

Event 24
01/04/2023 - 9:40

Women, 400m Freestyle

Open
Results Prelim

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
RN S9	5:00.92	Susana Pereira VEIGA	POR	Funchal	16/06/2022

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	
1.	Francisca Soares MARTINS <i>Minimos CE Sub23</i>	03		Foca Quinta da Lixa CNF	4:13.76	+0,66	808	A
	50m: 29.23 29.23	150m: 1:32.45	31.80	250m: 2:37.17	32.36	350m: 3:42.39	32.46	
	100m: 1:00.65 31.42	200m: 2:04.81	32.36	300m: 3:09.93	32.76	400m: 4:13.76	31.37	
2.	Tamila Hryhorivna HOLUB	99		Braga	4:24.87	+0,77	710	A
	50m: 30.96 30.96	150m: 1:37.07	33.06	250m: 2:43.19	32.55	350m: 3:51.30	34.24	
	100m: 1:04.01 33.05	200m: 2:10.64	33.57	300m: 3:17.06	33.87	400m: 4:24.87	33.57	
3.	Ema Jeronimo CONCEICAO	03		Benfica	4:27.12	+0,80	693	A
	50m: 30.35 30.35	150m: 1:36.33	33.40	250m: 2:44.29	34.06	350m: 3:53.08	34.31	
	100m: 1:02.93 32.58	200m: 2:10.23	33.90	300m: 3:18.77	34.48	400m: 4:27.12	34.04	
4.	Anna FOMINA	02		Sporting	4:28.08	+0,78	685	A
	50m: 30.88 30.88	150m: 1:37.91	33.90	250m: 2:45.80	33.83	350m: 3:54.11	34.34	
	100m: 1:04.01 33.13	200m: 2:11.97	34.06	300m: 3:19.77	33.97	400m: 4:28.08	33.97	
5.	Carolina Pereira VIANA	04		Sporting	4:31.24	+0,70	662	A
	50m: 31.03 31.03	150m: 1:37.92	33.72	250m: 2:46.51	34.10	350m: 3:56.56	34.89	
	100m: 1:04.20 33.17	200m: 2:12.41	34.49	300m: 3:21.67	35.16	400m: 4:31.24	34.68	
6.	Ines Santos AMORIM	06		Desportiva de Viana	4:31.98	+0,76	656	A
	50m: 30.88 30.88	150m: 1:38.39	34.02	250m: 2:47.96	34.68	350m: 3:58.03	35.06	
	100m: 1:04.37 33.49	200m: 2:13.28	34.89	300m: 3:22.97	35.01	400m: 4:31.98	33.95	
7.	Ana Catarina MONTEIRO	93		Vilacondense	4:32.05	+0,67	656	A
	50m: 31.09 31.09	150m: 1:38.25	33.96	250m: 2:47.32	34.37	350m: 3:57.42	35.22	
	100m: 1:04.29 33.20	200m: 2:12.95	34.70	300m: 3:22.20	34.88	400m: 4:32.05	34.63	
8.	Beatriz Silva LOURO	07		Louletano / Loule Concelho	4:34.12	+0,65	641	A
	50m: 30.62 30.62	150m: 1:38.23	34.12	250m: 2:48.03	35.09	350m: 3:58.78	35.25	
	100m: 1:04.11 33.49	200m: 2:12.94	34.71	300m: 3:23.53	35.50	400m: 4:34.12	35.34	
9.	Mafalda Martins MESQUITA	07		Famalicao	4:34.79	+0,78	636	A
	50m: 31.58 31.58	150m: 1:41.53	34.98	250m: 2:51.77	35.17	350m: 4:01.71	34.56	
	100m: 1:06.55 34.97	200m: 2:16.60	35.07	300m: 3:27.15	35.38	400m: 4:34.79	33.08	
10.	Maria Ornelas ARMAS	98		Vikings	4:35.92	+0,85	628	A
	50m: 31.50 31.50	150m: 1:39.59	34.44	250m: 2:49.29	34.90	350m: 4:00.70	35.84	
	100m: 1:05.15 33.65	200m: 2:14.39	34.80	300m: 3:24.86	35.57	400m: 4:35.92	35.22	
11.	Margaux Verger GOURSON	95		Fluvial Portuense	4:37.92	+0,70	615	B
	50m: 31.98 31.98	150m: 1:41.56	34.97	250m: 2:53.15	35.60	350m: 4:04.00	34.94	
	100m: 1:06.59 34.61	200m: 2:17.55	35.99	300m: 3:29.06	35.91	400m: 4:37.92	33.92	
12.	Margarida Vieira PINTO	07		Braga	4:38.31	+0,75	612	B
	50m: 30.76 30.76	150m: 1:38.86	34.60	250m: 2:50.63	36.24	350m: 4:03.50	36.24	
	100m: 1:04.26 33.50	200m: 2:14.39	35.53	300m: 3:27.26	36.63	400m: 4:38.31	34.81	

