



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



Prova 32
25-05-2019 - 18:40

Femin., 400m Livres

Absoluto
Resultados Final

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
Final A							
1.	ANDRE Leticia Maia	02		Benfica	4:28.10	+0,71	686 16,00
	50m: 30.22 30.22	150m: 1:37.42	34.15	250m: 2:46.12	34.36	350m: 3:55.21	34.43
	100m: 1:03.27 33.05	200m: 2:11.76	34.34	300m: 3:20.78	34.66	400m: 4:28.10	32.89
2.	VELOSO Teresa Miguel	00		Sporting	4:30.53	+0,74	667 13,00
	50m: 31.54 31.54	150m: 1:39.67	34.12	250m: 2:48.06	34.15	350m: 3:56.73	34.16
	100m: 1:05.55 34.01	200m: 2:13.91	34.24	300m: 3:22.57	34.51	400m: 4:30.53	33.80
3.	ALVES Sara Sofia	01		Columbofila Cantanhedense	4:33.37	+0,74	647 11,00
	50m: 31.61 31.61	150m: 1:40.28	34.57	250m: 2:49.97	34.72	350m: 4:00.00	34.84
	100m: 1:05.71 34.10	200m: 2:15.25	34.97	300m: 3:25.16	35.19	400m: 4:33.37	33.37
4.	REBELO Camila Rodrigues	03		Louzan Natacao/EFAPEL	4:33.53	+0,73	646 10,00
	50m: 31.28 31.28	150m: 1:40.91	34.60	250m: 2:50.70	34.85	350m: 4:00.34	34.54
	100m: 1:06.31 35.03	200m: 2:15.85	34.94	300m: 3:25.80	35.10	400m: 4:33.53	33.19
5.	AMADOR Joana Costa	01		Galitos / Bresimar	4:34.90	+0,69	636 9,00
	50m: 30.87 30.87	150m: 1:39.02	34.52	250m: 2:49.37	35.14	350m: 4:00.03	35.30
	100m: 1:04.50 33.63	200m: 2:14.23	35.21	300m: 3:24.73	35.36	400m: 4:34.90	34.87
6.	NOBRE Marisa Isabel	05		Portugal	4:36.18	+0,73	627 8,00
	50m: 32.03 32.03	150m: 1:40.94	34.54	250m: 2:51.45	35.04	350m: 4:02.29	35.05
	100m: 1:06.40 34.37	200m: 2:16.41	35.47	300m: 3:27.24	35.79	400m: 4:36.18	33.89
7.	LOPES Daniela Magalhaes	05		Portugal	4:36.87	+0,75	622 7,00
	50m: 31.82 31.82	150m: 1:42.05	35.42	250m: 2:53.00	35.61	350m: 4:03.43	35.46
	100m: 1:06.63 34.81	200m: 2:17.39	35.34	300m: 3:27.97	34.97	400m: 4:36.87	33.44
8.	PINHO Carolina Teixeira	04		Portugal	4:38.94	+0,72	609 6,00
	50m: 31.63 31.63	150m: 1:41.17	34.83	250m: 2:52.32	35.35	350m: 4:03.75	35.43
	100m: 1:06.34 34.71	200m: 2:16.97	35.80	300m: 3:28.32	36.00	400m: 4:38.94	35.19
9.	GASPAR Beatriz Ferreira	04		Portugal	4:40.65	+0,79	598 5,00
	50m: 32.56 32.56	150m: 1:42.82	35.30	250m: 2:53.52	35.61	350m: 4:05.46	36.19
	100m: 1:07.52 34.96	200m: 2:17.91	35.09	300m: 3:29.27	35.75	400m: 4:40.65	35.19
10.	ROSA Mariana Carmo	05		Louzan Natacao/EFAPEL	4:43.93	+0,79	577 4,00
	50m: 32.39 32.39	150m: 1:42.78	35.62	250m: 2:55.31	36.24	350m: 4:08.47	36.79
	100m: 1:07.16 34.77	200m: 2:19.07	36.29	300m: 3:31.68	36.37	400m: 4:43.93	35.46
Final B							
11.	PINTO Mafalda Marques	02		Sporting	4:36.06	+0,67	628 3,00
	50m: 31.17 31.17	150m: 1:41.46	34.87	250m: 2:52.34	35.20	350m: 4:03.22	35.08
	100m: 1:06.59 35.42	200m: 2:17.14	35.68	300m: 3:28.14	35.80	400m: 4:36.06	32.84
12.	SILVA Camila Alexandra	03		Columbofila Cantanhedense	4:45.68	+0,78	567 2,00
	50m: 32.81 32.81	150m: 1:44.53	35.74	250m: 2:56.41	36.17	350m: 4:09.89	36.54
	100m: 1:08.79 35.98	200m: 2:20.24	35.71	300m: 3:33.35	36.94	400m: 4:45.68	35.79





