

| Prova 57 | Femin., 400m Estilos | | | | 2ª Divisão FEM |
|---------------------------------|----------------------|------------------------|-------|--------------------|----------------|
| 12-04-2015 - 16:00 | 2ª Divisão | | | | Resultados |
| Recordes Nacionais 50m Absoluto | 4:45.69 | Victoria Kaminskaya | FPN | Malaga (ESP) | 29-03-2015 |
| Recordes Nacionais 50m Inf B | 5:14.05 | Filipa Vilas Ruivo | DNMG | S. João da Madeira | 24-07-2009 |
| Recordes Nacionais 50m Inf A | 5:11.29 | Diana Ramos Rocha | EDV | Faro | 20-07-2007 |
| Recordes Nacionais 50m Juv B | 5:01.04 | Susana Patricia Miguel | SFUAP | Lisboa | 08-07-2004 |
| Recordes Nacionais 50m Juv A | 4:58.08 | Diana Margarida Duraes | FOCA | Póvoa de Varzim | 05-08-2011 |
| Recordes Nacionais 50m Jun 16 | 4:57.84 | Victoria Kaminskaya | PIMP | Oeiras | 19-02-2011 |
| Recordes Nacionais 50m Jun 17 | 4:52.12 | Victoria Kaminskaya | PIMP | Oeiras | 27-07-2012 |
| Recordes Nacionais 50m Sen | 4:45.69 | Victoria Kaminskaya | FPN | Malaga (ESP) | 29-03-2015 |