ORGANIZAÇÃO		PARCEIROS INSTITUCIONAIS LOCAIS					
PATROCINADOR PRINCIPAL		PATROCINADOR OFICIAL		PARCEIROS INSTITUCIONAIS		PARCEIROS	

Event 24, Women, 400m Freestyle, Prelim, Open

Rank	Nome	YB	Cod	Clube	Tempo Final	RT	Pts FINA	
13.	Maria Leonor COELHO	06		Benfica	4:38.33	+0,76	612	B
	50m: 31.19 31.19	150m: 1:40.22	34.79	250m: 2:52.34	35.68	350m: 4:03.62	35.20	
	100m: 1:05.43 34.24	200m: 2:16.66	36.44	300m: 3:28.42	36.08	400m: 4:38.33	34.71	
14.	Carolina Esteves PEIXOTO	06		Braga	4:40.18	+0,78	600	B
	50m: 31.87 31.87	150m: 1:40.99	35.01	250m: 2:52.17	35.58	350m: 4:04.95	36.33	
	100m: 1:05.98 34.11	200m: 2:16.59	35.60	300m: 3:28.62	36.45	400m: 4:40.18	35.23	
15.	Daniela Magalhaes LOPES	05		Famalicao	4:40.33	+0,79	599	B
	50m: 31.11 31.11	150m: 1:40.08	34.84	250m: 2:51.78	36.17	350m: 4:04.73	36.42	
	100m: 1:05.24 34.13	200m: 2:15.61	35.53	300m: 3:28.31	36.53	400m: 4:40.33	35.60	
16.	Leonor Verissimo FARIA	06		Nucleo de Pombal	4:40.35	+0,70	599	B
	50m: 31.83 31.83	150m: 1:41.25	35.17	250m: 2:53.51	36.11	350m: 4:06.18	36.17	
	100m: 1:06.08 34.25	200m: 2:17.40	36.15	300m: 3:30.01	36.50	400m: 4:40.35	34.17	
17.	Ana Beatriz VIEIRA	07		Foca Quinta da Lixa CNF	4:40.48	+0,70	598	B
	50m: 31.53 31.53	150m: 1:40.70	35.21	250m: 2:52.91	36.08	350m: 4:05.42	35.84	
	100m: 1:05.49 33.96	200m: 2:16.83	36.13	300m: 3:29.58	36.67	400m: 4:40.48	35.06	
18.	Carolina Vizinho CABRAL	07		Natacao de Vagos	4:40.73	+0,74	597	B
	50m: 31.46 31.46	150m: 1:40.82	35.25	250m: 2:53.25	36.28	350m: 4:06.18	36.64	
	100m: 1:05.57 34.11	200m: 2:16.97	36.15	300m: 3:29.54	36.29	400m: 4:40.73	34.55	
	Francisca Macedo LOPES	05		Vilacondense	4:40.73	+0,78	597	B
	50m: 31.24 31.24	150m: 1:40.89	35.10	250m: 2:52.76	35.64	350m: 4:05.44	36.22	
	100m: 1:05.79 34.55	200m: 2:17.12	36.23	300m: 3:29.22	36.46	400m: 4:40.73	35.29	
