

Event 23
13.02.2022

Women, 400m Freestyle

Absolutos/All
Results Finals

Rec Mundial / World Record	3:56.46	LEDECKY Kathleen	USA	Rio (BRA)	2016
Rec Europeu / European Record	3:59.15	PELEGRINI Federica	ITA	Rome (ITA)	2009
Rec Meeting / Meeting Record	4:11.67	DURAES Diana Margarida	POR	Lisboa	2020
Rec Nacional / Port.Nat Record	4:09.49	DURAES Diana Margarida	SLB	Tarragona (ESP)	2018

Meeting Access Time Jun&Sen: 4:56.00; Juv: 5:15.00

Points: FINA 2021

Pos.	Nadador / Swimmer	A/Y	Clube / Team	Tempo / Final	RT	Pts
Final A						
1.	DURAES Diana Margarida	96	Benfica	4:17.17		777
	50m: 30.44 30.44	150m: 1:35.07 32.43	250m: 2:39.83 32.22	350m: 3:44.88		32.65
	100m: 1:02.64 32.20	200m: 2:07.61 32.54	300m: 3:12.23 32.40	400m: 4:17.17		32.29
2.	HOLUB Tamila Hryhorivna	99	Braga	4:18.87		762
	50m: 30.21 30.21	150m: 1:35.35 32.65	250m: 2:40.69 32.79	350m: 3:47.12		33.25
	100m: 1:02.70 32.49	200m: 2:07.90 32.55	300m: 3:13.87 33.18	400m: 4:18.87		31.75
3.	MARTINS Francisca Soares	03	Foca Quinta Da Lixa	4:18.89		761
	50m: 30.50 30.50	150m: 1:35.55 32.53	250m: 2:41.28 32.64	350m: 3:47.82		33.33
	100m: 1:03.02 32.52	200m: 2:08.64 33.09	300m: 3:14.49 33.21	400m: 4:18.89		31.07
4.	CARDEAL Joana Nunes	02	Academico Viseu	4:30.82		665
	50m: 30.87 30.87	150m: 1:39.02 34.57	250m: 2:48.33 34.72	350m: 3:57.20		34.33
	100m: 1:04.45 33.58	200m: 2:13.61 34.59	300m: 3:22.87 34.54	400m: 4:30.82		33.62
5.	PIRES Marta Joao	05	Selecao Portugal	4:30.98		664
	50m: 30.70 30.70	150m: 1:38.30 33.85	250m: 2:47.12 34.70	350m: 3:56.74		34.80
	100m: 1:04.45 33.75	200m: 2:12.42 34.12	300m: 3:21.94 34.82	400m: 4:30.98		34.24
6.	FOMINA Anna	02	Louletano / Loule Concelho	4:31.66		659
	50m: 30.74 30.74	150m: 1:39.14 34.58	250m: 2:48.73 34.86	350m: 3:58.06		34.51
	100m: 1:04.56 33.82	200m: 2:13.87 34.73	300m: 3:23.55 34.82	400m: 4:31.66		33.60
7.	FARIA Leonor Verissimo	06	Nucleo de Pombal	4:32.09		656
	50m: 31.27 31.27	150m: 1:39.51 34.66	250m: 2:49.25 35.10	350m: 3:59.17		34.86
	100m: 1:04.85 33.58	200m: 2:14.15 34.64	300m: 3:24.31 35.06	400m: 4:32.09		32.92
8.	LOPES Francisca Macedo	05	Vilacondense	4:34.65		638
	50m: 31.07 31.07	150m: 1:39.58 34.30	250m: 2:49.32 34.81	350m: 3:59.50		34.91
	100m: 1:05.28 34.21	200m: 2:14.51 34.93	300m: 3:24.59 35.27	400m: 4:34.65		35.15
9.	CANINHAS Maria Pinto	05	Natacao Fundao	4:45.34		569
	50m: 31.17 31.17	150m: 1:41.23 35.07	250m: 2:53.90 36.60	350m: 4:08.46		37.45
	100m: 1:06.16 34.99	200m: 2:17.30 36.07	300m: 3:31.01 37.11	400m: 4:45.34		36.88
10.	NUNES Rita Sofia	05	Colegio Efanor	4:46.02		565
	50m: 31.91 31.91	150m: 1:42.62 36.01	250m: 2:56.11 36.74	350m: 4:10.32		37.20
	100m: 1:06.61 34.70	200m: 2:19.37 36.75	300m: 3:33.12 37.01	400m: 4:46.02		35.70
Final B						
11.	VIEIRA Ana Beatriz	07	Foca Quinta Da Lixa	4:37.22		620
	50m: 31.65 31.65	150m: 1:40.67 34.86	250m: 2:51.49 35.22	350m: 4:02.42		35.47
	100m: 1:05.81 34.16	200m: 2:16.27 35.60	300m: 3:26.95 35.46	400m: 4:37.22		34.80
12.	CANEVESE Sheila	07	Fed. Ticinese di Nuoto	4:37.71		617
	50m: 31.87 31.87	150m: 1:40.67 34.96	250m: 2:52.27 35.71	350m: 4:03.94		35.63
	100m: 1:05.71 33.84	200m: 2:16.56 35.89	300m: 3:28.31 36.04	400m: 4:37.71		33.77
13.	MENGOLI Martina	05	Fed. Ticinese di Nuoto	4:40.15		601
	50m: 32.32 32.32	150m: 1:42.52 35.54	250m: 2:53.90 35.88	350m: 4:05.66		35.85
	100m: 1:06.98 34.66	200m: 2:18.02 35.50	300m: 3:29.81 35.91	400m: 4:40.15		34.49
14.	LOPES Matilde Nunes	06	Benfica	4:40.53		598
	50m: 32.20 32.20	150m: 1:41.08 34.93	250m: 2:52.28 35.86	350m: 4:04.70		36.08
	100m: 1:06.15 33.95	200m: 2:16.42 35.34	300m: 3:28.62 36.34	400m: 4:40.53		35.83
15.	COELHO Maria Leonor	06	Benfica	4:41.09		595
	50m: 31.76 31.76	150m: 1:42.30 35.76	250m: 2:54.36 36.11	350m: 4:05.92		35.92
	100m: 1:06.54 34.78	200m: 2:18.25 35.95	300m: 3:30.00 35.64	400m: 4:41.09		35.17
16.	PEIXOTO Carolina Esteves	06	Braga	4:43.42		580
	50m: 31.98 31.98	150m: 1:42.11 35.71	250m: 2:54.21 35.99	350m: 4:07.44		36.96
	100m: 1:06.40 34.42	200m: 2:18.22 36.11	300m: 3:30.48 36.27	400m: 4:43.42		35.98

