

Event 35
03-08-2019 - 18:20

Girls, 400m Freestyle

Juvenis
Results Final

Rec Nac Open	4:09.49	DURAES Diana Margarida	POR	Tarragona (ESP)	25-06-2018
Rec Nac Juv A	4:20.78	HOLUB Tamila Hryhorivna	POR	Porto	07-06-2014
Rec Nac Juv B	4:26.20	CABRAL Maria Francisca	FCP	Oeiras	26-07-2014

Points: FINA 2019

Rank	Nome	YB	Clube	Tempo Final	RT	Pts FINA	Pts
1.	ROSA Mariana Carmo	05	Louzan Natacao/EFAPEL	4:30.77	+0,65	665	
	50m: 30.89 30.89	150m: 1:37.73 33.73	250m: 2:46.55 34.60	350m: 3:57.01 35.33			
	100m: 1:04.00 33.11	200m: 2:11.95 34.22	300m: 3:21.68 35.13	400m: 4:30.77 33.76			
2.	NOBRE Marisa Isabel	05	Columbofila Cantanhedense	4:31.74	+0,70	658	
	50m: 31.20 31.20	150m: 1:39.63 34.73	250m: 2:49.73 34.84	350m: 3:59.02 34.18			
	100m: 1:04.90 33.70	200m: 2:14.89 35.26	300m: 3:24.84 35.11	400m: 4:31.74 32.72			
3.	SANTOS Leonor Esteves	04	Avançado EUL	4:31.77	+0,77	658	
	50m: 31.27 31.27	150m: 1:38.87 34.22	250m: 2:47.91 34.53	350m: 3:58.11 35.03			
	100m: 1:04.65 33.38	200m: 2:13.38 34.51	300m: 3:23.08 35.17	400m: 4:31.77 33.66			
4.	LOPES Daniela Magalhaes	05	Famalicao	4:31.94	+0,77	657	
	50m: 30.92 30.92	150m: 1:39.35 34.50	250m: 2:48.92 34.88	350m: 3:58.97 34.78			
	100m: 1:04.85 33.93	200m: 2:14.04 34.69	300m: 3:24.19 35.27	400m: 4:31.94 32.97			
5.	PIRES Marta Joao	05	Alges	4:35.76	+0,74	630	
	50m: 31.84 31.84	150m: 1:40.84 34.44	250m: 2:51.09 34.92	350m: 4:01.54 35.06			
	100m: 1:06.40 34.56	200m: 2:16.17 35.33	300m: 3:26.48 35.39	400m: 4:35.76 34.22			
6.	PINHO Carolina Teixeira	04	Porto	4:36.93	+0,67	622	
	50m: 31.47 31.47	150m: 1:39.82 34.42	250m: 2:50.52 35.41	350m: 4:02.06 35.42			
	100m: 1:05.40 33.93	200m: 2:15.11 35.29	300m: 3:26.64 36.12	400m: 4:36.93 34.87			
7.	GASPAR Beatriz Ferreira	04	Bombeiros Mealhada/ CA	4:38.80	+0,71	610	
	50m: 31.25 31.25	150m: 1:40.14 34.70	250m: 2:50.74 35.55	350m: 4:02.77 36.05			
	100m: 1:05.44 34.19	200m: 2:15.19 35.05	300m: 3:26.72 35.98	400m: 4:38.80 36.03			
8.	PRETO Filipa Manso	04	Porto	4:40.62	+0,71	598	
	50m: 31.85 31.85	150m: 1:40.73 34.39	250m: 2:52.13 35.46	350m: 4:04.98 36.40			
	100m: 1:06.34 34.49	200m: 2:16.67 35.94	300m: 3:28.58 36.45	400m: 4:40.62 35.64			
9.	SEBASTIAO S.	05	Amadora	4:42.97	+0,87	583	
	50m: 31.96 31.96	150m: 1:42.11 35.25	250m: 2:54.66 36.29	350m: 4:07.73 36.40			
	100m: 1:06.86 34.90	200m: 2:18.37 36.26	300m: 3:31.33 36.67	400m: 4:42.97 35.24			
10.	SIMOES Ana Beatriz	05	Sporting	4:47.43	+0,83	556	
	50m: 32.58 32.58	150m: 1:43.73 36.10	250m: 2:56.79 36.76	350m: 4:11.06 36.95			
	100m: 1:07.63 35.05	200m: 2:20.03 36.30	300m: 3:34.11 37.32	400m: 4:47.43 36.37			

