32.77 32.77	150m: 1:51.40	41.02	250m: 3:20.55	48.37	350m: 4:44.05	35.90	
	100m: 1:10.38 37.61	200m: 2:32.18	40.78	300m: 4:08.15	47.60	400m: 5:19.61	35.56	
18.	Francisca Macedo LOPES	05		Vilacondense	<b>5:19.94</b>	+0,78	577	B
	50m: 33.97 33.97	150m: 1:55.80	42.82	250m: 3:23.65	46.34	350m: 4:45.68	35.60	
	100m: 1:12.98 39.01	200m: 2:37.31	41.51	300m: 4:10.08	46.43	400m: 5:19.94	34.26	
19.	Margarida Cabral MONTEIRO	02		Galitos / Bresimar	<b>5:20.44</b>	+0,65	574	B
	50m: 33.21 33.21	150m: 1:53.99	42.41	250m: 3:20.79	45.64	350m: 4:44.00	36.82	
	100m: 1:11.58 38.37	200m: 2:35.15	41.16	300m: 4:07.18	46.39	400m: 5:20.44	36.44	
20.	Alice Jesus MORGADO	04		Sporting	<b>5:22.58</b>	+0,78	562	B
	50m: 33.22 33.22	150m: 1:54.87	42.83	250m: 3:22.63	45.97	350m: 4:45.93	36.47	
	100m: 1:12.04 38.82	200m: 2:36.66	41.79	300m: 4:09.46	46.83	400m: 5:22.58	36.65	
21.	Maria Francisca FROIS	06		Nautico de Leiria	<b>5:26.19</b>	+0,81	544	R
	50m: 32.67 32.67	150m: 1:55.77	44.40	250m: 3:23.51	45.89	350m: 4:49.81	38.84	
	100m: 1:11.37 38.70	200m: 2:37.62	41.85	300m: 4:10.97	47.46	400m: 5:26.19	36.38	
22.	Ines Cruz CAMARA	07		Desportivo Nacional	<b>5:28.23</b>	+0,74	534	R
	50m: 32.55 32.55	150m: 1:53.95	43.05	250m: 3:24.65	47.91	350m: 4:50.80	37.64	
	100m: 1:10.90 38.35	200m: 2:36.74	42.79	300m: 4:13.16	48.51	400m: 5:28.23	37.43	
23.	Madalena Correa SA	06		Benfica	<b>5:28.63</b>	+0,83	532	
	50m: 34.34 34.34	150m: 1:59.50	46.20	250m: 3:26.72	43.52	350m: 4:50.53	38.65	
	100m: 1:13.30 38.96	200m: 2:43.20	43.70	300m: 4:11.88	45.16	400m: 5:28.63	38.10	
24.	Joana Ferreira SILVA	05		Colegio Efanor	<b>5:28.93</b>	+0,67	531	
	50m: 33.55 33.55	150m: 1:56.77	44.54	250m: 3:25.80	45.68	350m: 4:51.07	38.35	
	100m: 1:12.23 38.68	200m: 2:40.12	43.35	300m: 4:12.72	46.92	400m: 5:28.93	37.86	
25.	Joana Rosa FERREIRA	05		Naval de Peniche	<b>5:31.16</b>	+0,71	520	
	50m: 33.97 33.97	150m: 1:58.77	44.61	250m: 3:28.13	45.13	350m: 4:53.55	39.20	
	100m: 1:14.16 40.19	200m: 2:43.00	44.23	300m: 4:14.35	46.22	400m: 5:31.16	37.61	
26.	Ana Francisca SILVA	06		Alcobaca	<b>5:32.88</b>	+0,72	512	
	50m: 33.63 33.63	150m: 1:56.98	44.20	250m: 3:27.16	48.80	350m: 4:56.28	38.48	
	100m: 1:12.78 39.15	200m: 2:38.36	41.38	300m: 4:17.80	50.64	400m: 5:32.88	36.60	
27.	Joana Barbas RAMOS	06		Gafanha da Encarnacao	<b>5:34.67</b>	+0,80	504	
	50m: 35.54 35.54	150m: 2:00.76	43.08	250m: 3:31.74	49.02	350m: 4:58.76	37.55	
	100m: 1:17.68 42.14	200m: 2:42.72	41.96	300m: 4:21.21	49.47	400m: 5:34.67	35.91	
28.	Dania Rodrigues SIMOES	07		Louzan Natacao/EFAPEL	<b>5:37.26</b>	+0,70	492	
	50m: 34.59 34.59	150m: 1:59.47	44.16	250m: 3:31.68	49.11	350m: 4:59.17	38.33	
	100m: 1:15.31 40.72	200m: 2:42.57	43.10	300m: 4:20.84	49.16	400m: 5:37.26	38.09	

