

Prova 22

Femin., 400m Livres

Absolutos/All
Resultados Final

11.2.18 - 16:57

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	4:13.54	DURAES Diana Margarida	POR	Lisboa	2017
Rec Nacional / Port.Nat Record	4:10.07	DURAES Diana Margarida	SLB	Budapest (HUN)	2017

Tempo Acesso Meeting / Meeting Access Time Jun&Sen: 4:56.00; Inf&Juv: 5:12.00

Pontos: FINA 2018

Pos.	Nadador / Swimmer	A/Y	Clube / Team	Tempo / Final	TReac	Pts
Final A						
1.	DURAES Diana Margarida <i>Recorde Meeting / Meeting Record</i>	96	Benfica	4:12.54	+0.78	820
	50m: 29.45 29.45 150m: 1:32.92 32.00 250m: 2:36.90 31.69 350m: 3:41.10 32.15 100m: 1:00.92 31.47 200m: 2:05.21 32.29 300m: 3:08.95 32.05 400m: 4:12.54 31.44					
2.	SOUZA Ana Reis	02	Litoral Alentejano	4:22.68	+0.78	729
	50m: 30.35 30.35 150m: 1:36.71 33.55 250m: 2:43.71 33.57 350m: 3:50.20 33.21 100m: 1:03.16 32.81 200m: 2:10.14 33.43 300m: 3:16.99 33.28 400m: 4:22.68 32.48					
3.	HENRIQUES Ines Jacinto	00	Pimpoes/Cimai	4:24.39	+0.61	715
	50m: 30.73 30.73 150m: 1:38.33 34.29 250m: 2:46.27 33.80 350m: 3:52.87 33.26 100m: 1:04.04 33.31 200m: 2:12.47 34.14 300m: 3:19.61 33.34 400m: 4:24.39 31.52					
4.	FRAZÃO Alexandra Couto	02	CAS Pais Amigos da Escola	4:25.03	+0.74	710
	50m: 31.11 31.11 150m: 1:38.12 33.64 250m: 2:45.74 33.55 350m: 3:52.91 33.37 100m: 1:04.48 33.37 200m: 2:12.19 34.07 300m: 3:19.54 33.80 400m: 4:25.03 32.12					
5.	CANO MINARRO Marta	00	Real Canoe N.C.	4:26.45	+0.54	698
	50m: 30.72 30.72 150m: 1:38.31 34.10 250m: 2:46.54 34.19 350m: 3:54.27 33.34 100m: 1:04.21 33.49 200m: 2:12.35 34.04 300m: 3:20.93 34.39 400m: 4:26.45 32.18					
6.	RODRIGUES Filipa Serrano	01	Benfica	4:27.41	+0.61	691
	50m: 31.39 31.39 150m: 1:38.70 33.90 250m: 2:46.78 33.75 350m: 3:54.70 33.67 100m: 1:04.80 33.41 200m: 2:13.03 34.33 300m: 3:21.03 34.25 400m: 4:27.41 32.71					
7.	AZEVEDO Madalena Gomes	99	Alges	4:28.69	+0.61	681
	50m: 30.48 30.48 150m: 1:37.76 34.05 250m: 2:47.03 34.19 350m: 3:55.81 33.52 100m: 1:03.71 33.23 200m: 2:12.84 35.08 300m: 3:22.29 35.26 400m: 4:28.69 32.88					
8.	BARBOSA Mariana Fernandes	02	Futebol Clube do Porto	4:30.09	+0.76	671
	50m: 30.99 30.99 150m: 1:38.80 34.21 250m: 2:47.35 34.24 350m: 3:56.72 34.74 100m: 1:04.59 33.60 200m: 2:13.11 34.31 300m: 3:21.98 34.63 400m: 4:30.09 33.37					
9.	MARTINS Francisca Soares	03	Seleção de Portugal	4:30.35	+0.67	669
	50m: 31.62 31.62 150m: 1:40.31 34.56 250m: 2:49.00 34.56 350m: 3:58.23 34.65 100m: 1:05.75 34.13 200m: 2:14.44 34.13 300m: 3:23.58 34.58 400m: 4:30.35 32.12					
10.	BELEZA Mafalda Gomes	94	Sporting	4:30.51	+0.77	667
	50m: 30.86 30.86 150m: 1:38.15 34.03 250m: 2:47.40 34.41 350m: 3:56.96 34.72 100m: 1:04.12 33.26 200m: 2:12.99 34.84 300m: 3:22.24 34.84 400m: 4:30.51 33.55					
Final B						
11.	ANDRE Leticia Maia	02	Benfica	4:29.93	+0.67	672
	50m: 31.42 31.42 150m: 1:39.42 34.73 250m: 2:47.75 34.51 350m: 3:57.21 35.12 100m: 1:04.69 33.27 200m: 2:13.24 33.82 300m: 3:22.09 34.34 400m: 4:29.93 32.72					
12.	ALVES Sara Sofia	01	Columbofila Cantanhedense	4:30.09	+0.78	671
	50m: 31.73 31.73 150m: 1:39.86 34.31 250m: 2:48.79 34.35 350m: 3:57.27 34.35 100m: 1:05.55 33.82 200m: 2:14.44 34.58 300m: 3:22.92 34.13 400m: 4:30.09 32.82					
13.	QUEIROZ Ana Rita	02	CAS Pais Amigos da Escola	4:32.19	+0.64	655
	50m: 31.47 31.47 150m: 1:40.56 34.68 250m: 2:50.15 34.47 350m: 4:00.04 34.82 100m: 1:05.88 34.41 200m: 2:15.68 35.12 300m: 3:25.22 35.07 400m: 4:32.19 32.15					
14.	MARCELINO Carolina Rosa	01	Alges	4:32.30	+0.70	654
	50m: 31.66 31.66 150m: 1:39.78 34.40 250m: 2:48.93 34.50 350m: 3:58.44 34.69 100m: 1:05.38 33.72 200m: 2:14.43 34.65 300m: 3:23.75 34.82 400m: 4:32.30 33.86					
15.	RAMOS Ana Rita	02	Futebol Clube do Porto	4:32.58	+0.86	652
	50m: 31.55 31.55 150m: 1:39.61 34.68 250m: 2:48.87 34.75 350m: 3:58.53 34.95 100m: 1:04.93 33.38 200m: 2:14.12 34.51 300m: 3:23.58 34.71 400m: 4:32.58 34.05					
16.	COSTA Maria Carolina	01	Futebol Clube do Porto	4:32.79	+0.93	651
	50m: 31.29 31.29 150m: 1:40.28 34.90 250m: 2:49.64 34.74 350m: 3:58.88 34.93 100m: 1:05.38 34.09 200m: 2:14.90 34.62 300m: 3:23.95 34.31 400m: 4:32.79 33.91					

