

Prova 22
19.2.17 - 16:56

Femin., 400m Livres

Absolutos/All
Resultados Final

Rec Mundial / World Record	3:56.46	LEDECKY Kathleen	USA	Rio (BRA)	2016
Rec Europeu / European Record	3:59.15	PELLEGRINI Federica	ITA	Rome (ITA)	2009
Rec Meeting / Meeting Record	4:18.79	HOLUB Tamila Hryhorivna	POR	Lisboa	2017
Rec Nacional / Port.Nat Record	4:13.34	DURAES Diana Margarida	FCP	Oeiras	2016

Tempo Acesso Meeting / Meeting Access Time Jun&Sen: 4:56.00; Inf&Juv: 5:12.00 / World Champ Min A :: 4:10.57 / World Champ Min B :: 4:19.34

Pontos: FINA 2017

Pos.	Nadador / Swimmer	A/Y	Clube / Team	Tempo / Final	TReac	Pts
Final A						
1.	DURAES Diana Margarida	96	Benfica	4:13.54	+0.77	811
	<i>Recorde Meeting / Meeting Record, Min B Camp Mundo Budapeste 2017</i>					
	50m: 29.44 29.44	150m: 1:33.14 32.05	250m: 2:37.52 31.96	350m: 3:41.92 32.11		
	100m: 1:01.09 31.65	200m: 2:05.56 32.42	300m: 3:09.81 32.29	400m: 4:13.54 31.62		
2.	HOLUB Tamila Hryhorivna	99	Braga	4:21.41		740
	50m: 30.50 30.50	150m: 1:36.10 32.85	250m: 2:42.04 32.91	350m: 3:48.62 33.26		
	100m: 1:03.25 32.75	200m: 2:09.13 33.03	300m: 3:15.36 33.32	400m: 4:21.41 32.79		
3.	CANELA Palmira Chaparro	96	Federación Andaluza	4:25.38	+0.75	707
	50m: 30.61 30.61	150m: 1:37.30 33.67	250m: 2:44.04 33.37	350m: 3:51.98 34.18		
	100m: 1:03.63 33.02	200m: 2:10.67 33.37	300m: 3:17.80 33.76	400m: 4:25.38 33.40		
4.	HENRIQUES Ines Jacinto	00	Pimpoes/Cimai	4:27.64	+0.66	689
	50m: 31.11 31.11	150m: 1:38.45 33.69	250m: 2:46.42 34.04	350m: 3:54.45 34.04		
	100m: 1:04.76 33.65	200m: 2:12.38 33.93	300m: 3:20.41 33.99	400m: 4:27.64 33.19		
5.	AMORIM Maria Teresa	97	Porto	4:28.05	+0.80	686
	50m: 31.09 31.09	150m: 1:38.43 34.01	250m: 2:46.36 34.06	350m: 3:55.31 34.44		
	100m: 1:04.42 33.33	200m: 2:12.30 33.87	300m: 3:20.87 34.51	400m: 4:28.05 32.74		
6.	GUEDES Carolina Mantua	98	Sporting	4:28.19	+0.82	685
	50m: 31.32 31.32	150m: 1:38.17 33.65	250m: 2:46.41 34.08	350m: 3:55.03 34.04		
	100m: 1:04.52 33.20	200m: 2:12.33 34.16	300m: 3:20.99 34.58	400m: 4:28.19 33.16		
7.	RODRIGUES Filipa Serrano	01	União Piedense	4:30.91		664
	50m: 31.39 31.39	150m: 1:38.79 34.02	250m: 2:47.54 34.46	350m: 3:57.14 35.31		
	100m: 1:04.77 33.38	200m: 2:13.08 34.29	300m: 3:21.83 34.29	400m: 4:30.91 33.77		
8.	RANITO Beatriz Paulo	99	Sporting	4:31.69	+0.76	659
	50m: 31.25 31.25	150m: 1:39.45 34.29	250m: 2:48.29 34.31	350m: 3:57.57 34.73		
	100m: 1:05.16 33.91	200m: 2:13.98 34.53	300m: 3:22.84 34.55	400m: 4:31.69 34.12		
9.	FRAZAO Alexandra Couto	02	Seleção Portugal	4:36.74	+0.86	623
	50m: 31.86 31.86	150m: 1:40.93 34.94	250m: 2:51.09 35.04	350m: 4:02.03 35.35		
	100m: 1:05.99 34.13	200m: 2:16.05 35.12	300m: 3:26.68 35.59	400m: 4:36.74 34.71		
10.	ALVES Sara Sofia	01	Columbofila Cantanhedense	4:41.46	+0.72	592
	50m: 32.71 32.71	150m: 1:42.25 35.38	250m: 2:53.89 36.12	350m: 4:06.90 36.74		
	100m: 1:06.87 34.16	200m: 2:17.77 35.52	300m: 3:30.16 36.27	400m: 4:41.46 34.56		
Final B						
11.	AZEVEDO Madalena Gomes	99	Alges	4:29.40	+0.69	676
	50m: 30.94 30.94	150m: 1:39.55 34.59	250m: 2:48.54 34.05	350m: 3:56.93 33.46		
	100m: 1:04.96 34.02	200m: 2:14.49 34.94	300m: 3:23.47 34.93	400m: 4:29.40 32.47		
12.	COSTA Maria Carolina	01	Porto	4:31.63	+0.70	659
	50m: 30.78 30.78	150m: 1:39.56 34.77	250m: 2:48.87 34.57	350m: 3:58.02 34.81		
	100m: 1:04.79 34.01	200m: 2:14.30 34.74	300m: 3:23.21 34.34	400m: 4:31.63 33.61		
13.	BLANCO Silvia Medina	01	Real Canoe	4:31.85	+0.88	658
	50m: 31.08 31.08	150m: 1:39.75 34.64	250m: 2:49.40 34.64	350m: 3:58.58 34.25		
	100m: 1:05.11 34.03	200m: 2:14.76 35.01	300m: 3:24.33 34.93	400m: 4:31.85 33.27		
14.	RAMOS Ana Rita	02	Porto	4:32.54	+0.78	653
	50m: 31.91 31.91	150m: 1:40.18 34.90	250m: 2:49.48 35.01	350m: 3:58.58 34.58		
	100m: 1:05.28 33.37	200m: 2:14.47 34.29	300m: 3:24.00 34.52	400m: 4:32.54 33.96		

