

Prova 20	Femin., 400m Livres				Open
09/12/2023					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	Clube	Tempo Final	TReac	FINA	PARA
Seniores							
1.	DURAES Diana Margarida	96	Benfica	4:09.51	+0,72	796	
	50m: 29.39 29.39 150m: 1:31.99 31.47 250m: 2:34.99 31.34 350m: 3:37.99 31.61						
	100m: 1:00.52 31.13 200m: 2:03.65 31.66 300m: 3:06.38 31.39 400m: 4:09.51 31.52						
2.	CONCEICAO Ema Jeronimo	03	Benfica	4:12.08	+0,74	772	
	50m: 29.81 29.81 150m: 1:33.01 31.69 250m: 2:37.09 32.09 350m: 3:40.35 31.65						
	100m: 1:01.32 31.51 200m: 2:05.00 31.99 300m: 3:08.70 31.61 400m: 4:12.08 31.73						
3.	HOLUB Tamila Hryhorivna	99	Braga	4:15.67	+0,77	740	
	50m: 29.59 29.59 150m: 1:32.97 31.80 250m: 2:37.49 32.31 350m: 3:42.86 32.83						
	100m: 1:01.17 31.58 200m: 2:05.18 32.21 300m: 3:10.03 32.54 400m: 4:15.67 32.81						
4.	HENRIQUES Ines Jacinto	00	Louzan Natacao/EFAPEL	4:19.43	+0,70	708	
	50m: 29.65 29.65 150m: 1:34.58 32.68 250m: 2:40.81 33.33 350m: 3:47.03 33.18						
	100m: 1:01.90 32.25 200m: 2:07.48 32.90 300m: 3:13.85 33.04 400m: 4:19.43 32.40						
5.	VIANA Carolina Pereira	04	Sporting	4:19.86	+0,73	705	
	50m: 30.22 30.22 150m: 1:34.31 32.15 250m: 2:40.65 33.43 350m: 3:47.40 33.30						
	100m: 1:02.16 31.94 200m: 2:07.22 32.91 300m: 3:14.10 33.45 400m: 4:19.86 32.46						
6.	CARDEAL Beatriz Nunes	04	Academico Viseu	4:19.88	+0,65	705	
	50m: 30.20 30.20 150m: 1:36.11 33.22 250m: 2:42.05 32.73 350m: 3:48.09 32.97						
	100m: 1:02.89 32.69 200m: 2:09.32 33.21 300m: 3:15.12 33.07 400m: 4:19.88 31.79						
7.	FOMINA Anna	02	Sporting	4:20.82	+0,75	697	
	50m: 29.93 29.93 150m: 1:34.00 32.30 250m: 2:40.98 33.93 350m: 3:48.75 33.96						
	100m: 1:01.70 31.77 200m: 2:07.05 33.05 300m: 3:14.79 33.81 400m: 4:20.82 32.07						
8.	MOURA Maria Ferreira	04	Sporting	4:20.95	+0,73	696	
	50m: 29.58 29.58 150m: 1:34.35 32.70 250m: 2:40.44 33.19 350m: 3:47.97 33.87						
	100m: 1:01.65 32.07 200m: 2:07.25 32.90 300m: 3:14.10 33.66 400m: 4:20.95 32.98						
9.	AMORIM Ines Santos	06	Desportiva de Viana	4:24.61	+0,83	667	
	50m: 29.78 29.78 150m: 1:35.53 33.29 250m: 2:42.26 33.30 350m: 3:50.48 34.23						
	100m: 1:02.24 32.46 200m: 2:08.96 33.43 300m: 3:16.25 33.99 400m: 4:24.61 34.13						
10.	LOPES Daniela Magalhaes	05	Famalicao	4:29.91	+0,84	629	
	50m: 30.70 30.70 150m: 1:37.63 33.99 250m: 2:46.47 34.47 350m: 3:56.04 34.92						
	100m: 1:03.64 32.94 200m: 2:12.00 34.37 300m: 3:21.12 34.65 400m: 4:29.91 33.87						
11.	ARMAS Maria Ornelas	98	Vikings	4:30.28	+0,83	626	
	50m: 30.89 30.89 150m: 1:38.11 33.65 250m: 2:46.55 34.23 350m: 3:55.85 34.63						
	100m: 1:04.46 33.57 200m: 2:12.32 34.21 300m: 3:21.22 34.67 400m: 4:30.28 34.43						
12.	LOPES Francisca Macedo	05	Vilacondense	4:32.34	+0,77	612	
	50m: 30.81 30.81 150m: 1:38.32 34.09 250m: 2:47.48 34.39 350m: 3:57.51 35.16						
	100m: 1:04.23 33.42 200m: 2:13.09 34.77 300m: 3:22.35 34.87 400m: 4:32.34 34.83						