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

Pos.	Nadador / Swimmer	A/Y	Clube / Team	Tempo / Final	TReac	Pts
17.	BLANCO Silvia Medina	01	Real Canoe N.C.	4:33.79	+0.85	644
	50m: 31.26 31.26	150m: 1:39.34 33.90	250m: 2:49.08	35.01 350m: 3:59.43		34.99
	100m: 1:05.44 34.18	200m: 2:14.07 34.73	300m: 3:24.44	35.36 400m: 4:33.79		34.36
18.	ALONSO LORENZO Paula	95	Federación Castilla Y Leon	4:36.58	+0.65	624
	50m: 31.73 31.73	150m: 1:41.11 35.06	250m: 2:51.57	35.15 350m: 4:02.10		35.36
	100m: 1:06.05 34.32	200m: 2:16.42 35.31	300m: 3:26.74	35.17 400m: 4:36.58		34.48
19.	AMADOR Joana Costa	01	Galitos / Bresimar	4:39.91	+0.76	602
	50m: 32.15 32.15	150m: 1:41.80 35.12	250m: 2:52.82	35.55 350m: 4:04.44		35.90
	100m: 1:06.68 34.53	200m: 2:17.27 35.47	300m: 3:28.54	35.72 400m: 4:39.91		35.47
20.	MARTINS Joana Ribeiro	03	Seleção de Portugal	4:41.03	+0.88	595
	50m: 32.04 32.04	150m: 1:42.08 35.12	250m: 2:53.77	35.99 350m: 4:05.83		36.24
	100m: 1:06.96 34.92	200m: 2:17.78 35.70	300m: 3:29.59	35.82 400m: 4:41.03		35.20