

Prova 1  
19-12-2020 - 9:00

Femin., 400m Livres

Absoluto  
Resultados

|             |         |                         |       |                 |            |
|-------------|---------|-------------------------|-------|-----------------|------------|
| RN Absoluto | 4:09.49 | DURAES Diana Margarida  | POR   | Tarragona (ESP) | 25-06-2018 |
| RN Sen      | 4:09.49 | DURAES Diana Margarida  | POR   | Tarragona (ESP) | 25-06-2018 |
| RN Jun 17   | 4:14.67 | HOLUB Tamila Hryhorivna | SCB   | Oeiras          | 23-07-2016 |
| RN Jun 16   | 4:20.37 | FERREIRA Marta Andreia  | POR   | Berlim (GER)    | 04-08-2002 |
| RN Juv A    | 4:20.78 | HOLUB Tamila Hryhorivna | POR   | Porto           | 07-06-2014 |
| RN Juv B    | 4:26.20 | CABRAL Maria Francisca  | FCP   | Oeiras          | 26-07-2014 |
| RN Inf A    | 4:31.53 | SILVA Alexandra Maria   | POR   | Skovde (SWE)    | 08-08-1980 |
| RN Inf B    | 4:43.70 | SILVA Alexandra Maria   | FCP   | Funchal         | 27-07-1979 |
| S9          | 5:03.76 | VEIGA Susana Pereira    | CNCVG | Coimbra         | 06-04-2019 |

CEJun\_Fem 14 - 17: 4:23.44 / CEPL Abs: 4:13.31 / JO : 4:07.90

Pontos: FINA 2020

| Lugar                        | Ano                        | Tempo final         | Pts                 |
|------------------------------|----------------------------|---------------------|---------------------|
| <b>Absoluto</b>              |                            |                     |                     |
| 1. HENRIQUES Ines Jacinto    | 00 Sporting                | <b>4:25.29</b>      | 708                 |
| 50m: 30.63 30.63             | 150m: 1:37.15 33.48        | 250m: 2:43.71 33.24 | 350m: 3:51.28 34.01 |
| 100m: 1:03.67 33.04          | 200m: 2:10.47 33.32        | 300m: 3:17.27 33.56 | 400m: 4:25.29 34.01 |
| 2. ROSA Mafalda Sofia        | 03 Rio Maior               | <b>4:27.69</b>      | 689                 |
| 50m: 31.16 31.16             | 150m: 1:37.50 33.39        | 250m: 2:45.29 34.08 | 350m: 3:53.91 34.20 |
| 100m: 1:04.11 32.95          | 200m: 2:11.21 33.71        | 300m: 3:19.71 34.42 | 400m: 4:27.69 33.78 |
| 3. MONTEIRO Ana Catarina     | 93 Vilacondense            | <b>4:28.61</b>      | 682                 |
| 50m: 30.84 30.84             | 150m: 1:38.06 33.98        | 250m: 2:46.50 34.14 | 350m: 3:54.89 34.02 |
| 100m: 1:04.08 33.24          | 200m: 2:12.36 34.30        | 300m: 3:20.87 34.37 | 400m: 4:28.61 33.72 |
| 4. MARTINS Francisca Soares  | 03 Foca Quinta da Lixa CNF | <b>4:29.02</b>      | 679                 |
| 50m: 30.64 30.64             | 150m: 1:37.60 33.73        | 250m: 2:45.85 34.32 | 350m: 3:55.29 34.75 |
| 100m: 1:03.87 33.23          | 200m: 2:11.53 33.93        | 300m: 3:20.54 34.69 | 400m: 4:29.02 33.73 |
| 5. PIRES Marta Joao          | 05 Alges                   | <b>4:30.05</b>      | 671                 |
| 50m: 30.79 30.79             | 150m: 1:38.87 34.18        | 250m: 2:47.31 34.25 | 350m: 3:56.14 34.22 |
| 100m: 1:04.69 33.90          | 200m: 2:13.06 34.19        | 300m: 3:21.92 34.61 | 400m: 4:30.05 33.91 |
| 6. CARDEAL Beatriz Nunes     | 04 Academico Viseu         | <b>4:38.40</b>      | 612                 |
| 50m: 31.18 31.18             | 150m: 1:40.27 35.02        | 250m: 2:51.53 35.99 | 350m: 4:03.66 36.01 |
| 100m: 1:05.25 34.07          | 200m: 2:15.54 35.27        | 300m: 3:27.65 36.12 | 400m: 4:38.40 34.74 |
| 7. RODRIGUES Joana Francisca | 04 Uniao Coimbra           | <b>4:43.61</b>      | 579                 |
| 50m: 31.49 31.49             | 150m: 1:41.95 35.88        | 250m: 2:54.19 36.13 | 350m: 4:07.82 36.94 |
| 100m: 1:06.07 34.58          | 200m: 2:18.06 36.11        | 300m: 3:30.88 36.69 | 400m: 4:43.61 35.79 |
| 8. COELHO Maria Leonor       | 06 Benfica                 | <b>4:54.84</b>      | 515                 |
| 50m: 32.59 32.59             | 150m: 1:46.59 37.61        | 250m: 3:02.91 38.44 | 350m: 4:18.96 37.94 |
| 100m: 1:08.98 36.39          | 200m: 2:24.47 37.88        | 300m: 3:41.02 38.11 | 400m: 4:54.84 35.88 |
| 9. PIMENTA Margarida Sobral  | 99 Belenenses              | <b>5:00.52</b>      | 487                 |
| 50m: 31.58 31.58             | 150m: 1:44.28 37.37        | 250m: 3:01.83 39.10 | 350m: 4:21.31 39.90 |
| 100m: 1:06.91 35.33          | 200m: 2:22.73 38.45        | 300m: 3:41.41 39.58 | 400m: 5:00.52 39.21 |

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|     |                      |         |       |                       |         |       |       |                |       |       |         |       |
|-----|----------------------|---------|-------|-----------------------|---------|-------|-------|----------------|-------|-------|---------|-------|
| EXH | VEIGA Susana Pereira |         | 00    | Colegio Vasco da Gama |         |       |       | <b>5:04.94</b> | 466   |       |         |       |
|     | 50m:                 | 32.36   | 32.36 | 150m:                 | 1:46.44 | 38.05 | 250m: | 3:04.84        | 39.51 | 350m: | 4:25.41 | 40.53 |
|     | 100m:                | 1:08.39 | 36.03 | 200m:                 | 2:25.33 | 38.89 | 300m: | 3:44.88        | 40.04 | 400m: | 5:04.94 | 39.53 |