ORGANIZAÇÃO		PARCEIROS INSTITUCIONAIS LOCAIS					
PATROCINADOR PRINCIPAL		PATROCINADOR OFICIAL		PARCEIROS INSTITUCIONAIS		PARCEIROS	

Event 20, Women, 400m Medley, Prelim

Event 20  
31/03/2023 - 12:15

Girls, 400m Medley

Juvenis  
Results Prelim

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
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>5:29.24</b>	+0,74	529	Q
	50m: 35.13 35.13	150m: 2:02.04	44.87	250m: 3:31.89	46.17	350m: 4:54.07	36.63	
	100m: 1:17.17 42.04	200m: 2:45.72	43.68	300m: 4:17.44	45.55	400m: 5:29.24	35.17	
2.	Maria Joao COSTA	08		Vilacondense	<b>5:31.12</b>	+0,75	520	Q
	50m: 34.21 34.21	150m: 1:58.48	44.49	250m: 3:29.40	47.58	350m: 4:55.02	37.41	
	100m: 1:13.99 39.78	200m: 2:41.82	43.34	300m: 4:17.61	48.21	400m: 5:31.12	36.10	
3.	Beatriz Alves AMBRUS	09		Porto	<b>5:34.24</b>	+0,59	506	Q
	50m: 34.46 34.46	150m: 1:57.96	42.14	250m: 3:27.76	48.93	350m: 4:56.57	39.23	
	100m: 1:15.82 41.36	200m: 2:38.83	40.87	300m: 4:17.34	49.58	400m: 5:34.24	37.67	
4.	Constanca Baptista TOMAS	09		Alcobaca	<b>5:34.29</b>	+0,68	505	Q
	50m: 34.54 34.54	150m: 2:00.15	44.49	250m: 3:31.77	47.77	350m: 4:57.72	37.62	
	100m: 1:15.66 41.12	200m: 2:44.00	43.85	300m: 4:20.10	48.33	400m: 5:34.29	36.57	
5.	Luana Ferreira CRAVEIRO	09		Nautico Marinha Grande	<b>5:35.05</b>	+0,75	502	Q
	50m: 35.16 35.16	150m: 2:02.95	43.00	250m: 3:33.29	47.76	350m: 4:59.67	37.38	
	100m: 1:19.95 44.79	200m: 2:45.53	42.58	300m: 4:22.29	49.00	400m: 5:35.05	35.38	
6.	Carolina Mendes NUNES	08		Estarreja/PROZINCO	<b>5:35.78</b>	+0,82	499	Q
	50m: 34.99 34.99	150m: 2:02.77	45.60	250m: 3:33.41	46.75	350m: 4:58.63	37.44	
	100m: 1:17.17 42.18	200m: 2:46.66	43.89	300m: 4:21.19	47.78	400m: 5:35.78	37.15	
7.	Leonor Queiroz GONCALVES	09		Braga	<b>5:35.87</b>	+0,77	498	Q
	50m: 34.81 34.81	150m: 2:01.20	44.68	250m: 3:33.07	47.90	350m: 5:00.08	37.04	
	100m: 1:16.52 41.71	200m: 2:45.17	43.97	300m: 4:23.04	49.97	400m: 5:35.87	35.79	
8.	Francisca Lamas SILVA	08		Colegio Efanor	<b>5:37.42</b>	+0,72	491	Q
	50m: 35.29 35.29	150m: 2:00.66	44.40	250m: 3:29.61	46.52	350m: 4:58.45	41.26	
	100m: 1:16.26 40.97	200m: 2:43.09	42.43	300m: 4:17.19	47.58	400m: 5:37.42	38.97	
9.	Filipa Carvalho GALANTE	09		Vilacondense	<b>5:37.61</b>	+0,82	491	Q
	50m: 34.91 34.91	150m: 1:58.92	43.90	250m: 3:31.31	48.74	350m: 5:00.12	39.08	
	100m: 1:15.02 40.11	200m: 2:42.57	43.65	300m: 4:21.04	49.73	400m: 5:37.61	37.49	
10.	Adriana Ribeiro BARROS	08		Braga	<b>5:38.86</b>	+0,77	485	Q
	50m: 34.33 34.33	150m: 1:59.98	44.70	250m: 3:32.72	48.93	350m: 5:01.32	38.98	
	100m: 1:15.28 40.95	200m: 2:43.79	43.81	300m: 4:22.34	49.62	400m: 5:38.86	37.54	
11.	Laura Brites COSTA	09		Rio Maior	<b>5:40.76</b>	+0,75	477	R
	50m: 35.28 35.28	150m: 2:02.99	45.33	250m: 3:35.24	47.96	350m: 5:03.12	39.16	
	100m: 1:17.66 42.38	200m: 2:47.28	44.29	300m: 4:23.96	48.72	400m: 5:40.76	37.64	
12.	Rita Rocha SILVA	08		Alcobaca	<b>5:41.16</b>	+0,76	475	R
	50m: 35.50 35.50	150m: 2:02.27	43.83	250m: 3:32.09	46.36	350m: 5:01.23	40.88	
	100m: 1:18.44 42.94	200m: 2:45.73	43.46	300m: 4:20.35	48.26	400m: 5:41.16	39.93	

