

Prova 32
05/05/2024
Femin., 400m Livres
Open
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

TAC : 4:48.59

Pontos: FINA 2024

Lugar	Nome	Ano	Classe	Clube	Tempo Final	TReac	FINA	Pontos
Open								
1.	HENRIQUES Ines Jacinto	00		Louzan Natacao/EFAPEL	4:32.68	+0,70	643 Q	-
	50m: 31.25 31.25	150m: 1:39.87	34.58	250m: 2:48.93	34.59	350m: 3:58.38	34.79	
	100m: 1:05.29 34.04	200m: 2:14.34	34.47	300m: 3:23.59	34.66	400m: 4:32.68	34.30	
2.	DURAES Diana Margarida	96		Benfica	4:36.15	+0,73	619 Q	-
	50m: 31.16 31.16	150m: 1:39.51	35.12	250m: 2:50.34	37.17	350m: 4:01.60	37.27	
	100m: 1:04.39 33.23	200m: 2:13.17	33.66	300m: 3:24.33	33.99	400m: 4:36.15	34.55	
3.	AMORIM Ines Santos	06		Portugal	4:36.99	+0,81	613 Q	-
	50m: 32.87 32.87	150m: 1:44.05	36.04	250m: 2:54.34	34.30	350m: 4:03.15	34.17	
	100m: 1:08.01 35.14	200m: 2:20.04	35.99	300m: 3:28.98	34.64	400m: 4:36.99	33.84	
4.	FRANCO Catarina Andrade	07		Portugal	4:39.87	+0,70	594 Q	-
	50m: 32.25 32.25	150m: 1:44.65	36.49	250m: 2:55.44	35.03	350m: 4:05.38	34.79	
	100m: 1:08.16 35.91	200m: 2:20.41	35.76	300m: 3:30.59	35.15	400m: 4:39.87	34.49	
5.	CARDEAL Joana Nunes	02		Individual ANCPN	4:41.87	+0,74	582 Q	-
	50m: 32.46 32.46	150m: 1:43.74	35.88	250m: 2:54.85	35.41	350m: 4:06.22	35.94	
	100m: 1:07.86 35.40	200m: 2:19.44	35.70	300m: 3:30.28	35.43	400m: 4:41.87	35.65	
6.	LOURO Beatriz Silva	07		Louletano / Loule Concelho	4:43.45	+0,67	572 Q	-
	50m: 32.60 32.60	150m: 1:43.70	35.63	250m: 2:55.79	36.19	350m: 4:08.39	36.42	
	100m: 1:08.07 35.47	200m: 2:19.60	35.90	300m: 3:31.97	36.18	400m: 4:43.45	35.06	
7.	AGUILAR Marta Andre	07		Nautico Academico	4:45.30	+0,80	561 Q	-
	50m: 32.97 32.97	150m: 1:44.95	36.14	250m: 2:57.07	36.23	350m: 4:10.28	36.80	
	100m: 1:08.81 35.84	200m: 2:20.84	35.89	300m: 3:33.48	36.41	400m: 4:45.30	35.02	
8.	CRAVEIRO Luana Ferreira FTL	09		Nautico Marinha Grande	4:48.97	+0,72	540 Q	-
	50m: 32.12 32.12	150m: 1:44.42	36.94	250m: 2:58.52	36.89	350m: 4:13.61	37.48	
	100m: 1:07.48 35.36	200m: 2:21.63	37.21	300m: 3:36.13	37.61	400m: 4:48.97	35.36	
9.	MATIAS Alana Costa FTL	09		Uniao Coimbra	4:49.04	+0,76	540 Q	-
	50m: 33.28 33.28	150m: 1:46.95	37.21	250m: 3:01.09	36.87	350m: 4:14.24	36.39	
	100m: 1:09.74 36.46	200m: 2:24.22	37.27	300m: 3:37.85	36.76	400m: 4:49.04	34.80	

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Lugar	Nome	Ano	Classe	Clube	Tempo Final	TReac	FINA	Pontos
10.	VIANA Matilde Violante <i>FTL</i>	07		CNLeiria	4:58.43	+0,79	490 Q	-
	50m: 33.46 33.46	150m: 1:47.48	37.34	250m: 3:03.57	37.75	350m: 4:20.06	38.12	
	100m: 1:10.14 36.68	200m: 2:25.82	38.34	300m: 3:41.94	38.37	400m: 4:58.43	38.37	
11.	CARDEAL Leonor Nunes <i>FTL</i>	10		Individual ANCP	5:15.09	+0,84	416 R	-
	50m: 34.39 34.39	150m: 1:53.56	40.24	250m: 3:14.86	40.96	350m: 4:35.90	40.30	
	100m: 1:13.32 38.93	200m: 2:33.90	40.34	300m: 3:55.60	40.74	400m: 5:15.09	39.19	
12.	NOGUEIRA Maria Luisa <i>FTL</i>	12		Academica de Coimbra	5:31.69	+0,80	357 R	-
	50m: 39.20 39.20	150m: 2:04.41	42.70	250m: 3:29.80	41.95	350m: 4:52.83	40.86	
	100m: 1:21.71 42.51	200m: 2:47.85	43.44	300m: 4:11.97	42.17	400m: 5:31.69	38.86	
13.	CORREIA Margarida Paiva <i>FTL</i>	12		Miranda do Corvo	5:54.38	+0,57	293	-
	50m: 40.03 40.03	150m: 2:09.84	44.99	250m: 3:41.16	45.05	350m: 5:11.12	44.41	
	100m: 1:24.85 44.82	200m: 2:56.11	46.27	300m: 4:26.71	45.55	400m: 5:54.38	43.26	
14.	SOARES Beatriz Pires <i>FTL</i>	12		Miranda do Corvo	6:25.95	+0,73	226	-
	50m: 43.47 43.47	150m: 2:22.78	49.36	250m: 4:03.07	50.65	350m: 5:40.82	48.20	
	100m: 1:33.42 49.95	200m: 3:12.42	49.64	300m: 4:52.62	49.55	400m: 6:25.95	45.13	
DNS	CONCEICAO Ema Jeronimo	03		Benfica				-
DNS	LUIZ Margarida Maria	08		Lagoa AC				-
DNS	GASPAR Beatriz Ferreira	04		Academica de Coimbra				-