

Prova 23

Femin., 400m Livres

Absolutos/All
Resultados Final

09.02.2020 - 17:20

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	4:12.54	DURAES Diana Margarida	POR	Lisboa	2018
Rec Nacional / Port.Nat Record	4:09.49	DURAES Diana Margarida	POR	Tarragona (ESP)	2018

Meeting Access Time Jun&Sen: 4:56.00; Juv: 5:12.00

Pontos: FINA 2020

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	4:11.67		829
	50m: 29.93 29.93 150m: 1:33.70 32.10 250m: 2:37.43 31.54 350m: 3:40.85 31.61 100m: 1:01.60 31.67 200m: 2:05.89 32.19 300m: 3:09.24 31.81 400m: 4:11.67 30.82					
2.	OLIVIER Monique	98	Luxembourg Federation	4:15.07		796
	50m: 29.59 29.59 150m: 1:33.85 32.37 250m: 2:38.61 32.33 350m: 3:43.22 32.36 100m: 1:01.48 31.89 200m: 2:06.28 32.43 300m: 3:10.86 32.25 400m: 4:15.07 31.85					
3.	MARTINS Francisca Soares	03	Portugal	4:21.39		740
	50m: 29.67 29.67 150m: 1:34.19 32.83 250m: 2:40.76 33.43 350m: 3:48.69 34.25 100m: 1:01.36 31.69 200m: 2:07.33 33.14 300m: 3:14.44 33.68 400m: 4:21.39 32.70					
4.	SOUSA Ana Reis	02	Alges	4:24.03		718
	50m: 30.66 30.66 150m: 1:37.22 33.54 250m: 2:44.65 33.69 350m: 3:51.42 33.29 100m: 1:03.68 33.02 200m: 2:10.96 33.74 300m: 3:18.13 33.48 400m: 4:24.03 32.61					
5.	EMERY Charlotte	03	England South West	4:27.63		689
	50m: 30.31 30.31 150m: 1:36.75 33.45 250m: 2:44.24 33.98 350m: 3:53.72 34.87 100m: 1:03.30 32.99 200m: 2:10.26 33.51 300m: 3:18.85 34.61 400m: 4:27.63 33.91					
6.	FRAZAO Alexandra Couto	02	Sporting	4:30.46		668
	50m: 31.28 31.28 150m: 1:39.36 34.06 250m: 2:47.70 34.22 350m: 3:56.57 34.43 100m: 1:05.30 34.02 200m: 2:13.48 34.12 300m: 3:22.14 34.44 400m: 4:30.46 33.89					
7.	ANDRE Leticia Maia	02	Benfica	4:31.26		662
	50m: 30.65 30.65 150m: 1:38.61 34.47 250m: 2:48.55 34.87 350m: 3:58.20 34.76 100m: 1:04.14 33.49 200m: 2:13.68 35.07 300m: 3:23.44 34.89 400m: 4:31.26 33.06					
8.	MAIN Sophie	04	England South West	4:31.46		660
	50m: 31.29 31.29 150m: 1:39.68 34.52 250m: 2:49.35 34.72 350m: 3:58.59 34.57 100m: 1:05.16 33.87 200m: 2:14.63 34.95 300m: 3:24.02 34.67 400m: 4:31.46 32.87					
9.	PIRES Marta Joao	05	Alges	4:34.09		642
	50m: 31.71 31.71 150m: 1:40.48 34.86 250m: 2:50.15 34.85 350m: 4:00.42 35.27 100m: 1:05.62 33.91 200m: 2:15.30 34.82 300m: 3:25.15 35.00 400m: 4:34.09 33.67					
10.	QUEIROZ Ana Rita	02	Seleccao de Coimbra	4:34.46		639
	50m: 30.78 30.78 150m: 1:39.51 34.86 250m: 2:49.35 34.99 350m: 4:00.13 36.02 100m: 1:04.65 33.87 200m: 2:14.36 34.85 300m: 3:24.11 34.76 400m: 4:34.46 34.33					
Final B						
11.	MOURA Maria Ferreira	04	Portugal	4:29.59		674
	50m: 30.99 30.99 150m: 1:39.20 34.58 250m: 2:48.39 34.39 350m: 3:56.63 33.90 100m: 1:04.62 33.63 200m: 2:14.00 34.80 300m: 3:22.73 34.34 400m: 4:29.59 32.96					
12.	PEMBERTON Amy	01	England South West	4:33.85		643
	50m: 30.73 30.73 150m: 1:39.00 34.88 250m: 2:49.47 35.18 350m: 3:59.69 34.62 100m: 1:04.12 33.39 200m: 2:14.29 35.29 300m: 3:25.07 35.60 400m: 4:33.85 34.16					
13.	AMADOR Joana Costa	01	Galitos / Bresimar	4:35.82		630
	50m: 31.14 31.14 150m: 1:40.09 34.95 250m: 2:50.64 35.18 350m: 4:01.61 35.36 100m: 1:05.14 34.00 200m: 2:15.46 35.37 300m: 3:26.25 35.61 400m: 4:35.82 34.21					
14.	HANS CAPITAN Ines Maria	02	Mairena del Aljarafe	4:36.40		626
	50m: 30.49 30.49 150m: 1:39.75 35.08 250m: 2:51.14 35.92 350m: 4:03.03 35.94 100m: 1:04.67 34.18 200m: 2:15.22 35.47 300m: 3:27.09 35.95 400m: 4:36.40 33.37					
15.	PIMENTA Margarida Sobral	99	Belenenses	4:38.01		615
	50m: 31.05 31.05 150m: 1:40.27 35.18 250m: 2:51.02 35.69 350m: 4:02.84 36.07 100m: 1:05.09 34.04 200m: 2:15.33 35.06 300m: 3:26.77 35.75 400m: 4:38.01 35.17					

Prova 23, Femin., 400m Livres, Final, Absolutos/All

Pos.	Nadador / Swimmer	A/Y	Clube / Team	Tempo / Final	TReac	Pts
16.	SILVA Camila Alexandra 50m: 31.92 31.92 100m: 1:06.18 34.26	03	Selecao de Coimbra 150m: 1:41.19 35.01 200m: 2:16.36 35.17	250m: 2:52.23 35.87 300m: 3:28.19 35.96	350m: 4:03.77 400m: 4:38.61	611 35.58 34.84
17.	RODRIGUES Joana Francisca 50m: 31.59 31.59 100m: 1:06.33 34.74	04	Selecao de Coimbra 150m: 1:41.85 35.52 200m: 2:17.68 35.83	250m: 2:53.47 300m: 3:29.22	350m: 4:04.49 400m: 4:39.02	608 35.27 34.53
18.	SILVA Natacha Sofia 50m: 32.10 32.10 100m: 1:06.83 34.73	02	Benfica 150m: 1:42.42 35.59 200m: 2:18.43 36.01	250m: 2:54.42 300m: 3:30.66	350m: 4:06.68 400m: 4:41.03	595 36.02 34.35
19.	RODRIGUES Filipa Serrano 50m: 31.80 31.80 100m: 1:06.02 34.22	01	Benfica 150m: 1:41.66 35.64 200m: 2:18.14 36.48	250m: 2:54.28 300m: 3:30.09	350m: 4:06.07 400m: 4:41.05	595 35.98 34.98
20.	PINHEIRO Ines Mariana 50m: 32.11 32.11 100m: 1:06.87 34.76	03	Selecao de Coimbra 150m: 1:42.67 35.80 200m: 2:18.67 36.00	250m: 2:54.98 300m: 3:31.43	350m: 4:06.91 400m: 4:41.80	590 35.48 34.89