

Event 23
13.02.2022

Women, 400m Freestyle

Absolutos/All
Results Prelim

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
1.	DURAES Diana Margarida	96	Benfica	4:23.28		724 A
	50m: 31.02 31.02	150m: 1:37.27 33.21	250m: 2:43.56 33.09	350m: 3:50.29 33.47		
	100m: 1:04.06 33.04	200m: 2:10.47 33.20	300m: 3:16.82 33.26	400m: 4:23.28 32.99		
2.	HOLUB Tamila Hryhorivna	99	Braga	4:30.21		670 A
	50m: 31.06 31.06	150m: 1:38.82 34.07	250m: 2:47.01 34.16	350m: 3:55.76 34.67		
	100m: 1:04.75 33.69	200m: 2:12.85 34.03	300m: 3:21.09 34.08	400m: 4:30.21 34.45		
3.	MARTINS Francisca Soares	03	Foca Quinta Da Lixa	4:33.69		644 A
	50m: 31.18 31.18	150m: 1:40.07 34.91	250m: 2:49.60 34.37	350m: 3:59.60 34.54		
	100m: 1:05.16 33.98	200m: 2:15.23 35.16	300m: 3:25.06 35.46	400m: 4:33.69 34.09		
4.	CARDEAL Joana Nunes	02	Academico Viseu	4:34.01		642 A
	50m: 31.57 31.57	150m: 1:40.33 34.79	250m: 2:50.15 34.88	350m: 3:59.77 34.77		
	100m: 1:05.54 33.97	200m: 2:15.27 34.94	300m: 3:25.00 34.85	400m: 4:34.01 34.24		
5.	PIRES Marta Joao	05	Selecao Portugal	4:34.40		639 A
	50m: 31.49 31.49	150m: 1:41.12 34.85	250m: 2:50.79 34.64	350m: 4:00.31 34.71		
	100m: 1:06.27 34.78	200m: 2:16.15 35.03	300m: 3:25.60 34.81	400m: 4:34.40 34.09		
6.	FOMINA Anna	02	Louletano / Loule Concelho	4:35.56		631 A
	50m: 31.71 31.71	150m: 1:40.96 34.66	250m: 2:51.47 35.33	350m: 4:01.20 34.83		
	100m: 1:06.30 34.59	200m: 2:16.14 35.18	300m: 3:26.37 34.90	400m: 4:35.56 34.36		
7.	FARIA Leonor Verissimo	06	Nucleo de Pombal	4:36.54		625 A
	50m: 31.90 31.90	150m: 1:41.28 34.90	250m: 2:51.41 35.05	350m: 4:02.23 35.42		
	100m: 1:06.38 34.48	200m: 2:16.36 35.08	300m: 3:26.81 35.40	400m: 4:36.54 34.31		
8.	MOURA Maria Ferreira	04	Sporting	4:36.88		622 A
	50m: 31.36 31.36	150m: 1:40.86 35.13	250m: 2:51.62 35.53	350m: 4:02.05 35.16		
	100m: 1:05.73 34.37	200m: 2:16.09 35.23	300m: 3:26.89 35.27	400m: 4:36.88 34.83		
9.	LOPES Francisca Macedo	05	Vilacondense	4:40.37		599 A
	50m: 31.85 31.85	150m: 1:42.22 35.52	250m: 2:53.77 35.86	350m: 4:05.27 35.90		
	100m: 1:06.70 34.85	200m: 2:17.91 35.69	300m: 3:29.37 35.60	400m: 4:40.37 35.10		
10.	NUNES Rita Sofia	05	Colegio Efanor	4:40.97		596 A
	50m: 32.52 32.52	150m: 1:43.41 35.67	250m: 2:54.54 35.78	350m: 4:06.12 35.36		
	100m: 1:07.74 35.22	200m: 2:18.76 35.35	300m: 3:30.76 36.22	400m: 4:40.97 34.85		
11.	CANINHAS Maria Pinto	05	Natacao Fundao	4:41.69		591 B
	50m: 31.38 31.38	150m: 1:42.61 35.83	250m: 2:54.72 35.81	350m: 4:07.15 35.59		
	100m: 1:06.78 35.40	200m: 2:18.91 36.30	300m: 3:31.56 36.84	400m: 4:41.69 34.54		
12.	CANEVESE Sheila	07	Fed. Ticinese di Nuoto	4:41.72		591 B
	50m: 32.01 32.01	150m: 1:42.22 35.54	250m: 2:53.98 35.92	350m: 4:06.51 36.11		
	100m: 1:06.68 34.67	200m: 2:18.06 35.84	300m: 3:30.40 36.42	400m: 4:41.72 35.21		
13.	LOPES Matilde Nunes	06	Benfica	4:42.00		589 B
	50m: 32.29 32.29	150m: 1:42.98 35.85	250m: 2:55.05 36.00	350m: 4:07.23 35.85		
	100m: 1:07.13 34.84	200m: 2:19.05 36.07	300m: 3:31.38 36.33	400m: 4:42.00 34.77		
14.	VIEIRA Ana Beatriz	07	Foca Quinta Da Lixa	4:42.46		586 B
	50m: 32.21 32.21	150m: 1:43.51 35.79	250m: 2:55.91 35.96	350m: 4:07.51 35.43		
	100m: 1:07.72 35.51	200m: 2:19.95 36.44	300m: 3:32.08 36.17	400m: 4:42.46 34.95		
15.	MENGOLI Martina	05	Fed. Ticinese di Nuoto	4:42.64		585 B
	50m: 32.42 32.42	150m: 1:43.27 35.85	250m: 2:55.49 36.01	350m: 4:07.88 36.06		
	100m: 1:07.42 35.00	200m: 2:19.48 36.21	300m: 3:31.82 36.33	400m: 4:42.64 34.76		
16.	PEIXOTO Carolina Esteves	06	Braga	4:43.01		583 B
	50m: 32.14 32.14	150m: 1:42.67 35.69	250m: 2:55.04 36.10	350m: 4:07.78 36.33		
	100m: 1:06.98 34.84	200m: 2:18.94 36.27	300m: 3:31.45 36.41	400m: 4:43.01 35.23		
17.	ALMEIDA Bianca Filipa	07	Alges e Agueda XXI	4:44.69		573 B
	50m: 32.80 32.80	150m: 1:44.14 35.89	250m: 2:57.05 36.45	350m: 4:09.70 36.11		
	100m: 1:08.25 35.45	200m: 2:20.60 36.46	300m: 3:33.59 36.54	400m: 4:44.69 34.99		

