

Prova 22
7.2.16 - 16:56

Femin., 400m Livres

Absolutos/All
Resultados Final

| | | | | | |
|--------------------------------|---------|-------------------------|-----|------------------|------|
| Rec Mundial / World Record | 3:58.37 | LEDECKY Kathleen | USA | Gold Coast (AUS) | 2014 |
| Rec Europeu / European Record | 3:59.15 | PELLEGRINI Federica | ITA | Rome (ITA) | 2009 |
| Rec Meeting / Meeting Record | 4:21.96 | DURAES Diana Margarida | POR | Lisboa | 2015 |
| Rec Nacional / Port.Nat Record | 4:17.92 | HOLUB Tamila Hryhorivna | FPN | Antwerpen (BEL) | 2016 |

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

Pontos: FINA 2016

| Pos. | Nadador / Swimmer | A/Y | Clube / Team | Tempo / Final | TReac | Pts |
|----------------|--------------------------|---------------------|------------------------|---------------------|-------|-----|
| Final A | | | | | | |
| 1. | HENRIQUES Ines Jacinto | 00 | Pimpoes/Cimai | 4:27.40 | +0.61 | 708 |
| | 50m: 30.72 30.72 | 150m: 1:38.47 34.14 | 250m: 2:46.57 33.65 | 350m: 3:54.28 33.82 | | |
| | 100m: 1:04.33 33.61 | 200m: 2:12.92 34.45 | 300m: 3:20.46 33.89 | 400m: 4:27.40 33.12 | | |
| 2. | ALVES Sara Sofia | 01 | Seleção Portugal | 4:30.16 | +0.70 | 686 |
| | 50m: 32.05 32.05 | 150m: 1:40.00 34.37 | 250m: 2:49.14 34.44 | 350m: 3:57.40 33.90 | | |
| | 100m: 1:05.63 33.58 | 200m: 2:14.70 34.70 | 300m: 3:23.50 34.36 | 400m: 4:30.16 32.76 | | |
| 3. | AMADOR Joana Costa | 01 | Seleção Portugal | 4:30.26 | +0.84 | 686 |
| | 50m: 31.16 31.16 | 150m: 1:39.11 34.40 | 250m: 2:48.22 34.46 | 350m: 3:56.75 34.07 | | |
| | 100m: 1:04.71 33.55 | 200m: 2:13.76 34.65 | 300m: 3:22.68 34.46 | 400m: 4:30.26 33.51 | | |
| 4. | GREMILLON Louise | 00 | Fed. Française - IRSO | 4:30.74 | | 682 |
| | 50m: 30.63 30.63 | 150m: 1:38.82 34.50 | 250m: 2:47.94 34.37 | 350m: 3:57.24 34.59 | | |
| | 100m: 1:04.32 33.69 | 200m: 2:13.57 34.75 | 300m: 3:22.65 34.71 | 400m: 4:30.74 33.50 | | |
| 5. | IDIÉR Inês | 00 | Fed. Française - IRSO | 4:35.64 | +0.85 | 646 |
| | 50m: 32.36 32.36 | 150m: 1:41.39 34.85 | 250m: 2:51.60 34.79 | 350m: 4:02.15 35.10 | | |
| | 100m: 1:06.54 34.18 | 200m: 2:16.81 35.42 | 300m: 3:27.05 35.45 | 400m: 4:35.64 33.49 | | |
| 6. | AUBAN Sara | 98 | Fed. Française - IRSO | 4:38.98 | +0.67 | 623 |
| | 50m: 31.14 31.14 | 150m: 1:40.48 35.08 | 250m: 2:51.84 35.51 | 350m: 4:03.60 35.20 | | |
| | 100m: 1:05.40 34.26 | 200m: 2:16.33 35.85 | 300m: 3:28.40 36.56 | 400m: 4:38.98 35.38 | | |
| | RANITO Beatriz Paulo | 99 | Sporting | 4:38.98 | +0.71 | 623 |
| | 50m: 31.96 31.96 | 150m: 1:42.60 35.68 | 250m: 2:53.66 35.66 | 350m: 4:05.09 35.69 | | |
| | 100m: 1:06.92 34.96 | 200m: 2:18.00 35.40 | 300m: 3:29.40 35.74 | 400m: 4:38.98 33.89 | | |
| 8. | TEODOSIO Barbara Coimbra | 99 | Nautico Marinha Grande | 4:39.81 | +0.88 | 618 |
| | 50m: 31.99 31.99 | 150m: 1:42.50 35.62 | 250m: 2:53.77 35.67 | 350m: 4:05.72 35.69 | | |
| | 100m: 1:06.88 34.89 | 200m: 2:18.10 35.60 | 300m: 3:30.03 36.26 | 400m: 4:39.81 34.09 | | |
| 9. | RODRIGUES Filipa Serrano | 01 | Seleção Portugal | 4:40.01 | +0.87 | 616 |
| | 50m: 31.96 31.96 | 150m: 1:40.73 34.83 | 250m: 2:52.24 35.85 | 350m: 4:04.68 35.86 | | |
| | 100m: 1:05.90 33.94 | 200m: 2:16.39 35.66 | 300m: 3:28.82 36.58 | 400m: 4:40.01 35.33 | | |
| 10. | SANTO Ana Luisa | 95 | Benfica | 4:46.50 | | 575 |
| | 50m: 31.69 31.69 | 150m: 1:41.99 35.68 | 250m: 2:55.90 36.92 | 350m: 4:09.96 36.84 | | |
| | 100m: 1:06.31 34.62 | 200m: 2:18.98 36.99 | 300m: 3:33.12 37.22 | 400m: 4:46.50 36.54 | | |
| Final B | | | | | | |
| 11. | SANTOS Ines Figueira | 00 | União Piedense | 4:38.76 | +0.93 | 625 |
| | 50m: 32.45 32.45 | 150m: 1:43.17 35.53 | 250m: 2:54.74 35.78 | 350m: 4:05.97 35.33 | | |
| | 100m: 1:07.64 35.19 | 200m: 2:18.96 35.79 | 300m: 3:30.64 35.90 | 400m: 4:38.76 32.79 | | |
| 12. | PEGO Isabel Porfirio | 01 | Seleção Portugal | 4:39.00 | +0.78 | 623 |
| | 50m: 32.19 32.19 | 150m: 1:43.12 35.50 | 250m: 2:54.73 35.89 | 350m: 4:05.91 35.28 | | |
| | 100m: 1:07.62 35.43 | 200m: 2:18.84 35.72 | 300m: 3:30.63 35.90 | 400m: 4:39.00 33.09 | | |
| 13. | CARVALHO Eva Guerreiro | 99 | União Piedense | 4:42.17 | +0.95 | 602 |
| | 50m: 32.60 32.60 | 150m: 1:43.08 35.65 | 250m: 2:54.81 35.72 | 350m: 4:06.73 35.95 | | |
| | 100m: 1:07.43 34.83 | 200m: 2:19.09 36.01 | 300m: 3:30.78 35.97 | 400m: 4:42.17 35.44 | | |
| 14. | MACHADO Luisa Maria | 01 | Seleção Portugal | 4:42.80 | +0.89 | 598 |
| | 50m: 32.98 32.98 | 150m: 1:44.07 35.91 | 250m: 2:56.11 36.10 | 350m: 4:08.14 35.83 | | |
| | 100m: 1:08.16 35.18 | 200m: 2:20.01 35.94 | 300m: 3:32.31 36.20 | 400m: 4:42.80 34.66 | | |
| 15. | CAHUZAC Emilie | 01 | Fed. Française - IRSO | 4:42.81 | +0.86 | 598 |
| | 50m: 33.21 33.21 | 150m: 1:43.97 35.68 | 250m: 2:56.07 36.13 | 350m: 4:08.35 35.31 | | |
| | 100m: 1:08.29 35.08 | 200m: 2:19.94 35.97 | 300m: 3:33.04 36.97 | 400m: 4:42.81 34.46 | | |

