

Prova 32  
29/05/2022

Femin., 400m Livres

Absoluto  
Resultados Elimin

Recorde Nacional Absoluto	4:09.49	DURAES Diana Margarida	POR	Tarragona (ESP)	25/06/2018
Recorde Nacional Sen	4:09.49	DURAES Diana Margarida	POR	Tarragona (ESP)	25/06/2018
Recorde Nacional Jun17	4:14.67	HOLUB Tamila Hryhorivna	SCB	Oeiras	23/07/2016
Recorde Nacional Jun16	4:20.37	FERREIRA Marta Andreia	POR	Berlim (GER)	04/08/2002
Recorde Nacional Juv A	4:20.78	HOLUB Tamila Hryhorivna	POR	Porto	07/06/2014
Recorde Nacional Juv B	4:26.20	CABRAL Maria Francisca	FCP	Oeiras	26/07/2014
Recorde Nacional Inf A	4:31.53	SILVA Alexandra Maria	POR	Skovde (SWE)	08/08/1980
Recorde Nacional Inf B	4:43.70	SILVA Alexandra Maria	FCP	Funchal	27/07/1979
Recorde Meeting	4:14.71	DURAES Diana Margarida	FCP	Coimbra	29/05/2016
RNS9	5:02.09	VEIGA Susana Pereira	CNCVG	Coimbra	25/04/2021

TAC : 4:48.59

Pontos: FINA 2022

Lugar	Nome	Ano	Classe	Clube	Tempo Final	TReacPts FINA	Pontos
<b>Absoluto</b>							
1.	MARTINS Francisca Soares	03		Foca Quinta da Lixa CNF	<b>4:32.10</b> +0,63	656 A	-
	50m: 30.81 30.81	150m: 1:39.00	34.58	250m: 2:48.29	35.05	350m: 3:57.93	34.77
	100m: 1:04.42 33.61	200m: 2:13.24	34.24	300m: 3:23.16	34.87	400m: 4:32.10	34.17
2.	MOURA Maria Ferreira	04		Sporting	<b>4:34.94</b> +0,65	636 A	-
	50m: 31.94 31.94	150m: 1:42.42	35.66	250m: 2:52.80	34.88	350m: 4:02.11	34.27
	100m: 1:06.76 34.82	200m: 2:17.92	35.50	300m: 3:27.84	35.04	400m: 4:34.94	32.83
3.	FOMINA Anna	02		Sporting	<b>4:35.29</b> +0,76	633 A	-
	50m: 32.15 32.15	150m: 1:42.31	35.59	250m: 2:52.53	35.05	350m: 4:02.03	34.78
	100m: 1:06.72 34.57	200m: 2:17.48	35.17	300m: 3:27.25	34.72	400m: 4:35.29	33.26
