

Campeonato Nacional Juvenis e Absolutos de Portugal-OPEN
Coimbra, 29.7. - 1.8.2010

Prova 35 Femin., 400m Livres Open
31-07-2010 - 11:15 Resultados Elimin

| | | | | | |
|---------------|---------|------------------------|-----|-----------------|------------|
| Rec Nac Open | 4:19.89 | Ana Feio Alegria | FPN | Barcelona (ESP) | 30-05-1996 |
| Rec Nac Inf B | 4:43.70 | tempo limite | | | |
| Rec Nac Inf A | 4:31.53 | tempo limite | | | |
| Rec Nac Juv | 4:28.67 | tempo limite | | | |
| Rec Nac Jun | 4:20.37 | Marta Andreia Ferreira | FPN | Berlim (GER) | 04-08-2002 |
| Rec Nac Sen | 4:19.89 | Ana Feio Alegria | FPN | Barcelona (ESP) | 30-05-1996 |

TAC SEN/JUN2 Fem 16 +: 4:41.00 / TAC JUN1 Fem 15: 4:45.75 / TAC JUV Fem Juv: 4:58.00

Pontos: FINA 2010

| Lugar | Nome | Ano | Clube | Tempo Final | TReac | Pts FINA | Pts |
|-------------|-------------------------|---------------------|----------------------|---------------------|-------|----------|-----|
| Open | | | | | | | |
| 1. | Andreia Catarina Gomes | 94 | Vitoria de Guimaraes | 4:28.02 | +0.81 | 710 | A |
| | 50m: 31.11 31.11 | 150m: 1:38.77 34.11 | 250m: 2:46.44 34.10 | 350m: 3:55.08 34.15 | | | |
| | 100m: 1:04.66 33.55 | 200m: 2:12.34 33.57 | 300m: 3:20.93 34.49 | 400m: 4:28.02 32.94 | | | |
| 2. | Joana Aguiar Rodrigues | 93 | Porto/Dolce Vita | 4:28.48 | +0.85 | 706 | A |
| | 50m: 31.35 31.35 | 150m: 1:39.68 34.61 | 250m: 2:47.54 34.05 | 350m: 3:55.40 33.99 | | | |
| | 100m: 1:05.07 33.72 | 200m: 2:13.49 33.81 | 300m: 3:21.41 33.87 | 400m: 4:28.48 33.08 | | | |
| 3. | Ana Ribeiro Ferreira | 92 | Famalicao | 4:28.70 | +0.84 | 705 | A |
| | 50m: 31.41 31.41 | 150m: 1:39.63 34.68 | 250m: 2:47.87 34.26 | 350m: 3:55.93 33.76 | | | |
| | 100m: 1:04.95 33.54 | 200m: 2:13.61 33.98 | 300m: 3:22.17 34.30 | 400m: 4:28.70 32.77 | | | |
| 4. | Maria Miguel Veloso | 93 | Nautico/Matobra | 4:29.20 | +0.99 | 701 | A |
| | 50m: 31.79 31.79 | 150m: 1:39.16 33.88 | 250m: 2:47.09 33.92 | 350m: 3:55.62 34.21 | | | |
| | 100m: 1:05.28 33.49 | 200m: 2:13.17 34.01 | 300m: 3:21.41 34.32 | 400m: 4:29.20 33.58 | | | |
| 5. | Andrea Kneppers | 93 | Eiffel | 4:32.45 | +0.80 | 676 | A |
| | 50m: 30.75 30.75 | 150m: 1:38.52 33.86 | 250m: 2:48.74 35.50 | 350m: 3:59.77 35.46 | | | |
| | 100m: 1:04.66 33.91 | 200m: 2:13.24 34.72 | 300m: 3:24.31 35.57 | 400m: 4:32.45 32.68 | | | |
| 6. | Ana Goncalves Neto | 95 | Porto/Dolce Vita | 4:33.17 | +0.88 | 670 | A |
| | 50m: 31.85 31.85 | 150m: 1:41.33 35.16 | 250m: 2:50.78 34.11 | 350m: 3:59.83 34.86 | | | |
| | 100m: 1:06.17 34.32 | 200m: 2:16.67 35.34 | 300m: 3:24.97 34.19 | 400m: 4:33.17 33.34 | | | |
| 7. | Joana Filipa Santos | 93 | Vitoria de Guimaraes | 4:33.19 | +0.89 | 670 | A |
| | 50m: 31.24 31.24 | 150m: 1:39.42 34.53 | 250m: 2:49.15 35.01 | 350m: 3:59.71 35.27 | | | |
| | 100m: 1:04.89 33.65 | 200m: 2:14.14 34.72 | 300m: 3:24.44 35.29 | 400m: 4:33.19 33.48 | | | |
| 8. | Diana Margarida Duraes | 96 | Foca | 4:35.16 | +0.78 | 656 | A |
| | 50m: 31.20 31.20 | 150m: 1:40.70 35.59 | 250m: 2:51.28 35.11 | 350m: 4:02.25 35.45 | | | |
| | 100m: 1:05.11 33.91 | 200m: 2:16.17 35.47 | 300m: 3:26.80 35.52 | 400m: 4:35.16 32.91 | | | |
| 9. | Patricia Garcia Marinho | 94 | Sporting | 4:35.23 | +0.95 | 656 | B |
| | 50m: 32.15 32.15 | 150m: 1:40.19 34.42 | 250m: 2:50.99 35.66 | 350m: 4:01.49 35.26 | | | |
| | 100m: 1:05.77 33.62 | 200m: 2:15.33 35.14 | 300m: 3:26.23 35.24 | 400m: 4:35.23 33.74 | | | |
| 10. | Angelica Maria Andre | 94 | Leixoes | 4:35.95 | +0.84 | 650 | B |
| | 50m: 31.76 31.76 | 150m: 1:40.92 34.94 | 250m: 2:51.34 35.14 | 350m: 4:01.71 34.73 | | | |
| | 100m: 1:05.98 34.22 | 200m: 2:16.20 35.28 | 300m: 3:26.98 35.64 | 400m: 4:35.95 34.24 | | | |
| 11. | Carolina Cunha Martins | 95 | Nautico/Matobra | 4:36.77 | +0.97 | 645 | B |
| | 50m: 31.24 31.24 | 150m: 1:40.43 34.78 | 250m: 2:51.15 35.31 | 350m: 4:02.09 35.16 | | | |
| | 100m: 1:05.65 34.41 | 200m: 2:15.84 35.41 | 300m: 3:26.93 35.78 | 400m: 4:36.77 34.68 | | | |
| 12. | Leonor Mourinho Neves | 95 | Sporting | 4:36.85 | +0.86 | 644 | B |
| | 50m: 31.79 31.79 | 150m: 1:41.27 34.67 | 250m: 2:51.86 35.12 | 350m: 4:02.49 34.91 | | | |
| | 100m: 1:06.60 34.81 | 200m: 2:16.74 35.47 | 300m: 3:27.58 35.72 | 400m: 4:36.85 34.36 | | | |

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Prova 35, Femin., 400m Livres, Elimin, Open