20.	Bianca Filipa ALMEIDA	07		Alges e Agueda XXI	4:41.28	+0,74	593	B
	50m: 31.51 31.51	150m: 1:41.09	35.18	250m: 2:52.43	35.85	350m: 4:05.53	36.57	
	100m: 1:05.91 34.40	200m: 2:16.58	35.49	300m: 3:28.96	36.53	400m: 4:41.28	35.75	
21.	Maria Neto FERREIRA	06		Nautico Academico	4:41.46	+0,78	592	R
	50m: 31.86 31.86	150m: 1:41.96	35.27	250m: 2:54.34	36.42	350m: 4:06.85	35.73	
	100m: 1:06.69 34.83	200m: 2:17.92	35.96	300m: 3:31.12	36.78	400m: 4:41.46	34.61	
22.	Mariana Marques MERCEDES	03		Vikings	4:41.59	+0,67	591	R
	50m: 31.41 31.41	150m: 1:42.00	35.80	250m: 2:54.70	35.73	350m: 4:06.55	35.75	
	100m: 1:06.20 34.79	200m: 2:18.97	36.97	300m: 3:30.80	36.10	400m: 4:41.59	35.04	
23.	Ines Miranda DIOGO	07		Nautico Academico	4:44.47	+0,72	573	
	50m: 31.76 31.76	150m: 1:42.90	36.28	250m: 2:55.72	36.71	350m: 4:08.79	36.59	
	100m: 1:06.62 34.86	200m: 2:19.01	36.11	300m: 3:32.20	36.48	400m: 4:44.47	35.68	
24.	Catarina Gaspar PIRES	06		Porto	4:44.60	+0,85	573	
	50m: 32.33 32.33	150m: 1:41.75	35.13	250m: 2:54.19	36.45	350m: 4:08.45	37.20	
	100m: 1:06.62 34.29	200m: 2:17.74	35.99	300m: 3:31.25	37.06	400m: 4:44.60	36.15	
25.	Joana Silva ALVES	05		Benedita	4:45.30	+0,72	568	
	50m: 32.48 32.48	150m: 1:44.32	35.92	250m: 2:57.00	36.21	350m: 4:09.68	36.18	
	100m: 1:08.40 35.92	200m: 2:20.79	36.47	300m: 3:33.50	36.50	400m: 4:45.30	35.62	
26.	Leonor Castanho SANTOS	07		Sporting	4:45.48	+0,82	567	
	50m: 32.62 32.62	150m: 1:44.19	36.07	250m: 2:56.97	36.08	350m: 4:09.58	36.36	
	100m: 1:08.12 35.50	200m: 2:20.89	36.70	300m: 3:33.22	36.25	400m: 4:45.48	35.90	
27.	Mariana Carmo ROSA	05		Condeixa Clube	4:45.88	+0,70	565	
	50m: 32.31 32.31	150m: 1:42.49	35.20	250m: 2:55.10	36.45	350m: 4:09.73	37.35	
	100m: 1:07.29 34.98	200m: 2:18.65	36.16	300m: 3:32.38	37.28	400m: 4:45.88	36.15	

