

Campeonato Nacional Clubes 2ª Divisão
 Estarreja, 2 - 3/12/2023

| Prova 1 | Femin., 400m Livres | | | | 2ª Divisão FEM |
|-------------------|---------------------|-------------------------|-------|------------------|----------------|
| 02/12/2023 - 9:30 | | | | | Resultados |
| RN25 Open | 4:04.61 | DURAES Diana Margarida | POR | Copenhagen (DEN) | 17/12/2017 |
| RN25 Sen | 4:04.61 | DURAES Diana Margarida | POR | Copenhagen (DEN) | 17/12/2017 |
| RN25 Jun17 | 4:10.52 | HOLUB Tamila Hryhorivna | SCB | Porto | 12/12/2015 |
| RN25 Jun16 | 4:13.53 | SOUSA Ana Reis | CNLA | Porto | 09/12/2017 |
| RN25 Juv A | 4:18.39 | SANTOS Ana Claudia | SFUAP | Cantanhede | 20/12/2004 |
| RN25 Juv B | 4:23.08 | MIGUEL Susana Patricia | SFUAP | Alhandra | 15/05/2004 |
| RN25 Inf A | 4:25.30 | SILVA Alexandra Maria | FCP | Porto | 19/07/1980 |
| RN25 Inf B | 4:38.40 | RUIVO Filipa Vilas | DNMG | Alcobaça | 13/06/2009 |

