



XII MEETING CIDADE DE COIMBRA
XXXI Torneio Internacional da Queima das Fitas
COIMBRA, 24.5.- 25.5.2019



Prova 32

Femin., 400m Livres

Absoluto

25-05-2019 - 10:50

Resultados Elimin

Recorde Nacional Absoluto	4:09.49	DURAES Diana Margarida	POR	Tarragona (ESP)	25-06-2018
Recorde Nacional Sen	4:09.49	DURAES Diana Margarida	POR	Tarragona (ESP)	25-06-2018
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 2019

Lugar	Nome	Ano	Classe	Clube	Tempo Final	TReacPts FINA	Pontos
1.	AMADOR Joana Costa	01		Galitos / Bresimar	4:36.00	+0,65	628 A -
	50m: 32.01 32.01	150m: 1:41.43	34.96	250m: 2:51.93	34.70	350m: 4:02.10	35.02
	100m: 1:06.47 34.46	200m: 2:17.23	35.80	300m: 3:27.08	35.15	400m: 4:36.00	33.90
2.	ANDRE Leticia Maia	02		Benfica	4:36.93	+0,72	622 A -
	50m: 31.17 31.17	150m: 1:40.95	35.50	250m: 2:51.81	35.27	350m: 4:02.75	35.32
	100m: 1:05.45 34.28	200m: 2:16.54	35.59	300m: 3:27.43	35.62	400m: 4:36.93	34.18
3.	VELOSO Teresa Miguel	00		Sporting	4:38.10	+0,75	614 A -
	50m: 31.87 31.87	150m: 1:41.79	35.40	250m: 2:52.83	35.53	350m: 4:03.69	35.32
	100m: 1:06.39 34.52	200m: 2:17.30	35.51	300m: 3:28.37	35.54	400m: 4:38.10	34.41
4.	NOBRE Marisa Isabel	05		Portugal	4:38.56	+0,72	611 A -
	50m: 32.74 32.74	150m: 1:43.26	34.92	250m: 2:54.15	35.30	350m: 4:04.78	35.15
	100m: 1:08.34 35.60	200m: 2:18.85	35.59	300m: 3:29.63	35.48	400m: 4:38.56	33.78
5.	ROSA Mariana Carmo	05		Louzan Natacao/EFAPEL	4:39.00	+0,74	608 A -
	50m: 32.54 32.54	150m: 1:42.93	35.25	250m: 2:54.35	35.34	350m: 4:05.22	35.02
	100m: 1:07.68 35.14	200m: 2:19.01	36.08	300m: 3:30.20	35.85	400m: 4:39.00	33.78
6.	ALVES Sara Sofia	01		Columbofila Cantanhedense	4:39.52	+0,76	605 A -
	50m: 32.00 32.00	150m: 1:42.49	35.69	250m: 2:54.39	36.18	350m: 4:04.01	33.91
	100m: 1:06.80 34.80	200m: 2:18.21	35.72	300m: 3:30.10	35.71	400m: 4:39.52	35.51
7.	GASPAR Beatriz Ferreira	04		Portugal	4:39.80	+0,76	603 A -
	50m: 32.89 32.89	150m: 1:43.38	35.36	250m: 2:54.23	35.64	350m: 4:05.14	35.68
	100m: 1:08.02 35.13	200m: 2:18.59	35.21	300m: 3:29.46	35.23	400m: 4:39.80	34.66
8.	REBELO Camila Rodrigues	03		Louzan Natacao/EFAPEL	4:41.12	+0,77	595 A -
	50m: 31.81 31.81	150m: 1:43.54	36.29	250m: 2:55.73	35.85	350m: 4:06.83	35.29
	100m: 1:07.25 35.44	200m: 2:19.88	36.34	300m: 3:31.54	35.81	400m: 4:41.12	34.29
9.	LOPES Daniela Magalhaes	05		Portugal	4:41.87	+0,77	590 A -
	50m: 32.81 32.81	150m: 1:44.69	36.03	250m: 2:56.73	36.17	350m: 4:07.19	35.09
	100m: 1:08.66 35.85	200m: 2:20.56	35.87	300m: 3:32.10	35.37	400m: 4:41.87	34.68
10.	PINHO Carolina Teixeira	04		Portugal	4:42.89	+0,73	584 A -
	50m: 32.21 32.21	150m: 1:43.28	35.56	250m: 2:55.40	35.74	350m: 4:07.40	35.67
	100m: 1:07.72 35.51	200m: 2:19.66	36.38	300m: 3:31.73	36.33	400m: 4:42.89	35.49
11.	VIANA Margarida Violante	04		Ba-Leiria	4:45.95	+0,85	565 B -
	50m: 32.73 32.73	150m: 1:45.44	36.63	250m: 2:58.38	36.93	350m: 4:10.92	36.53
	100m: 1:08.81 36.08	200m: 2:21.45	36.01	300m: 3:34.39	36.01	400m: 4:45.95	35.03
12.	ESTEVEENS Laura Fabiana	05		Natacao de Olhao	4:47.54	+0,74	556 B -
	50m: 33.47 33.47	150m: 1:46.11	36.48	250m: 2:59.30	36.41	350m: 4:12.38	36.31
	100m: 1:09.63 36.16	200m: 2:22.89	36.78	300m: 3:36.07	36.77	400m: 4:47.54	35.16





