

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

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
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
Final A								
1.	CONCEICAO Ema Jeronimo	03		Benfica	4:22.24	+0,79	732	16,00
	50m: 30.76 30.76	150m: 1:36.44	33.06	250m: 2:42.65	33.20	350m: 3:49.66	33.78	
	100m: 1:03.38 32.62	200m: 2:09.45	33.01	300m: 3:15.88	33.23	400m: 4:22.24	32.58	
2.	FOMINA Anna	02		Sporting	4:28.85	+0,83	679	13,00
	50m: 30.94 30.94	150m: 1:37.90	33.81	250m: 2:45.68	33.86	350m: 3:55.04	34.54	
	100m: 1:04.09 33.15	200m: 2:11.82	33.92	300m: 3:20.50	34.82	400m: 4:28.85	33.81	
3.	CARDEAL Joana Nunes	02		Academico Viseu	4:30.23	+0,75	669	11,00
	50m: 30.90 30.90	150m: 1:38.20	34.13	250m: 2:46.80	34.46	350m: 3:56.48	34.98	
	100m: 1:04.07 33.17	200m: 2:12.34	34.14	300m: 3:21.50	34.70	400m: 4:30.23	33.75	
4.	VIANA Carolina Pereira	04		Sporting	4:30.92	+0,80	664	10,00
	50m: 31.16 31.16	150m: 1:38.33	34.32	250m: 2:47.95	35.32	350m: 3:57.60	34.77	
	100m: 1:04.01 32.85	200m: 2:12.63	34.30	300m: 3:22.83	34.88	400m: 4:30.92	33.32	
5.	CABRAL Carolina Vizinho	07		Natacao de Vagos	4:39.11	+0,78	607	9,00
	50m: 31.60 31.60	150m: 1:40.62	34.92	250m: 2:52.33	35.94	350m: 4:04.60	35.87	
	100m: 1:05.70 34.10	200m: 2:16.39	35.77	300m: 3:28.73	36.40	400m: 4:39.11	34.51	
6.	PEIXOTO Carolina Esteves	06		Braga	4:41.16	+0,83	594	8,00
	50m: 31.65 31.65	150m: 1:40.92	35.16	250m: 2:53.13	36.26	350m: 4:05.62	35.85	
	100m: 1:05.76 34.11	200m: 2:16.87	35.95	300m: 3:29.77	36.64	400m: 4:41.16	35.54	
7.	FERREIRA Carolina Amadeu	08		Leixoes	4:41.87	+0,80	589	7,00
	50m: 32.54 32.54	150m: 1:42.98	35.61	250m: 2:55.26	36.35	350m: 4:07.42	35.79	
	100m: 1:07.37 34.83	200m: 2:18.91	35.93	300m: 3:31.63	36.37	400m: 4:41.87	34.45	
	FERREIRA Maria Neto	06		Nautico Academico	4:41.87	+0,82	589	7,00
	50m: 32.61 32.61	150m: 1:43.19	35.88	250m: 2:55.50	36.44	350m: 4:08.05	36.35	
	100m: 1:07.31 34.70	200m: 2:19.06	35.87	300m: 3:31.70	36.20	400m: 4:41.87	33.82	
9.	RODRIGUEZ DEL CORRAL M.V.	99		Nautico Sevilla	4:46.59	+0,80	561	5,00
	50m: 32.75 32.75	150m: 1:44.35	36.04	250m: 2:57.43	36.35	350m: 4:10.46	36.25	
	100m: 1:08.31 35.56	200m: 2:21.08	36.73	300m: 3:34.21	36.78	400m: 4:46.59	36.13	
10.	FIDALGO Maria Jardim	04		Belenenses	4:48.53	+0,76	550	4,00
	50m: 33.02 33.02	150m: 1:45.17	35.99	250m: 2:58.27	36.14	350m: 4:11.74	36.04	
	100m: 1:09.18 36.16	200m: 2:22.13	36.96	300m: 3:35.70	37.43	400m: 4:48.53	36.79	

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

Lugar	Nome	Ano	Classe	Clube	Tempo Final	TReac	FINA	Pontos
Final B								
11.	NEVES Ana Carolina <i>FTL</i>	08		Portugal	4:48.97	+0,55	547	3,00
	50m: 31.46 31.46	150m: 1:43.30	36.59	250m: 2:57.86	37.16	350m: 4:12.75	37.60	
	100m: 1:06.71 35.25	200m: 2:20.70	37.40	300m: 3:35.15	37.29	400m: 4:48.97	36.22	
12.	PEDREIRO Francisca Soreto <i>FTL</i>	09		Galitos / Bresimar	4:57.00	+0,78	504	2,00
	50m: 33.76 33.76	150m: 1:47.59	37.55	250m: 3:03.55	38.36	350m: 4:19.91	38.51	
	100m: 1:10.04 36.28	200m: 2:25.19	37.60	300m: 3:41.40	37.85	400m: 4:57.00	37.09	
13.	CASTRO Ana Filipa <i>FTL</i>	97	S8	Feira Viva	5:49.58	+0,58	309	1,00
	50m: 39.84 39.84	150m: 2:08.07	44.36	250m: 3:37.55	44.63	350m: 5:07.23	44.76	
	100m: 1:23.71 43.87	200m: 2:52.92	44.85	300m: 4:22.47	44.92	400m: 5:49.58	42.35	