Event 35, Women, 400m Freestyle, Final

Event 35 Women, 400m Freestyle Open
03-08-2019 - 18:20 Results Finals

Rec Nac Open	4:09.49	DURAES Diana Margarida	POR	Tarragona (ESP)	25-06-2018
Rec Nac Sen	4:09.49	DURAES Diana Margarida	POR	Tarragona (ESP)	25-06-2018
Rec Nac Jun17	4:14.67	HOLUB Tamila Hryhorivna	SCB	Oeiras	23-07-2016
Rec Nac Jun16	4:20.37	FERREIRA Marta Andreia	POR	Berlim (GER)	04-08-2002
Rec Nac Juv A	4:20.78	HOLUB Tamila Hryhorivna	POR	Porto	07-06-2014
Rec Nac Juv B	4:26.20	CABRAL Maria Francisca	FCP	Oeiras	26-07-2014
Rec Nac Inf A	4:31.53	SILVA Alexandra Maria	POR	Skovde (SWE)	08-08-1980
Rec Nac Inf B	4:43.70	SILVA Alexandra Maria	FCP	Funchal	27-07-1979

Points: FINA 2019

Rank	Nome	YB	Clube	Tempo Final	RT	Pts FINA	Pts
Final A							
1.	HOLUB Tamila Hryhorivna	99	Braga	4:14.02	+0,74	806	
	50m: 30.14 30.14	150m: 1:34.00 31.81	250m: 2:38.36 32.11	350m: 3:42.95 32.20			
	100m: 1:02.19 32.05	200m: 2:06.25 32.25	300m: 3:10.75 32.39	400m: 4:14.02 31.07			
2.	DURAES Diana Margarida	96	Benfica	4:14.90	+0,71	798	
	50m: 30.07 30.07	150m: 1:34.35 32.19	250m: 2:39.13 32.29	350m: 3:43.54 31.93			
	100m: 1:02.16 32.09	200m: 2:06.84 32.49	300m: 3:11.61 32.48	400m: 4:14.90 31.36			
3.	MARTINS Francisca Soares	03	Foca	4:23.02	+0,63	726	
	50m: 30.24 30.24	150m: 1:35.36 32.74	250m: 2:42.53 33.60	350m: 3:50.40 33.81			
	100m: 1:02.62 32.38	200m: 2:08.93 33.57	300m: 3:16.59 34.06	400m: 4:23.02 32.62			
4.	RAMOS Ana Rita	02	Porto	4:27.55	+0,73	690	
	50m: 30.71 30.71	150m: 1:36.56 33.19	250m: 2:44.65 34.40	350m: 3:53.67 34.93			
	100m: 1:03.37 32.66	200m: 2:10.25 33.69	300m: 3:18.74 34.09	400m: 4:27.55 33.88			
5.	CONCEICAO Ema Jeronimo	03	Fisica Torres Vedras	4:30.53	+0,72	667	
	50m: 31.24 31.24	150m: 1:38.93 33.97	250m: 2:47.62 34.41	350m: 3:57.33 34.59			
	100m: 1:04.96 33.72	200m: 2:13.21 34.28	300m: 3:22.74 35.12	400m: 4:30.53 33.20			
6.	ALVES Sara Sofia	01	Columbofila Cantanhedense	4:30.73	+0,73	666	
	50m: 31.54 31.54	150m: 1:39.20 34.22	250m: 2:47.95 34.38	350m: 3:57.69 34.79			
	100m: 1:04.98 33.44	200m: 2:13.57 34.37	300m: 3:22.90 34.95	400m: 4:30.73 33.04			
7.	FARIA Ana Rita	00	Porto	4:31.19	+0,73	662	
	50m: 31.08 31.08	150m: 1:38.55 34.33	250m: 2:47.72 34.75	350m: 3:57.33 35.01			
	100m: 1:04.22 33.14	200m: 2:12.97 34.42	300m: 3:22.32 34.60	400m: 4:31.19 33.86			
8.	CARDEAL Joana Nunes	02	Academico Viseu	4:34.02	+0,79	642	
	50m: 31.34 31.34	150m: 1:39.73 34.29	250m: 2:49.73 34.73	350m: 4:00.10 35.02			
	100m: 1:05.44 34.10	200m: 2:15.00 35.27	300m: 3:25.08 35.35	400m: 4:34.02 33.92			
9.	ANDRE Leticia Maia	02	Benfica	4:34.14	+0,69	641	
	50m: 30.44 30.44	150m: 1:38.02 34.49	250m: 2:48.76 35.21	350m: 4:00.63 35.83			
	100m: 1:03.53 33.09	200m: 2:13.55 35.53	300m: 3:24.80 36.04	400m: 4:34.14 33.51			
10.	VELOSO Teresa Miguel	00	Sporting	4:36.05	+0,75	628	
	50m: 31.07 31.07	150m: 1:38.65 34.31	250m: 2:49.04 35.16	350m: 4:00.62 35.99			
	100m: 1:04.34 33.27	200m: 2:13.88 35.23	300m: 3:24.63 35.59	400m: 4:36.05 35.43			
Final B							
11.	QUEIROZ Ana Rita	02	Condeixa Clube	4:30.21	+0,70	670	
	50m: 30.57 30.57	150m: 1:38.10 34.25	250m: 2:46.71 34.04	350m: 3:55.86 34.26			
	100m: 1:03.85 33.28	200m: 2:12.67 34.57	300m: 3:21.60 34.89	400m: 4:30.21 34.35			