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Lugar	Nome	Ano	Classe	Clube	Tempo Final	TReacPts	FINA	Pontos
13.	PIRES Beatriz Almeida	03		Uniao Coimbra	4:48.21	+0,80	552 B	-
	50m: 33.58 33.58	150m: 1:46.26	36.81	250m: 2:59.74	36.48	350m: 4:13.35	36.61	
	100m: 1:09.45 35.87	200m: 2:23.26	37.00	300m: 3:36.74	37.00	400m: 4:48.21	34.86	
14.	MARQUES Maria Alexandra FTL	04		Albicastrense	4:49.02	+0,76	547 B	-
	50m: 34.00 34.00	150m: 1:47.93	36.77	250m: 3:01.98	36.54	350m: 4:15.13	36.09	
	100m: 1:11.16 37.16	200m: 2:25.44	37.51	300m: 3:39.04	37.06	400m: 4:49.02	33.89	
15.	MONTEIRO Ines Rosado FTL	00		Natacao de Vagos	4:49.03	+0,72	547 B	-
	50m: 32.87 32.87	150m: 1:45.55	36.37	250m: 2:59.36	36.68	350m: 4:13.22	36.81	
	100m: 1:09.18 36.31	200m: 2:22.68	37.13	300m: 3:36.41	37.05	400m: 4:49.03	35.81	
16.	PINTO Mafalda Marques FTL	02		Sporting	4:49.84	+0,69	542 B	-
	50m: 32.24 32.24	150m: 1:45.46	37.13	250m: 3:00.87	37.45	350m: 4:16.24	37.33	
	100m: 1:08.33 36.09	200m: 2:23.42	37.96	300m: 3:38.91	38.04	400m: 4:49.84	33.60	
17.	ALMEIDA Catarina Nunes FTL	04		Galitos / Bresimar	4:50.09	+0,72	541 B	-
	50m: 33.53 33.53	150m: 1:46.59	36.68	250m: 3:00.57	36.91	350m: 4:14.60	36.57	
	100m: 1:09.91 36.38	200m: 2:23.66	37.07	300m: 3:38.03	37.46	400m: 4:50.09	35.49	
18.	MONTEIRO Margarida Cabral FTL	02		Galitos / Bresimar	4:50.30	+0,75	540 B	-
	50m: 33.67 33.67	150m: 1:46.39	36.79	250m: 3:00.00	36.91	350m: 4:13.87	36.80	
	100m: 1:09.60 35.93	200m: 2:23.09	36.70	300m: 3:37.07	37.07	400m: 4:50.30	36.43	
19.	SILVA Camila Alexandra FTL	03		Columbofila Cantanhedense	4:51.87	+0,82	531 B	-
	50m: 33.87 33.87	150m: 1:46.38	35.89	250m: 3:00.85	37.27	350m: 4:15.75	37.33	
	100m: 1:10.49 36.62	200m: 2:23.58	37.20	300m: 3:38.42	37.57	400m: 4:51.87	36.12	
20.	CARPINTEIRO Carolina Silverio FTL	02		Natacao do Tejo	4:51.99	+0,81	531 B	-
	50m: 33.13 33.13	150m: 1:46.52	37.46	250m: 3:01.08	38.02	350m: 4:17.37	38.22	
	100m: 1:09.06 35.93	200m: 2:23.06	36.54	300m: 3:39.15	38.07	400m: 4:51.99	34.62	
21.	DIAS Ana Leonor FTL	02		Natacao de Olhao	4:52.32	+0,76	529 R	-
	50m: 33.61 33.61	150m: 1:48.77	37.41	250m: 3:02.70	35.99	350m: 4:16.15	36.93	
	100m: 1:11.36 37.75	200m: 2:26.71	37.94	300m: 3:39.22	36.52	400m: 4:52.32	36.17	
22.	SOUSA Ines Matos FTL	03		Uniao Coimbra	4:54.13	+0,73	519 R	-
	50m: 33.58 33.58	150m: 1:47.42	37.32	250m: 3:02.24	37.45	350m: 4:17.53	37.66	
	100m: 1:10.10 36.52	200m: 2:24.79	37.37	300m: 3:39.87	37.63	400m: 4:54.13	36.60	
23.	SANTOS Ana Pedro FTL	02		Galitos / Bresimar	4:54.95	+0,79	515	-
	50m: 33.77 33.77	150m: 1:49.21	37.71	250m: 3:02.48	36.46	350m: 4:17.58	37.96	
	100m: 1:11.50 37.73	200m: 2:26.02	36.81	300m: 3:39.62	37.14	400m: 4:54.95	37.37	
24.	SILVA Ana Filipa FTL	04		Academica de Coimbra	4:58.73	+0,78	495	-
	50m: 34.31 34.31	100m: 1:12.22	37.91	150m: 1:50.77	38.55	200m: 2:29.08	38.31	





