

Event 22  
7.2.16 - 16:56

Women, 400m Freestyle

Absolutos/All  
Results Finals

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

Points: FINA 2016

Pos.	Nadador / Swimmer	A/Y	Clube / Team	Tempo / Final	RT	Pts
<b>Final A</b>						
1.	HENRIQUES Ines Jacinto	00	Pimpoes/Cimai	<b>4:27.40</b>	+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	Selecao Portugal	<b>4:30.16</b>	+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	Selecao Portugal	<b>4:30.26</b>	+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. Francaise - IRSO	<b>4:30.74</b>		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.	IDIER Ines	00	Fed. Francaise - IRSO	<b>4:35.64</b>	+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. Francaise - IRSO	<b>4:38.98</b>	+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	<b>4:38.98</b>	+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	<b>4:39.81</b>	+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	Selecao Portugal	<b>4:40.01</b>	+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	<b>4:46.50</b>		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		
<b>Final B</b>						
11.	SANTOS Ines Figueira	00	Uniao Piedense	<b>4:38.76</b>	+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	Selecao Portugal	<b>4:39.00</b>	+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	Uniao Piedense	<b>4:42.17</b>	+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	Selecao Portugal	<b>4:42.80</b>	+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. Francaise - IRSO	<b>4:42.81</b>	+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		

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Pos.	Nadador / Swimmer	A/Y	Clube / Team	Tempo / Final				RT	Pts
16.	CARMO Beatriz Barros	99	Alges	<b>4:43.04</b>				+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	<b>4:45.23</b>				+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	<b>4:47.76</b>				+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. Francaise - IRSO	<b>4:51.96</b>				+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	<b>4:56.57</b>					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			