Prova 22, Femin., 400m Livres, Final, Absolutos/All

Pos.	Nadador / Swimmer	A/Y	Clube / Team	Tempo / Final	TReac	Pts
15.	CARVALHO Eva Guerreiro 50m: 31.19 31.19 100m: 1:04.71 33.52	99	União Piedense 150m: 1:39.33 34.62 250m: 2:49.18 200m: 2:14.47 35.14 300m: 3:24.03	4:32.87 34.71 350m: 3:58.87 34.85 400m: 4:32.87	+0.76	650 34.84 34.00
16.	BLAZQUEZ Paula Nunez 50m: 31.52 31.52 100m: 1:05.63 34.11	01	Real Canoe 150m: 1:40.47 34.84 250m: 2:49.86 200m: 2:14.99 34.52 300m: 3:24.87	4:33.28 34.87 350m: 3:59.73 35.01 400m: 4:33.28	+0.65	647 34.86 33.55
17.	MARCOS Miriam Filipe 50m: 31.70 31.70 100m: 1:05.75 34.05	01	Natação de Olhão 150m: 1:40.69 34.94 250m: 2:50.61 200m: 2:15.65 34.96 300m: 3:25.72	4:35.89 34.96 350m: 4:01.26 35.11 400m: 4:35.89	+0.78	629 35.54 34.63
18.	QUESADA LUJAN Andrea 50m: 31.17 31.17 100m: 1:05.54 34.37	01	Federación Andaluza 150m: 1:40.54 35.00 250m: 2:51.42 200m: 2:16.02 35.48 300m: 3:27.23	4:37.47 35.40 350m: 4:02.82 35.81 400m: 4:37.47	+0.78	618 35.59 34.65
19.	MILLAN DEL POZO Reyes 50m: 31.13 31.13 100m: 1:05.75 34.62	01	Federación Andaluza 150m: 1:40.96 35.21 250m: 2:52.96 200m: 2:16.99 36.03 300m: 3:29.17	4:41.40 35.97 350m: 4:05.40 36.21 400m: 4:41.40	+0.56	593 36.23 36.00