

Event 22
7.2.16 - 9:31

Women, 400m Freestyle

Absolutos/All
Results Prelim

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	
1.	HENRIQUES Ines Jacinto	00	Pimpoes/Cimai	4:31.03	+0.61	680	A
	50m: 31.21 31.21	150m: 1:40.10 34.59	250m: 2:48.91 34.57	350m: 3:57.61 34.19			
	100m: 1:05.51 34.30	200m: 2:14.34 34.24	300m: 3:23.42 34.51	400m: 4:31.03 33.42			
2.	GREMILLON Louise	00	Fed. Francaise - IRSO	4:31.50	+0.79	676	A
	50m: 30.73 30.73	150m: 1:39.12 34.39	250m: 2:48.40 34.73	350m: 3:57.81 34.61			
	100m: 1:04.73 34.00	200m: 2:13.67 34.55	300m: 3:23.20 34.80	400m: 4:31.50 33.69			
3.	AMADOR Joana Costa	01	Selecao Portugal	4:34.71		653	A
	50m: 31.85 31.85	150m: 1:40.90 35.06	250m: 2:50.94 34.94	350m: 4:00.49 34.53			
	100m: 1:05.84 33.99	200m: 2:16.00 35.10	300m: 3:25.96 35.02	400m: 4:34.71 34.22			
4.	RODRIGUES Filipa Serrano	01	Selecao Portugal	4:35.44	+0.80	648	A
	50m: 31.87 31.87	150m: 1:41.02 34.85	250m: 2:51.13 35.08	350m: 4:00.87 34.59			
	100m: 1:06.17 34.30	200m: 2:16.05 35.03	300m: 3:26.28 35.15	400m: 4:35.44 34.57			
5.	IDIER Ines	00	Fed. Francaise - IRSO	4:35.90	+0.82	644	A
	50m: 31.98 31.98	150m: 1:41.86 35.11	250m: 2:51.70 34.76	350m: 4:01.96 35.33			
	100m: 1:06.75 34.77	200m: 2:16.94 35.08	300m: 3:26.63 34.93	400m: 4:35.90 33.94			
6.	ALVES Sara Sofia	01	Selecao Portugal	4:37.12	+0.66	636	A
	50m: 32.60 32.60	150m: 1:41.42 35.06	250m: 2:51.71 35.29	350m: 4:02.62 35.57			
	100m: 1:06.36 33.76	200m: 2:16.42 35.00	300m: 3:27.05 35.34	400m: 4:37.12 34.50			
7.	TEODOSIO Barbara Coimbra	99	Nautico Marinha Grande	4:37.69	+0.90	632	A
	50m: 31.97 31.97	150m: 1:41.72 35.36	250m: 2:52.23 35.49	350m: 4:03.36 35.72			
	100m: 1:06.36 34.39	200m: 2:16.74 35.02	300m: 3:27.64 35.41	400m: 4:37.69 34.33			
8.	AUBAN Sara	98	Fed. Francaise - IRSO	4:37.73	+0.84	632	A
	50m: 31.39 31.39	150m: 1:41.17 35.26	250m: 2:51.83 35.09	350m: 4:02.84 35.19			
	100m: 1:05.91 34.52	200m: 2:16.74 35.57	300m: 3:27.65 35.82	400m: 4:37.73 34.89			
9.	RANITO Beatriz Paulo	99	Sporting	4:40.03	+0.78	616	A
	50m: 31.59 31.59	150m: 1:41.57 35.77	250m: 2:53.18 35.90	350m: 4:04.92 35.73			
	100m: 1:05.80 34.21	200m: 2:17.28 35.71	300m: 3:29.19 36.01	400m: 4:40.03 35.11			
10.	SANTO Ana Luisa	95	Benfica	4:40.62	+0.80	612	A
	50m: 32.36 32.36	150m: 1:42.64 35.57	250m: 2:54.25 35.68	350m: 4:05.11 35.09			
	100m: 1:07.07 34.71	200m: 2:18.57 35.93	300m: 3:30.02 35.77	400m: 4:40.62 35.51			
11.	CARVALHO Eva Guerreiro	99	Uniao Piedense	4:42.14	+0.99	603	B
	50m: 32.23 32.23	150m: 1:42.18 35.22	250m: 2:53.85 35.61	350m: 4:05.95 36.24			
	100m: 1:06.96 34.73	200m: 2:18.24 36.06	300m: 3:29.71 35.86	400m: 4:42.14 36.19			
12.	SANTOS Ines Figueira	00	Uniao Piedense	4:42.53	+0.91	600	B
	50m: 32.28 32.28	150m: 1:43.37 36.00	250m: 2:55.87 36.38	350m: 4:08.18 36.09			
	100m: 1:07.37 35.09	200m: 2:19.49 36.12	300m: 3:32.09 36.22	400m: 4:42.53 34.35			
13.	MACHADO Luisa Maria	01	Selecao Portugal	4:42.68	+0.89	599	B
	50m: 31.75 31.75	150m: 1:42.57 35.88	250m: 2:54.56 36.03	350m: 4:06.96 35.91			
	100m: 1:06.69 34.94	200m: 2:18.53 35.96	300m: 3:31.05 36.49	400m: 4:42.68 35.72			
14.	PEGO Isabel Porfirio	01	Selecao Portugal	4:45.39	+0.86	582	B
	50m: 33.18 33.18	150m: 1:44.48 35.61	250m: 2:57.51 36.60	350m: 4:11.28 36.92			
	100m: 1:08.87 35.69	200m: 2:20.91 36.43	300m: 3:34.36 36.85	400m: 4:45.39 34.11			
15.	CAHUZAC Emilie	01	Fed. Francaise - IRSO	4:45.86		579	B
	50m: 33.31 33.31	150m: 1:44.99 35.98	250m: 2:58.06 36.35	350m: 4:10.82 35.95			
	100m: 1:09.01 35.70	200m: 2:21.71 36.72	300m: 3:34.87 36.81	400m: 4:45.86 35.04			
16.	POMBO Tatiana Raquel	01	Nautica do Seixal	4:46.28		577	B
	50m: 31.91 31.91	150m: 1:43.13 36.06	250m: 2:56.23 36.61	350m: 4:10.06 37.13			
	100m: 1:07.07 35.16	200m: 2:19.62 36.49	300m: 3:32.93 36.70	400m: 4:46.28 36.22			

