

Prova 1 Femin., 400m Livres Absolutos
21/12/2023 - 9:30 Resultados

Recordes Nacionais 25m Open	4:04.61	Diana Margarida, DURAES	POR	Copenhagen (DEN)	17/12/2017
Recordes Nacionais 25m Sen	4:04.61	Diana Margarida, DURAES	POR	Copenhagen (DEN)	17/12/2017
Recordes Nacionais 25m Jun 17	4:10.52	Tamila Hryhorivna, HOLUB	SCB	Porto	12/12/2015
Recordes Nacionais 25m Jun 16	4:13.53	Ana Reis, SOUSA	CNLA	Porto	09/12/2017
Recordes Nacionais 25m Juv A	4:18.39	Ana Claudia, SANTOS	SFUAP	Cantanhede	20/12/2004
Recordes Nacionais 25m Juv B	4:23.08	Susana Patricia, MIGUEL	SFUAP	Alhandra	15/05/2004
Recordes Nacionais 25m Inf A	4:25.30	Alexandra Maria, SILVA	FCP	Porto	19/07/1980
Recordes Nacionais 25m Inf B	4:38.40	Filipa Vilas, RUIVO	DNMG	Alcobaça	13/06/2009

Pontos: FINA 2023

Lugar	Nome	TReac	Licença	Ano	Clube	Tempo Final	FINA	Pts
1.	Francisca Soares, MARTINS	+0,68	126504	03	Foca Quinta Da Lixa - Cnf	4:05.60	835	17,00
	50m: 28.32 28.32	150m: 1:29.53 30.91	250m: 2:32.00 31.34	350m: 3:35.06 31.47				
	100m: 58.62 30.30	200m: 2:00.66 31.13	300m: 3:03.59 31.59	400m: 4:05.60 30.54				
2.	Tamila Hryhorivna, HOLUB	+0,79	116887	99	Braga	4:10.68	785	15,00
	50m: 28.44 28.44	150m: 1:30.57 31.34	250m: 2:34.15 31.95	350m: 3:38.72 32.42				
	100m: 59.23 30.79	200m: 2:02.20 31.63	300m: 3:06.30 32.15	400m: 4:10.68 31.96				
3.	Angelica Maria, ANDRE	+0,76	15497	94	Porto	4:13.19	762	14,00
	50m: 29.56 29.56	150m: 1:32.99 31.98	250m: 2:37.56 32.36	350m: 3:42.74 32.32				
	100m: 1:01.01 31.45	200m: 2:05.20 32.21	300m: 3:10.42 32.86	400m: 4:13.19 30.45				
4.	Ema Jeronimo, CONCEICAO	+0,80	129812	03	Benfica	4:15.33	743	13,00
	50m: 29.27 29.27	150m: 1:32.34 31.88	250m: 2:37.59 32.81	350m: 3:42.84 32.22				
	100m: 1:00.46 31.19	200m: 2:04.78 32.44	300m: 3:10.62 33.03	400m: 4:15.33 32.49				
5.	Ines Jacinto, HENRIQUES	+0,74	120220	00	Louzan Natacao/EFAPEL	4:21.84	689	12,00
	50m: 29.81 29.81	150m: 1:33.27 32.62	250m: 2:39.87 33.54	350m: 3:47.62 33.84				
	100m: 1:00.65 31.67	200m: 2:06.33 33.06	300m: 3:13.78 33.91	400m: 4:21.84 34.22				
6.	Carolina Pereira, VIANA	+0,76	129199	04	Sporting	4:21.94	688	11,00
	50m: 30.03 30.03	150m: 1:34.79 32.76	250m: 2:41.41 33.52	350m: 3:48.73 33.80				
	100m: 1:02.03 32.00	200m: 2:07.89 33.10	300m: 3:14.93 33.52	400m: 4:21.94 33.21				
7.	Helena Nunes, RODRIGUES	+0,77	125022	03	Condeixa Aqua Clube	4:23.77	674	10,00
