

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

Event 27
17-12-2023 - 16:00

Women, 400m Freestyle

Open
Results Final

Points: FINA 2023

Rank	Nome	YB	Cod	Clube	Tempo Final	RT	Pts FINA	Pts
1.	MARTINS, Francisca Soares	03		Foca Quinta da Lixa CNF	4:13.33	+0,66	812	
	50m: 29.24	29.24	150m: 1:32.63	32.12	250m: 2:36.91	32.21	350m: 3:41.80	32.68
	100m: 1:00.51	31.27	200m: 2:04.70	32.07	300m: 3:09.12	32.21	400m: 4:13.33	31.53
2.	HENRIQUES, Ines Jacinto	00		Louzan Natacao/EFAPEL	4:27.42	+0,71	690	
	50m: 30.43	30.43	150m: 1:36.96	33.65	250m: 2:45.07	34.25	350m: 3:53.76	34.58
	100m: 1:03.31	32.88	200m: 2:10.82	33.86	300m: 3:19.18	34.11	400m: 4:27.42	33.66
3.	AMORIM, Ines Santos	06		Desportiva de Viana	4:32.30	+0,71	654	
	50m: 30.97	30.97	150m: 1:38.32	33.94	250m: 2:48.64	35.55	350m: 3:59.02	34.60
	100m: 1:04.38	33.41	200m: 2:13.09	34.77	300m: 3:24.42	35.78	400m: 4:32.30	33.28
4.	LOURO, Beatriz Silva	07		Louletano / Loule Concelho	4:34.83	+0,69	636	
	50m: 31.02	31.02	150m: 1:39.71	34.99	250m: 2:49.60	35.14	350m: 4:00.10	35.15
	100m: 1:04.72	33.70	200m: 2:14.46	34.75	300m: 3:24.95	35.35	400m: 4:34.83	34.73
5.	RAMOS, Joana Barbas	06		Gafanha da Encarnacao	4:39.61	+0,77	604	
	50m: 31.88	31.88	150m: 1:42.17	35.66	250m: 2:54.00	36.06	350m: 4:05.89	35.75
	100m: 1:06.51	34.63	200m: 2:17.94	35.77	300m: 3:30.14	36.14	400m: 4:39.61	33.72
6.	AGUILAR, Marta Andre	07		Nautico Academico	4:39.76	+0,85	603	
	50m: 32.10	32.10	150m: 1:42.36	35.79	250m: 2:53.90	35.99	350m: 4:05.71	35.81
	100m: 1:06.57	34.47	200m: 2:17.91	35.55	300m: 3:29.90	36.00	400m: 4:39.76	34.05
7.	CABRAL, Carolina Vizinho	07		Natacao de Vagos	4:41.61	+0,76	591	
	50m: 31.86	31.86	150m: 1:42.38	35.65	250m: 2:55.05	36.08	350m: 4:07.37	35.98
	100m: 1:06.73	34.87	200m: 2:18.97	36.59	300m: 3:31.39	36.34	400m: 4:41.61	34.24
8.	MONTEIRO, Ana Carolina	04		Uniao Coimbra	4:43.90	+0,72	577	
	50m: 31.77	31.77	150m: 1:42.58	35.61	250m: 2:54.97	35.72	350m: 4:08.13	36.27
	100m: 1:06.97	35.20	200m: 2:19.25	36.67	300m: 3:31.86	36.89	400m: 4:43.90	35.77
9.	FERREIRA, Maria Neto	06		Nautico Academico	4:45.89	+0,89	565	
	50m: 31.82	31.82	150m: 1:42.75	35.58	250m: 2:55.14	35.67	350m: 4:08.68	36.46
	100m: 1:07.17	35.35	200m: 2:19.47	36.72	300m: 3:32.22	37.08	400m: 4:45.89	37.21
10.	ALMEIDA, Bianca Filipa	07		Alges e Agueda XXI	4:49.60	+0,83	543	
	50m: 32.59	32.59	150m: 1:43.92	36.10	250m: 2:57.64	37.01	350m: 4:12.97	37.99
	100m: 1:07.82	35.23	200m: 2:20.63	36.71	300m: 3:34.98	37.34	400m: 4:49.60	36.63