4.	ROSA Mariana Carmo	05		Louzan Natacao/EFAPEL	<b>4:39.76</b> +0,55	603 A	-
	50m: 31.53 31.53	150m: 1:41.45	35.51	250m: 2:52.59	35.40	350m: 4:04.14	35.85
	100m: 1:05.94 34.41	200m: 2:17.19	35.74	300m: 3:28.29	35.70	400m: 4:39.76	35.62
5.	VIEIRA Ana Beatriz	07		Portugal	<b>4:40.81</b> +0,67	597 A	-
	50m: 32.11 32.11	150m: 1:42.51	35.70	250m: 2:54.64	35.76	350m: 4:06.45	35.16
	100m: 1:06.81 34.70	200m: 2:18.88	36.37	300m: 3:31.29	36.65	400m: 4:40.81	34.36
6.	FARIA Leonor Verissimo	06		Nucleo de Pombal	<b>4:41.51</b> +0,68	592 A	-
	50m: 32.25 32.25	150m: 1:42.56	35.66	250m: 2:54.43	36.05	350m: 4:06.34	35.97
	100m: 1:06.90 34.65	200m: 2:18.38	35.82	300m: 3:30.37	35.94	400m: 4:41.51	35.17
7.	SOARES Miriam Mortagua	06		Galitos / Bresimar	<b>4:42.33</b> +0,75	587 A	-
	50m: 32.06 32.06	150m: 1:42.92	35.78	250m: 2:54.83	35.91	350m: 4:06.85	35.81
	100m: 1:07.14 35.08	200m: 2:18.92	36.00	300m: 3:31.04	36.21	400m: 4:42.33	35.48
8.	PEIXOTO Carolina Esteves	06		Braga	<b>4:45.23</b> +0,72	569 A	-
	50m: 32.78 32.78	150m: 1:43.59	35.91	250m: 2:56.28	36.52	350m: 4:09.63	36.82
	100m: 1:07.68 34.90	200m: 2:19.76	36.17	300m: 3:32.81	36.53	400m: 4:45.23	35.60
9.	ALMEIDA Bianca Filipa	07		Alges e Agueda XXI	<b>4:46.00</b> +0,64	565 A	-
	50m: 32.21 32.21	150m: 1:43.53	35.95	250m: 2:56.32	36.38	350m: 4:09.70	36.56
	100m: 1:07.58 35.37	200m: 2:19.94	36.41	300m: 3:33.14	36.82	400m: 4:46.00	36.30
10.	NUNES Rita Sofia	05		Colegio Efanor	<b>4:46.01</b> +0,84	565 A	-
	50m: 32.16 32.16	150m: 1:43.69	36.09	250m: 2:56.70	36.17	350m: 4:10.00	36.47
	100m: 1:07.60 35.44	200m: 2:20.53	36.84	300m: 3:33.53	36.83	400m: 4:46.01	36.01



