



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



Prova 34

Femin., 400m Estilos

Absoluto

25-05-2019 - 19:00

Resultados

Recorde Nacional Absoluto	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	Póvoa de Varzim	05-08-2011
Recorde Nacional Juv B	5:01.00	ROCHA Ines Neto	CAP	Coimbra	24-07-2015
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. João da Madeira	24-07-2009
Recorde Meeting	4:42.53	KAMINSKAYA Victoria	POR	Coimbra	29-05-2016

TAC : 5:36.60

Pontos: FINA 2019

Lugar	Nome	Ano	Classe	Clube	Tempo Final	TReacPts FINA	Pontos
1.	HENRIQUES Ines Jacinto	00		Sporting	<b>4:59.27</b>	+0,69	705 16,00
	50m: 31.17 31.17	150m: 1:44.18	38.70	250m: 3:07.50	45.01	350m: 4:26.66	33.80
	100m: 1:05.48 34.31	200m: 2:22.49	38.31	300m: 3:52.86	45.36	400m: 4:59.27	32.61
2.	CARDEAL Joana Nunes	02		Academico Viseu	<b>5:09.42</b>	+0,81	637 13,00
	50m: 31.83 31.83	150m: 1:49.01	41.08	250m: 3:14.42	46.02	350m: 4:35.29	35.43
	100m: 1:07.93 36.10	200m: 2:28.40	39.39	300m: 3:59.86	45.44	400m: 5:09.42	34.13
3.	SANTOS Leonor Esteves	04		Portugal	<b>5:11.81</b>	+0,77	623 11,00
	50m: 34.15 34.15	150m: 1:56.87	42.90	250m: 3:19.03	40.93	350m: 4:37.26	35.26
	100m: 1:13.97 39.82	200m: 2:38.10	41.23	300m: 4:02.00	42.97	400m: 5:11.81	34.55
4.	VEIGA Ana Filipa	01		Gafanha da Encarnacao	<b>5:17.12</b>	+0,78	592 10,00
	50m: 33.31 33.31	150m: 1:55.11	43.39	250m: 3:20.81	43.26	350m: 4:40.77	36.80
	100m: 1:11.72 38.41	200m: 2:37.55	42.44	300m: 4:03.97	43.16	400m: 5:17.12	36.35
5.	RODRIGUES Lidiana Correia	04		Belenenses	<b>5:22.59</b>	+0,77	562 9,00
	50m: 34.08 34.08	150m: 1:57.73	43.30	250m: 3:24.60	44.65	350m: 4:47.01	37.36
	100m: 1:14.43 40.35	200m: 2:39.95	42.22	300m: 4:09.65	45.05	400m: 5:22.59	35.58
6.	MONTEIRO Margarida Cabral	02		Galitos / Bresimar	<b>5:22.61</b>	+0,80	562 8,00
	50m: 33.66 33.66	150m: 1:55.35	43.06	250m: 3:24.28	46.64	350m: 4:47.29	35.95
	100m: 1:12.29 38.63	200m: 2:37.64	42.29	300m: 4:11.34	47.06	400m: 5:22.61	35.32
7.	DOMINGUES Luana Pinto	03		Ba-Leiria	<b>5:25.82</b>	+0,64	546 7,00
	50m: 33.77 33.77	150m: 1:56.89	44.16	250m: 3:25.72	45.55	350m: 4:49.46	37.38
	100m: 1:12.73 38.96	200m: 2:40.17	43.28	300m: 4:12.08	46.36	400m: 5:25.82	36.36
8.	RODRIGUES Helena Nunes	03		Alges e Agueda XXI	<b>5:27.41</b>	+0,77	538 6,00
	50m: 34.00 34.00	150m: 1:56.39	42.93	250m: 3:26.84	48.26	350m: 4:52.81	36.12
	100m: 1:13.46 39.46	200m: 2:38.58	42.19	300m: 4:16.69	49.85	400m: 5:27.41	34.60
9.	CERDEIRA Madalena Reis	03		Sporting	<b>5:27.49</b>	+0,78	538 5,00
	50m: 33.96 33.96	150m: 1:59.97	44.16	250m: 3:27.87	44.21	350m: 4:51.02	1:58.62
	100m: 1:15.81 41.85	200m: 2:43.66	43.69	300m: 2:52.40		400m: 5:27.49	36.47
10.	TOMAS Beatriz Monteiro	03		Fundacao Beatriz Santos	<b>5:27.60</b>	+0,70	537 4,00
	50m: 32.50 32.50	150m: 1:56.73	43.78	250m: 3:25.62	45.54	350m: 4:50.16	38.99
	100m: 1:12.95 40.45	200m: 2:40.08	43.35	300m: 4:11.17	45.55	400m: 5:27.60	37.44
11.	VARANDAS Joana Filipa	02		Laranjeiro	<b>5:34.80</b>	+0,82	503 3,00
	50m: 34.25 34.25	150m: 2:01.56	46.16	250m: 3:34.07	48.51	350m: 5:00.08	37.18
	100m: 1:15.40 41.15	200m: 2:45.56	44.00	300m: 4:22.90	48.83	400m: 5:34.80	34.72
12.	PEREIRA Carolina Rei	05		Natacao de Vagos	<b>5:35.14</b>	+0,75	502 2,00
	50m: 35.05 35.05	150m: 2:01.90	45.21	250m: 3:35.13	49.34	350m: 5:00.70	36.48
	100m: 1:16.69 41.64	200m: 2:45.79	43.89	300m: 4:24.22	49.09	400m: 5:35.14	34.44





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Lugar	Nome	Ano	Classe	Clube	Tempo Final	TReacPts FINA	Pontos					
13.	AMANTES Beatriz Quintao	03		Uniao Piedense	<b>5:36.05</b>	+0,68	497					
	50m:	34.22	34.22	150m:	2:00.33	45.30	250m:	3:32.43	49.22	350m:	5:00.21	37.97
	100m:	1:15.03	40.81	200m:	2:43.21	42.88	300m:	4:22.24	49.81	400m:	5:36.05	35.84