Pontos: FINA 2023

| Lugar | Nome | Ano | NFed | Clube | Tempo Final | TReac | Pts FINA | Pts | Pts |
|-------|--------------------------|-----|---------------------|----------------------------|----------------|---------------|----------|-------|-----|
| 1. | TONI Carlotta | 95 | 217346 | Naval do Funchal | 4:22.99 | +0,88 | 680 | 25,00 | - |
| | 50m: 29.80 29.80 | | 150m: 1:34.45 32.65 | 250m: 2:41.70 | 33.84 | 350m: 3:49.54 | 34.07 | | |
| | 100m: 1:01.80 32.00 | | 200m: 2:07.86 33.41 | 300m: 3:15.47 | 33.77 | 400m: 4:22.99 | 33.45 | | |
| 2. | MESQUITA Mafalda Martins | 07 | 202805 | Famalicao | 4:25.34 | +0,84 | 662 | 23,00 | - |
| | 50m: 30.38 30.38 | | 150m: 1:36.91 33.64 | 250m: 2:44.31 | 33.73 | 350m: 3:52.01 | 33.74 | | |
| | 100m: 1:03.27 32.89 | | 200m: 2:10.58 33.67 | 300m: 3:18.27 | 33.96 | 400m: 4:25.34 | 33.33 | | |
| 3. | RAMOS Joana Barbas | 06 | 153484 | Gafanha da Encarnacao | 4:31.58 | +0,76 | 617 | 22,00 | - |
| | 50m: 30.79 30.79 | | 150m: 1:38.12 34.11 | 250m: 2:47.07 | 34.63 | 350m: 3:57.09 | 35.18 | | |
| | 100m: 1:04.01 33.22 | | 200m: 2:12.44 34.32 | 300m: 3:21.91 | 34.84 | 400m: 4:31.58 | 34.49 | | |
| 4. | PINTO Maria Carvalho | 09 | 206343 | Viana Natacao | 4:36.51 | +0,92 | 585 | 21,00 | - |
| | 50m: 31.04 31.04 | | 150m: 1:40.05 34.96 | 250m: 2:51.06 | 35.94 | 350m: 4:02.41 | 35.47 | | |
| | 100m: 1:05.09 34.05 | | 200m: 2:15.12 35.07 | 300m: 3:26.94 | 35.88 | 400m: 4:36.51 | 34.10 | | |
| 5. | FERREIRA Carolina Amadeu | 08 | 202815 | Leixoes | 4:36.77 | +0,76 | 583 | 20,00 | - |
| | 50m: 31.12 31.12 | | 150m: 1:40.11 34.96 | 250m: 2:51.30 | 35.66 | 350m: 4:02.42 | 35.48 | | |
| | 100m: 1:05.15 34.03 | | 200m: 2:15.64 35.53 | 300m: 3:26.94 | 35.64 | 400m: 4:36.77 | 34.35 | | |
| 6. | SILVA Ines Martins | 04 | 127134 | Vilacondense | 4:36.95 | +0,80 | 582 | 19,00 | - |
| | 50m: 30.85 30.85 | | 150m: 1:39.37 34.69 | 250m: 2:50.51 | 35.84 | 350m: 4:02.32 | 35.83 | | |
| | 100m: 1:04.68 33.83 | | 200m: 2:14.67 35.30 | 300m: 3:26.49 | 35.98 | 400m: 4:36.95 | 34.63 | | |
| 7. | AGUILAR Marta Andre | 07 | 132766 | Nautico Academico | 4:37.02 | +0,88 | 582 | 18,00 | - |
| | 50m: 31.03 31.03 | | 150m: 1:39.28 34.77 | 250m: 2:50.46 | 35.77 | 350m: 4:02.27 | 36.18 | | |
| | 100m: 1:04.51 33.48 | | 200m: 2:14.69 35.41 | 300m: 3:26.09 | 35.63 | 400m: 4:37.02 | 34.75 | | |
| 8. | GOMES Lia Beatriz | 06 | 200413 | Vitoria Guimaraes | 4:37.29 | +0,79 | 580 | 17,00 | - |
| | 50m: 31.33 31.33 | | 150m: 1:40.09 34.89 | 250m: 2:51.33 | 35.62 | 350m: 4:03.25 | 35.76 | | |
| | 100m: 1:05.20 33.87 | | 200m: 2:15.71 35.62 | 300m: 3:27.49 | 36.16 | 400m: 4:37.29 | 34.04 | | |
| 9. | SOARES Miriam Mortagua | 06 | 129027 | Galitos / Bresimar | 4:38.61 | +0,84 | 572 | 16,00 | - |
| | 50m: 31.52 31.52 | | 150m: 1:40.89 34.97 | 250m: 2:51.82 | 35.65 | 350m: 4:04.43 | 36.32 | | |
| | 100m: 1:05.92 34.40 | | 200m: 2:16.17 35.28 | 300m: 3:28.11 | 36.29 | 400m: 4:38.61 | 34.18 | | |
| 10. | CARDOSO Raquel Campos | 09 | 153184 | Bombeiros de Ponta Delgada | 4:40.42 | +0,84 | 561 | 15,00 | - |
| | 50m: 32.24 32.24 | | 150m: 1:42.76 35.45 | 250m: 2:54.50 | 36.15 | 350m: 4:06.30 | 35.68 | | |
| | 100m: 1:07.31 35.07 | | 200m: 2:18.35 35.59 | 300m: 3:30.62 | 36.12 | 400m: 4:40.42 | 34.12 | | |
| 11. | VARANDAS Joana Filipa | 02 | 124305 | Laranjeiro | 4:40.60 | +0,87 | 560 | 14,00 | - |
| | 50m: 32.37 32.37 | | 150m: 1:42.56 35.45 | 250m: 2:54.19 | 35.87 | 350m: 4:06.03 | 35.78 | | |
| | 100m: 1:07.11 34.74 | | 200m: 2:18.32 35.76 | 300m: 3:30.25 | 36.06 | 400m: 4:40.60 | 34.57 | | |
| 12. | SOARES Carolina Silva | 03 | 123910 | Natacao de Valongo | 4:42.52 | +0,77 | 548 | 13,00 | - |
| | 50m: 31.96 31.96 | | 150m: 1:42.07 35.19 | 250m: 2:53.38 | 35.68 | 350m: 4:06.85 | 36.81 | | |
| | 100m: 1:06.88 34.92 | | 200m: 2:17.70 35.63 | 300m: 3:30.04 | 36.66 | 400m: 4:42.52 | 35.67 | | |
| 13. | CACHACO Beatriz Heitor | 07 | 205927 | Gesloures | 4:45.58 | +0,74 | 531 | 12,00 | - |
| | 50m: 32.01 32.01 | | 150m: 1:43.82 36.11 | 250m: 2:56.29 | 35.77 | 350m: 4:09.57 | 36.76 | | |
| | 100m: 1:07.71 35.70 | | 200m: 2:20.52 36.70 | 300m: 3:32.81 | 36.52 | 400m: 4:45.58 | 36.01 | | |