XIV MEETING CIDADE DE COIMBRA  
XXXIII Torneio Internacional Queima das Fitas  
Coimbra, 28.5.- 29.5.2022



Prova 32, Femin., 400m Livres, Elimin, Absoluto

Lugar	Nome	Ano	Classe	Clube	Tempo Final	TReacPts FINA	Pontos
11.	NEVES Maria Gomes	08		Braga	<b>4:47.28</b>	557 B	-
	50m: 31.97 31.97	150m: 1:43.40	36.41	250m: 2:57.12	37.08	350m: 4:11.55	37.08
	100m: 1:06.99 35.02	200m: 2:20.04	36.64	300m: 3:34.47	37.35	400m: 4:47.28	35.73
12.	OLIVEIRA Vanessa Sofia FTL	05		Gafanha da Encarnacao	<b>4:49.85</b>	+0,72 542 B	-
	50m: 32.32 32.32	150m: 1:44.31	36.22	250m: 2:58.67	36.92	350m: 4:13.30	36.92
	100m: 1:08.09 35.77	200m: 2:21.75	37.44	300m: 3:36.38	37.71	400m: 4:49.85	36.55
13.	EGNER Maxine FTL	04		Vaesby SS	<b>4:50.17</b>	+0,73 541 B	-
	50m: 32.90 32.90	150m: 1:46.22	36.83	250m: 3:01.17	37.99	350m: 4:15.22	36.60
	100m: 1:09.39 36.49	200m: 2:23.18	36.96	300m: 3:38.62	37.45	400m: 4:50.17	34.95
14.	RIESENBERGER Bruna Martins FTL	97		Laranjeiro	<b>4:51.15</b>	+0,74 535 B	-
	50m: 33.55 33.55	150m: 1:47.69	37.26	250m: 3:01.90	36.76	350m: 4:15.66	36.40
	100m: 1:10.43 36.88	200m: 2:25.14	37.45	300m: 3:39.26	37.36	400m: 4:51.15	35.49
15.	CABRAL Carolina Vizinho FTL	07		Natacao de Vagos	<b>4:51.21</b>	+0,70 535 B	-
	50m: 32.64 32.64	150m: 1:47.25	37.75	250m: 3:02.67	37.54	350m: 4:17.61	36.97
	100m: 1:09.50 36.86	200m: 2:25.13	37.88	300m: 3:40.64	37.97	400m: 4:51.21	33.60
16.	AGUILAR Marta Andre FTL	07		Nautico Academico	<b>4:52.33</b>	+0,69 529 B	-
	50m: 33.41 33.41	150m: 1:46.36	36.89	250m: 2:59.72	37.16	350m: 4:15.08	38.24
	100m: 1:09.47 36.06	200m: 2:22.56	36.20	300m: 3:36.84	37.12	400m: 4:52.33	37.25
17.	WATANABE Jessika FTL	06		Vaesby SS	<b>4:52.93</b>	+0,75 525 B	-
	50m: 33.52 33.52	150m: 1:47.19	37.43	250m: 3:02.76	38.08	350m: 4:16.48	37.61
	100m: 1:09.76 36.24	200m: 2:24.68	37.49	300m: 3:38.87	36.11	400m: 4:52.93	36.45
18.	VIANA Matilde Violante FTL	07		Ba-Leiria	<b>4:53.03</b>	+0,90 525 B	-
	50m: 31.84 31.84	150m: 1:44.77	36.96	250m: 3:01.02	38.24	350m: 4:16.73	37.15
	100m: 1:07.81 35.97	200m: 2:22.78	38.01	300m: 3:39.58	38.56	400m: 4:53.03	36.30
19.	MANO Leonor Mil FTL	07		Portugal	<b>4:53.97</b>	+0,75 520 B	-
	50m: 33.33 33.33	150m: 1:46.76	37.25	250m: 3:02.42	37.67	350m: 4:17.79	37.41
	100m: 1:09.51 36.18	200m: 2:24.75	37.99	300m: 3:40.38	37.96	400m: 4:53.97	36.18
20.	FERREIRA Catarina Trigo FTL	02		Natacao de Lisboa	<b>5:02.04</b>	479 B	-
	50m: 33.90 33.90	150m: 1:49.32	38.21	250m: 3:06.42	38.88	350m: 4:24.63	39.09
	100m: 1:11.11 37.21	200m: 2:27.54	38.22	300m: 3:45.54	39.12	400m: 5:02.04	37.41





XIV MEETING CIDADE DE COIMBRA  
XXXIII Torneio Internacional Queima das Fitas  
Coimbra, 28.5.- 29.5.2022



