

Event 23
12.02.2023 - 17:18

Women, 400m Freestyle

Absolutos/All
Results Finals

World Record	3:56.40	TITMUS Ariarne	AUS	Adelaide (AUS)	2022
European Record	3:59.15	PELLEGRINI Federica	ITA	Rome (ITA)	2009
Meeting Record	4:11.67	DURAES Diana Margarida	POR	Lisboa	2020
Portuguese Nat Record	4:09.49	DURAES Diana Margarida	POR	Tarragona (ESP)	2018

Meeting Access Time Jun&Sen: 4:56.00; Juv: 5:15.00

Points: FINA 2022

Pos.	Nadador / Swimmer	A/Y	Clube / Team	Tempo / Final	RT	Pts
Final A						
1.	HOLUB Tamila Hryhorivna <i>Recorde Meeting / Meeting Record</i>	99	Braga	4:11.04		835
	50m: 29.61 29.61 150m: 1:32.71 31.90 250m: 2:35.99 31.31 350m: 3:39.36 31.83					
	100m: 1:00.81 31.20 200m: 2:04.68 31.97 300m: 3:07.53 31.54 400m: 4:11.04 31.68					
2.	MARTINS Francisca Soares	03	Foca / Quinta Da Lixa	4:15.00		797
	50m: 29.29 29.29 150m: 1:32.37 31.94 250m: 2:36.42 31.90 350m: 3:42.32 33.39					
	100m: 1:00.43 31.14 200m: 2:04.52 32.15 300m: 3:08.93 32.51 400m: 4:15.00 32.68					
3.	CONCEICAO Ema Jeronimo	03	Benfica	4:22.32		732
	50m: 30.71 30.71 150m: 1:36.82 33.09 250m: 2:43.82 33.83 350m: 3:50.15 33.46					
	100m: 1:03.73 33.02 200m: 2:09.99 33.17 300m: 3:16.69 32.87 400m: 4:22.32 32.17					
4.	DURAES Diana Margarida	96	Benfica	4:22.39		731
	50m: 30.54 30.54 150m: 1:36.60 33.24 250m: 2:43.25 33.23 350m: 3:50.16 33.55					
	100m: 1:03.36 32.82 200m: 2:10.02 33.42 300m: 3:16.61 33.36 400m: 4:22.39 32.23					
5.	LEBLIC GARCIA Sydney	05	Real Canoe NC	4:26.37		699
	50m: 29.90 29.90 150m: 1:36.57 33.90 250m: 2:45.30 34.55 350m: 3:54.32 34.31					
	100m: 1:02.67 32.77 200m: 2:10.75 34.18 300m: 3:20.01 34.71 400m: 4:26.37 32.05					
6.	CARDEAL Joana Nunes	02	Academico Viseu	4:26.77		696
	50m: 30.86 30.86 150m: 1:38.18 34.05 250m: 2:46.00 33.78 350m: 3:53.93 34.06					
	100m: 1:04.13 33.27 200m: 2:12.22 34.04 300m: 3:19.87 33.87 400m: 4:26.77 32.84					
7.	FOMINA Anna	02	Sporting	4:27.27		692
	50m: 30.53 30.53 150m: 1:37.05 33.84 250m: 2:45.30 34.20 350m: 3:53.88 34.23					
	100m: 1:03.21 32.68 200m: 2:11.10 34.05 300m: 3:19.65 34.35 400m: 4:27.27 33.39					
8.	ANDRE Leticia Maia	02	Benfica	4:29.32		676
	50m: 30.22 30.22 150m: 1:36.99 33.96 250m: 2:45.67 34.28 350m: 3:54.84 34.16					
	100m: 1:03.03 32.81 200m: 2:11.39 34.40 300m: 3:20.68 35.01 400m: 4:29.32 34.48					
9.	KAY Eleanor	06	Bolton Metro	4:31.59		659
	50m: 30.33 30.33 150m: 1:38.21 34.28 250m: 2:47.79 34.80 350m: 3:57.66 34.96					
	100m: 1:03.93 33.60 200m: 2:12.99 34.78 300m: 3:22.70 34.91 400m: 4:31.59 33.93					
10.	BRADLEY-HOLT Lauren	04	City of Manchester	4:34.22		641
	50m: 30.04 30.04 150m: 1:38.32 34.90 250m: 2:49.36 35.36 350m: 4:00.89 35.51					
	100m: 1:03.42 33.38 200m: 2:14.00 35.68 300m: 3:25.38 36.02 400m: 4:34.22 33.33					
Final B						
11.	VIANA Carolina Pereira	04	Sporting	4:27.57		690
	50m: 30.68 30.68 150m: 1:36.82 33.56 250m: 2:44.96 34.31 350m: 3:53.87 34.46					
	100m: 1:03.26 32.58 200m: 2:10.65 33.83 300m: 3:19.41 34.45 400m: 4:27.57 33.70					
12.	LOURO Beatriz Silva	07	Louletano / Loule Concelho	4:32.62		652
	50m: 30.80 30.80 150m: 1:38.17 33.97 250m: 2:48.08 35.09 350m: 3:58.88 35.34					
	100m: 1:04.20 33.40 200m: 2:12.99 34.82 300m: 3:23.54 35.46 400m: 4:32.62 33.74					
13.	COELHO Maria Leonor	06	Portugal	4:32.75		651
	50m: 31.47 31.47 150m: 1:39.86 34.98 250m: 2:49.72 35.06 350m: 3:59.54 34.25					
	100m: 1:04.88 33.41 200m: 2:14.66 34.80 300m: 3:25.29 35.57 400m: 4:32.75 33.21					
14.	ARMAS Maria Ornelas	98	Vikings SC	4:34.13		641
	50m: 31.15 31.15 150m: 1:38.58 34.07 250m: 2:47.99 34.86 350m: 3:58.99 35.64					
	100m: 1:04.51 33.36 200m: 2:13.13 34.55 300m: 3:23.35 35.36 400m: 4:34.13 35.14					
15.	AMORIM Ines Santos	06	Portugal	4:34.96		636
	50m: 31.82 31.82 150m: 1:40.48 34.32 250m: 2:50.03 34.75 350m: 4:00.65 35.11					
	100m: 1:06.16 34.34 200m: 2:15.28 34.80 300m: 3:25.54 35.51 400m: 4:34.96 34.31					
16.	PEIXOTO Carolina Esteves	06	Braga	4:38.88		609
	50m: 31.16 31.16 150m: 1:39.67 34.62 250m: 2:50.78 35.56 350m: 4:03.29 36.09					
	100m: 1:05.05 33.89 200m: 2:15.22 35.55 300m: 3:27.20 36.42 400m: 4:38.88 35.59					