| Lugar | Nome | Ano | Clube | Tempo Final | TReac | Pts FINA | Pts |
|-------|--------------------------------|---------------------|------------------------------|---------------------|-------|----------|-----|
| 13. | Alexandra Paiva Oliveira | 91 | Porto/Dolce Vita | 4:36.87 | +0.80 | 644 B | |
| | 50m: 31.46 31.46 | 150m: 1:39.90 34.49 | 250m: 2:49.78 34.70 | 350m: 4:01.16 35.66 | | | |
| | 100m: 1:05.41 33.95 | 200m: 2:15.08 35.18 | 300m: 3:25.50 35.72 | 400m: 4:36.87 35.71 | | | |
| 14. | Ana Margarida Domingos | 93 | Academico Viseu | 4:37.19 | +0.91 | 642 B | |
| | 50m: 32.20 32.20 | 150m: 1:43.14 35.71 | 250m: 2:54.15 35.21 | 350m: 4:04.07 34.67 | | | |
| | 100m: 1:07.43 35.23 | 200m: 2:18.94 35.80 | 300m: 3:29.40 35.25 | 400m: 4:37.19 33.12 | | | |
| 15. | Marta Alexandra Saraiva | 93 | Uniao Piedense | 4:37.59 | +0.84 | 639 B | |
| | 50m: 31.97 31.97 | 150m: 1:42.09 35.56 | 250m: 2:53.05 35.62 | 350m: 4:03.45 35.26 | | | |
| | 100m: 1:06.53 34.56 | 200m: 2:17.43 35.34 | 300m: 3:28.19 35.14 | 400m: 4:37.59 34.14 | | | |
| 16. | Joana Filipa Capela | 89 | Benfica | 4:37.74 | +0.90 | 638 B | |
| | 50m: 31.05 31.05 | 150m: 1:40.10 34.92 | 250m: 2:51.05 35.80 | 350m: 4:03.02 36.15 | | | |
| | 100m: 1:05.18 34.13 | 200m: 2:15.25 35.15 | 300m: 3:26.87 35.82 | 400m: 4:37.74 34.72 | | | |
| 17. | Ines Sofia Sampaio | 94 | Academico Viseu | 4:39.16 | +0.91 | 628 R | |
| | 50m: 32.20 32.20 | 150m: 1:43.37 35.64 | 250m: 2:54.29 35.07 | 350m: 4:04.90 35.05 | | | |
| | 100m: 1:07.73 35.53 | 200m: 2:19.22 35.85 | 300m: 3:29.85 35.56 | 400m: 4:39.16 34.26 | | | |
| 18. | Maria Ana Magalhaes | 93 | Desportiva Limiana | 4:39.18 | +0.66 | 628 R | |
| | 50m: 31.55 31.55 | 150m: 1:40.65 34.97 | 250m: 2:51.95 35.94 | 350m: 4:03.78 36.09 | | | |
| | 100m: 1:05.68 34.13 | 200m: 2:16.01 35.36 | 300m: 3:27.69 35.74 | 400m: 4:39.18 35.40 | | | |
| 19. | Maria Luis Amorim | 95 | Porto/Dolce Vita | 4:39.28 | +0.96 | 627 | |
| | 50m: 32.33 32.33 | 150m: 1:42.37 35.66 | 250m: 2:53.32 35.47 | 350m: 4:03.99 35.26 | | | |
| | 100m: 1:06.71 34.38 | 200m: 2:17.85 35.48 | 300m: 3:28.73 35.41 | 400m: 4:39.28 35.29 | | | |
| 20. | Florbela Cavaco Machado | 96 | Columbofila/Cantanhedense | 4:39.29 | +0.89 | 627 | |
| | 50m: 32.43 32.43 | 150m: 1:42.23 34.67 | 250m: 2:53.74 35.77 | 350m: 4:04.80 34.99 | | | |
| | 100m: 1:07.56 35.13 | 200m: 2:17.97 35.74 | 300m: 3:29.81 36.07 | 400m: 4:39.29 34.49 | | | |
| 21. | Alexandra Ribeiro Paula | 93 | Sporting | 4:39.90 | +0.81 | 623 | |
| | 50m: 31.45 31.45 | 150m: 1:42.76 35.84 | 250m: 2:53.62 35.26 | 350m: 4:05.18 35.76 | | | |
| | 100m: 1:06.92 35.47 | 200m: 2:18.36 35.60 | 300m: 3:29.42 35.80 | 400m: 4:39.90 34.72 | | | |
| 22. | Marisa Alexandra Lage | 94 | Viana Natacao | 4:40.21 | +0.95 | 621 | |
| | 50m: 31.49 31.49 | 150m: 1:39.74 34.58 | 250m: 2:51.08 35.74 | 350m: 4:04.56 36.64 | | | |
| | 100m: 1:05.16 33.67 | 200m: 2:15.34 35.60 | 300m: 3:27.92 36.84 | 400m: 4:40.21 35.65 | | | |
| 23. | Soraia Vanessa Ribeiro | 92 | Individual Norte de Portugal | 4:41.73 | +0.86 | 611 | |
| | <i>FTL</i> 50m: 31.46 31.46 | 150m: 1:40.76 35.23 | 250m: 2:51.90 35.62 | 350m: 4:05.03 37.16 | | | |
| | 100m: 1:05.53 34.07 | 200m: 2:16.28 35.52 | 300m: 3:27.87 35.97 | 400m: 4:41.73 36.70 | | | |
| 24. | Cassandra Pedro Oliveira | 95 | Vilacondense | 4:42.46 | +0.84 | 606 | |
| | 50m: 32.43 32.43 | 150m: 1:43.17 35.39 | 250m: 2:54.79 35.82 | 350m: 4:06.93 36.10 | | | |
| | 100m: 1:07.78 35.35 | 200m: 2:18.97 35.80 | 300m: 3:30.83 36.04 | 400m: 4:42.46 35.53 | | | |
| 25. | Ines Alexandra Paiva | 96 | Alges | 4:44.00 | +0.81 | 597 | |
| | 50m: 32.36 32.36 | 150m: 1:43.71 35.85 | 250m: 2:56.25 36.09 | 350m: 4:09.24 36.72 | | | |
| | 100m: 1:07.86 35.50 | 200m: 2:20.16 36.45 | 300m: 3:32.52 36.27 | 400m: 4:44.00 34.76 | | | |
| 26. | Catia Andreia Clara | 95 | Nautico da Marinha Grande | 4:44.39 | +0.93 | 594 | |
| | 50m: 32.43 32.43 | 150m: 1:43.64 36.20 | 250m: 2:56.68 36.68 | 350m: 4:09.38 36.44 | | | |
| | 100m: 1:07.44 35.01 | 200m: 2:20.00 36.36 | 300m: 3:32.94 36.26 | 400m: 4:44.39 35.01 | | | |
| 27. | Ana Isabel Neves | 96 | Pimpoes/Cimai | 4:44.68 | +0.99 | 592 | |
| | 50m: 32.81 32.81 | 150m: 1:44.86 36.24 | 250m: 2:57.43 36.31 | 350m: 4:10.21 36.36 | | | |
| | 100m: 1:08.62 35.81 | 200m: 2:21.12 36.26 | 300m: 3:33.85 36.42 | 400m: 4:44.68 34.47 | | | |

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Prova 35, Femin., 400m Livres, Elimin, Open

| Lugar | Nome | Ano | Clube | Tempo Final | TReac | Pts FINA | Pts |
|-------|---------------------------------|---------------------|---------------------------|---------------------|-------|----------|-----|
| 28. | Bruna Leal Dantas | 96 | Sporting | 4:46.43 | +0.87 | 582 | |
| | 50m: 33.06 33.06 | 150m: 1:44.89 36.51 | 250m: 2:57.96 37.02 | 350m: 4:11.48 36.85 | | | |
| | 100m: 1:08.38 35.32 | 200m: 2:20.94 36.05 | 300m: 3:34.63 36.67 | 400m: 4:46.43 34.95 | | | |
| 29. | Carla Rosario Palma | 96 | Alcobaca | 4:48.26 | +0.78 | 571 | |
| | 50m: 31.81 31.81 | 150m: 1:43.57 36.86 | 250m: 2:57.98 37.56 | 350m: 4:12.50 37.35 | | | |
| | 100m: 1:06.71 34.90 | 200m: 2:20.42 36.85 | 300m: 3:35.15 37.17 | 400m: 4:48.26 35.76 | | | |
| 30. | Ana Catarina Azevedo | 96 | Famalicao | 4:50.09 | +0.77 | 560 | |
| | 50m: 33.13 33.13 | 150m: 1:46.13 37.12 | 250m: 3:00.20 36.92 | 350m: 4:14.54 37.19 | | | |
| | 100m: 1:09.01 35.88 | 200m: 2:23.28 37.15 | 300m: 3:37.35 37.15 | 400m: 4:50.09 35.55 | | | |
| 31. | Mariana Jesus Costa | 96 | Alcobaca | 4:50.57 | +0.85 | 557 | |
| | 50m: 33.06 33.06 | 150m: 1:46.51 37.65 | 250m: 3:01.49 37.42 | 350m: 4:14.83 36.95 | | | |
| | 100m: 1:08.86 35.80 | 200m: 2:24.07 37.56 | 300m: 3:37.88 36.39 | 400m: 4:50.57 35.74 | | | |
| 32. | Vera Patricia Fernandes | 96 | Braga | 4:51.38 | +1.00 | 552 | |
| | 50m: 33.00 33.00 | 150m: 1:45.97 36.57 | 250m: 3:00.69 37.12 | 350m: 4:15.36 36.78 | | | |
| | 100m: 1:09.40 36.40 | 200m: 2:23.57 37.60 | 300m: 3:38.58 37.89 | 400m: 4:51.38 36.02 | | | |
| 33. | Ana Monica Eloi | 96 | Nautico da Marinha Grande | 4:52.21 | +0.89 | 548 | |
| | 50m: 33.40 33.40 | 150m: 1:46.50 36.99 | 250m: 3:01.04 37.83 | 350m: 4:15.92 37.35 | | | |
| | 100m: 1:09.51 36.11 | 200m: 2:23.21 36.71 | 300m: 3:38.57 37.53 | 400m: 4:52.21 36.29 | | | |
| 34. | Ana Carolina Leal | 96 | Nautico/Matobra | 4:52.68 | +0.86 | 545 | |
| | 50m: 32.66 32.66 | 150m: 1:45.92 37.14 | 250m: 3:00.86 37.00 | 350m: 4:15.81 37.29 | | | |
| | 100m: 1:08.78 36.12 | 200m: 2:23.86 37.94 | 300m: 3:38.52 37.66 | 400m: 4:52.68 36.87 | | | |
| 35. | Carolina Francisco Gomes FTL | 95 | Naval da Nazare | 4:52.87 | +1.01 | 544 | |
| | 50m: 33.80 33.80 | 150m: 1:47.49 36.93 | 250m: 3:01.75 37.09 | 350m: 4:16.60 37.24 | | | |
| | 100m: 1:10.56 36.76 | 200m: 2:24.66 37.17 | 300m: 3:39.36 37.61 | 400m: 4:52.87 36.27 | | | |
| 36. | Sofia Cunha Sousa | 96 | Foca | 4:53.77 | +0.97 | 539 | |
| | 50m: 32.90 32.90 | 150m: 1:46.12 36.95 | 250m: 3:01.43 37.63 | 350m: 4:16.49 37.20 | | | |
| | 100m: 1:09.17 36.27 | 200m: 2:23.80 37.68 | 300m: 3:39.29 37.86 | 400m: 4:53.77 37.28 | | | |
| 37. | Rita Silva Fernandes | 96 | Colegio Vasco da Gama | 4:54.41 | +0.88 | 535 | |
| | 50m: 34.15 34.15 | 150m: 1:48.28 37.24 | 250m: 3:03.57 36.98 | 350m: 4:18.53 37.01 | | | |
| | 100m: 1:11.04 36.89 | 200m: 2:26.59 38.31 | 300m: 3:41.52 37.95 | 400m: 4:54.41 35.88 | | | |
| 38. | Maria Julia Cunha | 96 | Braga | 4:55.02 | +0.78 | 532 | |
| | 50m: 33.11 33.11 | 150m: 1:47.13 37.50 | 250m: 3:03.42 38.51 | 350m: 4:19.13 38.22 | | | |
| | 100m: 1:09.63 36.52 | 200m: 2:24.91 37.78 | 300m: 3:40.91 37.49 | 400m: 4:55.02 35.89 | | | |
| 39. | Ana Luisa Carvalho | 96 | Nautico/Matobra | 4:55.45 | +0.83 | 530 | |
| | 50m: 32.69 32.69 | 150m: 1:45.79 37.11 | 250m: 3:01.31 37.40 | 350m: 4:17.81 37.85 | | | |
| | 100m: 1:08.68 35.99 | 200m: 2:23.91 38.12 | 300m: 3:39.96 38.65 | 400m: 4:55.45 37.64 | | | |
| 40. | Marta Filipa Vinagre FTL | 95 | Torres Novas | 4:57.23 | +0.80 | 520 | |
| | 50m: 32.47 32.47 | 150m: 1:45.40 37.46 | 250m: 3:01.52 38.55 | 350m: 4:19.68 39.13 | | | |
| | 100m: 1:07.94 35.47 | 200m: 2:22.97 37.57 | 300m: 3:40.55 39.03 | 400m: 4:57.23 37.55 | | | |
| 41. | Mariana Rodrigues Ferreira | 96 | Benfica | 4:57.68 | +0.90 | 518 | |
| | 50m: 33.99 33.99 | 150m: 1:49.42 38.13 | 250m: 3:05.64 37.84 | 350m: 4:21.19 37.45 | | | |
| | 100m: 1:11.29 37.30 | 200m: 2:27.80 38.38 | 300m: 3:43.74 38.10 | 400m: 4:57.68 36.49 | | | |

