

Prova 26	Femin., 400m Livres					Absolutos
02/04/2022 - 18:40						Resultados Final
Rec Nac Absoluto	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	
CEJun_Fem 14 - 17: 4:23.44 / CMJun_Fem 14 - 17: 4:18.27 / CEPL 19 +: 4:12.86 / CMPL 19 +: 4:10.57						
Pontos: FINA 2022						

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	HOLUB Tamila Hryhorivna	99	Braga	4:14.23	+0,75	804	
	50m: 29.69 29.69 150m: 1:33.66 32.18 250m: 2:37.69 32.07 350m: 3:42.37 32.55						
	100m: 1:01.48 31.79 200m: 2:05.62 31.96 300m: 3:09.82 32.13 400m: 4:14.23 31.86						
2.	DURAES Diana Margarida	96	Benfica	4:15.70	+0,75	790	
	50m: 30.02 30.02 150m: 1:34.01 32.30 250m: 2:38.58 32.41 350m: 3:43.59 32.50						
	100m: 1:01.71 31.69 200m: 2:06.17 32.16 300m: 3:11.09 32.51 400m: 4:15.70 32.11						
3.	MARTINS Francisca Soares	03	Foca Quinta da Lixa CNF	4:20.31	+0,66	749	
	50m: 29.63 29.63 150m: 1:34.03 32.63 250m: 2:39.69 32.85 350m: 3:47.05 33.80						
	100m: 1:01.40 31.77 200m: 2:06.84 32.81 300m: 3:13.25 33.56 400m: 4:20.31 33.26						
4.	CONCEICAO Ema Jeronimo	03	Fisica Torres Vedras	4:24.75	+0,81	712	
	50m: 29.95 29.95 150m: 1:35.29 32.75 250m: 2:42.86 33.91 350m: 3:51.79 34.43						
	100m: 1:02.54 32.59 200m: 2:08.95 33.66 300m: 3:17.36 34.50 400m: 4:24.75 32.96						
5.	MOURA Maria Ferreira	04	Sporting	4:24.94	+0,75	710	
	50m: 30.71 30.71 150m: 1:37.39 33.77 250m: 2:45.00 34.00 350m: 3:52.41 33.76						
	100m: 1:03.62 32.91 200m: 2:11.00 33.61 300m: 3:18.65 33.65 400m: 4:24.94 32.53						
6.	CARDEAL Joana Nunes	02	Academico Viseu	4:25.12	+0,75	709	
	50m: 30.11 30.11 150m: 1:36.44 33.72 250m: 2:44.35 34.16 350m: 3:52.58 34.13						
	100m: 1:02.72 32.61 200m: 2:10.19 33.75 300m: 3:18.45 34.10 400m: 4:25.12 32.54						
7.	RAMOS Ana Rita	02	Porto	4:28.14	+0,82	685	
	50m: 30.24 30.24 150m: 1:36.03 33.18 250m: 2:44.49 34.46 350m: 3:53.56 34.04						
	100m: 1:02.85 32.61 200m: 2:10.03 34.00 300m: 3:19.52 35.03 400m: 4:28.14 34.58						
8.	PIRES Marta Joao	05	Alges	4:31.21	+0,70	662	
	50m: 30.85 30.85 150m: 1:38.86 33.97 250m: 2:47.65 34.50 350m: 3:56.89 34.90						
	100m: 1:04.89 34.04 200m: 2:13.15 34.29 300m: 3:21.99 34.34 400m: 4:31.21 34.32						
9.	FOMINA Anna	02	Louletano/Loule Concelho	4:31.62	+0,74	659	
	50m: 30.69 30.69 150m: 1:39.48 34.57 250m: 2:49.28 34.33 350m: 3:58.06 33.59						
	100m: 1:04.91 34.22 200m: 2:14.95 35.47 300m: 3:24.47 35.19 400m: 4:31.62 33.56						
10.	CARDEAL Beatriz Nunes	04	Academico Viseu	4:35.36	+0,65	633	
	50m: 30.84 30.84 150m: 1:40.16 34.96 250m: 2:50.84 35.05 350m: 4:01.02 34.86						
	100m: 1:05.20 34.36 200m: 2:15.79 35.63 300m: 3:26.16 35.32 400m: 4:35.36 34.34						