Prova 20, Femin., 400m Livres, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
13.	RAMOS Joana Barbas	06	Gafanha da Encarnacao	4:34.78	+0,77	596	
	50m: 31.41 31.41	150m: 1:39.87	34.53 250m: 2:50.20	35.30	350m: 4:00.55	35.05	
	100m: 1:05.34 33.93	200m: 2:14.90	35.03 300m: 3:25.50	35.30	400m: 4:34.78	34.23	
14.	PEIXOTO Carolina Esteves	06	Braga	4:35.82	+0,77	589	
	50m: 30.78 30.78	150m: 1:38.53	34.48 250m: 2:48.34	34.94	350m: 4:00.58	36.26	
	100m: 1:04.05 33.27	200m: 2:13.40	34.87 300m: 3:24.32	35.98	400m: 4:35.82	35.24	
15.	BARREIRA Andreia Monteiro	06	Peso da Regua	4:36.04	+0,61	588	
	50m: 31.71 31.71	150m: 1:40.89	34.78 250m: 2:51.33	35.26	350m: 4:01.18	35.06	
	100m: 1:06.11 34.40	200m: 2:16.07	35.18 300m: 3:26.12	34.79	400m: 4:36.04	34.86	
16.	PIRES Catarina Gaspar	06	Porto	4:36.83	+0,84	583	
	50m: 31.38 31.38	150m: 1:39.70	34.37 250m: 2:50.13	35.28	350m: 4:01.79	36.08	
	100m: 1:05.33 33.95	200m: 2:14.85	35.15 300m: 3:25.71	35.58	400m: 4:36.83	35.04	
17.	FARIA Leonor Verissimo	06	Nautico Academico	4:36.94	+0,73	582	
	50m: 31.62 31.62	150m: 1:40.53	34.86 250m: 2:51.42	35.41	350m: 4:02.67	35.46	
	100m: 1:05.67 34.05	200m: 2:16.01	35.48 300m: 3:27.21	35.79	400m: 4:36.94	34.27	
18.	FERREIRA Maria Neto	06	Nautico Academico	4:39.43	+0,80	567	
	50m: 31.30 31.30	150m: 1:40.79	35.63 250m: 2:52.49	35.80	350m: 4:04.32	36.05	
	100m: 1:05.16 33.86	200m: 2:16.69	35.90 300m: 3:28.27	35.78	400m: 4:39.43	35.11	
19.	ALVES Joana Silva	05	Sporting	4:40.37	+0,72	561	
	50m: 31.81 31.81	150m: 1:41.70	35.47 250m: 2:53.44	35.57	350m: 4:05.38	35.82	
	100m: 1:06.23 34.42	200m: 2:17.87	36.17 300m: 3:29.56	36.12	400m: 4:40.37	34.99	