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fb.com/assocnatacaolisboa

Online results:
bit.ly/arenalim2022

anleventos.com
instagram.com/lisbonswimmeet

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Pos.	Nadador / Swimmer	A/Y	Clube / Team	Tempo / Final	RT	Pts
17.	FLORENCIO Matilde Alves	04	Selecao de Coimbra	4:44.00		577
	50m: 32.97 32.97	150m: 1:44.23 36.14	250m: 2:56.72 36.32	350m: 4:09.31 36.31		
	100m: 1:08.09 35.12	200m: 2:20.40 36.17	300m: 3:33.00 36.28	400m: 4:44.00 34.69		
18.	GASPAR Beatriz Ferreira	04	Selecao de Coimbra	4:44.11		576
	50m: 32.50 32.50	150m: 1:43.87 35.81	250m: 2:56.18 36.18	350m: 4:09.12 36.25		
	100m: 1:08.06 35.56	200m: 2:20.00 36.13	300m: 3:32.87 36.69	400m: 4:44.11 34.99		
19.	ROCCO Ginevra Sofia	06	Fed. Ticinese di Nuoto	4:44.75		572
	50m: 31.97 31.97	150m: 1:42.50 35.51	250m: 2:55.33 36.35	350m: 4:09.45 36.98		
	100m: 1:06.99 35.02	200m: 2:18.98 36.48	300m: 3:32.47 37.14	400m: 4:44.75 35.30		
20.	ALMEIDA Bianca Filipa	07	Alges e Agueda XXI	4:47.32		557
	50m: 32.74 32.74	150m: 1:44.09 35.88	250m: 2:57.20 36.75	350m: 4:11.23 37.14		
	100m: 1:08.21 35.47	200m: 2:20.45 36.36	300m: 3:34.09 36.89	400m: 4:47.32 36.09		