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Prova 35, Femin., 400m Livres, Elimin, Open

| Lugar | Nome | Ano | Clube | Tempo Final | TReac | Pts FINA | Pts |
|-------|---------------------------------------|---------------------|-----------------------|---------------------|-------|----------|-----|
| 42. | Ana Beatriz Silva <i>FTL</i> | 96 | Gafanha da Encarnacao | 4:58.14 | +0.97 | 516 | |
| | 50m: 33.72 33.72 | 150m: 1:49.39 37.93 | 250m: 3:06.11 38.39 | 350m: 4:21.65 37.39 | | | |
| | 100m: 1:11.46 37.74 | 200m: 2:27.72 38.33 | 300m: 3:44.26 38.15 | 400m: 4:58.14 36.49 | | | |
| 43. | Ana Margarida Rodrigues <i>FTL</i> | 96 | Galitos | 5:00.29 | +0.74 | 505 | |
| | 50m: 33.24 33.24 | 150m: 1:46.82 37.29 | 250m: 3:04.37 38.92 | 350m: 4:22.07 39.01 | | | |
| | 100m: 1:09.53 36.29 | 200m: 2:25.45 38.63 | 300m: 3:43.06 38.69 | 400m: 5:00.29 38.22 | | | |
| 44. | Maria Beatriz Rascao <i>FTL</i> | 96 | Nautico/Matobra | 5:00.45 | +0.97 | 504 | |
| | 50m: 33.70 33.70 | 150m: 1:48.27 37.77 | 250m: 3:05.89 38.61 | 350m: 4:23.35 38.70 | | | |
| | 100m: 1:10.50 36.80 | 200m: 2:27.28 39.01 | 300m: 3:44.65 38.76 | 400m: 5:00.45 37.10 | | | |
| 45. | Debora Filipa Duque <i>FTL</i> | 96 | Pimpoes/Cimai | 5:00.99 | +0.87 | 501 | |
| | 50m: 34.03 34.03 | 150m: 1:46.37 36.67 | 250m: 3:02.71 38.85 | 350m: 4:22.06 39.81 | | | |
| | 100m: 1:09.70 35.67 | 200m: 2:23.86 37.49 | 300m: 3:42.25 39.54 | 400m: 5:00.99 38.93 | | | |
| 46. | Joana Milhazes Pinto <i>FTL</i> | 96 | Braga | 5:03.80 | +0.97 | 487 | |
| | 50m: 33.74 33.74 | 150m: 1:49.02 38.25 | 250m: 3:06.76 39.20 | 350m: 4:25.33 39.57 | | | |
| | 100m: 1:10.77 37.03 | 200m: 2:27.56 38.54 | 300m: 3:45.76 39.00 | 400m: 5:03.80 38.47 | | | |
| 47. | Maria Joao Santos <i>FTL</i> | 96 | Desportiva de Viana | 5:06.50 | +0.67 | 475 | |
| | 50m: 33.09 33.09 | 150m: 1:47.79 38.08 | 250m: 3:07.68 39.96 | 350m: 4:27.56 39.63 | | | |
| | 100m: 1:09.71 36.62 | 200m: 2:27.72 39.93 | 300m: 3:47.93 40.25 | 400m: 5:06.50 38.94 | | | |
| 48. | Marcia Filipa Carvalho <i>FTL</i> | 96 | Torres Novas | 5:08.00 | +0.78 | 468 | |
| | 50m: 33.63 33.63 | 150m: 1:49.59 38.81 | 250m: 3:08.28 39.12 | 350m: 4:28.70 39.83 | | | |
| | 100m: 1:10.78 37.15 | 200m: 2:29.16 39.57 | 300m: 3:48.87 40.59 | 400m: 5:08.00 39.30 | | | |

Juvenis

| | | | | | | | |
|----|-------------------------|---------------------|---------------------------|---------------------|-------|-----|---|
| 1. | Diana Margarida Duraes | 96 | Foca | 4:35.16 | +0.78 | 656 | A |
| | 50m: 31.20 31.20 | 150m: 1:40.70 35.59 | 250m: 2:51.28 35.11 | 350m: 4:02.25 35.45 | | | |
| | 100m: 1:05.11 33.91 | 200m: 2:16.17 35.47 | 300m: 3:26.80 35.52 | 400m: 4:35.16 32.91 | | | |
| 2. | Florbela Cavaco Machado | 96 | Columbofila/Cantanhedense | 4:39.29 | +0.89 | 627 | |
| | 50m: 32.43 32.43 | 150m: 1:42.23 34.67 | 250m: 2:53.74 35.77 | 350m: 4:04.80 34.99 | | | |
| | 100m: 1:07.56 35.13 | 200m: 2:17.97 35.74 | 300m: 3:29.81 36.07 | 400m: 4:39.29 34.49 | | | |
| 3. | Ines Alexandra Paiva | 96 | Alges | 4:44.00 | +0.81 | 597 | |
| | 50m: 32.36 32.36 | 150m: 1:43.71 35.85 | 250m: 2:56.25 36.09 | 350m: 4:09.24 36.72 | | | |
| | 100m: 1:07.86 35.50 | 200m: 2:20.16 36.45 | 300m: 3:32.52 36.27 | 400m: 4:44.00 34.76 | | | |
| 4. | Ana Isabel Neves | 96 | Pimpoes/Cimai | 4:44.68 | +0.99 | 592 | |
| | 50m: 32.81 32.81 | 150m: 1:44.86 36.24 | 250m: 2:57.43 36.31 | 350m: 4:10.21 36.36 | | | |
| | 100m: 1:08.62 35.81 | 200m: 2:21.12 36.26 | 300m: 3:33.85 36.42 | 400m: 4:44.68 34.47 | | | |
| 5. | Bruna Leal Dantas | 96 | Sporting | 4:46.43 | +0.87 | 582 | |
| | 50m: 33.06 33.06 | 150m: 1:44.89 36.51 | 250m: 2:57.96 37.02 | 350m: 4:11.48 36.85 | | | |
| | 100m: 1:08.38 35.32 | 200m: 2:20.94 36.05 | 300m: 3:34.63 36.67 | 400m: 4:46.43 34.95 | | | |