Pontos: FINA 2015

| Lugar | Nome | Ano | NFed | Clube | Tempo Final | TReac | Pts FINA | Pts |
|-------|-------------------------|-----|--------|----------------------------|---------------------|---------------------|----------|---------|
| 1. | Ana Catarina Monteiro | 93 | 24320 | Vilacondense | 4:56.17 | +0,74 | 744 | 17,0(-) |
| | 50m: 29.94 29.94 | | | 150m: 1:42.97 39.41 | 250m: 3:04.69 43.50 | 350m: 4:23.50 35.33 | | |
| | 100m: 1:03.56 33.62 | | | 200m: 2:21.19 38.22 | 300m: 3:48.17 43.48 | 400m: 4:56.17 32.67 | | |
| 2. | Ines Neto Rocha | 01 | 111313 | Aquatico Pacense | 5:04.93 | +0,90 | 682 | 15,0(-) |
| | 50m: 32.88 32.88 | | | 150m: 1:49.43 39.52 | 250m: 3:11.01 42.95 | 350m: 4:30.08 36.18 | | |
| | 100m: 1:09.91 37.03 | | | 200m: 2:28.06 38.63 | 300m: 3:53.90 42.89 | 400m: 5:04.93 34.85 | | |
| 3. | Paula Goyanes Garcia | 98 | 148728 | Desportiva de Viana | 5:05.44 | +0,80 | 678 | 14,0(-) |
| | 50m: 31.87 31.87 | | | 150m: 1:48.44 38.97 | 250m: 3:12.09 44.62 | 350m: 4:31.87 34.24 | | |
| | 100m: 1:09.47 37.60 | | | 200m: 2:27.47 39.03 | 300m: 3:57.63 45.54 | 400m: 5:05.44 33.57 | | |
| 4. | Giovanna Vaz Vargas | 00 | 110957 | Nautico Marinha Grande | 5:05.76 | +0,87 | 676 | 13,0(-) |
| | 50m: 32.29 32.29 | | | 150m: 1:48.30 39.63 | 250m: 3:11.43 44.51 | 350m: 4:31.42 35.78 | | |
| | 100m: 1:08.67 36.38 | | | 200m: 2:26.92 38.62 | 300m: 3:55.64 44.21 | 400m: 5:05.76 34.34 | | |
| 5. | Rita Costa Amador | 99 | 105665 | Galitos | 5:09.26 | +0,75 | 653 | 12,0(-) |
| | 50m: 32.60 32.60 | | | 150m: 1:49.30 39.69 | 250m: 3:13.37 44.84 | 350m: 4:34.24 35.57 | | |
| | 100m: 1:09.61 37.01 | | | 200m: 2:28.53 39.23 | 300m: 3:58.67 45.30 | 400m: 5:09.26 35.02 | | |
| 6. | Maria Madalena Silva | 98 | 116614 | Nautico Abrantes | 5:13.15 | +0,74 | 629 | 11,0(-) |
| | 50m: 32.45 32.45 | | | 150m: 1:51.51 41.35 | 250m: 3:17.14 44.88 | 350m: 4:38.62 37.12 | | |
| | 100m: 1:10.16 37.71 | | | 200m: 2:32.26 40.75 | 300m: 4:01.50 44.36 | 400m: 5:13.15 34.53 | | |
| 7. | Teresa Miguel Veloso | 00 | 103876 | Nautico /Urgicentro-Sanfil | 5:14.55 | +0,74 | 621 | 10,0(-) |
| | 50m: 32.55 32.55 | | | 150m: 1:52.03 41.29 | 250m: 3:18.08 45.12 | 350m: 4:40.57 36.13 | | |
| | 100m: 1:10.74 38.19 | | | 200m: 2:32.96 40.93 | 300m: 4:04.44 46.36 | 400m: 5:14.55 33.98 | | |
| 8. | Raquel Paulo Ranito | 94 | 25504 | Colegio Vasco da Gama | 5:14.78 | +0,74 | 620 | 9,0(-) |
| | 50m: 32.51 32.51 | | | 150m: 1:51.01 40.92 | 250m: 3:16.71 45.54 | 350m: 4:39.20 36.73 | | |
| | 100m: 1:10.09 37.58 | | | 200m: 2:31.17 40.16 | 300m: 4:02.47 45.76 | 400m: 5:14.78 35.58 | | |
| 9. | Sofia Prates Silvestre | 95 | 121320 | Naval Amorense | 5:21.56 | +0,73 | 581 | 8,0(-) |
| | 50m: 32.75 32.75 | | | 150m: 1:53.10 42.00 | 250m: 3:21.75 47.27 | 350m: 4:45.22 36.42 | | |
| | 100m: 1:11.10 38.35 | | | 200m: 2:34.48 41.38 | 300m: 4:08.80 47.05 | 400m: 5:21.56 36.34 | | |
| 10. | Beatriz Lopes Pinto | 99 | 124194 | Academica de Coimbra | 5:24.83 | +0,96 | 564 | 7,0(-) |
| | 50m: 34.11 34.11 | | | 150m: 1:56.06 42.70 | 250m: 3:24.94 47.55 | 350m: 4:49.88 37.14 | | |
| | 100m: 1:13.36 39.25 | | | 200m: 2:37.39 41.33 | 300m: 4:12.74 47.80 | 400m: 5:24.83 34.95 | | |
| 11. | Ines Maria Pereira | 99 | 105607 | Leixoes | 5:27.34 | +0,81 | 551 | 6,0(-) |
| | 50m: 33.27 33.27 | | | 150m: 1:55.25 44.15 | 250m: 3:24.68 48.03 | 350m: 4:50.57 38.23 | | |
| | 100m: 1:11.10 37.83 | | | 200m: 2:36.65 41.40 | 300m: 4:12.34 47.66 | 400m: 5:27.34 36.77 | | |
| 12. | Bruna Elisabete Paulino | 97 | 102345 | Alcobaca | 5:30.30 | +0,84 | 536 | 5,0(-) |
| | 50m: 31.71 31.71 | | | 150m: 1:51.01 42.49 | 250m: 3:21.63 49.69 | 350m: 4:51.90 39.28 | | |
| | 100m: 1:08.52 36.81 | | | 200m: 2:31.94 40.93 | 300m: 4:12.62 50.99 | 400m: 5:30.30 38.40 | | |
| 13. | Claudia Ferreira Borges | 99 | 116591 | Benfica | 5:32.92 | +0,74 | 524 | 4,0(-) |
| | 50m: 34.53 34.53 | | | 150m: 2:00.85 45.14 | 250m: 3:30.19 45.79 | 350m: 4:54.69 38.91 | | |
| | 100m: 1:15.71 41.18 | | | 200m: 2:44.40 43.55 | 300m: 4:15.78 45.59 | 400m: 5:32.92 38.23 | | |
| 14. | Sara Alexandra Sousa | 01 | 125345 | Geslourses | 5:39.51 | +0,76 | 494 | 3,0(-) |
| | 50m: 35.95 35.95 | | | 150m: 2:00.94 44.15 | 250m: 3:33.84 49.10 | 350m: 5:02.90 39.50 | | |
| | 100m: 1:16.79 40.84 | | | 200m: 2:44.74 43.80 | 300m: 4:23.40 49.56 | 400m: 5:39.51 36.61 | | |

Prova 57, Femin., 400m Estilos, 2ª Divisão FEM

| Lugar | Nome | Ano | NFed | Clube | Tempo Final | TReac | Pts FINA | Pts |
|-------|--------------------------|-----|---------------|----------------------------|----------------|-------|---------------|-------|
| 15. | Joana Nunes Cardeal | 02 | 124752 | Academico Viseu | 5:44.20 | +0,94 | 474 | 2,0(- |
| | 50m: 36.29 36.29 | | 150m: 2:05.27 | 43.17 | 250m: 3:37.46 | 48.90 | 350m: 5:05.70 | 38.94 |
| | 100m: 1:22.10 45.81 | | 200m: 2:48.56 | 43.29 | 300m: 4:26.76 | 49.30 | 400m: 5:44.20 | 38.50 |
| 16. | Catarina Vitorino Santos | 02 | 123967 | Louletano / Loule Concelho | 5:55.48 | +0,88 | 430 | 1,0(- |
| | 50m: 36.67 36.67 | | 150m: 2:12.34 | 46.94 | 250m: 3:44.15 | 46.85 | 350m: 5:15.22 | 41.43 |
| | 100m: 1:25.40 48.73 | | 200m: 2:57.30 | 44.96 | 300m: 4:33.79 | 49.64 | 400m: 5:55.48 | 40.26 |