anlisboa.pt
fb.com/assocnatacaolisboa

Online results:
bit.ly/arenalim2022

anleventos.com
instagram.com/lisbonswimmeet

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Event 23, Women, 400m Freestyle, Prelim, Absolutos/All

Pos.	Nadador / Swimmer	A/Y	Clube / Team	Tempo / Final	RT	Pts
18.	COELHO Maria Leonor	06	Benfica	4:45.51		568 B
	50m: 32.55 32.55	150m: 1:44.84 36.13	250m: 2:57.60 36.25	350m: 4:09.85 36.18		
	100m: 1:08.71 36.16	200m: 2:21.35 36.51	300m: 3:33.67 36.07	400m: 4:45.51 35.66		
19.	ROCCO Ginevra Sofia	06	Fed. Ticinese di Nuoto	4:45.68		567 B
	50m: 32.17 32.17	150m: 1:42.91 35.76	250m: 2:55.66 36.65	350m: 4:09.84 37.20		
	100m: 1:07.15 34.98	200m: 2:19.01 36.10	300m: 3:32.64 36.98	400m: 4:45.68 35.84		
20.	FLORENCIO Matilde Alves	04	Selecao de Coimbra	4:46.08		564 B
	50m: 32.89 32.89	150m: 1:44.30 36.37	250m: 2:57.39 36.46	350m: 4:10.74 36.56		
	100m: 1:07.93 35.04	200m: 2:20.93 36.63	300m: 3:34.18 36.79	400m: 4:46.08 35.34		
21.	GASPAR Beatriz Ferreira	04	Selecao de Coimbra	4:46.93		559 R
	50m: 32.77 32.77	150m: 1:45.13 36.59	250m: 2:57.70 36.42	350m: 4:11.53 37.10		
	100m: 1:08.54 35.77	200m: 2:21.28 36.15	300m: 3:34.43 36.73	400m: 4:46.93 35.40		
22.	RAMOS Joana Barbas	06	Gafanha da Encarnacao	4:47.37		557 R
	50m: 32.82 32.82	150m: 1:44.86 36.45	250m: 2:58.18 36.55	350m: 4:11.36 36.41		
	100m: 1:08.41 35.59	200m: 2:21.63 36.77	300m: 3:34.95 36.77	400m: 4:47.37 36.01		
23.	MANO Leonor Mil	07	Nautico Academico de Coimbra	4:48.28		551
	50m: 32.40 32.40	150m: 1:45.03 36.80	250m: 2:59.59 37.35	350m: 4:13.59 36.65		
	100m: 1:08.23 35.83	200m: 2:22.24 37.21	300m: 3:36.94 37.35	400m: 4:48.28 34.69		
24.	BONOLI Agata	06	Fed. Ticinese di Nuoto	4:48.34		551
	50m: 33.25 33.25	150m: 1:45.90 36.60	250m: 2:58.97 36.77	350m: 4:13.15 37.24		
	100m: 1:09.30 36.05	200m: 2:22.20 36.30	300m: 3:35.91 36.94	400m: 4:48.34 35.19		
25.	ESTEVEENS Laura Fabiana	05	Naval de Faro	4:48.71		549
	50m: 32.67 32.67	150m: 1:45.10 36.61	250m: 2:58.84 37.04	350m: 4:13.16 36.79		
	100m: 1:08.49 35.82	200m: 2:21.80 36.70	300m: 3:36.37 37.53	400m: 4:48.71 35.55		
26.	FERNANDES Maria Teresa	05	Alges	4:49.17		546
	50m: 32.62 32.62	150m: 1:45.28 36.72	250m: 2:59.33 36.60	350m: 4:13.65 36.95		
	100m: 1:08.56 35.94	200m: 2:22.73 37.45	300m: 3:36.70 37.37	400m: 4:49.17 35.52		