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Prova 35, Femin., 400m Livres, Elimin, Juvenis

| Lugar | Nome | Ano | Clube | Tempo Final | TReac | Pts FINA | Pts |
|-------|--------------------------------|---------------------|---------------------------|---------------------|-------|----------|-----|
| 6. | Carla Rosario Palma | 96 | Alcobaca | 4:48.26 | +0.78 | 571 | |
| | 50m: 31.81 31.81 | 150m: 1:43.57 36.86 | 250m: 2:57.98 37.56 | 350m: 4:12.50 37.35 | | | |
| | 100m: 1:06.71 34.90 | 200m: 2:20.42 36.85 | 300m: 3:35.15 37.17 | 400m: 4:48.26 35.76 | | | |
| 7. | Ana Catarina Azevedo | 96 | Famalicao | 4:50.09 | +0.77 | 560 | |
| | 50m: 33.13 33.13 | 150m: 1:46.13 37.12 | 250m: 3:00.20 36.92 | 350m: 4:14.54 37.19 | | | |
| | 100m: 1:09.01 35.88 | 200m: 2:23.28 37.15 | 300m: 3:37.35 37.15 | 400m: 4:50.09 35.55 | | | |
| 8. | Mariana Jesus Costa | 96 | Alcobaca | 4:50.57 | +0.85 | 557 | |
| | 50m: 33.06 33.06 | 150m: 1:46.51 37.65 | 250m: 3:01.49 37.42 | 350m: 4:14.83 36.95 | | | |
| | 100m: 1:08.86 35.80 | 200m: 2:24.07 37.56 | 300m: 3:37.88 36.39 | 400m: 4:50.57 35.74 | | | |
| 9. | Vera Patricia Fernandes | 96 | Braga | 4:51.38 | +1.00 | 552 | |
| | 50m: 33.00 33.00 | 150m: 1:45.97 36.57 | 250m: 3:00.69 37.12 | 350m: 4:15.36 36.78 | | | |
| | 100m: 1:09.40 36.40 | 200m: 2:23.57 37.60 | 300m: 3:38.58 37.89 | 400m: 4:51.38 36.02 | | | |
| 10. | Ana Monica Eloi | 96 | Nautico da Marinha Grande | 4:52.21 | +0.89 | 548 | |
| | 50m: 33.40 33.40 | 150m: 1:46.50 36.99 | 250m: 3:01.04 37.83 | 350m: 4:15.92 37.35 | | | |
| | 100m: 1:09.51 36.11 | 200m: 2:23.21 36.71 | 300m: 3:38.57 37.53 | 400m: 4:52.21 36.29 | | | |
| 11. | Ana Carolina Leal | 96 | Nautico/Matobra | 4:52.68 | +0.86 | 545 | |
| | 50m: 32.66 32.66 | 150m: 1:45.92 37.14 | 250m: 3:00.86 37.00 | 350m: 4:15.81 37.29 | | | |
| | 100m: 1:08.78 36.12 | 200m: 2:23.86 37.94 | 300m: 3:38.52 37.66 | 400m: 4:52.68 36.87 | | | |
| 12. | Sofia Cunha Sousa | 96 | Foca | 4:53.77 | +0.97 | 539 | |
| | 50m: 32.90 32.90 | 150m: 1:46.12 36.95 | 250m: 3:01.43 37.63 | 350m: 4:16.49 37.20 | | | |
| | 100m: 1:09.17 36.27 | 200m: 2:23.80 37.68 | 300m: 3:39.29 37.86 | 400m: 4:53.77 37.28 | | | |
| 13. | Rita Silva Fernandes | 96 | Colegio Vasco da Gama | 4:54.41 | +0.88 | 535 | |
| | 50m: 34.15 34.15 | 150m: 1:48.28 37.24 | 250m: 3:03.57 36.98 | 350m: 4:18.53 37.01 | | | |
| | 100m: 1:11.04 36.89 | 200m: 2:26.59 38.31 | 300m: 3:41.52 37.95 | 400m: 4:54.41 35.88 | | | |
| 14. | Maria Julia Cunha | 96 | Braga | 4:55.02 | +0.78 | 532 | |
| | 50m: 33.11 33.11 | 150m: 1:47.13 37.50 | 250m: 3:03.42 38.51 | 350m: 4:19.13 38.22 | | | |
| | 100m: 1:09.63 36.52 | 200m: 2:24.91 37.78 | 300m: 3:40.91 37.49 | 400m: 4:55.02 35.89 | | | |
| 15. | Ana Luisa Carvalho | 96 | Nautico/Matobra | 4:55.45 | +0.83 | 530 | |
| | 50m: 32.69 32.69 | 150m: 1:45.79 37.11 | 250m: 3:01.31 37.40 | 350m: 4:17.81 37.85 | | | |
| | 100m: 1:08.68 35.99 | 200m: 2:23.91 38.12 | 300m: 3:39.96 38.65 | 400m: 4:55.45 37.64 | | | |
| 16. | Mariana Rodrigues Ferreira | 96 | Benfica | 4:57.68 | +0.90 | 518 | |
| | 50m: 33.99 33.99 | 150m: 1:49.42 38.13 | 250m: 3:05.64 37.84 | 350m: 4:21.19 37.45 | | | |
| | 100m: 1:11.29 37.30 | 200m: 2:27.80 38.38 | 300m: 3:43.74 38.10 | 400m: 4:57.68 36.49 | | | |
| 17. | Ana Beatriz Silva | 96 | Gafanha da Encarnacao | 4:58.14 | +0.97 | 516 | |
| | <i>FTL</i> 50m: 33.72 33.72 | 150m: 1:49.39 37.93 | 250m: 3:06.11 38.39 | 350m: 4:21.65 37.39 | | | |
| | 100m: 1:11.46 37.74 | 200m: 2:27.72 38.33 | 300m: 3:44.26 38.15 | 400m: 4:58.14 36.49 | | | |
| 18. | Ana Margarida Rodrigues | 96 | Galitos | 5:00.29 | +0.74 | 505 | |
| | <i>FTL</i> 50m: 33.24 33.24 | 150m: 1:46.82 37.29 | 250m: 3:04.37 38.92 | 350m: 4:22.07 39.01 | | | |
| | 100m: 1:09.53 36.29 | 200m: 2:25.45 38.63 | 300m: 3:43.06 38.69 | 400m: 5:00.29 38.22 | | | |
| 19. | Maria Beatriz Rascao | 96 | Nautico/Matobra | 5:00.45 | +0.97 | 504 | |
| | <i>FTL</i> 50m: 33.70 33.70 | 150m: 1:48.27 37.77 | 250m: 3:05.89 38.61 | 350m: 4:23.35 38.70 | | | |
| | 100m: 1:10.50 36.80 | 200m: 2:27.28 39.01 | 300m: 3:44.65 38.76 | 400m: 5:00.45 37.10 | | | |

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Prova 35, Femin., 400m Livres, Elimin, Juvenis

| Lugar | Nome | Ano | Clube | Tempo Final | TReac | Pts FINA | Pts |
|-------|--------------------------------------|---------------------|---------------------|---------------------|-------|----------|-----|
| 20. | Debora Filipa Duque <i>FTL</i> | 96 | Pimpoes/Cimai | 5:00.99 | +0.87 | 501 | |
| | 50m: 34.03 34.03 | 150m: 1:46.37 36.67 | 250m: 3:02.71 38.85 | 350m: 4:22.06 39.81 | | | |
| | 100m: 1:09.70 35.67 | 200m: 2:23.86 37.49 | 300m: 3:42.25 39.54 | 400m: 5:00.99 38.93 | | | |
| 21. | Joana Milhazes Pinto <i>FTL</i> | 96 | Braga | 5:03.80 | +0.97 | 487 | |
| | 50m: 33.74 33.74 | 150m: 1:49.02 38.25 | 250m: 3:06.76 39.20 | 350m: 4:25.33 39.57 | | | |
| | 100m: 1:10.77 37.03 | 200m: 2:27.56 38.54 | 300m: 3:45.76 39.00 | 400m: 5:03.80 38.47 | | | |
| 22. | Maria Joao Santos <i>FTL</i> | 96 | Desportiva de Viana | 5:06.50 | +0.67 | 475 | |
| | 50m: 33.09 33.09 | 150m: 1:47.79 38.08 | 250m: 3:07.68 39.96 | 350m: 4:27.56 39.63 | | | |
| | 100m: 1:09.71 36.62 | 200m: 2:27.72 39.93 | 300m: 3:47.93 40.25 | 400m: 5:06.50 38.94 | | | |
| 23. | Marcia Filipa Carvalho <i>FTL</i> | 96 | Torres Novas | 5:08.00 | +0.78 | 468 | |
| | 50m: 33.63 33.63 | 150m: 1:49.59 38.81 | 250m: 3:08.28 39.12 | 350m: 4:28.70 39.83 | | | |
| | 100m: 1:10.78 37.15 | 200m: 2:29.16 39.57 | 300m: 3:48.87 40.59 | 400m: 5:08.00 39.30 | | | |