Prova 32, Femin., 400m Livres, Elimin, Absoluto

Lugar	Nome	Ano	Classe	Clube	Tempo Final	TReacPts FINA	Pontos
21.	MATIAS Alana Costa <i>FTL</i>	09		Academica de Coimbra	<b>5:06.83</b>	+0,77	457 R -
	50m: 35.57 35.57	150m: 1:54.14	39.68	250m: 3:12.32	38.83	350m: 4:29.03	38.19
	100m: 1:14.46 38.89	200m: 2:33.49	39.35	300m: 3:50.84	38.52	400m: 5:06.83	37.80
22.	VEIGA Susana Pereira <i>FTL</i>	00	S9	Colegio Vasco da Gama	<b>5:07.73</b>	+0,84	453 R -
	50m: 34.36 34.36	150m: 1:49.31	37.77	250m: 3:08.10	39.44	350m: 4:27.98	40.21
	100m: 1:11.54 37.18	200m: 2:28.66	39.35	300m: 3:47.77	39.67	400m: 5:07.73	39.75
23.	JORGE Sofia Pereira <i>FTL</i>	08		Galitos / Bresimar	<b>5:08.06</b>	+0,95	452 -
	50m: 35.08 35.08	150m: 1:53.75	39.87	250m: 3:12.08	39.09	350m: 4:31.35	39.33
	100m: 1:13.88 38.80	200m: 2:32.99	39.24	300m: 3:52.02	39.94	400m: 5:08.06	36.71
24.	GONCALVES Maria Meleiro <i>FTL</i>	08		Galitos / Bresimar	<b>5:15.46</b>	+0,55	421 -
	50m: 35.33 35.33	150m: 1:54.04	39.65	250m: 3:14.98	39.60	350m: 4:35.96	40.24
	100m: 1:14.39 39.06	200m: 2:35.38	41.34	300m: 3:55.72	40.74	400m: 5:15.46	39.50
25.	CRAVEIRO Matilde Neves <i>FTL</i>	06		Academica de Coimbra	<b>5:22.30</b>	+0,57	394 -
	50m: 37.01 37.01	150m: 1:57.73	40.44	250m: 3:19.28	40.81	350m: 4:41.65	41.05
	100m: 1:17.29 40.28	200m: 2:38.47	40.74	300m: 4:00.60	41.32	400m: 5:22.30	40.65
26.	CAMPOS Ana Beatriz <i>FTL</i>	08		Academica de Coimbra	<b>5:23.30</b>	+0,72	391 -
	50m: 36.00 36.00	150m: 1:59.56	42.70	250m: 3:24.75	42.68	350m: 4:46.57	39.92
	100m: 1:16.86 40.86	200m: 2:42.07	42.51	300m: 4:06.65	41.90	400m: 5:23.30	36.73
27.	SOARES Julia Maria <i>FTL</i>	08		Miranda do Corvo	<b>5:25.39</b>	+0,76	383 -
	50m: 36.12 36.12	150m: 1:57.83	41.52	250m: 3:21.77	42.20	350m: 4:45.01	41.39
	100m: 1:16.31 40.19	200m: 2:39.57	41.74	300m: 4:03.62	41.85	400m: 5:25.39	40.38
28.	CRUZ Rita Calado <i>FTL</i>	09		Academica de Coimbra	<b>5:31.78</b>	+0,62	362 -
	50m: 37.79 37.79	150m: 2:00.85	41.79	250m: 3:26.46	42.75	350m: 4:51.32	42.16
	100m: 1:19.06 41.27	200m: 2:43.71	42.86	300m: 4:09.16	42.70	400m: 5:31.78	40.46
29.	NEVES Rita Isabel <i>FTL</i>	08		Academica de Coimbra	<b>5:37.59</b>	+0,82	343 -
	50m: 39.22 39.22	150m: 2:05.25	43.24	250m: 3:32.36	43.87	350m: 4:58.02	41.76
	100m: 1:22.01 42.79	200m: 2:48.49	43.24	300m: 4:16.26	43.90	400m: 5:37.59	39.57
30.	PRIMO Sofia Fonseca <i>FTL</i>	09		Academica de Coimbra	<b>5:38.08</b>	+0,61	342 -
	50m: 38.86 38.86	150m: 2:05.36	43.39	250m: 3:32.53	43.92	350m: 4:59.13	42.85
	100m: 1:21.97 43.11	200m: 2:48.61	43.25	300m: 4:16.28	43.75	400m: 5:38.08	38.95
DNS	GASPAR Beatriz Ferreira	04		Academica de Coimbra			-





XIV MEETING CIDADE DE COIMBRA  
 XXXIII Torneio Internacional Queima das Fitas  
 Coimbra, 28.5.- 29.5.2022



Prova 32, Femin., 400m Livres, Elimin

Classe S9

1.	VEIGA Susana Pereira		00	S9	Colegio Vasco da Gama		<b>5:07.73</b>	+0,84	453	R	-	
	<i>FTL</i>											
	50m:	34.36	34.36	150m:	1:49.31	37.77	250m:	3:08.10	39.44	350m:	4:27.98	40.21
	100m:	1:11.54	37.18	200m:	2:28.66	39.35	300m:	3:47.77	39.67	400m:	5:07.73	39.75