ORGANIZAÇÃO		PARCEIROS INSTITUCIONAIS LOCAIS						
								
PATROCINADOR PRINCIPAL		PATROCINADOR OFICIAL		PARCEIROS INSTITUCIONAIS		PARCEIROS		
								

Event 24, Women, 400m Freestyle, Prelim, Open

Rank	Nome	YB	Cod	Clube	Tempo Final	RT	Pts FINA
28.	Leonor Mil MANO	07		Nautico Academico	4:46.13	+0,70	563
	50m: 31.78 31.78	150m: 1:42.95	35.77	250m: 2:55.44	35.74	350m: 4:09.60	37.20
	100m: 1:07.18 35.40	200m: 2:19.70	36.75	300m: 3:32.40	36.96	400m: 4:46.13	36.53
29.	Marta Andre AGUILAR	07		Nautico Academico	4:46.39	+0,68	562
	50m: 32.96 32.96	150m: 1:44.65	35.69	250m: 2:57.24	36.14	350m: 4:10.81	36.37
	100m: 1:08.96 36.00	200m: 2:21.10	36.45	300m: 3:34.44	37.20	400m: 4:46.39	35.58
30.	Rita Sofia NUNES	05		Colegio Efanor	4:47.56	+0,82	555
	50m: 32.10 32.10	150m: 1:43.77	36.02	250m: 2:57.37	36.43	350m: 4:11.46	36.81
	100m: 1:07.75 35.65	200m: 2:20.94	37.17	300m: 3:34.65	37.28	400m: 4:47.56	36.10
31.	Alice Jesus MORGADO	04		Sporting	4:47.74	+0,78	554
	50m: 32.71 32.71	150m: 1:44.30	36.34	250m: 2:57.75	36.83	350m: 4:11.64	37.17
	100m: 1:07.96 35.25	200m: 2:20.92	36.62	300m: 3:34.47	36.72	400m: 4:47.74	36.10
32.	Joana Barbas RAMOS	06		Gafanha da Encarnacao	4:47.92	+0,77	553
	50m: 33.02 33.02	150m: 1:45.36	36.78	250m: 2:58.99	36.91	350m: 4:12.59	36.63
	100m: 1:08.58 35.56	200m: 2:22.08	36.72	300m: 3:35.96	36.97	400m: 4:47.92	35.33
33.	Miriam Mortagua SOARES	06		Galitos / Bresimar	4:49.37	+0,74	545
	50m: 32.01 32.01	150m: 1:43.23	36.09	250m: 2:56.98	37.15	350m: 4:12.32	37.97
	100m: 1:07.14 35.13	200m: 2:19.83	36.60	300m: 3:34.35	37.37	400m: 4:49.37	37.05
34.	Lia Beatriz GOMES	06		Vitoria Guimaraes	4:52.25	+0,75	529
	50m: 32.25 32.25	150m: 1:44.04	36.60	250m: 2:59.05	37.73	350m: 4:14.92	38.10
	100m: 1:07.44 35.19	200m: 2:21.32	37.28	300m: 3:36.82	37.77	400m: 4:52.25	37.33
35.	Leonor Carreiro RODRIGUES	07		Benfica	4:55.41	+0,71	512
	50m: 31.82 31.82	150m: 1:44.27	36.65	250m: 3:00.04	37.80	350m: 4:17.55	38.23
	100m: 1:07.62 35.80	200m: 2:22.24	37.97	300m: 3:39.32	39.28	400m: 4:55.41	37.86

DNS Diana Margarida DURAES 96 Benfica

Event 24

Girls, 400m Freestyle

Juvenis

01/04/2023 - 9:40

Results Prelim

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
RN S9	5:00.92	Susana Pereira VEIGA	POR	Funchal	16/06/2022

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	4:40.44	+0,72	598 Q
	50m: 31.62 31.62	150m: 1:41.73	35.33	250m: 2:53.62	35.68	350m: 4:05.72	35.85
	100m: 1:06.40 34.78	200m: 2:17.94	36.21	300m: 3:29.87	36.25	400m: 4:40.44	34.72
2.	Carolina Sofia BAPTISTA	09		Estarreja/PROZINCO	4:45.77	+0,71	566 Q
	50m: 31.27 31.27	150m: 1:44.34	37.01	250m: 2:57.77	36.47	350m: 4:11.35	36.33
	100m: 1:07.33 36.06	200m: 2:21.30	36.96	300m: 3:35.02	37.25	400m: 4:45.77	34.42
3.	Lara Catarina MAIA	09		Estarreja/PROZINCO	4:46.08	+0,62	564 Q
	50m: 32.26 32.26	150m: 1:44.35	36.37	250m: 2:58.44	37.07	350m: 4:12.30	36.75
	100m: 1:07.98 35.72	200m: 2:21.37	37.02	300m: 3:35.55	37.11	400m: 4:46.08	33.78