27.	OLIVEIRA Vanessa Sofia	05	Gafanha da Encarnacao	4:49.42		545
	50m: 32.83 32.83	150m: 1:45.34 36.59	250m: 2:59.29 36.85	350m: 4:13.00 36.73		
	100m: 1:08.75 35.92	200m: 2:22.44 37.10	300m: 3:36.27 36.98	400m: 4:49.42 36.42		
28.	RODRIGUES Leonor Carreiro	07	Benfica	4:50.33		540
	50m: 33.26 33.26	150m: 1:46.65 37.05	250m: 3:00.67 37.14	350m: 4:14.46 36.77		
	100m: 1:09.60 36.34	200m: 2:23.53 36.88	300m: 3:37.69 37.02	400m: 4:50.33 35.87		
29.	SOARES Miriam Mortagua	06	Galitos / Bresimar	4:50.63		538
	50m: 32.00 32.00	150m: 1:43.59 36.25	250m: 2:58.16 37.69	350m: 4:13.50 37.89		
	100m: 1:07.34 35.34	200m: 2:20.47 36.88	300m: 3:35.61 37.45	400m: 4:50.63 37.13		
30.	BELLATI Giorgia	08	Fed. Ticinese di Nuoto	4:52.08		530
	50m: 33.20 33.20	150m: 1:47.48 37.60	250m: 3:02.71 37.79	350m: 4:16.73 36.59		
	100m: 1:09.88 36.68	200m: 2:24.92 37.44	300m: 3:40.14 37.43	400m: 4:52.08 35.35		
31.	CARVALHO Cassilda Maria	06	Gualdim Pais	4:52.18		530
	50m: 33.30 33.30	150m: 1:45.24 36.58	250m: 3:00.56 38.00	350m: 4:15.81 37.57		
	100m: 1:08.66 35.36	200m: 2:22.56 37.32	300m: 3:38.24 37.68	400m: 4:52.18 36.37		
32.	CABRAL Carolina Vizinho	07	CN Vagos	4:52.60		527
	50m: 32.59 32.59	150m: 1:45.79 36.35	250m: 3:00.84 37.40	350m: 4:16.13 36.98		
	100m: 1:09.44 36.85	200m: 2:23.44 37.65	300m: 3:39.15 38.31	400m: 4:52.60 36.47		
33.	RODRIGUES Carolina Fernandes	08	Uniao Piedense	4:54.83		515
	50m: 32.19 32.19	150m: 1:46.90 38.17	250m: 3:03.15 37.89	350m: 4:19.05 37.68		
	100m: 1:08.73 36.54	200m: 2:25.26 38.36	300m: 3:41.37 38.22	400m: 4:54.83 35.78		
34.	HORTA Diana Valadas (Fora Tempo Acesso / Out of Admission Time)	04	Uniao Piedense	4:56.30		508
	50m: 32.36 32.36	150m: 1:45.52 37.60	250m: 3:01.43 38.12	350m: 4:18.26 38.41		
	100m: 1:07.92 35.56	200m: 2:23.31 37.79	300m: 3:39.85 38.42	400m: 4:56.30 38.04		
35.	ALVES Sara Sofia	07	Naval Setubalense	4:57.34		502
	50m: 33.15 33.15	150m: 1:47.06 37.63	250m: 3:04.66 38.76	350m: 4:20.83 37.75		
	100m: 1:09.43 36.28	200m: 2:25.90 38.84	300m: 3:43.08 38.42	400m: 4:57.34 36.51		
36.	SCARFONE Sofia	07	Fed. Ticinese di Nuoto	4:58.12		498
	50m: 33.29 33.29	150m: 1:46.40 37.14	250m: 3:03.94 38.58	350m: 4:21.74 38.55		
	100m: 1:09.26 35.97	200m: 2:25.36 38.96	300m: 3:43.19 39.25	400m: 4:58.12 36.38		

