

Event 24  
01/04/2023 - 17:16

Women, 400m Freestyle

Open  
Results Finals

Rec Nac Open	4:09.49	Diana Margarida DURAES	POR	Tarragona (ESP)	25/06/2018
Rec Nac Sen	4:09.49	Diana Margarida DURAES	POR	Tarragona (ESP)	25/06/2018
Rec Nac Jun17	4:14.67	Tamila Hryhorivna HOLUB	SCB	Oeiras	23/07/2016
Rec Nac Jun16	4:20.37	Marta Andreia FERREIRA	POR	Berlim (GER)	04/08/2002

JO Open: 4:07.90 / CMPL 19+: 4:10.57 / CESub23 19 - 23: 4:16.58 / CEJun\_Fem 14 - 17: 4:23.44 / TAC Sen 50m: 4:39.70 - 25m: 4:31.76; Jun 50m: 4:46.69 - 25m: 4:38.55

Points: FINA 2023

Rank	Nome	YB	Cod	Clube	Tempo Final	RT	Pts FINA
<b>Final A</b>							
1.	Francisca Soares MARTINS <i>Minimos CE Sub23</i>	03		Foca Quinta da Lixa CNF	<b>4:11.02</b>	+0,67	835
	50m: 28.83 28.83	150m: 1:31.47	31.57	250m: 2:35.91	32.06	350m: 3:40.00	31.67
	100m: 59.90 31.07	200m: 2:03.85	32.38	300m: 3:08.33	32.42	400m: 4:11.02	31.02
2.	Anna FOMINA	02		Sporting	<b>4:22.91</b>	+0,76	726
	50m: 29.79 29.79	150m: 1:35.15	33.16	250m: 2:41.77	33.31	350m: 3:49.89	34.11
	100m: 1:01.99 32.20	200m: 2:08.46	33.31	300m: 3:15.78	34.01	400m: 4:22.91	33.02
3.	Ema Jeronimo CONCEICAO	03		Benfica	<b>4:23.11</b>	+0,77	725
	50m: 29.74 29.74	150m: 1:34.32	32.61	250m: 2:42.06	33.91	350m: 3:50.20	33.81
	100m: 1:01.71 31.97	200m: 2:08.15	33.83	300m: 3:16.39	34.33	400m: 4:23.11	32.91
4.	Carolina Pereira VIANA	04		Sporting	<b>4:26.11</b>	+0,68	701
	50m: 30.15 30.15	150m: 1:35.38	33.15	250m: 2:43.26	34.18	350m: 3:52.32	34.67
	100m: 1:02.23 32.08	200m: 2:09.08	33.70	300m: 3:17.65	34.39	400m: 4:26.11	33.79
5.	Ines Santos AMORIM	06		Desportiva de Viana	<b>4:30.10</b>	+0,82	670
	50m: 30.59 30.59	150m: 1:36.94	33.61	250m: 2:44.68	33.85	350m: 3:55.12	35.32
	100m: 1:03.33 32.74	200m: 2:10.83	33.89	300m: 3:19.80	35.12	400m: 4:30.10	34.98
6.	Margaux Verger GOURSON	95		Fluvial Portuense	<b>4:32.51</b>	+0,71	652
	50m: 31.38 31.38	150m: 1:39.67	34.54	250m: 2:49.70	34.71	350m: 3:59.35	34.28
	100m: 1:05.13 33.75	200m: 2:14.99	35.32	300m: 3:25.07	35.37	400m: 4:32.51	33.16
7.	Mafalda Martins MESQUITA	07		Famalicao	<b>4:33.55</b>	+0,74	645
	50m: 31.07 31.07	150m: 1:40.01	34.92	250m: 2:50.27	34.96	350m: 4:00.02	34.72
	100m: 1:05.09 34.02	200m: 2:15.31	35.30	300m: 3:25.30	35.03	400m: 4:33.55	33.53
8.	Beatriz Silva LOURO	07		Louletano / Loule Concelho	<b>4:35.82</b>	+0,66	629
	50m: 30.41 30.41	150m: 1:37.66	34.14	250m: 2:48.35	35.48	350m: 3:59.96	35.75
	100m: 1:03.52 33.11	200m: 2:12.87	35.21	300m: 3:24.21	35.86	400m: 4:35.82	35.86
9.	Maria Leonor COELHO	06		Benfica	<b>4:38.54</b>	+0,73	611
	50m: 31.49 31.49	150m: 1:42.13	35.82	250m: 2:53.20	35.09	350m: 4:03.74	35.27
	100m: 1:06.31 34.82	200m: 2:18.11	35.98	300m: 3:28.47	35.27	400m: 4:38.54	34.80
10.	Margarida Vieira PINTO	07		Braga	<b>4:42.27</b>	+0,76	587
	50m: 31.03 31.03	150m: 1:40.33	35.15	250m: 2:52.64	36.36	350m: 4:06.28	36.97
	100m: 1:05.18 34.15	200m: 2:16.28	35.95	300m: 3:29.31	36.67	400m: 4:42.27	35.99