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

Rank	Nome	YB	Cod	Clube	Tempo Final	RT	Pts FINA	
4.	Carolina Amadeu FERREIRA	08		Leixoes	4:46.36	+0,75	562	Q
	50m: 32.41 32.41	150m: 1:44.28	36.51	250m: 2:57.80	36.96	350m: 4:11.05	36.38	
	100m: 1:07.77 35.36	200m: 2:20.84	36.56	300m: 3:34.67	36.87	400m: 4:46.36	35.31	
5.	Margarida Maria LUIZ	08		Lagoa AC	4:47.59	+0,79	555	Q
	50m: 32.83 32.83	150m: 1:43.98	35.76	250m: 2:57.15	36.73	350m: 4:11.09	37.11	
	100m: 1:08.22 35.39	200m: 2:20.42	36.44	300m: 3:33.98	36.83	400m: 4:47.59	36.50	
6.	Maria Carvalho PINTO	09		Viana Natacao	4:50.54	+0,91	538	Q
	50m: 32.01 32.01	150m: 1:44.73	36.65	250m: 2:58.86	36.88	350m: 4:13.87	37.11	
	100m: 1:08.08 36.07	200m: 2:21.98	37.25	300m: 3:36.76	37.90	400m: 4:50.54	36.67	
7.	Ana Carolina CRUZ	08		Famalicao	4:50.85	+0,85	536	Q
	50m: 32.15 32.15	150m: 1:46.40	37.63	250m: 3:01.43	37.31	350m: 4:15.67	36.54	
	100m: 1:08.77 36.62	200m: 2:24.12	37.72	300m: 3:39.13	37.70	400m: 4:50.85	35.18	
8.	Luana Ferreira CRAVEIRO	09		Nautico Marinha Grande	4:51.43	+0,74	533	Q
	50m: 32.30 32.30	150m: 1:45.04	37.08	250m: 3:00.39	37.73	350m: 4:15.55	37.40	
	100m: 1:07.96 35.66	200m: 2:22.66	37.62	300m: 3:38.15	37.76	400m: 4:51.43	35.88	
9.	Raquel Campos CARDOSO	09		Bombeiros de Ponta Delgada	4:51.57	+0,78	532	Q
	50m: 32.74 32.74	150m: 1:45.53	36.56	250m: 3:00.47	37.32	350m: 4:15.67	37.09	
	100m: 1:08.97 36.23	200m: 2:23.15	37.62	300m: 3:38.58	38.11	400m: 4:51.57	35.90	
10.	Madalena Valente MOREIRA	09		Colegio Efanor	4:51.88	+0,74	531	Q
	50m: 32.93 32.93	150m: 1:46.69	37.19	250m: 3:01.74	37.60	350m: 4:16.31	37.00	
	100m: 1:09.50 36.57	200m: 2:24.14	37.45	300m: 3:39.31	37.57	400m: 4:51.88	35.57	
11.	Catarina Maria LOPES	08		BUZIOS-Coruche	4:53.19	+0,77	524	R
	50m: 32.77 32.77	150m: 1:44.97	36.75	250m: 3:01.24	38.27	350m: 4:16.85	37.86	
	100m: 1:08.22 35.45	200m: 2:22.97	38.00	300m: 3:38.99	37.75	400m: 4:53.19	36.34	
12.	Constanca Baptista TOMAS	09		Alcobaca	4:53.24	+0,72	523	R
	50m: 32.67 32.67	150m: 1:47.37	37.52	250m: 3:02.25	36.97	350m: 4:16.43	37.06	
	100m: 1:09.85 37.18	200m: 2:25.28	37.91	300m: 3:39.37	37.12	400m: 4:53.24	36.81	
13.	Filipa Carvalho GALANTE	09		Vilacondense	4:53.27	+0,85	523	
	50m: 33.85 33.85	150m: 1:49.20	37.71	250m: 3:03.76	37.16	350m: 4:18.16	37.53	
	100m: 1:11.49 37.64	200m: 2:26.60	37.40	300m: 3:40.63	36.87	400m: 4:53.27	35.11	
14.	Beatriz Silva JORDAO	09		Vikings	4:53.64	+0,71	521	
	50m: 33.65 33.65	150m: 1:46.35	35.43	250m: 3:01.70	37.74	350m: 4:17.44	38.06	
	100m: 1:10.92 37.27	200m: 2:23.96	37.61	300m: 3:39.38	37.68	400m: 4:53.64	36.20	
15.	Diana Gomes FREITAS	08		Amigos da Montanha	4:54.38	+0,86	517	
	50m: 32.90 32.90	150m: 1:46.02	37.21	250m: 3:01.53	37.55	350m: 4:17.38	37.77	
	100m: 1:08.81 35.91	200m: 2:23.98	37.96	300m: 3:39.61	38.08	400m: 4:54.38	37.00	
16.	Sofia Teixeira BARBOSA	08		Porto	4:54.74	+0,85	515	
	50m: 33.44 33.44	150m: 1:48.57	38.16	250m: 3:03.56	37.08	350m: 4:17.98	36.51	
	100m: 1:10.41 36.97	200m: 2:26.48	37.91	300m: 3:41.47	37.91	400m: 4:54.74	36.76	
17.	Leonor Queiroz GONCALVES	09		Braga	4:56.08	+0,82	508	
	50m: 32.52 32.52	150m: 1:46.03	37.41	250m: 3:03.00	38.69	350m: 4:19.31	38.13	
	100m: 1:08.62 36.10	200m: 2:24.31	38.28	300m: 3:41.18	38.18	400m: 4:56.08	36.77	
18.	Constanca Lopes CRUZ	09		Colegio Monte Maior	4:56.86		504	
	50m: 33.94 33.94	150m: 1:48.24	37.48	250m: 3:04.24	38.06	350m: 4:20.15	37.77	
	100m: 1:10.76 36.82	200m: 2:26.18	37.94	300m: 3:42.38	38.14	400m: 4:56.86	36.71	