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Lugar	Nome	Ano	Classe	Clube	Tempo Final	TReacPts	FINA	Pontos
13.	DIAS Ana Leonor	02		Natacao de Olhao	4:46.15	+0,79	564	1,00
	50m: 32.68 32.68	150m: 1:45.57	36.58	250m: 2:59.03	36.60	350m: 4:11.18	35.99	
	100m: 1:08.99 36.31	200m: 2:22.43	36.86	300m: 3:35.19	36.16	400m: 4:46.15	34.97	
14.	SANTOS Ana Pedro	02		Galitos / Bresimar	4:46.57	+0,78	561	-
	50m: 32.67 32.67	150m: 1:45.59	36.86	250m: 2:58.30	36.49	350m: 4:11.36	36.85	
	100m: 1:08.73 36.06	200m: 2:21.81	36.22	300m: 3:34.51	36.21	400m: 4:46.57	35.21	
15.	VIANA Margarida Violante	04		Ba-Leiria	4:46.82	+0,83	560	-
	50m: 32.54 32.54	150m: 1:44.98	36.64	250m: 2:58.55	37.14	350m: 4:11.77	36.64	
	100m: 1:08.34 35.80	200m: 2:21.41	36.43	300m: 3:35.13	36.58	400m: 4:46.82	35.05	
16.	ESTEVENS Laura Fabiana	05		Natacao de Olhao	4:47.77	+0,76	554	-
	50m: 32.71 32.71	150m: 1:44.97	36.51	250m: 2:58.72	37.04	350m: 4:12.32	36.69	
	100m: 1:08.46 35.75	200m: 2:21.68	36.71	300m: 3:35.63	36.91	400m: 4:47.77	35.45	
17.	MARQUES Maria Alexandra	04		Albicastrense	4:48.34	+0,69	551	-
	50m: 33.34 33.34	150m: 1:46.61	36.55	250m: 3:00.19	36.43	350m: 4:13.44	36.50	
	100m: 1:10.06 36.72	200m: 2:23.76	37.15	300m: 3:36.94	36.75	400m: 4:48.34	34.90	
18.	PIRES Beatriz Almeida	03		Uniao Coimbra	4:50.11	+0,85	541	-
	<i>FTL</i>							
	50m: 33.14 33.14	150m: 1:45.85	36.94	250m: 3:00.08	37.24	350m: 4:15.17	37.72	
	100m: 1:08.91 35.77	200m: 2:22.84	36.99	300m: 3:37.45	37.37	400m: 4:50.11	34.94	
19.	ALMEIDA Catarina Nunes	04		Galitos / Bresimar	4:50.59	+0,74	538	-
	<i>FTL</i>							
	50m: 32.62 32.62	150m: 1:46.20	36.95	250m: 3:00.22	36.95	350m: 4:15.03	37.31	
	100m: 1:09.25 36.63	200m: 2:23.27	37.07	300m: 3:37.72	37.50	400m: 4:50.59	35.56	
20.	SOUSA Ines Matos	03		Uniao Coimbra	4:52.54	+0,77	528	-
	<i>FTL</i>							
	50m: 33.29 33.29	150m: 1:47.00	37.15	250m: 3:01.78	37.29	350m: 4:16.38	37.10	
	100m: 1:09.85 36.56	200m: 2:24.49	37.49	300m: 3:39.28	37.50	400m: 4:52.54	36.16	