Event 22, Women, 400m Freestyle, Prelim, Absolutos/All

Pos.	Nadador / Swimmer	A/Y	Clube / Team	Tempo / Final	RT	Pts
17.	ROSA Mafalda Sofia 50m: 32.78 32.78 100m: 1:08.27 35.49	03	Rio Maior 150m: 1:44.28 36.01 200m: 2:20.48 36.20	250m: 2:56.87 36.39 300m: 3:33.78 36.91	350m: 4:10.37 4:10.37 400m: 4:46.35 4:46.35	576 B 36.59 35.98
18.	CARMO Beatriz Barros 50m: 31.89 31.89 100m: 1:07.40 35.51	99	Alges 150m: 1:43.31 35.91 200m: 2:20.11 36.80	250m: 2:56.39 36.28 300m: 3:33.13 36.74	350m: 4:09.53 4:09.53 400m: 4:46.44 4:46.44	576 B 36.40 36.91
19.	VARGAS Giovanna Vaz 50m: 32.52 32.52 100m: 1:08.16 35.64	00	Nautico Marinha Grande 150m: 1:44.58 36.42 200m: 2:21.20 36.62	250m: 2:57.76 36.56 300m: 3:34.46 36.70	350m: 4:10.87 4:10.87 400m: 4:46.45 4:46.45	576 B 36.41 35.58
20.	RANITO Raquel Paulo 50m: 32.06 32.06 100m: 1:07.21 35.15	94	Sporting 150m: 1:43.88 36.67 200m: 2:20.13 36.25	250m: 2:56.82 36.69 300m: 3:33.47 36.65	350m: 4:10.76 4:10.76 400m: 4:46.79 4:46.79	574 B 37.29 36.03
21.	MOREIRA Daniela Teixeira 50m: 32.61 32.61 100m: 1:08.19 35.58	97	Belenenses 150m: 1:44.68 36.49 200m: 2:21.53 36.85	250m: 2:58.84 37.31 300m: 3:36.53 37.69	350m: 4:14.23 4:14.23 400m: 4:51.10 4:51.10	549 37.70 36.87
22.	PEREIRA Emilia Matos 50m: 32.91 32.91 100m: 1:09.30 36.39	99	Fundacao Beatriz Santos 150m: 1:46.24 36.94 200m: 2:23.81 37.57	250m: 3:00.73 36.92 300m: 3:38.61 37.88	350m: 4:15.69 4:15.69 400m: 4:52.00 4:52.00	544 37.08 36.31
23.	GILOT Eva 50m: 33.90 33.90 100m: 1:10.83 36.93	02	Fed. Francaise - IRSO 150m: 1:48.11 37.28 200m: 2:25.56 37.45	250m: 3:02.64 37.08 300m: 3:39.86 37.22	350m: 4:17.60 4:17.60 400m: 4:53.07 4:53.07	538 37.74 35.47
24.	AGOSTINHO Catia Jordan 50m: 33.39 33.39 100m: 1:09.99 36.60	02	Rio Maior 150m: 1:48.29 38.30 200m: 2:26.73 38.44	250m: 3:03.90 37.17 300m: 3:40.74 36.84	350m: 4:17.36 4:17.36 400m: 4:53.26 4:53.26	537 36.62 35.90
25.	OLIVEIRA Ana Catarina 50m: 33.70 33.70 100m: 1:10.68 36.98	99	Geslours 150m: 1:48.52 37.84 200m: 2:25.66 37.14	250m: 3:03.15 37.49 300m: 3:40.64 37.49	350m: 4:17.97 4:17.97 400m: 4:53.74 4:53.74	534 37.33 35.77