ORGANIZAÇÃO		PARCEIROS INSTITUCIONAIS LOCAIS							
PATROCINADOR PRINCIPAL		PATROCINADOR OFICIAL		PARCEIROS INSTITUCIONAIS		PARCEIROS			

## Event 20, Girls, 400m Medley, Prelim, Juvenis

Rank	Nome	YB	Cod	Clube	Tempo Final	RT	Pts FINA
13.	Eleine Vieira MATEUS	09		Desportivo Nacional	<b>5:41.24</b>	+0,71	475
	50m: 34.34 34.34	150m: 1:59.72	45.18	250m: 3:34.50	50.77	350m: 5:03.49	38.66
	100m: 1:14.54 40.20	200m: 2:43.73	44.01	300m: 4:24.83	50.33	400m: 5:41.24	37.75
14.	Constanca Lopes CRUZ	09		Colegio Monte Maior	<b>5:41.93</b>	+0,79	472
	50m: 35.89 35.89	150m: 2:02.94	43.68	250m: 3:36.38	50.57	350m: 5:05.41	37.95
	100m: 1:19.26 43.37	200m: 2:45.81	42.87	300m: 4:27.46	51.08	400m: 5:41.93	36.52
15.	Marta Oliveira SILVA	09		Sanjoanense/FEPSA	<b>5:43.85</b>	+0,79	464
	50m: 34.64 34.64	150m: 2:01.96	45.73	250m: 3:36.78	50.28	350m: 5:05.58	38.23
	100m: 1:16.23 41.59	200m: 2:46.50	44.54	300m: 4:27.35	50.57	400m: 5:43.85	38.27
16.	Matilde Sousa ANDRADE	08		Naval do Funchal	<b>5:46.02</b>	+0,71	456
	50m: 34.38 34.38	150m: 1:59.82	44.68	250m: 3:35.14	51.85	350m: 5:06.27	39.43
	100m: 1:15.14 40.76	200m: 2:43.29	43.47	300m: 4:26.84	51.70	400m: 5:46.02	39.75
17.	Lara Filipa PINTO	08		Porto	<b>5:46.30</b>	+0,73	455
	50m: 34.61 34.61	150m: 2:01.50	43.98	250m: 3:36.12	51.05	350m: 5:07.62	40.08
	100m: 1:17.52 42.91	200m: 2:45.07	43.57	300m: 4:27.54	51.42	400m: 5:46.30	38.68
18.	Bruna Maria BARBOSA	08		Aquatico Pacense	<b>5:47.29</b>	+0,79	451
	50m: 35.52 35.52	150m: 2:00.56	44.12	250m: 3:34.92	52.80	350m: 5:08.40	40.35
	100m: 1:16.44 40.92	200m: 2:42.12	41.56	300m: 4:28.05	53.13	400m: 5:47.29	38.89
19.	Ana Beatriz CAMPOS	08		Academica de Coimbra	<b>5:49.44</b>	+0,84	442
	50m: 35.95 35.95	150m: 2:05.17	47.78	250m: 3:41.34	49.70	350m: 5:12.22	40.79
	100m: 1:17.39 41.44	200m: 2:51.64	46.47	300m: 4:31.43	50.09	400m: 5:49.44	37.22
20.	Leonor Mercês CAVALEIRO	09		Columbofila Cantanhedense	<b>5:50.09</b>	+0,58	440
	50m: 35.22 35.22	150m: 2:03.69	44.20	250m: 3:38.57	51.38	350m: 5:11.30	40.07
	100m: 1:19.49 44.27	200m: 2:47.19	43.50	300m: 4:31.23	52.66	400m: 5:50.09	38.79
21.	Maria Ines SILVA	08		Gafanha da Encarnacao	<b>5:50.98</b>	+0,75	437
	50m: 36.46 36.46	150m: 2:09.86	48.79	250m: 3:43.75	47.01	350m: 5:11.11	40.65
	100m: 1:21.07 44.61	200m: 2:56.74	46.88	300m: 4:30.46	46.71	400m: 5:50.98	39.87
22.	Juliana Rodrigues ALVES	08		Desportivo Nacional	<b>6:02.63</b>	+0,69	396
	50m: 34.63 34.63	150m: 2:00.47	45.57	250m: 3:38.44	51.73	350m: 5:17.67	45.08
	100m: 1:14.90 40.27	200m: 2:46.71	46.24	300m: 4:32.59	54.15	400m: 6:02.63	44.96