Campeonato Nacional Clubes 2ª Divisão
 Estarreja, 2 - 3/12/2023

Prova 1, Femin., 400m Livres, 2ª Divisão FEM

| Lugar | Nome | Ano | NFed | Clube | Tempo Final | TReac | Pts FINA | Pts | Pts |
|-------|-----------------------------|-----|---------------|-----------------------|----------------|-------|---------------|-------|-----|
| 14. | CARDEAL Leonor Nunes | 10 | 201021 | Academico Viseu | 4:46.54 | +0,91 | 525 | 11,00 | - |
| | 50m: 32.29 32.29 | | 150m: 1:44.85 | 36.78 | 250m: 2:58.82 | 36.81 | 350m: 4:11.58 | 36.44 | |
| | 100m: 1:08.07 35.78 | | 200m: 2:22.01 | 37.16 | 300m: 3:35.14 | 36.32 | 400m: 4:46.54 | 34.96 | |
| 15. | BOTELHO Margarida Santos | 07 | 202518 | Naval Setubalense | 4:49.81 | +0,79 | 508 | 10,00 | - |
| | 50m: 32.65 32.65 | | 150m: 1:44.65 | 36.61 | 250m: 2:58.64 | 37.02 | 350m: 4:13.11 | 37.35 | |
| | 100m: 1:08.04 35.39 | | 200m: 2:21.62 | 36.97 | 300m: 3:35.76 | 37.12 | 400m: 4:49.81 | 36.70 | |
| 16. | BAIONA Raquel Santos | 08 | 209433 | Colegio Monte Maior | 4:52.51 | +0,70 | 494 | 9,00 | - |
| | 50m: 33.12 33.12 | | 150m: 1:45.03 | 36.51 | 250m: 2:59.67 | 37.49 | 350m: 4:15.11 | 37.68 | |
| | 100m: 1:08.52 35.40 | | 200m: 2:22.18 | 37.15 | 300m: 3:37.43 | 37.76 | 400m: 4:52.51 | 37.40 | |
| 17. | JONES Angelina Bermejo | 04 | 203392 | Portinado | 4:56.52 | +0,69 | 474 | 8,00 | - |
| | 50m: 32.02 32.02 | | 150m: 1:44.36 | 36.84 | 250m: 3:00.96 | 38.94 | 350m: 4:18.74 | 38.77 | |
| | 100m: 1:07.52 35.50 | | 200m: 2:22.02 | 37.66 | 300m: 3:39.97 | 39.01 | 400m: 4:56.52 | 37.78 | |
| 18. | BARBOSA Bruna Maria | 08 | 202261 | Aquatico Pacense | 4:58.08 | +0,84 | 467 | 7,00 | - |
| | 50m: 33.49 33.49 | | 150m: 1:47.71 | 37.39 | 250m: 3:03.54 | 37.93 | 350m: 4:20.61 | 38.61 | |
| | 100m: 1:10.32 36.83 | | 200m: 2:25.61 | 37.90 | 300m: 3:42.00 | 38.46 | 400m: 4:58.08 | 37.47 | |
| 19. | MARTINS Beatriz Luz | 06 | 201903 | Pimpoes/Cimai | 5:01.37 | +0,81 | 452 | 6,00 | - |
| | 50m: 33.75 33.75 | | 150m: 1:48.61 | 38.04 | 250m: 3:05.78 | 39.07 | 350m: 4:24.14 | 39.26 | |
| | 100m: 1:10.57 36.82 | | 200m: 2:26.71 | 38.10 | 300m: 3:44.88 | 39.10 | 400m: 5:01.37 | 37.23 | |
| 20. | LANCA Ines Maria | 09 | 208303 | Uniao Piedense | 5:01.43 | +0,95 | 451 | 5,00 | - |
| | 50m: 32.92 32.92 | | 150m: 1:45.89 | 37.47 | 250m: 3:02.94 | 38.71 | 350m: 4:22.98 | 40.20 | |
| | 100m: 1:08.42 35.50 | | 200m: 2:24.23 | 38.34 | 300m: 3:42.78 | 39.84 | 400m: 5:01.43 | 38.45 | |
| 21. | PEREIRA Filipa Maria | 06 | 201139 | Aminata | 5:06.66 | +0,87 | 429 | 4,00 | - |
| | 50m: 33.01 33.01 | | 150m: 1:46.43 | 37.53 | 250m: 3:04.93 | 39.70 | 350m: 4:26.98 | 41.12 | |
| | 100m: 1:08.90 35.89 | | 200m: 2:25.23 | 38.80 | 300m: 3:45.86 | 40.93 | 400m: 5:06.66 | 39.68 | |
| 22. | SILVA Matilde Lopes | 09 | 206365 | Sao Joao Ver | 5:10.94 | +0,82 | 411 | 3,00 | - |
| | 50m: 33.33 33.33 | | 150m: 1:49.71 | 38.71 | 250m: 3:09.57 | 40.25 | 350m: 4:31.32 | 41.31 | |
| | 100m: 1:11.00 37.67 | | 200m: 2:29.32 | 39.61 | 300m: 3:50.01 | 40.44 | 400m: 5:10.94 | 39.62 | |
| 23. | FERNANDES Gabriela Lopes | 09 | 203902 | O Crasto | 5:12.74 | +0,98 | 404 | 2,00 | - |
| | 50m: 34.09 34.09 | | 150m: 1:52.07 | 39.87 | 250m: 3:12.51 | 40.15 | 350m: 4:34.27 | 41.16 | |
| | 100m: 1:12.20 38.11 | | 200m: 2:32.36 | 40.29 | 300m: 3:53.11 | 40.60 | 400m: 5:12.74 | 38.47 | |
| 24. | MELNYCHUK Tatiana Alexandra | 06 | 218770 | Colegio Vasco da Gama | 5:19.95 | +0,86 | 377 | 1,00 | - |
| | 50m: 32.31 32.31 | | 150m: 1:48.65 | 39.79 | 250m: 3:12.11 | 42.33 | 350m: 4:39.19 | 43.97 | |
| | 100m: 1:08.86 36.55 | | 200m: 2:29.78 | 41.13 | 300m: 3:55.22 | 43.11 | 400m: 5:19.95 | 40.76 | |