Absolutos

| | | | | | | | |
|----|-------------------------|---------------------|----------------------|---------------------|-------|-------|--|
| 1. | Andreia Catarina Gomes | 94 | Vitoria de Guimaraes | 4:28.02 | +0.81 | 710 A | |
| | 50m: 31.11 31.11 | 150m: 1:38.77 34.11 | 250m: 2:46.44 34.10 | 350m: 3:55.08 34.15 | | | |
| | 100m: 1:04.66 33.55 | 200m: 2:12.34 33.57 | 300m: 3:20.93 34.49 | 400m: 4:28.02 32.94 | | | |
| 2. | Joana Aguiar Rodrigues | 93 | Porto/Dolce Vita | 4:28.48 | +0.85 | 706 A | |
| | 50m: 31.35 31.35 | 150m: 1:39.68 34.61 | 250m: 2:47.54 34.05 | 350m: 3:55.40 33.99 | | | |
| | 100m: 1:05.07 33.72 | 200m: 2:13.49 33.81 | 300m: 3:21.41 33.87 | 400m: 4:28.48 33.08 | | | |
| 3. | Ana Ribeiro Ferreira | 92 | Famalicao | 4:28.70 | +0.84 | 705 A | |
| | 50m: 31.41 31.41 | 150m: 1:39.63 34.68 | 250m: 2:47.87 34.26 | 350m: 3:55.93 33.76 | | | |
| | 100m: 1:04.95 33.54 | 200m: 2:13.61 33.98 | 300m: 3:22.17 34.30 | 400m: 4:28.70 32.77 | | | |
| 4. | Maria Miguel Veloso | 93 | Nautico/Matobra | 4:29.20 | +0.99 | 701 A | |
| | 50m: 31.79 31.79 | 150m: 1:39.16 33.88 | 250m: 2:47.09 33.92 | 350m: 3:55.62 34.21 | | | |
| | 100m: 1:05.28 33.49 | 200m: 2:13.17 34.01 | 300m: 3:21.41 34.32 | 400m: 4:29.20 33.58 | | | |
| 5. | Ana Goncalves Neto | 95 | Porto/Dolce Vita | 4:33.17 | +0.88 | 670 A | |
| | 50m: 31.85 31.85 | 150m: 1:41.33 35.16 | 250m: 2:50.78 34.11 | 350m: 3:59.83 34.86 | | | |
| | 100m: 1:06.17 34.32 | 200m: 2:16.67 35.34 | 300m: 3:24.97 34.19 | 400m: 4:33.17 33.34 | | | |
| 6. | Joana Filipa Santos | 93 | Vitoria de Guimaraes | 4:33.19 | +0.89 | 670 A | |
| | 50m: 31.24 31.24 | 150m: 1:39.42 34.53 | 250m: 2:49.15 35.01 | 350m: 3:59.71 35.27 | | | |
| | 100m: 1:04.89 33.65 | 200m: 2:14.14 34.72 | 300m: 3:24.44 35.29 | 400m: 4:33.19 33.48 | | | |
| 7. | Diana Margarida Duraes | 96 | Foca | 4:35.16 | +0.78 | 656 A | |
| | 50m: 31.20 31.20 | 150m: 1:40.70 35.59 | 250m: 2:51.28 35.11 | 350m: 4:02.25 35.45 | | | |
| | 100m: 1:05.11 33.91 | 200m: 2:16.17 35.47 | 300m: 3:26.80 35.52 | 400m: 4:35.16 32.91 | | | |
| 8. | Patricia Garcia Marinho | 94 | Sporting | 4:35.23 | +0.95 | 656 B | |
| | 50m: 32.15 32.15 | 150m: 1:40.19 34.42 | 250m: 2:50.99 35.66 | 350m: 4:01.49 35.26 | | | |
| | 100m: 1:05.77 33.62 | 200m: 2:15.33 35.14 | 300m: 3:26.23 35.24 | 400m: 4:35.23 33.74 | | | |
| 9. | Angelica Maria Andre | 94 | Leixoes | 4:35.95 | +0.84 | 650 B | |
| | 50m: 31.76 31.76 | 150m: 1:40.92 34.94 | 250m: 2:51.34 35.14 | 350m: 4:01.71 34.73 | | | |
| | 100m: 1:05.98 34.22 | 200m: 2:16.20 35.28 | 300m: 3:26.98 35.64 | 400m: 4:35.95 34.24 | | | |

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Prova 35, Femin., 400m Livres, Elimin, Absolutos

| Lugar | Nome | Ano | Clube | Tempo Final | TReac | Pts FINA | Pts |
|-------|--------------------------|---------------------|------------------------------|---------------------|-------|----------|-----|
| 10. | Carolina Cunha Martins | 95 | Nautico/Matobra | 4:36.77 | +0.97 | 645 B | |
| | 50m: 31.24 31.24 | 150m: 1:40.43 34.78 | 250m: 2:51.15 35.31 | 350m: 4:02.09 35.16 | | | |
| | 100m: 1:05.65 34.41 | 200m: 2:15.84 35.41 | 300m: 3:26.93 35.78 | 400m: 4:36.77 34.68 | | | |
| 11. | Leonor Mourinho Neves | 95 | Sporting | 4:36.85 | +0.86 | 644 B | |
| | 50m: 31.79 31.79 | 150m: 1:41.27 34.67 | 250m: 2:51.86 35.12 | 350m: 4:02.49 34.91 | | | |
| | 100m: 1:06.60 34.81 | 200m: 2:16.74 35.47 | 300m: 3:27.58 35.72 | 400m: 4:36.85 34.36 | | | |
| 12. | Alexandra Paiva Oliveira | 91 | Porto/Dolce Vita | 4:36.87 | +0.80 | 644 B | |
| | 50m: 31.46 31.46 | 150m: 1:39.90 34.49 | 250m: 2:49.78 34.70 | 350m: 4:01.16 35.66 | | | |
| | 100m: 1:05.41 33.95 | 200m: 2:15.08 35.18 | 300m: 3:25.50 35.72 | 400m: 4:36.87 35.71 | | | |
| 13. | Ana Margarida Domingos | 93 | Academico Viseu | 4:37.19 | +0.91 | 642 B | |
| | 50m: 32.20 32.20 | 150m: 1:43.14 35.71 | 250m: 2:54.15 35.21 | 350m: 4:04.07 34.67 | | | |
| | 100m: 1:07.43 35.23 | 200m: 2:18.94 35.80 | 300m: 3:29.40 35.25 | 400m: 4:37.19 33.12 | | | |
| 14. | Marta Alexandra Saraiva | 93 | Uniao Piedense | 4:37.59 | +0.84 | 639 B | |
| | 50m: 31.97 31.97 | 150m: 1:42.09 35.56 | 250m: 2:53.05 35.62 | 350m: 4:03.45 35.26 | | | |
| | 100m: 1:06.53 34.56 | 200m: 2:17.43 35.34 | 300m: 3:28.19 35.14 | 400m: 4:37.59 34.14 | | | |
| 15. | Joana Filipa Capela | 89 | Benfica | 4:37.74 | +0.90 | 638 B | |
| | 50m: 31.05 31.05 | 150m: 1:40.10 34.92 | 250m: 2:51.05 35.80 | 350m: 4:03.02 36.15 | | | |
| | 100m: 1:05.18 34.13 | 200m: 2:15.25 35.15 | 300m: 3:26.87 35.82 | 400m: 4:37.74 34.72 | | | |
| 16. | Ines Sofia Sampaio | 94 | Academico Viseu | 4:39.16 | +0.91 | 628 R | |
| | 50m: 32.20 32.20 | 150m: 1:43.37 35.64 | 250m: 2:54.29 35.07 | 350m: 4:04.90 35.05 | | | |
| | 100m: 1:07.73 35.53 | 200m: 2:19.22 35.85 | 300m: 3:29.85 35.56 | 400m: 4:39.16 34.26 | | | |
| 17. | Maria Ana Magalhaes | 93 | Desportiva Limiana | 4:39.18 | +0.66 | 628 R | |
| | 50m: 31.55 31.55 | 150m: 1:40.65 34.97 | 250m: 2:51.95 35.94 | 350m: 4:03.78 36.09 | | | |
| | 100m: 1:05.68 34.13 | 200m: 2:16.01 35.36 | 300m: 3:27.69 35.74 | 400m: 4:39.18 35.40 | | | |
| 18. | Maria Luis Amorim | 95 | Porto/Dolce Vita | 4:39.28 | +0.96 | 627 | |
| | 50m: 32.33 32.33 | 150m: 1:42.37 35.66 | 250m: 2:53.32 35.47 | 350m: 4:03.99 35.26 | | | |
| | 100m: 1:06.71 34.38 | 200m: 2:17.85 35.48 | 300m: 3:28.73 35.41 | 400m: 4:39.28 35.29 | | | |
| 19. | Florbela Cavaco Machado | 96 | Columbofila/Cantanhedense | 4:39.29 | +0.89 | 627 | |
| | 50m: 32.43 32.43 | 150m: 1:42.23 34.67 | 250m: 2:53.74 35.77 | 350m: 4:04.80 34.99 | | | |
| | 100m: 1:07.56 35.13 | 200m: 2:17.97 35.74 | 300m: 3:29.81 36.07 | 400m: 4:39.29 34.49 | | | |
| 20. | Alexandra Ribeiro Paula | 93 | Sporting | 4:39.90 | +0.81 | 623 | |
| | 50m: 31.45 31.45 | 150m: 1:42.76 35.84 | 250m: 2:53.62 35.26 | 350m: 4:05.18 35.76 | | | |
| | 100m: 1:06.92 35.47 | 200m: 2:18.36 35.60 | 300m: 3:29.42 35.80 | 400m: 4:39.90 34.72 | | | |
| 21. | Marisa Alexandra Lage | 94 | Viana Natacao | 4:40.21 | +0.95 | 621 | |
| | 50m: 31.49 31.49 | 150m: 1:39.74 34.58 | 250m: 2:51.08 35.74 | 350m: 4:04.56 36.64 | | | |
| | 100m: 1:05.16 33.67 | 200m: 2:15.34 35.60 | 300m: 3:27.92 36.84 | 400m: 4:40.21 35.65 | | | |
| 22. | Soraia Vanessa Ribeiro | 92 | Individual Norte de Portugal | 4:41.73 | +0.86 | 611 | |
| | <i>FTL</i> | | | | | | |
| | 50m: 31.46 31.46 | 150m: 1:40.76 35.23 | 250m: 2:51.90 35.62 | 350m: 4:05.03 37.16 | | | |
| | 100m: 1:05.53 34.07 | 200m: 2:16.28 35.52 | 300m: 3:27.87 35.97 | 400m: 4:41.73 36.70 | | | |
| 23. | Cassandra Pedro Oliveira | 95 | Vilacondense | 4:42.46 | +0.84 | 606 | |
| | 50m: 32.43 32.43 | 150m: 1:43.17 35.39 | 250m: 2:54.79 35.82 | 350m: 4:06.93 36.10 | | | |
| | 100m: 1:07.78 35.35 | 200m: 2:18.97 35.80 | 300m: 3:30.83 36.04 | 400m: 4:42.46 35.53 | | | |
| 24. | Ines Alexandra Paiva | 96 | Alges | 4:44.00 | +0.81 | 597 | |
| | 50m: 32.36 32.36 | 150m: 1:43.71 35.85 | 250m: 2:56.25 36.09 | 350m: 4:09.24 36.72 | | | |
| | 100m: 1:07.86 35.50 | 200m: 2:20.16 36.45 | 300m: 3:32.52 36.27 | 400m: 4:44.00 34.76 | | | |

