

Prova 32 Femin., 400m Livres  
20-05-2018 - 18:00 Absoluto  
Resultados Final

Recorde Nacional Absoluto	4:10.07	DURAES Diana Margarida	POR	Budapeste (HUN)	23-07-2017
Recorde Nacional Sen	4:10.07	DURAES Diana Margarida	POR	Budapeste (HUN)	23-07-2017
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 2018

Lugar	Nome	Ano	Classe	Clube	Tempo Final	TReacPts FINA	Pontos
<b>Final A</b>							
1.	AMADOR Joana Costa	01		Galitos / Bresimar	<b>4:30.19</b>	+0,68	670 16,00
	50m: 31.44 31.44	150m: 1:39.62	34.45	250m: 2:48.50	34.24	350m: 3:56.97	34.08
	100m: 1:05.17 33.73	200m: 2:14.26	34.64	300m: 3:22.89	34.39	400m: 4:30.19	33.22
2.	VELOSO Teresa Miguel	00		Nautico Academico	<b>4:31.93</b>	+0,74	657 13,00
	50m: 31.50 31.50	150m: 1:39.61	34.52	250m: 2:48.29	34.32	350m: 3:57.64	34.75
	100m: 1:05.09 33.59	200m: 2:13.97	34.36	300m: 3:22.89	34.60	400m: 4:31.93	34.29
3.	PEGO Isabel Porfirio	01		Fluvial Portuense	<b>4:34.08</b>	+0,69	642 11,00
	50m: 31.61 31.61	150m: 1:39.96	34.47	250m: 2:49.25	34.56	350m: 3:59.66	35.34
	100m: 1:05.49 33.88	200m: 2:14.69	34.73	300m: 3:24.32	35.07	400m: 4:34.08	34.42
4.	REBELO Maria Carlota	03		Portugal	<b>4:38.94</b>	+0,79	609 10,00
	50m: 32.04 32.04	150m: 1:41.38	35.17	250m: 2:52.79	35.87	350m: 4:04.56	36.27
	100m: 1:06.21 34.17	200m: 2:16.92	35.54	300m: 3:28.29	35.50	400m: 4:38.94	34.38
5.	NOBRE Marisa Isabel	05		Columbofila Cantanhedense	<b>4:41.15</b>	+0,71	594 9,00
	50m: 32.58 32.58	150m: 1:43.24	35.03	250m: 2:55.11	35.55	350m: 4:06.84	35.27
	100m: 1:08.21 35.63	200m: 2:19.56	36.32	300m: 3:31.57	36.46	400m: 4:41.15	34.31
6.	RODRIGUES Helena Nunes	03		Alges e Agueda XXI	<b>4:41.56</b>	+0,79	592 8,00
	50m: 32.22 32.22	150m: 1:42.84	35.68	250m: 2:54.84	35.99	350m: 4:06.96	35.63
	100m: 1:07.16 34.94	200m: 2:18.85	36.01	300m: 3:31.33	36.49	400m: 4:41.56	34.60
7.	PINHO Carolina Teixeira	04		Porto	<b>4:42.32</b>	+0,77	587 7,00
	50m: 31.97 31.97	150m: 1:42.53	35.59	250m: 2:54.54	36.11	350m: 4:07.16	36.23
	100m: 1:06.94 34.97	200m: 2:18.43	35.90	300m: 3:30.93	36.39	400m: 4:42.32	35.16
8.	CONCEICAO Ema Jeronimo	03		Fisica Torres Vedras	<b>4:43.15</b>	+0,79	582 6,00
	50m: 32.01 32.01	150m: 1:43.00	35.79	250m: 2:56.03	36.55	350m: 4:08.77	35.90
	100m: 1:07.21 35.20	200m: 2:19.48	36.48	300m: 3:32.87	36.84	400m: 4:43.15	34.38
9.	RODRIGUES Joana Francisca	04		Uniao Coimbra	<b>4:43.24</b>	+0,74	581 5,00
	50m: 32.05 32.05	150m: 1:43.40	35.67	250m: 2:55.92	36.02	350m: 4:07.99	35.62
	100m: 1:07.73 35.68	200m: 2:19.90	36.50	300m: 3:32.37	36.45	400m: 4:43.24	35.25
10.	PIRES Beatriz Almeida	03		Uniao Coimbra	<b>4:51.83</b>	+0,79	531 -
	<i>FTL</i>						
	50m: 33.99 33.99	150m: 1:45.90	35.36	250m: 2:59.39	35.98	350m: 4:14.53	36.75
	100m: 1:10.54 36.55	200m: 2:23.41	37.51	300m: 3:37.78	38.39	400m: 4:51.83	37.30
<b>Final B</b>							
11.	TEJO Beatriz Costa	02		Academica de Coimbra	<b>4:44.63</b>	+0,71	573 3,00
	50m: 32.44 32.44	150m: 1:45.38	36.90	250m: 2:58.47	36.46	350m: 4:10.57	35.70
	100m: 1:08.48 36.04	200m: 2:22.01	36.63	300m: 3:34.87	36.40	400m: 4:44.63	34.06