Event 23, Women, 400m Freestyle, Prelim, Absolutos/All

Pos.	Nadador / Swimmer	A/Y	Clube / Team	Tempo / Final				RT	Pts
37.	CUNHA Ines Santos (Fora Tempo Acesso / Out of Admission Time)	06	Gafanha da Encarnacao	4:59.29					493
	50m: 33.24 33.24	150m: 1:47.81 38.32	250m: 3:05.03 38.57	350m: 4:22.77 39.11					
	100m: 1:09.49 36.25	200m: 2:26.46 38.65	300m: 3:43.66 38.63	400m: 4:59.29 36.52					
38.	COSTA Maria Joao	08	Vilacondense	4:59.81					490
	50m: 32.28 32.28	150m: 1:46.97 38.31	250m: 3:04.79 39.00	350m: 4:22.81 39.15					
	100m: 1:08.66 36.38	200m: 2:25.79 38.82	300m: 3:43.66 38.87	400m: 4:59.81 37.00					
39.	FERREIRA Constanca Santos	08	Alges	5:02.41					478
	50m: 34.32 34.32	150m: 1:50.57 38.22	250m: 3:08.59 38.77	350m: 4:25.03 38.04					
	100m: 1:12.35 38.03	200m: 2:29.82 39.25	300m: 3:46.99 38.40	400m: 5:02.41 37.38					
40.	CARVALHO Constanca Isabel	08	Alges	5:03.97					470
	50m: 34.12 34.12	150m: 1:50.26 38.45	250m: 3:08.59 39.42	350m: 4:26.06 38.49					
	100m: 1:11.81 37.69	200m: 2:29.17 38.91	300m: 3:47.57 38.98	400m: 5:03.97 37.91					
41.	DOMINGUES Vitoria Cruz (Fora Tempo Acesso / Out of Admission Time)	06	CN Vagos	5:04.12					470
	50m: 33.35 33.35	150m: 1:47.40 37.81	250m: 3:05.11 39.12	350m: 4:25.18 40.32					
	100m: 1:09.59 36.24	200m: 2:25.99 38.59	300m: 3:44.86 39.75	400m: 5:04.12 38.94					
42.	PIRES Ana Beatriz	08	Uniao Piedense	5:05.68					462
	50m: 33.96 33.96	150m: 1:49.22 38.10	250m: 3:07.72 39.59	350m: 4:26.51 38.93					
	100m: 1:11.12 37.16	200m: 2:28.13 38.91	300m: 3:47.58 39.86	400m: 5:05.68 39.17					
43.	HENRIQUES Patricia Subtil	08	Geslours	5:10.14					443
	50m: 33.89 33.89	150m: 1:50.65 39.26	250m: 3:09.97 39.95	350m: 4:30.89 40.64					
	100m: 1:11.39 37.50	200m: 2:30.02 39.37	300m: 3:50.25 40.28	400m: 5:10.14 39.25					