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Prova 35, Femin., 400m Livres, Elimin, Absolutos

| Lugar | Nome | Ano | Clube | Tempo Final | TReac | Pts FINA | Pts |
|-------|--------------------------|---------------------|---------------------------|---------------------|-------|----------|-----|
| 25. | Catia Andreia Clara | 95 | Nautico da Marinha Grande | 4:44.39 | +0.93 | 594 | |
| | 50m: 32.43 32.43 | 150m: 1:43.64 36.20 | 250m: 2:56.68 36.68 | 350m: 4:09.38 36.44 | | | |
| | 100m: 1:07.44 35.01 | 200m: 2:20.00 36.36 | 300m: 3:32.94 36.26 | 400m: 4:44.39 35.01 | | | |
| 26. | Ana Isabel Neves | 96 | Pimpoes/Cimai | 4:44.68 | +0.99 | 592 | |
| | 50m: 32.81 32.81 | 150m: 1:44.86 36.24 | 250m: 2:57.43 36.31 | 350m: 4:10.21 36.36 | | | |
| | 100m: 1:08.62 35.81 | 200m: 2:21.12 36.26 | 300m: 3:33.85 36.42 | 400m: 4:44.68 34.47 | | | |
| 27. | Bruna Leal Dantas | 96 | Sporting | 4:46.43 | +0.87 | 582 | |
| | 50m: 33.06 33.06 | 150m: 1:44.89 36.51 | 250m: 2:57.96 37.02 | 350m: 4:11.48 36.85 | | | |
| | 100m: 1:08.38 35.32 | 200m: 2:20.94 36.05 | 300m: 3:34.63 36.67 | 400m: 4:46.43 34.95 | | | |
| 28. | Carla Rosario Palma | 96 | Alcobaca | 4:48.26 | +0.78 | 571 | |
| | 50m: 31.81 31.81 | 150m: 1:43.57 36.86 | 250m: 2:57.98 37.56 | 350m: 4:12.50 37.35 | | | |
| | 100m: 1:06.71 34.90 | 200m: 2:20.42 36.85 | 300m: 3:35.15 37.17 | 400m: 4:48.26 35.76 | | | |
| 29. | Ana Catarina Azevedo | 96 | Famalicao | 4:50.09 | +0.77 | 560 | |
| | 50m: 33.13 33.13 | 150m: 1:46.13 37.12 | 250m: 3:00.20 36.92 | 350m: 4:14.54 37.19 | | | |
| | 100m: 1:09.01 35.88 | 200m: 2:23.28 37.15 | 300m: 3:37.35 37.15 | 400m: 4:50.09 35.55 | | | |
| 30. | Mariana Jesus Costa | 96 | Alcobaca | 4:50.57 | +0.85 | 557 | |
| | 50m: 33.06 33.06 | 150m: 1:46.51 37.65 | 250m: 3:01.49 37.42 | 350m: 4:14.83 36.95 | | | |
| | 100m: 1:08.86 35.80 | 200m: 2:24.07 37.56 | 300m: 3:37.88 36.39 | 400m: 4:50.57 35.74 | | | |
| 31. | Vera Patricia Fernandes | 96 | Braga | 4:51.38 | +1.00 | 552 | |
| | 50m: 33.00 33.00 | 150m: 1:45.97 36.57 | 250m: 3:00.69 37.12 | 350m: 4:15.36 36.78 | | | |
| | 100m: 1:09.40 36.40 | 200m: 2:23.57 37.60 | 300m: 3:38.58 37.89 | 400m: 4:51.38 36.02 | | | |
| 32. | Ana Monica Eloi | 96 | Nautico da Marinha Grande | 4:52.21 | +0.89 | 548 | |
| | 50m: 33.40 33.40 | 150m: 1:46.50 36.99 | 250m: 3:01.04 37.83 | 350m: 4:15.92 37.35 | | | |
| | 100m: 1:09.51 36.11 | 200m: 2:23.21 36.71 | 300m: 3:38.57 37.53 | 400m: 4:52.21 36.29 | | | |
| 33. | Ana Carolina Leal | 96 | Nautico/Matobra | 4:52.68 | +0.86 | 545 | |
| | 50m: 32.66 32.66 | 150m: 1:45.92 37.14 | 250m: 3:00.86 37.00 | 350m: 4:15.81 37.29 | | | |
| | 100m: 1:08.78 36.12 | 200m: 2:23.86 37.94 | 300m: 3:38.52 37.66 | 400m: 4:52.68 36.87 | | | |
| 34. | Carolina Francisco Gomes | 95 | Naval da Nazare | 4:52.87 | +1.01 | 544 | |
| | <i>FTL</i> | | | | | | |
| | 50m: 33.80 33.80 | 150m: 1:47.49 36.93 | 250m: 3:01.75 37.09 | 350m: 4:16.60 37.24 | | | |
| | 100m: 1:10.56 36.76 | 200m: 2:24.66 37.17 | 300m: 3:39.36 37.61 | 400m: 4:52.87 36.27 | | | |
| 35. | Sofia Cunha Sousa | 96 | Foca | 4:53.77 | +0.97 | 539 | |
| | 50m: 32.90 32.90 | 150m: 1:46.12 36.95 | 250m: 3:01.43 37.63 | 350m: 4:16.49 37.20 | | | |
| | 100m: 1:09.17 36.27 | 200m: 2:23.80 37.68 | 300m: 3:39.29 37.86 | 400m: 4:53.77 37.28 | | | |
| 36. | Rita Silva Fernandes | 96 | Colegio Vasco da Gama | 4:54.41 | +0.88 | 535 | |
| | 50m: 34.15 34.15 | 150m: 1:48.28 37.24 | 250m: 3:03.57 36.98 | 350m: 4:18.53 37.01 | | | |
| | 100m: 1:11.04 36.89 | 200m: 2:26.59 38.31 | 300m: 3:41.52 37.95 | 400m: 4:54.41 35.88 | | | |
| 37. | Maria Julia Cunha | 96 | Braga | 4:55.02 | +0.78 | 532 | |
| | 50m: 33.11 33.11 | 150m: 1:47.13 37.50 | 250m: 3:03.42 38.51 | 350m: 4:19.13 38.22 | | | |
| | 100m: 1:09.63 36.52 | 200m: 2:24.91 37.78 | 300m: 3:40.91 37.49 | 400m: 4:55.02 35.89 | | | |
| 38. | Ana Luisa Carvalho | 96 | Nautico/Matobra | 4:55.45 | +0.83 | 530 | |
| | 50m: 32.69 32.69 | 150m: 1:45.79 37.11 | 250m: 3:01.31 37.40 | 350m: 4:17.81 37.85 | | | |
| | 100m: 1:08.68 35.99 | 200m: 2:23.91 38.12 | 300m: 3:39.96 38.65 | 400m: 4:55.45 37.64 | | | |
| 39. | Marta Filipa Vinagre | 95 | Torres Novas | 4:57.23 | +0.80 | 520 | |
| | <i>FTL</i> | | | | | | |
| | 50m: 32.47 32.47 | 150m: 1:45.40 37.46 | 250m: 3:01.52 38.55 | 350m: 4:19.68 39.13 | | | |
| | 100m: 1:07.94 35.47 | 200m: 2:22.97 37.57 | 300m: 3:40.55 39.03 | 400m: 4:57.23 37.55 | | | |

