

**Prova 34** **Femin., 400m Estilos** **Open**  
**05/05/2024** **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	Povoia 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 2024

Lugar	Nome	Ano	Classe	Clube	Tempo Final	TReac	FINA	Pontos
1.	RODRIGUES Helena Nunes	03		Condeixa Clube	<b>5:14.24</b>	+0,77	605	16,00
	50m: 34.23 34.23	150m: 1:54.09	40.72	250m: 3:20.69	46.94	350m: 4:41.04	33.55	
	100m: 1:13.37 39.14	200m: 2:33.75	39.66	300m: 4:07.49	46.80	400m: 5:14.24	33.20	
2.	PINTO Margarida Vieira	07		Braga	<b>5:17.75</b>	+0,75	585	13,00
	50m: 33.19 33.19	150m: 1:54.53	42.11	250m: 3:21.02	45.40	350m: 4:42.68	35.47	
	100m: 1:12.42 39.23	200m: 2:35.62	41.09	300m: 4:07.21	46.19	400m: 5:17.75	35.07	
3.	LOPES Matilde Nunes	06		Benfica	<b>5:21.53</b>	+0,65	565	11,00
	50m: 32.26 32.26	150m: 1:50.21	41.69	250m: 3:18.79	47.33	350m: 4:43.58	36.63	
	100m: 1:08.52 36.26	200m: 2:31.46	41.25	300m: 4:06.95	48.16	400m: 5:21.53	37.95	
4.	CRAVEIRO Luana Ferreira	09		Nautico Marinha Grande	<b>5:26.18</b>	+0,69	541	10,00
	50m: 34.52 34.52	150m: 2:00.99	43.29	250m: 3:27.54	44.89	350m: 4:50.39	37.43	
	100m: 1:17.70 43.18	200m: 2:42.65	41.66	300m: 4:12.96	45.42	400m: 5:26.18	35.79	
5.	SIMOES Maria Neto	10		Condeixa Clube	<b>5:31.98</b>	+0,76	513	9,00
	50m: 34.87 34.87	150m: 2:01.26	44.05	250m: 3:30.36	46.25	350m: 4:55.14	38.20	
	100m: 1:17.21 42.34	200m: 2:44.11	42.85	300m: 4:16.94	46.58	400m: 5:31.98	36.84	
6.	TOMAS Constanca Baptista	09		Alcobaca	<b>5:32.95</b>	+0,77	509	8,00
	50m: 33.81 33.81	150m: 2:00.23	44.94	250m: 3:33.45	48.65	350m: 4:58.52	35.94	
	100m: 1:15.29 41.48	200m: 2:44.80	44.57	300m: 4:22.58	49.13	400m: 5:32.95	34.43	
7.	SANTOS Caetana Amado FTL	09		Miranda do Corvo	<b>5:40.88</b>	+0,75	474	7,00
	50m: 35.37 35.37	150m: 2:02.78	42.15	250m: 3:33.97	49.92	350m: 5:02.52	38.27	
	100m: 1:20.63 45.26	200m: 2:44.05	41.27	300m: 4:24.25	50.28	400m: 5:40.88	38.36	
8.	CARDEAL Leonor Nunes FTL	10		Individual ANCP	<b>5:45.00</b>	+0,86	457	6,00
	50m: 35.84 35.84	150m: 2:07.34	46.50	250m: 3:40.58	48.99	350m: 5:08.23	37.98	
	100m: 1:20.84 45.00	200m: 2:51.59	44.25	300m: 4:30.25	49.67	400m: 5:45.00	36.77	
DNS	AZEVEDO Constanca Lourenco	10		Lagoa AC				-