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

Lugar	Nome	Ano	Classe	Clube	Tempo Final	TReacPts	FINA	Pontos
12.	MOREIRA Matilde Freitas	01		Academica de Coimbra	<b>4:45.22</b>	<b>+0,78</b>	569	2,00
	50m: 32.19 32.19	150m: 1:44.00	36.56	250m: 2:57.04	36.66	350m: 4:09.89	36.53	
	100m: 1:07.44 35.25	200m: 2:20.38	36.38	300m: 3:33.36	36.32	400m: 4:45.22	35.33	
13.	GASPAR Beatriz Ferreira	04		Hoquei Mealhada/ CA	<b>4:45.39</b>	<b>+0,74</b>	568	1,00
	50m: 32.27 32.27	150m: 1:43.90	36.23	250m: 2:56.97	36.67	350m: 4:10.55	36.72	
	100m: 1:07.67 35.40	200m: 2:20.30	36.40	300m: 3:33.83	36.86	400m: 4:45.39	34.84	
14.	PRETO Filipa Manso FTL	04		Porto	<b>4:49.72</b>	<b>+0,80</b>	543	-
	50m: 32.75 32.75	150m: 1:45.40	36.69	250m: 2:58.78	36.56	350m: 4:13.21	37.46	
	100m: 1:08.71 35.96	200m: 2:22.22	36.82	300m: 3:35.75	36.97	400m: 4:49.72	36.51	
15.	LOUREIRO Sara Rulin FTL	01		Benfica	<b>4:49.84</b>	<b>+0,82</b>	542	-
	50m: 32.02 32.02	150m: 1:44.00	36.67	250m: 2:57.59	36.99	350m: 4:12.64	37.74	
	100m: 1:07.33 35.31	200m: 2:20.60	36.60	300m: 3:34.90	37.31	400m: 4:49.84	37.20	
16.	CARMONA VILLAPLANA Marta FTL	05		Castilla-la-Mancha	<b>4:52.61</b>	<b>+0,73</b>	527	-
	50m: 32.32 32.32	150m: 1:45.34	37.02	250m: 3:00.00	37.66	350m: 4:15.51	37.77	
	100m: 1:08.32 36.00	200m: 2:22.34	37.00	300m: 3:37.74	37.74	400m: 4:52.61	37.10	
17.	PINHEIRO Ines Mariana FTL	03		Academica de Coimbra	<b>4:52.67</b>	<b>+0,69</b>	527	-
	50m: 32.89 32.89	150m: 1:46.30	37.20	250m: 3:01.81	37.50	350m: 4:17.60	36.43	
	100m: 1:09.10 36.21	200m: 2:24.31	38.01	300m: 3:41.17	39.36	400m: 4:52.67	35.07	
18.	PEREIRA Emilia Matos FTL	99		Fundacao Beatriz Santos	<b>4:58.20</b>	<b>+0,84</b>	498	-
	50m: 33.83 33.83	150m: 1:48.83	37.94	250m: 3:04.31	37.45	350m: 4:20.67	38.06	
	100m: 1:10.89 37.06	200m: 2:26.86	38.03	300m: 3:42.61	38.30	400m: 4:58.20	37.53	
19.	CASTRO Ana Filipa FTL	97	S8	Feira Viva	<b>6:01.80</b>		279	-
	50m: 41.70 41.70	150m: 2:13.61	46.78	250m: 3:46.20	46.64	350m: 5:18.84	46.17	
	100m: 1:26.83 45.13	200m: 2:59.56	45.95	300m: 4:32.67	46.47	400m: 6:01.80	42.96	