

Prova 32
29/05/2022

Femin., 400m Livres

Absoluto
Resultados Final

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
Final A							
1.	MOURA Maria Ferreira	04	Sporting		4:26.44	+0,79	698 16,00
	50m: 30.57 30.57	150m: 1:37.46	33.86	250m: 2:45.39	34.01	350m: 3:53.41	34.05
	100m: 1:03.60 33.03	200m: 2:11.38	33.92	300m: 3:19.36	33.97	400m: 4:26.44	33.03
2.	FOMINA Anna	02	Sporting		4:31.99	+0,74	657 13,00
	50m: 31.04 31.04	150m: 1:39.11	34.40	250m: 2:48.92	35.34	350m: 3:58.70	35.00
	100m: 1:04.71 33.67	200m: 2:13.58	34.47	300m: 3:23.70	34.78	400m: 4:31.99	33.29
3.	FARIA Leonor Verissimo	06	Nucleo de Pombal		4:33.02	+0,69	649 11,00
	50m: 31.45 31.45	150m: 1:40.20	34.67	250m: 2:49.92	34.68	350m: 3:59.93	34.68
	100m: 1:05.53 34.08	200m: 2:15.24	35.04	300m: 3:25.25	35.33	400m: 4:33.02	33.09
4.	ROSA Mariana Carmo	05	Louzan Natacao/EFAPEL		4:33.97	+0,53	642 10,00
	50m: 30.82 30.82	150m: 1:38.79	34.37	250m: 2:48.74	34.96	350m: 3:59.67	35.55
	100m: 1:04.42 33.60	200m: 2:13.78	34.99	300m: 3:24.12	35.38	400m: 4:33.97	34.30
5.	VIEIRA Ana Beatriz	07	Portugal		4:38.90	+0,70	609 9,00
	50m: 31.61 31.61	150m: 1:41.13	35.52	250m: 2:53.28	36.03	350m: 4:04.91	35.98
	100m: 1:05.61 34.00	200m: 2:17.25	36.12	300m: 3:28.93	35.65	400m: 4:38.90	33.99
6.	SOARES Miriam Mortagua	06	Galitos / Bresimar		4:42.44	+0,71	586 8,00
	50m: 31.47 31.47	150m: 1:41.36	35.26	250m: 2:53.32	36.03	350m: 4:06.33	36.79
	100m: 1:06.10 34.63	200m: 2:17.29	35.93	300m: 3:29.54	36.22	400m: 4:42.44	36.11
7.	PEIXOTO Carolina Esteves	06	Braga		4:43.34	+0,78	581 7,00
	50m: 31.93 31.93	150m: 1:41.90	35.17	250m: 2:54.67	36.43	350m: 4:07.75	36.54
	100m: 1:06.73 34.80	200m: 2:18.24	36.34	300m: 3:31.21	36.54	400m: 4:43.34	35.59
8.	ALMEIDA Bianca Filipa	07	Alges e Agueda XXI		4:44.52	+0,78	574 6,00
	50m: 32.04 32.04	150m: 1:42.77	35.92	250m: 2:55.97	36.95	350m: 4:09.24	36.74
	100m: 1:06.85 34.81	200m: 2:19.02	36.25	300m: 3:32.50	36.53	400m: 4:44.52	35.28
9.	NUNES Rita Sofia <i>FTL</i>	05	Colegio Efanor		4:48.99	+0,86	547 -
	50m: 32.15 32.15	150m: 1:43.39	36.00	250m: 2:57.25	36.84	350m: 4:11.95	37.08
	100m: 1:07.39 35.24	200m: 2:20.41	37.02	300m: 3:34.87	37.62	400m: 4:48.99	37.04



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



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

Lugar	Nome	Ano	Classe	Clube	Tempo Final	TReacPts FINA	Pontos
DSQ	MARTINS Francisca Soares <i>SW 4.4 - Falsa partida</i>	03		Foca Quinta da Lixa CNF			-
Final B							
11.	NEVES Maria Gomes	08		Braga	4:41.99	589	3,00
	50m: 30.72 30.72	150m: 1:40.12	35.39	250m: 2:52.61	36.45	350m: 4:06.37	36.71
	100m: 1:04.73 34.01	200m: 2:16.16	36.04	300m: 3:29.66	37.05	400m: 4:41.99	35.62
12.	CABRAL Carolina Vizinho	07		Natacao de Vagos	4:44.19	+0,68 576	2,00
	50m: 32.41 32.41	150m: 1:44.24	36.25	250m: 2:57.05	36.29	350m: 4:10.13	36.27
	100m: 1:07.99 35.58	200m: 2:20.76	36.52	300m: 3:33.86	36.81	400m: 4:44.19	34.06
13.	WATANABE Jessika	06		Vaesby SS	4:45.53	+0,70 567	1,00
	50m: 32.50 32.50	150m: 1:43.35	35.53	250m: 2:55.57	35.90	350m: 4:09.05	36.92
	100m: 1:07.82 35.32	200m: 2:19.67	36.32	300m: 3:32.13	36.56	400m: 4:45.53	36.48
14.	AGUILAR Marta Andre	07		Nautico Academico	4:47.68	+0,59 555	-
	50m: 32.23 32.23	150m: 1:44.04	37.02	250m: 2:58.89	37.68	350m: 4:13.19	37.15
	100m: 1:07.02 34.79	200m: 2:21.21	37.17	300m: 3:36.04	37.15	400m: 4:47.68	34.49
15.	OLIVEIRA Vanessa Sofia	05		Gafanha da Encarnacao	4:47.89	+0,75 554	-
	50m: 32.85 32.85	150m: 1:45.07	36.69	250m: 2:58.89	37.11	350m: 4:12.51	36.92
	100m: 1:08.38 35.53	200m: 2:21.78	36.71	300m: 3:35.59	36.70	400m: 4:47.89	35.38
16.	MANO Leonor Mil <i>FTL</i>	07		Portugal	4:48.68	+0,74 549	-
	50m: 32.54 32.54	150m: 1:45.00	36.47	250m: 2:58.79	36.45	350m: 4:13.07	36.94
	100m: 1:08.53 35.99	200m: 2:22.34	37.34	300m: 3:36.13	37.34	400m: 4:48.68	35.61
17.	VIANA Matilde Violante <i>FTL</i>	07		Ba-Leiria	4:48.84	+0,83 548	-
	50m: 32.27 32.27	150m: 1:44.87	37.26	250m: 2:59.03	36.76	350m: 4:13.07	36.92
	100m: 1:07.61 35.34	200m: 2:22.27	37.40	300m: 3:36.15	37.12	400m: 4:48.84	35.77
18.	RIESENBERGER Bruna Martins <i>FTL</i>	97		Laranjeiro	4:50.13	+0,75 541	-
	50m: 32.26 32.26	150m: 1:44.22	36.85	250m: 2:59.20	37.54	350m: 4:13.94	37.18
	100m: 1:07.37 35.11	200m: 2:21.66	37.44	300m: 3:36.76	37.56	400m: 4:50.13	36.19
19.	FERREIRA Catarina Trigo <i>FTL</i>	02		Natacao de Lisboa	5:01.38	+0,77 482	-
	50m: 33.23 33.23	150m: 1:47.92	38.53	250m: 3:05.71	39.30	350m: 4:23.86	39.28
	100m: 1:09.39 36.16	200m: 2:26.41	38.49	300m: 3:44.58	38.87	400m: 5:01.38	37.52