anlisboa.pt

Online results: anlisboa.pt/live

anleventos.com

Approved by:



Supported by:



Sponsored by:



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

Pos.	Nadador / Swimmer	A/Y	Clube / Team	Tempo / Final	RT	Pts
17.	ROSSI Elisabetta	07	Federazione Ticinese di Nuoto	4:39.32		606
	50m: 31.97 31.97	150m: 1:41.60 35.14	250m: 2:52.95 35.74	350m: 4:04.78 35.74		
	100m: 1:06.46 34.49	200m: 2:17.21 35.61	300m: 3:29.04 36.09	400m: 4:39.32 34.54		
18.	FARIA Leonor Verissimo	06	Nucleo de Pombal	4:40.09		601
	50m: 32.29 32.29	150m: 1:42.60 35.67	250m: 2:54.34 35.94	350m: 4:06.27 35.83		
	100m: 1:06.93 34.64	200m: 2:18.40 35.80	300m: 3:30.44 36.10	400m: 4:40.09 33.82		
19.	ROSA Mariana Carmo	05	Condeixa Aqua Clube	4:40.26		600
	50m: 31.70 31.70	150m: 1:40.71 34.93	250m: 2:52.40 35.94	350m: 4:05.81 36.38		
	100m: 1:05.78 34.08	200m: 2:16.46 35.75	300m: 3:29.43 37.03	400m: 4:40.26 34.45		
20.	PINTO Margarida Vieira	07	Portugal	4:41.40		593
	50m: 31.01 31.01	150m: 1:39.73 34.75	250m: 2:51.90 36.38	350m: 4:05.43 36.76		
	100m: 1:04.98 33.97	200m: 2:15.52 35.79	300m: 3:28.67 36.77	400m: 4:41.40 35.97		