

Prova 32 Femin., 400m Livres Open
 28/05/2023 Resultados Elimin

Recorde Nacional Open	4:08.77	MARTINS Francisca Soares	FOCA	Canet-en-Roussillon (FRA)	14/05/2023
Recorde Nacional Sen	4:08.77	MARTINS Francisca Soares	FOCA	Canet-en-Roussillon (FRA)	14/05/2023
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	POR	Coimbra	29/05/2016
RNS8	5:42.76	CASTRO Ana Filipa	FVCD	Oeiras	11/05/2019
RNS9	4:59.78	VEIGA Susana Pereira	CNCVG	Funchal	01/04/2023

TAC : 4:48.59

Pontos: FINA 2023

Lugar	Nome	Ano	Classe	Clube	Tempo Final	TReac	FINA	Pontos
Open								
1.	CONCEICAO Ema Jeronimo	03		Benfica	4:23.24	+0,77	724	A -
	50m: 30.19 30.19	150m: 1:35.47	32.93	250m: 2:41.78	33.46	350m: 3:50.05	34.25	
	100m: 1:02.54 32.35	200m: 2:08.32	32.85	300m: 3:15.80	34.02	400m: 4:23.24	33.19	
2.	FOMINA Anna	02		Sporting	4:33.37	+0,84	646	A -
	50m: 30.67 30.67	150m: 1:39.13	34.68	250m: 2:48.10	34.34	350m: 3:58.62	35.75	
	100m: 1:04.45 33.78	200m: 2:13.76	34.63	300m: 3:22.87	34.77	400m: 4:33.37	34.75	
3.	VIANA Carolina Pereira	04		Sporting	4:35.02	+0,76	635	A -
	50m: 31.54 31.54	150m: 1:39.58	34.52	250m: 2:49.37	35.23	350m: 3:59.89	35.48	
	100m: 1:05.06 33.52	200m: 2:14.14	34.56	300m: 3:24.41	35.04	400m: 4:35.02	35.13	
4.	CABRAL Carolina Vizinho	07		Natacao de Vagos	4:38.67	+0,76	610	A -
	50m: 32.09 32.09	150m: 1:42.58	35.73	250m: 2:54.85	36.06	350m: 4:06.36	35.24	
	100m: 1:06.85 34.76	200m: 2:18.79	36.21	300m: 3:31.12	36.27	400m: 4:38.67	32.31	
5.	CARDEAL Joana Nunes	02		Academico Viseu	4:40.76	+0,60	596	A -
	50m: 31.92 31.92	150m: 1:41.96	35.47	250m: 2:53.41	36.00	350m: 4:05.78	36.36	
	100m: 1:06.49 34.57	200m: 2:17.41	35.45	300m: 3:29.42	36.01	400m: 4:40.76	34.98	
6.	PEIXOTO Carolina Esteves	06		Braga	4:42.52	+0,81	585	A -
	50m: 32.42 32.42	150m: 1:42.69	35.50	250m: 2:54.46	36.14	350m: 4:07.15	36.38	
	100m: 1:07.19 34.77	200m: 2:18.32	35.63	300m: 3:30.77	36.31	400m: 4:42.52	35.37	
7.	FERREIRA Carolina Amadeu	08		Leixoes	4:43.48	+0,75	579	A -
	50m: 31.41 31.41	150m: 1:41.72	35.75	250m: 2:54.91	36.68	350m: 4:07.99	36.21	
	100m: 1:05.97 34.56	200m: 2:18.23	36.51	300m: 3:31.78	36.87	400m: 4:43.48	35.49	
8.	RODRIGUEZ DEL CORRAL M.V.	99		Nautico Sevilla	4:46.98	+0,79	558	A -
	50m: 32.67 32.67	150m: 1:44.61	36.31	250m: 2:57.75	36.56	350m: 4:11.39	36.82	
	100m: 1:08.30 35.63	200m: 2:21.19	36.58	300m: 3:34.57	36.82	400m: 4:46.98	35.59	
9.	FERREIRA Maria Neto	06		Nautico Academico	4:51.99	+0,86	530	A -
	<i>FTL</i>							
	50m: 31.95 31.95	150m: 1:45.00	36.92	250m: 2:59.72	37.22	350m: 4:15.35	37.82	
	100m: 1:08.08 36.13	200m: 2:22.50	37.50	300m: 3:37.53	37.81	400m: 4:51.99	36.64	