Final B

11.	Carolina Esteves PEIXOTO	06		Braga	<b>4:36.27</b>	+0,76	626
	50m: 31.03 31.03	150m: 1:39.33	34.53	250m: 2:50.25	35.23	350m: 4:02.04	35.61
	100m: 1:04.80 33.77	200m: 2:15.02	35.69	300m: 3:26.43	36.18	400m: 4:36.27	34.23

## Event 24, Women, 400m Freestyle, Final, Open

Rank	Nome	YB	Cod	Clube	Tempo Final	RT	Pts FINA
12.	Ana Beatriz VIEIRA	07		Foca Quinta da Lixa CNF	<b>4:36.39</b>	+0,69	625
	50m: 30.94 30.94	150m: 1:39.12	34.69	250m: 2:50.75	35.67	350m: 4:02.31	35.34
	100m: 1:04.43 33.49	200m: 2:15.08	35.96	300m: 3:26.97	36.22	400m: 4:36.39	34.08
13.	Leonor Verissimo FARIA	06		Nucleo de Pombal	<b>4:38.77</b>	+0,70	609
	50m: 31.51 31.51	150m: 1:40.83	35.15	250m: 2:52.39	35.76	350m: 4:04.50	35.94
	100m: 1:05.68 34.17	200m: 2:16.63	35.80	300m: 3:28.56	36.17	400m: 4:38.77	34.27
14.	Maria Neto FERREIRA	06		Nautico Academico	<b>4:38.96</b>	+0,80	608
	50m: 32.16 32.16	150m: 1:41.99	35.20	250m: 2:52.69	35.13	350m: 4:03.88	35.58
	100m: 1:06.79 34.63	200m: 2:17.56	35.57	300m: 3:28.30	35.61	400m: 4:38.96	35.08
15.	Mariana Marques MERCEDES	03		Vikings	<b>4:39.56</b>	+0,70	604
	50m: 31.63 31.63	150m: 1:42.19	35.27	250m: 2:53.33	35.59	350m: 4:05.46	35.96
	100m: 1:06.92 35.29	200m: 2:17.74	35.55	300m: 3:29.50	36.17	400m: 4:39.56	34.10
16.	Francisca Macedo LOPES	05		Vilacondense	<b>4:39.93</b>	+0,75	602
	50m: 31.34 31.34	150m: 1:41.28	35.64	250m: 2:53.23	35.78	350m: 4:05.00	35.88
	100m: 1:05.64 34.30	200m: 2:17.45	36.17	300m: 3:29.12	35.89	400m: 4:39.93	34.93
17.	Carolina Vizinho CABRAL	07		Natacao de Vagos	<b>4:40.23</b>	+0,72	600
	50m: 31.91 31.91	150m: 1:41.77	35.41	250m: 2:53.54	35.79	350m: 4:06.76	36.67
	100m: 1:06.36 34.45	200m: 2:17.75	35.98	300m: 3:30.09	36.55	400m: 4:40.23	33.47
18.	Catarina Gaspar PIRES	06		Porto	<b>4:42.61</b>	+0,91	585
	50m: 31.79 31.79	150m: 1:42.66	35.95	250m: 2:54.21	35.98	350m: 4:06.64	36.48
	100m: 1:06.71 34.92	200m: 2:18.23	35.57	300m: 3:30.16	35.95	400m: 4:42.61	35.97
19.	Bianca Filipa ALMEIDA	07		Alges e Agueda XXI	<b>4:44.29</b>	+0,76	574
	50m: 31.78 31.78	150m: 1:42.30	35.82	250m: 2:54.40	36.02	350m: 4:07.97	36.86
	100m: 1:06.48 34.70	200m: 2:18.38	36.08	300m: 3:31.11	36.71	400m: 4:44.29	36.32
20.	Ines Miranda DIOGO	07		Nautico Academico	<b>4:44.75</b>	+0,72	572
	50m: 32.57 32.57	150m: 1:43.19	35.48	250m: 2:55.18	36.10	350m: 4:08.40	36.52
	100m: 1:07.71 35.14	200m: 2:19.08	35.89	300m: 3:31.88	36.70	400m: 4:44.75	36.35