26.	DIAS Maria Beatriz 50m: 32.77 32.77 100m: 1:08.78 36.01	99	Scalabiswim 150m: 1:45.01 36.23 200m: 2:22.60 37.59	250m: 3:00.38 37.78 300m: 3:38.70 38.32	350m: 4:16.63 4:16.63 400m: 4:54.07 4:54.07	532 37.93 37.44
27.	CORREIA Mariana Delicado 50m: 32.45 32.45 100m: 1:08.82 36.37	01	Sporting 150m: 1:46.23 37.41 200m: 2:24.36 38.13	250m: 3:02.19 37.83 300m: 3:40.24 38.05	350m: 4:18.05 4:18.05 400m: 4:54.11 4:54.11	532 37.81 36.06
28.	COSTA Ana Ferreira 50m: 34.03 34.03 100m: 1:10.30 36.27	02	Nautico Marinha Grande 150m: 1:47.62 37.32 200m: 2:24.80 37.18	250m: 3:02.14 37.34 300m: 3:39.88 37.74	350m: 4:17.58 4:17.58 400m: 4:54.14 4:54.14	532 37.70 36.56
29.	ANA OLIVEIRA SILVA A. 50m: 32.89 32.89 100m: 1:09.06 36.17	99	Belenenses 150m: 1:46.12 37.06 200m: 2:23.76 37.64	250m: 3:01.31 37.55 300m: 3:39.65 38.34	350m: 4:17.39 4:17.39 400m: 4:54.26 4:54.26	531 37.74 36.87
30.	FERNANDES Catarina Costa 50m: 33.30 33.30 100m: 1:09.68 36.38	99	Colegio Bernardette Romeira 150m: 1:47.21 37.53 200m: 2:24.80 37.59	250m: 3:02.79 37.99 300m: 3:40.53 37.74	350m: 4:18.53 4:18.53 400m: 4:55.30 4:55.30	525 38.00 36.77
31.	SANTOS Carolina Madeira 50m: 32.45 32.45 100m: 1:08.51 36.06	96	Naval Amorense 150m: 1:45.89 37.38 200m: 2:23.69 37.80	250m: 3:01.60 37.91 300m: 3:40.17 38.57	350m: 4:18.60 4:18.60 400m: 4:55.95 4:55.95	522 38.43 37.35
32.	RAMOS Mariana Silva (Fora Tempo Acesso / Out of Admission Time) 50m: 33.59 33.59 100m: 1:09.93 36.34	00	Sporting 150m: 1:47.86 37.93 200m: 2:26.04 38.18	250m: 3:03.95 37.91 300m: 3:42.08 38.13	350m: 4:20.36 4:20.36 400m: 4:57.61 4:57.61	513 38.28 37.25
33.	QUEIROZ Ana Rita 50m: 33.75 33.75 100m: 1:10.90 37.15	02	Fundacao Beatriz Santos 150m: 1:49.00 38.10 200m: 2:27.23 38.23	250m: 3:05.87 38.64 300m: 3:45.05 39.18	350m: 4:23.28 4:23.28 400m: 5:00.90 5:00.90	497 38.23 37.62
34.	SILVA Catarina Miguel 50m: 33.43 33.43 100m: 1:11.32 37.89	01	Natacao de Faro 150m: 1:49.82 38.50 200m: 2:28.75 38.93	250m: 3:07.28 38.53 300m: 3:46.13 38.85	350m: 4:24.43 4:24.43 400m: 5:01.67 5:01.67	493 38.30 37.24
35.	RODRIGUES Luana Correia 50m: 34.09 34.09 100m: 1:10.74 36.65	01	Individual ANL 150m: 1:49.00 38.26 200m: 2:27.13 38.13	250m: 3:06.14 39.01 300m: 3:44.91 38.77	350m: 4:24.11 4:24.11 400m: 5:01.87 5:01.87	492 39.20 37.76

