

2023 Coimbra Swimming OPEN
Coimbra, 14- - 17-12-2023

Prova 17
15-12-2023 - 17:00

Femin., 400m Estilos

Open
Resultados

RN Open	4:40.11	KAMINSKAYA, Victoria	POR	Pontevedra (ESP)	09-04-2017
RN 18 +	4:40.11	KAMINSKAYA, Victoria	POR	Pontevedra (ESP)	09-04-2017
RN 17	4:52.12	KAMINSKAYA, Victoria	PIMP	Oeiras	27-07-2012
RN 16	4:54.00	ROCHA, Ines Neto	SANNP	Gijón (ESP)	20-05-2017
RN 15	4:58.08	DURAES, Diana Margarida	FOCA	Povoa de Varzim	05-08-2011
RN 14	5:01.00	ROCHA, Ines Neto	CAP	Coimbra	24-07-2015
RN 13	5:11.29	ROCHA, Diana Ramos	EDV	Faro	20-07-2007
RN 12	5:14.05	RUIVO, Filipa Vilas	DNMG	S. Joao da Madeira	24-07-2009

Pontos: FINA 2023

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	HENRIQUES, Ines Jacinto	00	Louzan Natacao/EFAPEL	4:58.21	+0,73	712	
	50m: 30.85 30.85	150m: 1:43.83	39.51	250m: 3:06.38	44.25	350m: 4:24.88	34.83
	100m: 1:04.32 33.47	200m: 2:22.13	38.30	300m: 3:50.05	43.67	400m: 4:58.21	33.33
2.	VEIGA, Ana Filipa	01	Gafanha da Encarnacao	5:11.65	+0,82	624	
	50m: 32.62 32.62	150m: 1:52.16	42.42	250m: 3:16.96	42.91	350m: 4:35.61	36.31
	100m: 1:09.74 37.12	200m: 2:34.05	41.89	300m: 3:59.30	42.34	400m: 5:11.65	36.04
3.	ALMEIDA, Maria Emilia	07	Colegio Efanor	5:16.02	+0,79	598	
	50m: 32.14 32.14	150m: 1:48.41	39.62	250m: 3:16.62	48.59	350m: 4:40.38	36.26
	100m: 1:08.79 36.65	200m: 2:28.03	39.62	300m: 4:04.12	47.50	400m: 5:16.02	35.64
4.	SILVA, Ana Francisca	06	Alcobaca	5:31.94	+0,69	516	
	50m: 34.87 34.87	150m: 1:58.22	43.57	250m: 3:29.47	48.51	350m: 4:55.24	37.04
	100m: 1:14.65 39.78	200m: 2:40.96	42.74	300m: 4:18.20	48.73	400m: 5:31.94	36.70
DSQ	SILVA, Rita Rocha	08	Alcobaca		+0,79		
	<i>SW 7.2 - Rolled onto the back after the turn at 200 metres</i>						
DSQ	ALMEIDA, Bianca Filipa	07	Alges e Agueda XXI		+0,73		
	<i>SW 7.5 - Downward butterfly kicks during the race</i>						