Juniores

1.	FRANCO Catarina Andrade	07	Benfica	4:21.12	+0,70	695	
	50m: 29.55 29.55	150m: 1:34.76	32.81 250m: 2:41.11	33.05	350m: 3:48.35	33.58	
	100m: 1:01.95 32.40	200m: 2:08.06	33.30 300m: 3:14.77	33.66	400m: 4:21.12	32.77	
2.	VIEIRA Ana Beatriz	07	Foca Quinta da Lixa CNF	4:26.58	+0,72	653	
	50m: 30.06 30.06	150m: 1:36.24	33.68 250m: 2:44.38	34.10	350m: 3:53.32	34.30	
	100m: 1:02.56 32.50	200m: 2:10.28	34.04 300m: 3:19.02	34.64	400m: 4:26.58	33.26	
3.	LOURO Beatriz Silva	07	Louletano / Loule Concelhc	4:27.66	+0,67	645	
	50m: 29.70 29.70	150m: 1:34.88	32.95 250m: 2:42.53	34.07	350m: 3:52.52	34.95	
	100m: 1:01.93 32.23	200m: 2:08.46	33.58 300m: 3:17.57	35.04	400m: 4:27.66	35.14	
4.	NEVES Maria Gomes	08	Braga	4:31.35	+0,70	619	
	50m: 30.89 30.89	150m: 1:38.58	34.15 250m: 2:47.35	34.15	350m: 3:57.10	34.71	
	100m: 1:04.43 33.54	200m: 2:13.20	34.62 300m: 3:22.39	35.04	400m: 4:31.35	34.25	
5.	AGUILAR Marta Andre	07	Nautico Academico	4:33.26	+0,80	606	
	50m: 31.35 31.35	150m: 1:39.12	33.89 250m: 2:48.24	34.69	350m: 3:58.76	35.27	
	100m: 1:05.23 33.88	200m: 2:13.55	34.43 300m: 3:23.49	35.25	400m: 4:33.26	34.50	
6.	PINTO Margarida Vieira	07	Braga	4:34.81	+0,77	596	
	50m: 30.42 30.42	150m: 1:37.26	34.02 250m: 2:47.58	35.38	350m: 3:59.62	36.04	
	100m: 1:03.24 32.82	200m: 2:12.20	34.94 300m: 3:23.58	36.00	400m: 4:34.81	35.19	
7.	SANTOS Leonor Castanho	07	Sporting	4:37.08	+0,84	581	
	50m: 31.85 31.85	150m: 1:41.04	34.90 250m: 2:51.14	35.03	350m: 4:01.99	35.65	
	100m: 1:06.14 34.29	200m: 2:16.11	35.07 300m: 3:26.34	35.20	400m: 4:37.08	35.09	



Prova 20, Femin., 400m Livres, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
8.	FERREIRA Carolina Amadeu	08	Leixoes	4:37.47	+0,70	579	
	50m: 31.24 31.24	150m: 1:40.70	35.24 250m: 2:52.20	35.89	350m: 4:03.18	35.42	
	100m: 1:05.46 34.22	200m: 2:16.31	35.61 300m: 3:27.76	35.56	400m: 4:37.47	34.29	
9.	LOPES Catarina Maria	08	Benfica	4:39.95	+0,73	564	
	50m: 32.64 32.64	150m: 1:41.88	34.97 250m: 2:53.93	36.17	350m: 4:06.16	35.95	
	100m: 1:06.91 34.27	200m: 2:17.76	35.88 300m: 3:30.21	36.28	400m: 4:39.95	33.79	
10.	FREITAS Diana Gomes	08	Amigos Montanha	4:40.07	+0,77	563	
	50m: 32.04 32.04	150m: 1:40.78	34.85 250m: 2:52.75	36.11	350m: 4:05.53	36.26	
	100m: 1:05.93 33.89	200m: 2:16.64	35.86 300m: 3:29.27	36.52	400m: 4:40.07	34.54	
11.	ALMEIDA Bianca Filipa	07	Alges e Agueda XXI	4:40.72	+0,76	559	
	50m: 31.49 31.49	150m: 1:40.53	34.95 250m: 2:52.17	36.01	350m: 4:05.14	36.80	
	100m: 1:05.58 34.09	200m: 2:16.16	35.63 300m: 3:28.34	36.17	400m: 4:40.72	35.58	
12.	RODRIGUES Leonor Carreiro	07	Benfica	4:40.92	+0,68	558	
	50m: 31.35 31.35	150m: 1:40.66	35.16 250m: 2:52.40	36.23	350m: 4:05.16	36.51	
	100m: 1:05.50 34.15	200m: 2:16.17	35.51 300m: 3:28.65	36.25	400m: 4:40.92	35.76	
13.	CABRAL Carolina Vizinho	07	Natacao de Vagos	4:42.19	+0,76	550	
	50m: 30.86 30.86	150m: 1:38.48	34.39 250m: 2:52.00	36.95	350m: 4:06.58	37.51	
	100m: 1:04.09 33.23	200m: 2:15.05	36.57 300m: 3:29.07	37.07	400m: 4:42.19	35.61	
14.	NEVES Ana Carolina	08	Fluvial Portuense	4:48.47	+0,61	515	
	50m: 31.07 31.07	150m: 1:41.78	36.17 250m: 2:56.21	37.39	350m: 4:11.77	37.79	
	100m: 1:05.61 34.54	200m: 2:18.82	37.04 300m: 3:33.98	37.77	400m: 4:48.47	36.70	