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

| Pos. | Nadador / Swimmer | A/Y | Clube / Team | Tempo / Final | | | | TReac | Pts |
|------|----------------------------------------------------------------------|---------------------|-----------------------|----------------|---------------|-------|--|-------|-----|
| 16. | CARMO Beatriz Barros | 99 | Alges | 4:43.04 | | | | +0.65 | 597 |
| | 50m: 32.05 32.05 | 150m: 1:43.52 35.66 | 250m: 2:55.68 | 35.74 | 350m: 4:07.82 | 35.83 | | | |
| | 100m: 1:07.86 35.81 | 200m: 2:19.94 36.42 | 300m: 3:31.99 | 36.31 | 400m: 4:43.04 | 35.22 | | | |
| 17. | RANITO Raquel Paulo | 94 | Sporting | 4:45.23 | | | | +0.78 | 583 |
| | 50m: 32.31 32.31 | 150m: 1:44.43 36.29 | 250m: 2:57.32 | 36.41 | 350m: 4:09.90 | 36.20 | | | |
| | 100m: 1:08.14 35.83 | 200m: 2:20.91 36.48 | 300m: 3:33.70 | 36.38 | 400m: 4:45.23 | 35.33 | | | |
| 18. | MOREIRA Daniela Teixeira | 97 | Belenenses | 4:47.76 | | | | +0.63 | 568 |
| | 50m: 32.75 32.75 | 150m: 1:44.18 36.02 | 250m: 2:57.08 | 36.50 | 350m: 4:11.00 | 37.19 | | | |
| | 100m: 1:08.16 35.41 | 200m: 2:20.58 36.40 | 300m: 3:33.81 | 36.73 | 400m: 4:47.76 | 36.76 | | | |
| 19. | GILOT Eva | 02 | Fed. Française - IRSO | 4:51.96 | | | | +0.70 | 544 |
| | 50m: 33.12 33.12 | 150m: 1:46.79 36.84 | 250m: 3:01.79 | 37.46 | 350m: 4:16.84 | 37.27 | | | |
| | 100m: 1:09.95 36.83 | 200m: 2:24.33 37.54 | 300m: 3:39.57 | 37.78 | 400m: 4:51.96 | 35.12 | | | |
| 20. | OLIVEIRA Ana Catarina (Fora Tempo Acesso / Out of Admission Time) | 99 | Geslours | 4:56.57 | | | | | 519 |
| | 50m: 33.08 33.08 | 150m: 1:46.25 36.94 | 250m: 3:01.98 | 37.86 | 350m: 4:19.34 | 38.64 | | | |
| | 100m: 1:09.31 36.23 | 200m: 2:24.12 37.87 | 300m: 3:40.70 | 38.72 | 400m: 4:56.57 | 37.23 | | | |