

4 - 2ª Jornada - 2ª sessão (Finais/ Finals - evening session)
05/05/2024 - 16:00

Prova 32	Femin., 400m Livres					Open
05/05/2024						Resultados Final
Recorde Nacional Open	4:08.77	MARTINS Francisca Soares	FOCA	Canet-en-Roussillion (FRA)	14/05/2023	
Recorde Nacional Sen	4:08.77	MARTINS Francisca Soares	FOCA	Canet-en-Roussillion (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
1.	DURAES Diana Margarida	96		Benfica	4:16.69	+0,76	771	16,00
	50m: 29.82 29.82	150m: 1:33.18	31.99	250m: 2:37.92	32.54	350m: 3:44.18	33.28	
	100m: 1:01.19 31.37	200m: 2:05.38	32.20	300m: 3:10.90	32.98	400m: 4:16.69	32.51	
2.	HENRIQUES Ines Jacinto	00		Louzan Natacao/EFAPEL	4:26.31	+0,69	690	13,00
	50m: 30.83 30.83	150m: 1:37.24	33.37	250m: 2:45.00	33.77	350m: 3:53.09	34.14	
	100m: 1:03.87 33.04	200m: 2:11.23	33.99	300m: 3:18.95	33.95	400m: 4:26.31	33.22	
3.	AMORIM Ines Santos	06		Portugal	4:28.83	+0,87	671	11,00
	50m: 31.49 31.49	150m: 1:39.02	34.12	250m: 2:47.42	34.26	350m: 3:55.69	34.15	
	100m: 1:04.90 33.41	200m: 2:13.16	34.14	300m: 3:21.54	34.12	400m: 4:28.83	33.14	
4.	CARDEAL Joana Nunes	02		Individual ANCP	4:32.90	+0,75	641	10,00
	50m: 31.85 31.85	150m: 1:40.66	34.62	250m: 2:50.12	34.90	350m: 3:59.55	34.68	
	100m: 1:06.04 34.19	200m: 2:15.22	34.56	300m: 3:24.87	34.75	400m: 4:32.90	33.35	
5.	FRANCO Catarina Andrade	07		Portugal	4:34.24	+0,70	632	9,00
	50m: 31.03 31.03	150m: 1:39.53	34.29	250m: 2:48.63	34.26	350m: 3:59.07	35.07	
	100m: 1:05.24 34.21	200m: 2:14.37	34.84	300m: 3:24.00	35.37	400m: 4:34.24	35.17	
6.	LOURO Beatriz Silva	07		Louletano / Loule Concelho	4:39.49	+0,67	597	8,00
	50m: 31.17 31.17	150m: 1:40.20	34.69	250m: 2:51.35	35.75	350m: 4:03.84	36.20	
	100m: 1:05.51 34.34	200m: 2:15.60	35.40	300m: 3:27.64	36.29	400m: 4:39.49	35.65	
7.	MATIAS Alana Costa	09		Uniao Coimbra	4:39.92	+0,77	594	7,00
	50m: 31.25 31.25	150m: 1:41.17	35.14	250m: 2:53.08	35.91	350m: 4:05.33	35.91	
	100m: 1:06.03 34.78	200m: 2:17.17	36.00	300m: 3:29.42	36.34	400m: 4:39.92	34.59	
8.	AGUILAR Marta Andre FTL	07		Nautico Academico	4:48.73	+0,73	541	6,00
	50m: 32.43 32.43	150m: 1:43.28	36.05	250m: 2:56.91	37.24	350m: 4:12.17	37.86	
	100m: 1:07.23 34.80	200m: 2:19.67	36.39	300m: 3:34.31	37.40	400m: 4:48.73	36.56	
9.	VIANA Matilde Violante FTL	07		CNLeiria	4:59.62	+0,79	484	5,00
	50m: 33.51 33.51	150m: 1:47.94	37.90	250m: 3:04.63	38.67	350m: 4:21.58	38.44	
	100m: 1:10.04 36.53	200m: 2:25.96	38.02	300m: 3:43.14	38.51	400m: 4:59.62	38.04	

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

Lugar	Nome	Ano	Classe	Clube	Tempo Final	TReac	FINA	Pontos
10.	CARDEAL Leonor Nunes <i>FTL</i>	10		Individual ANCNP	5:08.12	+0,85	445	4,00
	50m: 33.55 33.55	150m: 1:50.96	38.98	250m: 3:09.87	39.27	350m: 4:29.90	39.72	
	100m: 1:11.98 38.43	200m: 2:30.60	39.64	300m: 3:50.18	40.31	400m: 5:08.12	38.22	