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

Lugar	Nome	Ano	Classe	Clube	Tempo Final	TReac	FINA	Pontos
10.	FIDALGO Maria Jardim <i>FTL</i>	04		Belenenses	4:54.39	+0,76	517 A	-
	50m: 33.77 33.77	150m: 1:47.74	37.53	250m: 3:02.35	37.60	350m: 4:17.12	37.31	
	100m: 1:10.21 36.44	200m: 2:24.75	37.01	300m: 3:39.81	37.46	400m: 4:54.39	37.27	
11.	NEVES Ana Carolina <i>FTL</i>	08		Portugal	4:59.67	+0,67	490 B	-
	50m: 32.74 32.74	150m: 1:46.57	37.75	250m: 3:03.57	38.41	350m: 4:21.57	39.05	
	100m: 1:08.82 36.08	200m: 2:25.16	38.59	300m: 3:42.52	38.95	400m: 4:59.67	38.10	
12.	PEDREIRO Francisca Soreto <i>FTL</i>	09		Galitos / Bresimar	5:00.10	+0,74	488 B	-
	50m: 34.69 34.69	150m: 1:50.59	38.46	250m: 3:07.58	38.59	350m: 4:23.37	37.63	
	100m: 1:12.13 37.44	200m: 2:28.99	38.40	300m: 3:45.74	38.16	400m: 5:00.10	36.73	
13.	MATIAS Alana Costa <i>FTL</i>	09		Uniao Coimbra	5:00.22	+0,75	488 B	-
	50m: 33.71 33.71	150m: 1:49.96	38.69	250m: 3:07.23	38.42	350m: 4:23.57	37.97	
	100m: 1:11.27 37.56	200m: 2:28.81	38.85	300m: 3:45.60	38.37	400m: 5:00.22	36.65	
14.	VEIGA Susana Pereira <i>FTL</i>	00	S9	Colegio Vasco da Gama	5:06.47	+0,84	458 B	-
	50m: 33.80 33.80	150m: 1:48.91	38.51	250m: 3:07.65	39.54	350m: 4:27.59	40.05	
	100m: 1:10.40 36.60	200m: 2:28.11	39.20	300m: 3:47.54	39.89	400m: 5:06.47	38.88	
15.	FERREIRA Sofia Daniela <i>FTL</i>	10		Uniao Coimbra	5:36.98	+0,85	345 B	-
	50m: 38.13 38.13	150m: 2:03.96	42.67	250m: 3:31.41	43.23	350m: 4:56.00	42.19	
	100m: 1:21.29 43.16	200m: 2:48.18	44.22	300m: 4:13.81	42.40	400m: 5:36.98	40.98	
16.	CASTRO Ana Filipa <i>FTL</i>	97	S8	Feira Viva	5:56.34	+0,57	291 B	-
	50m: 41.64 41.64	150m: 2:13.38	45.68	250m: 3:43.94	45.03	350m: 5:12.81	44.42	
	100m: 1:27.70 46.06	200m: 2:58.91	45.53	300m: 4:28.39	44.45	400m: 5:56.34	43.53	

Classe S9

1.	VEIGA Susana Pereira <i>FTL</i>	00	S9	Colegio Vasco da Gama	5:06.47	+0,84	458 B	-
	50m: 33.80 33.80	150m: 1:48.91	38.51	250m: 3:07.65	39.54	350m: 4:27.59	40.05	
	100m: 1:10.40 36.60	200m: 2:28.11	39.20	300m: 3:47.54	39.89	400m: 5:06.47	38.88	