	50m: 29.81 29.81	150m: 1:34.59 32.74	250m: 2:41.29 33.24	350m: 3:49.53 34.54				
	100m: 1:01.85 32.04	200m: 2:08.05 33.46	300m: 3:14.99 33.70	400m: 4:23.77 34.24				
8.	Marta Joao, PIRES	+0,80	147235	05	Sport Alges e Dafundo	4:24.17	671	9,00
	50m: 29.89 29.89	150m: 1:36.40 33.47	250m: 2:44.27 34.08	350m: 3:51.61 33.32				
	100m: 1:02.93 33.04	200m: 2:10.19 33.79	300m: 3:18.29 34.02	400m: 4:24.17 32.56				
9.	Ines Mourenza, ROCHA	+0,83	220088	07	Fluvial Portuense	4:25.84	658	8,00
	50m: 29.77 29.77	150m: 1:36.01 33.57	250m: 2:44.13 34.27	350m: 3:52.16 34.02				
	100m: 1:02.44 32.67	200m: 2:09.86 33.85	300m: 3:18.14 34.01	400m: 4:25.84 33.68				
10.	Ines Santos, AMORIM	+0,82	200626	06	Escola Desportiva de Viana	4:26.85	651	7,00
	50m: 29.65 29.65	150m: 1:33.95 32.43	250m: 2:41.36 34.05	350m: 3:51.90 35.50				
	100m: 1:01.52 31.87	200m: 2:07.31 33.36	300m: 3:16.40 35.04	400m: 4:26.85 34.95				
11.	Maria Ornelas, ARMAS	+0,85	106961	98	Vikings	4:29.90	629	6,00
	50m: 30.16 30.16	150m: 1:36.77 33.87	250m: 2:45.85 34.46	350m: 3:55.72 34.76				
	100m: 1:02.90 32.74	200m: 2:11.39 34.62	300m: 3:20.96 35.11	400m: 4:29.90 34.18				
12.	Maria Emilia, ALMEIDA	+0,85	131568	07	Colegio Efanor	4:36.07	588	5,00
	50m: 30.84 30.84	150m: 1:39.02 34.48	250m: 2:49.35 35.31	350m: 4:00.62 35.44				
	100m: 1:04.54 33.70	200m: 2:14.04 35.02	300m: 3:25.18 35.83	400m: 4:36.07 35.45				
13.	Ana Urbina, LOZADA	+0,79	221247	08	Louletano / Loule Concelho	4:38.92	570	4,00
	50m: 30.81 30.81	150m: 1:39.16 34.88	250m: 2:50.27 35.66	350m: 4:02.55 36.40				
	100m: 1:04.28 33.47	200m: 2:14.61 35.45	300m: 3:26.15 35.88	400m: 4:38.92 36.37				
14.	Ana Rita, MATOS	+0,77	127501	02	Clube Futebol Os Belenenses	4:42.69	547	3,00
	50m: 30.27 30.27	150m: 1:38.31 34.90	250m: 2:51.26 36.77	350m: 4:05.42 37.21				
	100m: 1:03.41 33.14	200m: 2:14.49 36.18	300m: 3:28.21 36.95	400m: 4:42.69 37.27				
15.	Lara Catarina, MAIA	+0,68	205712	09	Estarreja/PROZINCO	4:45.55	531	2,00
	50m: 30.11 30.11	150m: 1:39.81 35.83	250m: 2:53.75 37.30	350m: 4:09.31 37.99				
	100m: 1:03.98 33.87	200m: 2:16.45 36.64	300m: 3:31.32 37.57	400m: 4:45.55 36.24				
16.	Maria Manuel, BRAZ	+0,77	209417	09	Ginasio Vila Real	4:54.20	485	1,00
	50m: 31.75 31.75	150m: 1:45.22 37.60	250m: 3:01.09 38.13	350m: 4:17.00 37.76				
	100m: 1:07.62 35.87	200m: 2:22.96 37.74	300m: 3:39.24 38.15	400m: 4:54.20 37.20				