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Prova 35, Femin., 400m Livres, Elimin, Absolutos

| Lugar | Nome | Ano | Clube | Tempo Final | TReac | Pts FINA | Pts |
|-------|----------------------------|---------------------|-----------------------|---------------------|-------|----------|-----|
| 40. | Mariana Rodrigues Ferreira | 96 | Benfica | 4:57.68 | +0.90 | 518 | |
| | 50m: 33.99 33.99 | 150m: 1:49.42 38.13 | 250m: 3:05.64 37.84 | 350m: 4:21.19 37.45 | | | |
| | 100m: 1:11.29 37.30 | 200m: 2:27.80 38.38 | 300m: 3:43.74 38.10 | 400m: 4:57.68 36.49 | | | |
| 41. | Ana Beatriz Silva | 96 | Gafanha da Encarnacao | 4:58.14 | +0.97 | 516 | |
| | FTL | | | | | | |
| | 50m: 33.72 33.72 | 150m: 1:49.39 37.93 | 250m: 3:06.11 38.39 | 350m: 4:21.65 37.39 | | | |
| | 100m: 1:11.46 37.74 | 200m: 2:27.72 38.33 | 300m: 3:44.26 38.15 | 400m: 4:58.14 36.49 | | | |
| 42. | Ana Margarida Rodrigues | 96 | Galitos | 5:00.29 | +0.74 | 505 | |
| | FTL | | | | | | |
| | 50m: 33.24 33.24 | 150m: 1:46.82 37.29 | 250m: 3:04.37 38.92 | 350m: 4:22.07 39.01 | | | |
| | 100m: 1:09.53 36.29 | 200m: 2:25.45 38.63 | 300m: 3:43.06 38.69 | 400m: 5:00.29 38.22 | | | |
| 43. | Maria Beatriz Rascao | 96 | Nautico/Matobra | 5:00.45 | +0.97 | 504 | |
| | FTL | | | | | | |
| | 50m: 33.70 33.70 | 150m: 1:48.27 37.77 | 250m: 3:05.89 38.61 | 350m: 4:23.35 38.70 | | | |
| | 100m: 1:10.50 36.80 | 200m: 2:27.28 39.01 | 300m: 3:44.65 38.76 | 400m: 5:00.45 37.10 | | | |
| 44. | Debora Filipa Duque | 96 | Pimpoes/Cimai | 5:00.99 | +0.87 | 501 | |
| | FTL | | | | | | |
| | 50m: 34.03 34.03 | 150m: 1:46.37 36.67 | 250m: 3:02.71 38.85 | 350m: 4:22.06 39.81 | | | |
| | 100m: 1:09.70 35.67 | 200m: 2:23.86 37.49 | 300m: 3:42.25 39.54 | 400m: 5:00.99 38.93 | | | |
| 45. | Joana Milhazes Pinto | 96 | Braga | 5:03.80 | +0.97 | 487 | |
| | FTL | | | | | | |
| | 50m: 33.74 33.74 | 150m: 1:49.02 38.25 | 250m: 3:06.76 39.20 | 350m: 4:25.33 39.57 | | | |
| | 100m: 1:10.77 37.03 | 200m: 2:27.56 38.54 | 300m: 3:45.76 39.00 | 400m: 5:03.80 38.47 | | | |
| 46. | Maria Joao Santos | 96 | Desportiva de Viana | 5:06.50 | +0.67 | 475 | |
| | FTL | | | | | | |
| | 50m: 33.09 33.09 | 150m: 1:47.79 38.08 | 250m: 3:07.68 39.96 | 350m: 4:27.56 39.63 | | | |
| | 100m: 1:09.71 36.62 | 200m: 2:27.72 39.93 | 300m: 3:47.93 40.25 | 400m: 5:06.50 38.94 | | | |
| 47. | Marcia Filipa Carvalho | 96 | Torres Novas | 5:08.00 | +0.78 | 468 | |
| | FTL | | | | | | |
| | 50m: 33.63 33.63 | 150m: 1:49.59 38.81 | 250m: 3:08.28 39.12 | 350m: 4:28.70 39.83 | | | |
| | 100m: 1:10.78 37.15 | 200m: 2:29.16 39.57 | 300m: 3:48.87 40.59 | 400m: 5:08.00 39.30 | | | |

Seniores

| | | | | | | | |
|----|------------------------|---------------------|----------------------|---------------------|-------|-------|--|
| 1. | Joana Aguiar Rodrigues | 93 | Porto/Dolce Vita | 4:28.48 | +0.85 | 706 A | |
| | 50m: 31.35 31.35 | 150m: 1:39.68 34.61 | 250m: 2:47.54 34.05 | 350m: 3:55.40 33.99 | | | |
| | 100m: 1:05.07 33.72 | 200m: 2:13.49 33.81 | 300m: 3:21.41 33.87 | 400m: 4:28.48 33.08 | | | |
| 2. | Ana Ribeiro Ferreira | 92 | Famalicao | 4:28.70 | +0.84 | 705 A | |
| | 50m: 31.41 31.41 | 150m: 1:39.63 34.68 | 250m: 2:47.87 34.26 | 350m: 3:55.93 33.76 | | | |
| | 100m: 1:04.95 33.54 | 200m: 2:13.61 33.98 | 300m: 3:22.17 34.30 | 400m: 4:28.70 32.77 | | | |
| 3. | Maria Miguel Veloso | 93 | Nautico/Matobra | 4:29.20 | +0.99 | 701 A | |
| | 50m: 31.79 31.79 | 150m: 1:39.16 33.88 | 250m: 2:47.09 33.92 | 350m: 3:55.62 34.21 | | | |
| | 100m: 1:05.28 33.49 | 200m: 2:13.17 34.01 | 300m: 3:21.41 34.32 | 400m: 4:29.20 33.58 | | | |
| 4. | Joana Filipa Santos | 93 | Vitoria de Guimaraes | 4:33.19 | +0.89 | 670 A | |
| | 50m: 31.24 31.24 | 150m: 1:39.42 34.53 | 250m: 2:49.15 35.01 | 350m: 3:59.71 35.27 | | | |
| | 100m: 1:04.89 33.65 | 200m: 2:14.14 34.72 | 300m: 3:24.44 35.29 | 400m: 4:33.19 33.48 | | | |

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Prova 35, Femin., 400m Livres, Elimin, Seniores

