

Prova 34 **Femin., 400m Estilos** **Open**
28/05/2023 **Resultados**

Recorde Nacional Open	4:40.11	KAMINSKAYA Victoria	POR	Pontevedra (ESP)	09/04/2017
Recorde Nacional Sen	4:40.11	KAMINSKAYA Victoria	POR	Pontevedra (ESP)	09/04/2017
Recorde Nacional Jun17	4:52.12	KAMINSKAYA Victoria	PIMP	Oeiras	27/07/2012
Recorde Nacional Jun16	4:54.00	ROCHA Ines Neto	SANNP	Gijón (ESP)	20/05/2017
Recorde Nacional Juv A	4:58.08	DURAES Diana Margarida	FOCA	Povoa de Varzim	05/08/2011
Recorde Nacional Juv B	5:01.00	ROCHA Ines Neto	CAP	Coimbra	24/07/2015
Recorde Nacional Inf A	5:11.29	ROCHA Diana Ramos	EDV	Faro	20/07/2007
Recorde Nacional Inf B	5:14.05	RUIVO Filipa Vilas	DNMG	S. Joao da Madeira	24/07/2009
Recorde Meeting	4:42.53	KAMINSKAYA Victoria	POR	Coimbra	29/05/2016

TAC : 5:36.60

Pontos: FINA 2023

Lugar	Nome	Ano	Classe	Clube	Tempo Final	TReac	FINA	Pontos
1.	HENRIQUES Ines Jacinto	00		Louzan Natacao/EFAPEL	5:00.78	+0,72	694	-
	50m: 30.40 30.40	150m: 1:43.72	38.84	250m: 3:06.39	44.68	350m: 4:26.69	35.61	
	100m: 1:04.88 34.48	200m: 2:21.71	37.99	300m: 3:51.08	44.69	400m: 5:00.78	34.09	
2.	LOPES Daniela Magalhaes	05		Famalicao	5:07.96	+0,81	647	-
	50m: 32.10 32.10	150m: 1:50.37	41.41	250m: 3:14.32	44.01	350m: 4:33.61	35.46	
	100m: 1:08.96 36.86	200m: 2:30.31	39.94	300m: 3:58.15	43.83	400m: 5:07.96	34.35	
3.	REBELO Maria Carlota	03		Condeixa Clube	5:11.59	+0,72	624	-
	50m: 32.04 32.04	150m: 1:50.68	41.89	250m: 3:16.15	44.03	350m: 4:36.87	36.06	
	100m: 1:08.79 36.75	200m: 2:32.12	41.44	300m: 4:00.81	44.66	400m: 5:11.59	34.72	
4.	LOPES Matilde Nunes	06		Benfica	5:12.70	+0,74	618	-
	50m: 33.08 33.08	150m: 1:51.86	41.41	250m: 3:17.82	45.21	350m: 4:38.32	35.38	
	100m: 1:10.45 37.37	200m: 2:32.61	40.75	300m: 4:02.94	45.12	400m: 5:12.70	34.38	
5.	JESUS Mariana Teixeira	06		Estarreja/PROZINCO	5:19.03	+0,73	581	-
	50m: 34.00 34.00	150m: 1:57.48	43.61	250m: 3:23.52	44.24	350m: 4:44.15	36.89	
	100m: 1:13.87 39.87	200m: 2:39.28	41.80	300m: 4:07.26	43.74	400m: 5:19.03	34.88	
6.	PINTO Margarida Vieira	07		Braga	5:21.83	+0,65	566	-
	50m: 33.24 33.24	150m: 1:56.44	42.46	250m: 3:22.99	45.31	350m: 4:46.35	37.05	
	100m: 1:13.98 40.74	200m: 2:37.68	41.24	300m: 4:09.30	46.31	400m: 5:21.83	35.48	
7.	RIBEIRO Maria Joao	05		Sao Joao Ver	5:25.30	+0,85	548	-
	50m: 33.58 33.58	150m: 1:57.96	44.97	250m: 3:25.45	44.05	350m: 4:47.60	37.34	
	100m: 1:12.99 39.41	200m: 2:41.40	43.44	300m: 4:10.26	44.81	400m: 5:25.30	37.70	
8.	MATOS Ana Rita	02		Belenenses	5:26.23	+0,74	544	-
	50m: 33.48 33.48	150m: 1:55.10	43.25	250m: 3:23.71	47.76	350m: 4:49.53	37.85	
	100m: 1:11.85 38.37	200m: 2:35.95	40.85	300m: 4:11.68	47.97	400m: 5:26.23	36.70	
9.	PICARD Justine	06		Occitanie	5:26.32	+0,77	543	-
	50m: 33.00 33.00	150m: 1:53.63	43.10	250m: 3:24.11	48.26	350m: 4:50.69	38.87	
	100m: 1:10.53 37.53	200m: 2:35.85	42.22	300m: 4:11.82	47.71	400m: 5:26.32	35.63	
10.	FROIS Maria Francisca	06		Nautico de Leiria	5:26.55	+0,77	542	-
	50m: 33.91 33.91	150m: 1:58.46	44.36	250m: 3:26.87	46.44	350m: 4:50.32	37.22	
	100m: 1:14.10 40.19	200m: 2:40.43	41.97	300m: 4:13.10	46.23	400m: 5:26.55	36.23	
11.	SILVA Ana Francisca	06		Alcobaca	5:27.83	+0,66	536	-
	50m: 34.16 34.16	150m: 1:55.86	42.04	250m: 3:25.48	48.15	350m: 4:51.79	36.80	
	100m: 1:13.82 39.66	200m: 2:37.33	41.47	300m: 4:14.99	49.51	400m: 5:27.83	36.04	