 Event 24  
 01/04/2023 - 17:16

## Girls, 400m Freestyle

 Juvenis  
 Results Final

Rec Nac Open	4:09.49	Diana Margarida DURAES	POR	Tarragona (ESP)	25/06/2018
Rec Nac Juv A	4:20.78	Tamila Hryhorivna HOLUB	POR	Porto	07/06/2014
Rec Nac Juv B	4:26.20	Maria Francisca CABRAL	FCP	Oeiras	26/07/2014

JO Open: 4:07.90 / CEJun\_Fem 14 - 17: 4:23.44 / TAC 50m: 4:59.28 - 25m: 4:50.78

Points: FINA 2023

Rank	Nome	YB	Cod	Clube	Tempo Final	RT	Pts FINA
1.	Maria Gomes NEVES	08		Braga	<b>4:39.34</b>	+0,73	606
	50m: 31.51 31.51	150m: 1:41.43	35.51	250m: 2:52.49	34.94	350m: 4:04.23	35.53
	100m: 1:05.92 34.41	200m: 2:17.55	36.12	300m: 3:28.70	36.21	400m: 4:39.34	35.11
2.	Lara Catarina MAIA	09		Estarreja/PROZINCO	<b>4:42.37</b>	+0,57	586
	50m: 32.11 32.11	150m: 1:42.98	35.73	250m: 2:55.84	36.24	350m: 4:08.29	35.60
	100m: 1:07.25 35.14	200m: 2:19.60	36.62	300m: 3:32.69	36.85	400m: 4:42.37	34.08
3.	Carolina Amadeu FERREIRA	08		Leixoes	<b>4:42.73</b>	+0,77	584
	50m: 32.39 32.39	150m: 1:43.43	36.02	250m: 2:56.24	36.58	350m: 4:08.63	35.91
	100m: 1:07.41 35.02	200m: 2:19.66	36.23	300m: 3:32.72	36.48	400m: 4:42.73	34.10

Event 24, Girls, 400m Freestyle, Final, Juvenis

Rank	Nome	YB	Cod	Clube	Tempo Final	RT	Pts FINA
4.	Maria Carvalho PINTO	09		Viana Natacao	<b>4:43.65</b>	+0,93	578
	50m: 32.00 32.00	150m: 1:43.50	35.98	250m: 2:56.26	36.01	350m: 4:09.28	36.05
	100m: 1:07.52 35.52	200m: 2:20.25	36.75	300m: 3:33.23	36.97	400m: 4:43.65	34.37
5.	Carolina Sofia BAPTISTA	09		Estarreja/PROZINCO	<b>4:44.58</b>	+0,72	573
	50m: 32.38 32.38	150m: 1:43.88	36.15	250m: 2:56.97	36.28	350m: 4:09.69	36.22
	100m: 1:07.73 35.35	200m: 2:20.69	36.81	300m: 3:33.47	36.50	400m: 4:44.58	34.89
6.	Luana Ferreira CRAVEIRO	09		Nautico Marinha Grande	<b>4:48.26</b>	+0,72	551
	50m: 31.96 31.96	150m: 1:43.70	36.75	250m: 2:57.70	37.13	350m: 4:12.35	37.47
	100m: 1:06.95 34.99	200m: 2:20.57	36.87	300m: 3:34.88	37.18	400m: 4:48.26	35.91
7.	Ana Carolina CRUZ	08		Famalicao	<b>4:48.70</b>	+0,75	549
	50m: 31.93 31.93	150m: 1:44.54	36.89	250m: 2:59.54	37.65	350m: 4:13.46	36.83
	100m: 1:07.65 35.72	200m: 2:21.89	37.35	300m: 3:36.63	37.09	400m: 4:48.70	35.24
8.	Margarida Maria LUIZ	08		Lagoa AC	<b>4:49.46</b>	+0,72	544
	50m: 32.25 32.25	150m: 1:43.22	36.17	250m: 2:57.40	37.27	350m: 4:12.99	37.81
	100m: 1:07.05 34.80	200m: 2:20.13	36.91	300m: 3:35.18	37.78	400m: 4:49.46	36.47
9.	Raquel Campos CARDOSO	09		Bombeiros de Ponta Delgada	<b>4:49.60</b>	+0,74	543
	50m: 32.16 32.16	150m: 1:44.80	36.83	250m: 2:59.74	37.61	350m: 4:13.92	36.80
	100m: 1:07.97 35.81	200m: 2:22.13	37.33	300m: 3:37.12	37.38	400m: 4:49.60	35.68
10.	Madalena Valente MOREIRA	09		Colegio Efanor	<b>4:53.05</b>	+0,72	524
	50m: 32.37 32.37	150m: 1:44.96	36.37	250m: 3:00.22	37.57	350m: 4:16.02	37.85
	100m: 1:08.59 36.22	200m: 2:22.65	37.69	300m: 3:38.17	37.95	400m: 4:53.05	37.03