Event 35, Women, 400m Freestyle, Final, Open

Rank	Nome	YB	Clube	Tempo Final	RT	Pts FINA	Pts
12.	AMADOR Joana Costa	01	Galitos / Bresimar	4:32.06	+0,64	656	
	50m: 31.02 31.02	150m: 1:39.34 34.56	250m: 2:49.09 34.79	350m: 3:58.64 34.38			
	100m: 1:04.78 33.76	200m: 2:14.30 34.96	300m: 3:24.26 35.17	400m: 4:32.06 33.42			
13.	FRAZAO Alexandra Couto	02	Condeixa Clube	4:33.23	+0,73	648	
	50m: 31.61 31.61	150m: 1:41.09 35.13	250m: 2:51.54 34.93	350m: 4:01.17 34.14			
	100m: 1:05.96 34.35	200m: 2:16.61 35.52	300m: 3:27.03 35.49	400m: 4:33.23 32.06			
14.	PINA Ana Sofia	02	O Crasto	4:34.42	+0,70	639	
	50m: 31.27 31.27	150m: 1:39.44 34.58	250m: 2:49.55 35.28	350m: 3:59.97 35.23			
	100m: 1:04.86 33.59	200m: 2:14.27 34.83	300m: 3:24.74 35.19	400m: 4:34.42 34.45			
15.	GIGON Meryl	95	Turrita Nuoto	4:35.44	+0,72	632	
	50m: 31.06 31.06	150m: 1:40.37 35.78	250m: 2:51.38 35.37	350m: 4:01.50 35.26			
	100m: 1:04.59 33.53	200m: 2:16.01 35.64	300m: 3:26.24 34.86	400m: 4:35.44 33.94			
16.	RODRIGUES Helena Nunes	03	Alges e Agueda XXI	4:35.87	+0,75	629	
	50m: 31.22 31.22	150m: 1:38.66 33.95	250m: 2:48.75 35.01	350m: 4:00.77 36.18			
	100m: 1:04.71 33.49	200m: 2:13.74 35.08	300m: 3:24.59 35.84	400m: 4:35.87 35.10			
17.	AMORIM Maria Leonor	03	Porto	4:38.74	+0,72	610	
	50m: 31.45 31.45	150m: 1:40.72 35.00	250m: 2:52.31 35.78	350m: 4:03.97 35.82			
	100m: 1:05.72 34.27	200m: 2:16.53 35.81	300m: 3:28.15 35.84	400m: 4:38.74 34.77			
18.	ROLAO Sofia Alexandra	98	Benfica	4:41.61	+0,71	592	
	50m: 30.92 30.92	150m: 1:40.55 35.03	250m: 2:52.62 35.94	350m: 4:05.34 36.13			
	100m: 1:05.52 34.60	200m: 2:16.68 36.13	300m: 3:29.21 36.59	400m: 4:41.61 36.27			
19.	PINHEIRO Ines Mariana	03	Academica de Coimbra	4:42.64	+0,67	585	
	50m: 32.20 32.20	150m: 1:42.67 35.74	250m: 2:54.65 36.10	350m: 4:07.22 35.97			
	100m: 1:06.93 34.73	200m: 2:18.55 35.88	300m: 3:31.25 36.60	400m: 4:42.64 35.42			
20.	SILVA Camila Alexandra	03	Columbofila Cantanhedense	4:43.97	+0,79	577	
	50m: 31.78 31.78	150m: 1:41.27 35.22	250m: 2:53.67 36.23	350m: 4:07.98 37.25			
	100m: 1:06.05 34.27	200m: 2:17.44 36.17	300m: 3:30.73 37.06	400m: 4:43.97 35.99			