ORGANIZAÇÃO		PARCEIROS INSTITUCIONAIS LOCAIS					
PATROCINADOR PRINCIPAL		PATROCINADOR OFICIAL		PARCEIROS INSTITUCIONAIS		PARCEIROS	

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

Rank	Nome	YB	Cod	Clube	Tempo Final	RT	Pts FINA
19.	Bruna Filipa LOURENCO	08		O Crasto	4:56.92	+0,78	504
	50m: 34.31 34.31	150m: 1:49.87	38.27	250m: 3:06.35	38.20	350m: 4:21.88	37.61
	100m: 1:11.60 37.29	200m: 2:28.15	38.28	300m: 3:44.27	37.92	400m: 4:56.92	35.04
20.	Ana Carolina NEVES	08		Fluvial Portuense	4:57.04	+0,63	504
	50m: 31.77 31.77	150m: 1:45.94	37.81	250m: 3:04.26	39.20	350m: 4:21.62	38.15
	100m: 1:08.13 36.36	200m: 2:25.06	39.12	300m: 3:43.47	39.21	400m: 4:57.04	35.42
21.	Ana Beatriz PIRES	08		Uniao Piedense	4:57.23	+0,78	503
	50m: 33.44 33.44	150m: 1:48.28	38.04	250m: 3:05.49	38.52	350m: 4:21.42	37.06
	100m: 1:10.24 36.80	200m: 2:26.97	38.69	300m: 3:44.36	38.87	400m: 4:57.23	35.81
22.	Alana Costa MATIAS	09		Uniao Coimbra	4:57.34	+0,71	502
	50m: 32.44 32.44	150m: 1:46.89	37.67	250m: 3:03.19	38.25	350m: 4:20.71	38.92
	100m: 1:09.22 36.78	200m: 2:24.94	38.05	300m: 3:41.79	38.60	400m: 4:57.34	36.63
23.	Maria Joao COSTA	08		Vilacondense	4:57.36	+0,74	502
	50m: 32.68 32.68	150m: 1:47.37	37.87	250m: 3:04.98	38.85	350m: 4:21.56	37.91
	100m: 1:09.50 36.82	200m: 2:26.13	38.76	300m: 3:43.65	38.67	400m: 4:57.36	35.80
24.	Anastacia PROTOLYUK	09		Columbofila Cantanhedense	4:57.81	+0,70	500
	50m: 32.48 32.48	150m: 1:44.56	36.75	250m: 3:01.64	39.54	350m: 4:19.67	39.24
	100m: 1:07.81 35.33	200m: 2:22.10	37.54	300m: 3:40.43	38.79	400m: 4:57.81	38.14
25.	Joana Almeida SANTOS	09		Galitos / Bresimar	5:00.57	+0,60	486
	50m: 33.61 33.61	150m: 1:49.37	37.75	250m: 3:06.53	38.14	350m: 4:24.78	38.58
	100m: 1:11.62 38.01	200m: 2:28.39	39.02	300m: 3:46.20	39.67	400m: 5:00.57	35.79
26.	Marta Oliveira SILVA	09		Sanjoanense/FEPSA	5:00.60	+0,85	486
	50m: 33.86 33.86	150m: 1:48.85	37.92	250m: 3:05.33	38.31	350m: 4:23.13	38.49