| Lugar | Nome | Ano | Clube | Tempo Final | TReac | Pts FINA | Pts |
|-------|--------------------------|---------------------|------------------------------|---------------------|-------|----------|-----|
| 5. | Alexandra Paiva Oliveira | 91 | Porto/Dolce Vita | 4:36.87 | +0.80 | 644 B | |
| | 50m: 31.46 31.46 | 150m: 1:39.90 34.49 | 250m: 2:49.78 34.70 | 350m: 4:01.16 35.66 | | | |
| | 100m: 1:05.41 33.95 | 200m: 2:15.08 35.18 | 300m: 3:25.50 35.72 | 400m: 4:36.87 35.71 | | | |
| 6. | Ana Margarida Domingos | 93 | Academico Viseu | 4:37.19 | +0.91 | 642 B | |
| | 50m: 32.20 32.20 | 150m: 1:43.14 35.71 | 250m: 2:54.15 35.21 | 350m: 4:04.07 34.67 | | | |
| | 100m: 1:07.43 35.23 | 200m: 2:18.94 35.80 | 300m: 3:29.40 35.25 | 400m: 4:37.19 33.12 | | | |
| 7. | Marta Alexandra Saraiva | 93 | Uniao Piedense | 4:37.59 | +0.84 | 639 B | |
| | 50m: 31.97 31.97 | 150m: 1:42.09 35.56 | 250m: 2:53.05 35.62 | 350m: 4:03.45 35.26 | | | |
| | 100m: 1:06.53 34.56 | 200m: 2:17.43 35.34 | 300m: 3:28.19 35.14 | 400m: 4:37.59 34.14 | | | |
| 8. | Joana Filipa Capela | 89 | Benfica | 4:37.74 | +0.90 | 638 B | |
| | 50m: 31.05 31.05 | 150m: 1:40.10 34.92 | 250m: 2:51.05 35.80 | 350m: 4:03.02 36.15 | | | |
| | 100m: 1:05.18 34.13 | 200m: 2:15.25 35.15 | 300m: 3:26.87 35.82 | 400m: 4:37.74 34.72 | | | |
| 9. | Maria Ana Magalhaes | 93 | Desportiva Limiana | 4:39.18 | +0.66 | 628 R | |
| | 50m: 31.55 31.55 | 150m: 1:40.65 34.97 | 250m: 2:51.95 35.94 | 350m: 4:03.78 36.09 | | | |
| | 100m: 1:05.68 34.13 | 200m: 2:16.01 35.36 | 300m: 3:27.69 35.74 | 400m: 4:39.18 35.40 | | | |
| 10. | Alexandra Ribeiro Paula | 93 | Sporting | 4:39.90 | +0.81 | 623 | |
| | 50m: 31.45 31.45 | 150m: 1:42.76 35.84 | 250m: 2:53.62 35.26 | 350m: 4:05.18 35.76 | | | |
| | 100m: 1:06.92 35.47 | 200m: 2:18.36 35.60 | 300m: 3:29.42 35.80 | 400m: 4:39.90 34.72 | | | |
| 11. | Soraia Vanessa Ribeiro | 92 | Individual Norte de Portugal | 4:41.73 | +0.86 | 611 | |
| | <i>FTL</i> | | | | | | |
| | 50m: 31.46 31.46 | 150m: 1:40.76 35.23 | 250m: 2:51.90 35.62 | 350m: 4:05.03 37.16 | | | |
| | 100m: 1:05.53 34.07 | 200m: 2:16.28 35.52 | 300m: 3:27.87 35.97 | 400m: 4:41.73 36.70 | | | |

Juniores2

| | | | | | | | |
|----|-------------------------|---------------------|----------------------|---------------------|-------|-------|--|
| 1. | Andreia Catarina Gomes | 94 | Vitoria de Guimaraes | 4:28.02 | +0.81 | 710 A | |
| | 50m: 31.11 31.11 | 150m: 1:38.77 34.11 | 250m: 2:46.44 34.10 | 350m: 3:55.08 34.15 | | | |
| | 100m: 1:04.66 33.55 | 200m: 2:12.34 33.57 | 300m: 3:20.93 34.49 | 400m: 4:28.02 32.94 | | | |
| 2. | Patricia Garcia Marinho | 94 | Sporting | 4:35.23 | +0.95 | 656 B | |
| | 50m: 32.15 32.15 | 150m: 1:40.19 34.42 | 250m: 2:50.99 35.66 | 350m: 4:01.49 35.26 | | | |
| | 100m: 1:05.77 33.62 | 200m: 2:15.33 35.14 | 300m: 3:26.23 35.24 | 400m: 4:35.23 33.74 | | | |
| 3. | Angelica Maria Andre | 94 | Leixoes | 4:35.95 | +0.84 | 650 B | |
| | 50m: 31.76 31.76 | 150m: 1:40.92 34.94 | 250m: 2:51.34 35.14 | 350m: 4:01.71 34.73 | | | |
| | 100m: 1:05.98 34.22 | 200m: 2:16.20 35.28 | 300m: 3:26.98 35.64 | 400m: 4:35.95 34.24 | | | |
| 4. | Ines Sofia Sampaio | 94 | Academico Viseu | 4:39.16 | +0.91 | 628 R | |
| | 50m: 32.20 32.20 | 150m: 1:43.37 35.64 | 250m: 2:54.29 35.07 | 350m: 4:04.90 35.05 | | | |
| | 100m: 1:07.73 35.53 | 200m: 2:19.22 35.85 | 300m: 3:29.85 35.56 | 400m: 4:39.16 34.26 | | | |
| 5. | Marisa Alexandra Lage | 94 | Viana Natacao | 4:40.21 | +0.95 | 621 | |
| | 50m: 31.49 31.49 | 150m: 1:39.74 34.58 | 250m: 2:51.08 35.74 | 350m: 4:04.56 36.64 | | | |
| | 100m: 1:05.16 33.67 | 200m: 2:15.34 35.60 | 300m: 3:27.92 36.84 | 400m: 4:40.21 35.65 | | | |

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Prova 35, Femin., 400m Livres, Elimin

Juniores1

| | | | | | | | | | | | | |
|----|--------------------------|---------|---------------------------|----------------|---------|-------|-------|---------|-------|-------|---------|-------|
| 1. | Ana Goncalves Neto | 95 | Porto/Dolce Vita | 4:33.17 | +0.88 | 670 | A | | | | | |
| | 50m: | 31.85 | 31.85 | 150m: | 1:41.33 | 35.16 | 250m: | 2:50.78 | 34.11 | 350m: | 3:59.83 | 34.86 |
| | 100m: | 1:06.17 | 34.32 | 200m: | 2:16.67 | 35.34 | 300m: | 3:24.97 | 34.19 | 400m: | 4:33.17 | 33.34 |
| 2. | Carolina Cunha Martins | 95 | Nautico/Matobra | 4:36.77 | +0.97 | 645 | B | | | | | |
| | 50m: | 31.24 | 31.24 | 150m: | 1:40.43 | 34.78 | 250m: | 2:51.15 | 35.31 | 350m: | 4:02.09 | 35.16 |
| | 100m: | 1:05.65 | 34.41 | 200m: | 2:15.84 | 35.41 | 300m: | 3:26.93 | 35.78 | 400m: | 4:36.77 | 34.68 |
| 3. | Leonor Mourinho Neves | 95 | Sporting | 4:36.85 | +0.86 | 644 | B | | | | | |
| | 50m: | 31.79 | 31.79 | 150m: | 1:41.27 | 34.67 | 250m: | 2:51.86 | 35.12 | 350m: | 4:02.49 | 34.91 |
| | 100m: | 1:06.60 | 34.81 | 200m: | 2:16.74 | 35.47 | 300m: | 3:27.58 | 35.72 | 400m: | 4:36.85 | 34.36 |
| 4. | Maria Luis Amorim | 95 | Porto/Dolce Vita | 4:39.28 | +0.96 | 627 | | | | | | |
| | 50m: | 32.33 | 32.33 | 150m: | 1:42.37 | 35.66 | 250m: | 2:53.32 | 35.47 | 350m: | 4:03.99 | 35.26 |
| | 100m: | 1:06.71 | 34.38 | 200m: | 2:17.85 | 35.48 | 300m: | 3:28.73 | 35.41 | 400m: | 4:39.28 | 35.29 |
| 5. | Cassandra Pedro Oliveira | 95 | Vilacondense | 4:42.46 | +0.84 | 606 | | | | | | |
| | 50m: | 32.43 | 32.43 | 150m: | 1:43.17 | 35.39 | 250m: | 2:54.79 | 35.82 | 350m: | 4:06.93 | 36.10 |
| | 100m: | 1:07.78 | 35.35 | 200m: | 2:18.97 | 35.80 | 300m: | 3:30.83 | 36.04 | 400m: | 4:42.46 | 35.53 |
| 6. | Catia Andreia Clara | 95 | Nautico da Marinha Grande | 4:44.39 | +0.93 | 594 | | | | | | |
| | 50m: | 32.43 | 32.43 | 150m: | 1:43.64 | 36.20 | 250m: | 2:56.68 | 36.68 | 350m: | 4:09.38 | 36.44 |
| | 100m: | 1:07.44 | 35.01 | 200m: | 2:20.00 | 36.36 | 300m: | 3:32.94 | 36.26 | 400m: | 4:44.39 | 35.01 |
| 7. | Carolina Francisco Gomes | 95 | Naval da Nazare | 4:52.87 | +1.01 | 544 | | | | | | |
| | <i>FTL</i> | | | | | | | | | | | |
| | 50m: | 33.80 | 33.80 | 150m: | 1:47.49 | 36.93 | 250m: | 3:01.75 | 37.09 | 350m: | 4:16.60 | 37.24 |
| | 100m: | 1:10.56 | 36.76 | 200m: | 2:24.66 | 37.17 | 300m: | 3:39.36 | 37.61 | 400m: | 4:52.87 | 36.27 |
| 8. | Marta Filipa Vinagre | 95 | Torres Novas | 4:57.23 | +0.80 | 520 | | | | | | |
| | <i>FTL</i> | | | | | | | | | | | |
| | 50m: | 32.47 | 32.47 | 150m: | 1:45.40 | 37.46 | 250m: | 3:01.52 | 38.55 | 350m: | 4:19.68 | 39.13 |
| | 100m: | 1:07.94 | 35.47 | 200m: | 2:22.97 | 37.57 | 300m: | 3:40.55 | 39.03 | 400m: | 4:57.23 | 37.55 |