

Prova 34

Femin., 400m Estilos

Absoluto

25-04-2021 - 18:25

Resultados

Recorde Nacional Absoluto	4:40.11	KAMINSKAYA Victoria	POR	Pontevedra (ESP)	09-04-2017
Recorde Nacional Sen	4:40.11	KAMINSKAYA Victoria	POR	Pontevedra (ESP)	09-04-2017
Recorde Nacional Jun17	4:52.12	KAMINSKAYA Victoria	PIMP	Oeiras	27-07-2012
Recorde Nacional Jun16	4:54.00	ROCHA Ines Neto	SANNP	Gijón (ESP)	20-05-2017
Recorde Nacional Juv A	4:58.08	DURAES Diana Margarida	FOCA	Povoa de Varzim	05-08-2011
Recorde Nacional Juv B	5:01.00	ROCHA Ines Neto	CAP	Coimbra	24-07-2015
Recorde Nacional Inf A	5:11.29	ROCHA Diana Ramos	EDV	Faro	20-07-2007
Recorde Nacional Inf B	5:14.05	RUIVO Filipa Vilas	DNMG	S. Joao da Madeira	24-07-2009
Recorde Meeting	4:42.53	KAMINSKAYA Victoria	POR	Coimbra	29-05-2016

JO : 4:38.53 / CEPL Abs: 4:44.49 / CMJ_Fem 14 - 17: 4:50.07 / CEJun_Fem 14 - 17: 4:55.87 / PreJun_Fem Juv: 5:04.74 / TAC : 5:36.60

Pontos: FINA 2021

Lugar	Nome			Ano	Classe	Clube			Tempo Final	TReac	Pts FINA	Pontos
1.	PEREIRA Raquel Gomes			00		Benfica			4:48.94	+0,67	783	16,00
	50m:	30.14	30.14	150m:	1:45.18	39.38	250m:	3:02.14	39.13	350m:	4:16.21	34.52
	100m:	1:05.80	35.66	200m:	2:23.01	37.83	300m:	3:41.69	39.55	400m:	4:48.94	32.73
2.	DURAES Diana Margarida			96		Benfica			4:56.79	+0,75	722	13,00
	50m:	32.47	32.47	150m:	1:48.16	38.88	250m:	3:08.88	43.02	350m:	4:25.23	33.15
	100m:	1:09.28	36.81	200m:	2:25.86	37.70	300m:	3:52.08	43.20	400m:	4:56.79	31.56
3.	CARDEAL Joana Nunes			02		Academico Viseu			5:07.15	+0,77	652	11,00
	50m:	31.34	31.34	150m:	1:49.31	42.11	250m:	3:13.47	43.84	350m:	4:33.54	35.08
	100m:	1:07.20	35.86	200m:	2:29.63	40.32	300m:	3:58.46	44.99	400m:	5:07.15	33.61
4.	CARDEAL Beatriz Nunes			04		Academico Viseu			5:15.12		603	10,00
	50m:	32.97	32.97	150m:	1:52.47	42.92	250m:	3:18.50	45.01	350m:	4:40.87	36.80
	100m:	1:09.55	36.58	200m:	2:33.49	41.02	300m:	4:04.07	45.57	400m:	5:15.12	34.25
5.	REIS Erica Cristina			05		Sporting			5:18.69	+0,64	583	9,00
	50m:	34.07	34.07	150m:	1:55.55	42.46	250m:	3:21.65	44.94	350m:	4:44.62	38.08
	100m:	1:13.09	39.02	200m:	2:36.71	41.16	300m:	4:06.54	44.89	400m:	5:18.69	34.07
6.	NUNES Margarida Domingues			05		Sporting			5:21.33	+0,75	569	8,00
	50m:	34.31	34.31	150m:	1:57.98	44.29	250m:	3:23.16	41.60	350m:	4:44.05	38.02
	100m:	1:13.69	39.38	200m:	2:41.56	43.58	300m:	4:06.03	42.87	400m:	5:21.33	37.28
7.	MORGADO Alice Jesus			04		Sporting			5:24.29	+0,74	554	7,00
	50m:	33.08	33.08	150m:	1:55.02	42.76	250m:	3:23.23	46.36	350m:	4:47.52	36.68
	100m:	1:12.26	39.18	200m:	2:36.87	41.85	300m:	4:10.84	47.61	400m:	5:24.29	36.77
8.	FERREIRA Joana Rosa			05		Naval de Peniche			5:25.73	+0,71	546	6,00
	50m:	33.99	33.99	150m:	1:57.51	43.15	250m:	3:25.79	45.78	350m:	4:49.33	37.77
	100m:	1:14.36	40.37	200m:	2:40.01	42.50	300m:	4:11.56	45.77	400m:	5:25.73	36.40
9.	FERNANDES Filipa Viamonte			02		Vitoria Guimaraes			5:31.58	+0,83	518	5,00
	50m:	33.97	33.97	150m:	1:57.74	44.06	250m:	3:29.01	48.10	350m:	4:55.22	38.06
	100m:	1:13.68	39.71	200m:	2:40.91	43.17	300m:	4:17.16	48.15	400m:	5:31.58	36.36
10.	SIMOES Dania Rodrigues			07		Louzan Natacao/EFAPEL			5:31.80	+0,79	517	4,00
	50m:	35.21	35.21	150m:	1:57.20	41.34	250m:	3:27.60	48.63	350m:	4:53.68	38.92
	100m:	1:15.86	40.65	200m:	2:38.97	41.77	300m:	4:14.76	47.16	400m:	5:31.80	38.12
11.	NOVAIS Regina Correia FTL			06		Foca Quinta da Lixa CNF			5:38.75	+0,79	486	-
	50m:	34.36	34.36	150m:	1:59.99	44.27	250m:	3:31.67	48.27	350m:	5:01.00	40.05
	100m:	1:15.72	41.36	200m:	2:43.40	43.41	300m:	4:20.95	49.28	400m:	5:38.75	37.75



XIII MEETING CIDADE DE COIMBRA
XXXII Torneio Internacional Queima das Fitas
Coimbra, 24.4.- 25.4.2021



Prova 34, Femin., 400m Estilos, Absoluto

Lugar	Nome				Ano	Classe	Clube				Tempo Final	TReacPts FINA	Pontos	
12.	SILVA Ana Catarina FTL				04		Fundacao Beatriz Santos				5:40.18	+0,81	480	-
	50m:	35.16	35.16	150m:	2:03.20	45.84	250m:	3:35.87	49.12	350m:	5:02.61	38.08		
	100m:	1:17.36	42.20	200m:	2:46.75	43.55	300m:	4:24.53	48.66	400m:	5:40.18	37.57		
13.	LOURO Beatriz Silva FTL				07		Louletano / Loule Concelho				5:40.20	+0,68	479	-
	50m:	36.06	36.06	150m:	2:05.83	43.86	250m:	3:36.03	47.35	350m:	5:02.08	38.12		
	100m:	1:21.97	45.91	200m:	2:48.68	42.85	300m:	4:23.96	47.93	400m:	5:40.20	38.12		
14.	NOBRE Marisa Isabel FTL				05		Columbofila Cantanhedense				5:47.74	+0,69	449	-
	50m:	34.11	34.11	150m:	2:04.51	45.45	250m:	3:39.12	50.95	350m:	5:08.97	38.40		
	100m:	1:19.06	44.95	200m:	2:48.17	43.66	300m:	4:30.57	51.45	400m:	5:47.74	38.77		