Event 22, Women, 400m Freestyle, Prelim, Absolutos/All

Pos.	Nadador / Swimmer	A/Y	Clube / Team	Tempo / Final	RT	Pts
36.	CARPINTEIRO Carolina Silverio	02	Natacao do Tejo	5:01.92	+0.82	492
	50m: 32.87 32.87	150m: 1:47.62 37.85	250m: 3:04.36 38.59	350m: 4:22.60 39.24		39.24
	100m: 1:09.77 36.90	200m: 2:25.77 38.15	300m: 3:43.36 39.00	400m: 5:01.92 39.32		39.32
37.	VARANDAS Joana Filipa	02	Desporto Setubal	5:02.49	+0.95	489
	50m: 32.99 32.99	150m: 1:47.73 38.11	250m: 3:06.27 39.33	350m: 4:24.77 38.99		38.99
	100m: 1:09.62 36.63	200m: 2:26.94 39.21	300m: 3:45.78 39.51	400m: 5:02.49 37.72		37.72
38.	GONCALVES Elisa Sauval	02	Natacao Olhao	5:05.52	+0.89	474
	50m: 33.80 33.80	150m: 1:48.84 38.59	250m: 3:07.48 39.60	350m: 4:27.09 40.07		40.07
	100m: 1:10.25 36.45	200m: 2:27.88 39.04	300m: 3:47.02 39.54	400m: 5:05.52 38.43		38.43
39.	PEREIRA Joana Santos (Fora Tempo Acesso / Out of Admission Time)	00	Gafanha da Encarnacao	5:06.56	+0.68	470
	50m: 34.84 34.84	150m: 1:52.80 39.59	250m: 3:12.01 39.45	350m: 4:29.84 39.04		39.04
	100m: 1:13.21 38.37	200m: 2:32.56 39.76	300m: 3:50.80 38.79	400m: 5:06.56 36.72		36.72
40.	CATARINA SOFIA TRIGO FERREIRA C.	02	Amadora	5:08.82		459
	50m: 34.67 34.67	150m: 1:52.93 39.94	250m: 3:12.20 39.28	350m: 4:30.65 38.95		38.95
	100m: 1:12.99 38.32	200m: 2:32.92 39.99	300m: 3:51.70 39.50	400m: 5:08.82 38.17		38.17
41.	DOMINGOS Carolina Barros	02	Sporting	5:08.92	+0.95	459
	50m: 34.19 34.19	150m: 1:51.25 39.20	250m: 3:11.14 40.22	350m: 4:30.59 39.69		39.69
	100m: 1:12.05 37.86	200m: 2:30.92 39.67	300m: 3:50.90 39.76	400m: 5:08.92 38.33		38.33
42.	MENDES Lea Alexandra	03	Gualdim Pais	5:08.93	+0.80	459
	50m: 34.03 34.03	150m: 1:51.33 39.44	250m: 3:11.27 40.29	350m: 4:31.15 39.25		39.25
	100m: 1:11.89 37.86	200m: 2:30.98 39.65	300m: 3:51.90 40.63	400m: 5:08.93 37.78		37.78
43.	ESPINGARDEIRO Ana Daniela (Fora Tempo Acesso / Out of Admission Time)	02	Naval Praia da Vitoria	5:13.47	+0.72	439
	50m: 35.33 35.33	150m: 1:53.44 39.27	250m: 3:13.49 39.75	350m: 4:34.20 40.22		40.22
	100m: 1:14.17 38.84	200m: 2:33.74 40.30	300m: 3:53.98 40.49	400m: 5:13.47 39.27		39.27
44.	VIEIRA Carolina Lopes (Fora Tempo Acesso / Out of Admission Time)	02	Gualdim Pais	5:15.66	+0.70	430
	50m: 34.29 34.29	150m: 1:53.13 40.27	250m: 3:13.93 40.51	350m: 4:35.43 40.66		40.66
	100m: 1:12.86 38.57	200m: 2:33.42 40.29	300m: 3:54.77 40.84	400m: 5:15.66 40.23		40.23