Prova 34, Femin., 400m Estilos, Open

Lugar	Nome	Ano	Classe	Clube	Tempo Final	TReac	FINA	Pontos
12.	REBELO Angela Rodrigues	07		Louzan Natacao/EFAPEL	5:29.98	+0,62	525	-
	50m: 33.43 33.43	150m: 1:56.64	44.43	250m: 3:25.95	46.77	350m: 4:51.40	38.80	
	100m: 1:12.21 38.78	200m: 2:39.18	42.54	300m: 4:12.60	46.65	400m: 5:29.98	38.58	
13.	BOLEIXA Carlota Costa	08		Portugal	5:30.74	+0,77	522	-
	50m: 33.68 33.68	150m: 1:58.04	42.14	250m: 3:28.21	48.63	350m: 4:53.82	36.54	
	100m: 1:15.90 42.22	200m: 2:39.58	41.54	300m: 4:17.28	49.07	400m: 5:30.74	36.92	
14.	RODRIGUES Lidiana Correia	04		Belenenses	5:30.99	+0,82	521	-
	50m: 34.53 34.53	150m: 2:00.74	45.50	250m: 3:28.27	44.42	350m: 4:52.96	38.69	
	100m: 1:15.24 40.71	200m: 2:43.85	43.11	300m: 4:14.27	46.00	400m: 5:30.99	38.03	
15.	GASPAR Beatriz Andre	06		Nautico Academico	5:33.93	+0,70	507	-
	50m: 34.53 34.53	150m: 2:01.65	46.00	250m: 3:31.17	46.13	350m: 4:56.50	38.66	
	100m: 1:15.65 41.12	200m: 2:45.04	43.39	300m: 4:17.84	46.67	400m: 5:33.93	37.43	
16.	ALVES Catarina Alexandra FTL	07		Geslours	5:37.70	+0,83	490	-
	50m: 34.26 34.26	150m: 1:59.00	43.79	250m: 3:30.31	48.57	350m: 4:58.89	38.37	
	100m: 1:15.21 40.95	200m: 2:41.74	42.74	300m: 4:20.52	50.21	400m: 5:37.70	38.81	
17.	BRAZ Sofia Pereira FTL	07		CLIP Teams	5:39.40	+0,82	483	-
	50m: 33.85 33.85	150m: 1:59.08	45.53	250m: 3:33.43	49.16	350m: 5:01.76	38.57	
	100m: 1:13.55 39.70	200m: 2:44.27	45.19	300m: 4:23.19	49.76	400m: 5:39.40	37.64	
18.	FERNANDES Laura Silva FTL	08		Miranda do Corvo	6:13.97	+0,91	361	-
	50m: 37.57 37.57	150m: 2:12.52	48.69	250m: 3:51.65	52.77	350m: 5:30.29	45.83	
	100m: 1:23.83 46.26	200m: 2:58.88	46.36	300m: 4:44.46	52.81	400m: 6:13.97	43.68	
19.	REIS Filipa Sa Rec Nac S21, FTL	00	SM21	Feira Viva	8:17.26		153	-
	50m: 52.48 52.48	150m: 3:00.28	1:02.57	250m: 5:11.99	1:10.36	350m: 7:20.77	56.15	
	100m: 1:57.71 1:05.23	200m: 4:01.63	1:01.35	300m: 6:24.62	1:12.63	400m: 8:17.26	56.49	
DSQ	SILVA Nuria Soares	07		Sao Joao Ver				-
	<i>SW 7.4 - O (a) atleta efectuou movimento alternado de pernas depois da viragem aos 200 m</i>							