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Lugar	Nome	Ano	Classe	Clube	Tempo Final	TReacPts	FINA	Pontos
	250m: 3:06.95 37.87	300m: 3:44.69 37.74	350m: 4:22.41 37.72	400m: 4:58.73 36.32				
25.	CRAVEIRO Matilde Neves FTL	06		Academica de Coimbra	5:12.77	+0,87	432	-
	50m: 34.57 34.57	150m: 1:51.08 38.40	250m: 3:10.49 40.08	350m: 4:32.51 40.68				
	100m: 1:12.68 38.11	200m: 2:30.41 39.33	300m: 3:51.83 41.34	400m: 5:12.77 40.26				
26.	MARGATO Laura Rodrigues FTL	04		Academica de Coimbra	5:28.76	+0,83	372	-
	50m: 36.69 36.69	150m: 2:00.09 41.75	250m: 3:25.86 42.23	350m: 4:49.58 41.57				
	100m: 1:18.34 41.65	200m: 2:43.63 43.54	300m: 4:08.01 42.15	400m: 5:28.76 39.18				
27.	MARQUES Beatriz Carvalho FTL	02		Academica de Coimbra	5:29.98	+0,85	367	-
	50m: 35.38 35.38	150m: 1:57.25 42.28	250m: 3:22.53 42.59	350m: 4:48.53 42.93				
	100m: 1:14.97 39.59	200m: 2:39.94 42.69	300m: 4:05.60 43.07	400m: 5:29.98 41.45				
28.	CASTRO Ana Filipa Rec Nac S8, FTL	97	S8	Feira Viva	5:48.90	+0,79	311	-
	50m: 40.32 40.32	150m: 2:08.76 44.67	250m: 3:37.76 44.59	350m: 5:06.64 44.60				
	100m: 1:24.09 43.77	200m: 2:53.17 44.41	300m: 4:22.04 44.28	400m: 5:48.90 42.26				
DNS	PINA Ana Sofia	02		O Crasto				-
DNS	FLORENCIO Matilde Alves	04		Condeixa Clube				-

Classe S8

1.	CASTRO Ana Filipa Rec Nac S8, FTL	97	S8	Feira Viva	5:48.90	+0,79	311	-
	50m: 40.32 40.32	150m: 2:08.76 44.67	250m: 3:37.76 44.59	350m: 5:06.64 44.60				
	100m: 1:24.09 43.77	200m: 2:53.17 44.41	300m: 4:22.04 44.28	400m: 5:48.90 42.26				

