

Event 7  
6.2.16 - 17:19

Women, 400m Medley

Absolutos/All  
Results

Rec Mundial / World Record	4:28.43	YE Shiwen	CHN	London (GBR)	2012
Rec Europeu / European Record	4:30.31	HOSSZU Katinka	HUN	Rome (ITA)	2009
Rec Meeting / Meeting Record	4:50.87	BARDACH Georgina	ARG	Jamor	2012
Rec Nacional / Port.Nat Record	4:45.69	KAMINSKAYA Victoria	PMP	Malaga (ESP)	2015

Tempo Acesso Meeting / Meeting Access Time Jun&Sen: 5:36.00; Inf&Juv: 5:36.00

Points: FINA 2016

Pos.	Nadador / Swimmer	A/Y	Clube / Team	Tempo / Final	RT	Pts
1.	ROCHA Ines Neto 50m: 31.84 31.84 100m: 1:07.61 35.77	01	Selecao Portugal	<b>5:04.06</b> 42.65 350m: 4:28.43 43.27 400m: 5:04.06	+0.93	688 36.16 35.63
2.	VARGAS Giovanna Vaz 50m: 32.95 32.95 100m: 1:09.16 36.21	00	Nautico Marinha Grande	<b>5:07.77</b> 44.56 350m: 4:34.12 44.48 400m: 5:07.77	+0.88	663 34.67 33.65
3.	AUBAN Sara 50m: 32.71 32.71 100m: 1:10.81 38.10	98	Fed. Francaise - IRSO	<b>5:08.32</b> 40.51 350m: 4:33.26 43.56 400m: 5:08.32	+0.83	659 36.36 35.06
4.	MARCELINO Carolina Rosa 50m: 31.65 31.65 100m: 1:09.74 38.09	01	Selecao Portugal	<b>5:11.03</b> 43.43 350m: 4:35.29 44.50 400m: 5:11.03	+0.73	642 36.27 35.74
5.	SHORTEN Aoife 50m: 32.87 32.87 100m: 1:09.79 36.92	98	Connacht Performance Centre	<b>5:11.51</b> 43.36 350m: 4:35.99 43.98 400m: 5:11.51	+0.77	639 37.03 35.52
6.	SILVA Ines Rocha 50m: 32.65 32.65 100m: 1:11.35 38.70	00	Alcobaca	<b>5:11.90</b> 43.00 350m: 4:36.70 44.00 400m: 5:11.90	+0.69	637 37.05 35.20
7.	DOMINGUES Monica Seara 50m: 33.11 33.11 100m: 1:10.45 37.34	00	Nautico Marinha Grande	<b>5:13.00</b> 46.08 350m: 4:38.67 46.03 400m: 5:13.00	+0.89	630 35.93 34.33
8.	IDIER Ines 50m: 32.83 32.83 100m: 1:10.60 37.77	00	Fed. Francaise - IRSO	<b>5:13.63</b> 44.99 350m: 4:40.21 45.42 400m: 5:13.63	+0.91	626 35.47 33.42
9.	COSTA Rita Teixeira 50m: 31.90 31.90 100m: 1:09.90 38.00	97	Belenenses	<b>5:17.45</b> 46.06 350m: 4:42.30 46.63 400m: 5:17.45	+0.83	604 37.56 35.15
10.	RANITO Raquel Paulo 50m: 33.23 33.23 100m: 1:11.66 38.43	94	Sporting	<b>5:17.63</b> 46.18 350m: 4:42.86 45.53 400m: 5:17.63	+0.66	603 36.90 34.77
11.	MACHADO Luisa Maria 50m: 34.66 34.66 100m: 1:14.48 39.82	01	Selecao Portugal	<b>5:17.66</b> 44.31 350m: 4:42.02 43.79 400m: 5:17.66		603 37.01 35.64
12.	GUEDES Carolina Mantua 50m: 31.99 31.99 100m: 1:08.80 36.81	98	Sporting	<b>5:21.09</b> 45.57 350m: 4:45.28 46.58 400m: 5:21.09	+0.81	584 36.50 35.81
13.	LACOMME Lucile 50m: 34.72 34.72 100m: 1:14.34 39.62	00	Fed. Francaise - IRSO	<b>5:21.33</b> 43.02 350m: 4:44.44 44.08 400m: 5:21.33	+0.74	582 37.99 36.89
14.	TREMOCO Raquel Antunes 50m: 33.46 33.46 100m: 1:12.46 39.00	01	Sporting	<b>5:23.65</b> 47.05 350m: 4:47.41 46.76 400m: 5:23.65	+0.91	570 37.03 36.24
15.	TEODOSIO Barbara Coimbra 50m: 32.65 32.65 100m: 1:09.76 37.11	99	Nautico Marinha Grande	<b>5:24.40</b> 46.95 350m: 4:48.85 48.12 400m: 5:24.40	+0.51	566 36.81 35.55
16.	AGOSTINHO Catia Jordan 50m: 35.11 35.11 100m: 1:17.02 41.91	02	Rio Maior	<b>5:32.32</b> 45.83 350m: 4:55.04 47.21 400m: 5:32.32	+0.82	527 38.38 37.28

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Pos.	Nadador / Swimmer	A/Y	Clube / Team	Tempo / Final	RT	Pts
17.	GALACHA Mariana Sobral	01	Sporting	<b>5:33.51</b>	+0.70	521
	50m: 34.16 34.16	150m: 2:00.41 44.49	250m: 3:30.26	47.36 350m: 4:55.73		38.87
	100m: 1:15.92 41.76	200m: 2:42.90 42.49	300m: 4:16.86	46.60 400m: 5:33.51		37.78
18.	BELO Maria Margarida	02	Sporting	<b>5:34.68</b>	+0.84	515
	50m: 33.84 33.84	150m: 1:57.43 42.61	250m: 3:27.95	49.42 350m: 4:56.84		38.83
	100m: 1:14.82 40.98	200m: 2:38.53 41.10	300m: 4:18.01	50.06 400m: 5:34.68		37.84
19.	ASTOUL Amelia (Fora Tempo Acesso / Out of Admission Time)	02	Fed. Francaise - IRSO	<b>5:41.68</b>		484
	50m: 37.69 37.69	150m: 2:03.15 43.00	250m: 3:35.60	48.85 350m: 5:03.39		40.34
	100m: 1:20.15 42.46	200m: 2:46.75 43.60	300m: 4:23.05	47.45 400m: 5:41.68		38.29
20.	GUERRA Sara Costa (Fora Tempo Acesso / Out of Admission Time)	99	Sporting	<b>5:42.60</b>	+0.79	480
	50m: 33.38 33.38	150m: 1:58.61 46.09	250m: 3:33.21	49.91 350m: 5:04.39		39.62
	100m: 1:12.52 39.14	200m: 2:43.30 44.69	300m: 4:24.77	51.56 400m: 5:42.60		38.21