	100m: 1:10.93 37.07	200m: 2:27.02	38.17	300m: 3:44.64	39.31	400m: 5:00.60	37.47
27.	Maria Manuel CORTESAO	08		Nautico Academico	5:00.81	+0,78	485
	50m: 33.31 33.31	150m: 1:49.18	37.81	250m: 3:06.37	38.33	350m: 4:24.18	38.54
	100m: 1:11.37 38.06	200m: 2:28.04	38.86	300m: 3:45.64	39.27	400m: 5:00.81	36.63
28.	Raquel Santos BAIONA	08		Colegio Monte Maior	5:03.69	+0,87	471
	50m: 33.39 33.39	150m: 1:47.62	38.04	250m: 3:06.06	39.56	350m: 4:25.00	39.50
	100m: 1:09.58 36.19	200m: 2:26.50	38.88	300m: 3:45.50	39.44	400m: 5:03.69	38.69
29.	Matilde Rodrigues MARQUES	08		Viana Natacao	5:04.78	+0,71	466
	50m: 33.33 33.33	150m: 1:49.32	38.49	250m: 3:07.59	38.86	350m: 4:25.77	38.91
	100m: 1:10.83 37.50	200m: 2:28.73	39.41	300m: 3:46.86	39.27	400m: 5:04.78	39.01
30.	Sofia Vega GOMES	08		Naval do Funchal	5:07.43	+0,83	454
	50m: 33.54 33.54	150m: 1:48.83	38.36	250m: 3:08.18	40.41	350m: 4:28.67	40.49
	100m: 1:10.47 36.93	200m: 2:27.77	38.94	300m: 3:48.18	40.00	400m: 5:07.43	38.76
31.	Sofia Pereira JORGE	08		Galitos / Bresimar	5:08.63	+0,74	449
	50m: 33.91 33.91	150m: 1:51.76	39.49	250m: 3:11.61	39.59	350m: 4:30.36	39.05
	100m: 1:12.27 38.36	200m: 2:32.02	40.26	300m: 3:51.31	39.70	400m: 5:08.63	38.27
32.	Teresa Oliveira SANTOS	08		Alges	5:09.09	+0,86	447
	50m: 33.54 33.54	150m: 1:51.05	39.72	250m: 3:10.66	40.31	350m: 4:32.09	41.18
	100m: 1:11.33 37.79	200m: 2:30.35	39.30	300m: 3:50.91	40.25	400m: 5:09.09	37.00

Event 24, Women, 400m Freestyle, Prelim

Rank	Nome	YB	Cod	Clube	Tempo Final	RT	Pts FINA					
EXH	Susana Pereira VEIGA	00	S9 9	Colegio Vasco da Gama	4:59.78	+0,81	490					
<i>Recorde Nacional S9</i>												
	50m:	33.46	33.46	150m:	1:46.68	37.06	250m:	3:02.65	38.49	350m:	4:20.75	39.41
	100m:	1:09.62	36.16	200m:	2:24.16	37.48	300m:	3:41.34	38.69	400m:	4:59.78	39.03

ORGANIZAÇÃO 		PARCEIROS INSTITUCIONAIS LOCAIS 					
PATROCINADOR PRINCIPAL 		PATROCINADOR OFICIAL 		PARCEIROS INSTITUCIONAIS 		PARCEIROS 	