

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

Event 27  
17-12-2023 - 9:30

Women, 400m Freestyle

Open  
Results Prelim

RN Open	4:08.77	MARTINS, Francisca Soares	FOCA	Canet-en-Roussillion (FRA)	14-05-2023
RN 18 +	4:08.77	MARTINS, Francisca Soares	FOCA	Canet-en-Roussillion (FRA)	14-05-2023
RN 17	4:14.67	HOLUB, Tamila Hryhorivna	SCB	Oeiras	23-07-2016
RN 16	4:20.37	FERREIRA, Marta Andreia	POR	Berlim (GER)	04-08-2002
RN 15	4:20.78	HOLUB, Tamila Hryhorivna	POR	Porto	07-06-2014
RN 14	4:26.20	CABRAL, Maria Francisca	FCP	Oeiras	26-07-2014
RN 13	4:31.53	SILVA, Alexandra Maria	POR	Skovde (SWE)	08-08-1980
RN 12	4:43.70	SILVA, Alexandra Maria	FCP	Funchal	27-07-1979
RNS8	5:42.76	CASTRO, Ana Filipa	FVCD	Oeiras	11-05-2019
RNS9	4:59.78	VEIGA, Susana Pereira	CNCVG	Funchal	01-04-2023

Points: FINA 2023

Rank	Nome	YB	Cod	Clube	Tempo Final	RT	Pts FINA	Pts				
1.	MARTINS, Francisca Soares	03		Foca Quinta da Lixa CNF	<b>4:29.10</b>	+0,65	677	Q				
	50m:	29.46	29.46	150m:	1:34.12	32.80	250m:	2:43.09	34.80	350m:	3:53.72	35.75
	100m:	1:01.32	31.86	200m:	2:08.29	34.17	300m:	3:17.97	34.88	400m:	4:29.10	35.38
2.	HENRIQUES, Ines Jacinto	00		Louzan Natacao/EFAPEL	<b>4:31.31</b>	+0,73	661	Q				
	50m:	30.59	30.59	150m:	1:37.76	34.13	250m:	2:47.04	34.93	350m:	3:56.72	35.04
	100m:	1:03.63	33.04	200m:	2:12.11	34.35	300m:	3:21.68	34.64	400m:	4:31.31	34.59
3.	LOURO, Beatriz Silva	07		Louletano / Loule Concelho	<b>4:41.63</b>	+0,70	591	Q				
	50m:	31.64	31.64	150m:	1:41.32	35.50	250m:	2:52.96	36.22	350m:	4:05.81	36.73
	100m:	1:05.82	34.18	200m:	2:16.74	35.42	300m:	3:29.08	36.12	400m:	4:41.63	35.82
4.	AMORIM, Ines Santos	06		Desportiva de Viana	<b>4:42.28</b>	+0,76	587	Q				
	50m:	30.60	30.60	150m:	1:39.08	34.78	250m:	2:52.37	37.60	350m:	4:07.06	37.32
	100m:	1:04.30	33.70	200m:	2:14.77	35.69	300m:	3:29.74	37.37	400m:	4:42.28	35.22
5.	RAMOS, Joana Barbas	06		Gafanha da Encarnacao	<b>4:43.17</b>	+0,77	581	Q				
	50m:	32.11	32.11	150m:	1:42.88	35.86	250m:	2:55.44	36.23	350m:	4:08.53	36.31
	100m:	1:07.02	34.91	200m:	2:19.21	36.33	300m:	3:32.22	36.78	400m:	4:43.17	34.64
6.	CABRAL, Carolina Vizinho	07		Natacao de Vagos	<b>4:44.68</b>	+0,81	572	Q				
	50m:	32.51	32.51	150m:	1:44.06	36.29	250m:	2:57.54	36.89	350m:	4:10.80	36.39
	100m:	1:07.77	35.26	200m:	2:20.65	36.59	300m:	3:34.41	36.87	400m:	4:44.68	33.88
7.	AGUILAR, Marta Andre	07		Nautico Academico	<b>4:45.59</b>	+0,82	567	Q				
	50m:	32.61	32.61	150m:	1:44.76	36.39	250m:	2:57.00	36.33	350m:	4:10.41	36.82
	100m:	1:08.37	35.76	200m:	2:20.67	35.91	300m:	3:33.59	36.59	400m:	4:45.59	35.18
8.	MONTEIRO, Ana Carolina	04		Uniao Coimbra	<b>4:49.14</b>	+0,74	546	Q				
	50m:	32.15	32.15	150m:	1:45.10	36.95	250m:	2:58.85	36.65	350m:	4:12.67	36.88
	100m:	1:08.15	36.00	200m:	2:22.20	37.10	300m:	3:35.79	36.94	400m:	4:49.14	36.47
9.	ALMEIDA, Bianca Filipa	07		Alges e Agueda XXI	<b>4:54.26</b>	+0,68	518	Q				
	50m:	33.07	33.07	150m:	1:45.88	37.12	250m:	3:00.83	37.37	350m:	4:16.99	38.06
	100m:	1:08.76	35.69	200m:	2:23.46	37.58	300m:	3:38.93	38.10	400m:	4:54.26	37.27
10.	FERREIRA, Maria Neto	06		Nautico Academico	<b>5:00.85</b>	+0,81	485	Q				
	50m:	32.32	32.32	150m:	1:45.35	36.86	250m:	3:01.78	38.70	350m:	4:21.60	40.28
	100m:	1:08.49	36.17	200m:	2:23.08	37.73	300m:	3:41.32	39.54	400m:	5:00.85	39.25
11.	SOARES, Julia Maria	08		Miranda do Corvo	<b>5:15.96</b>	+0,72	418	R				
	50m:	33.67	33.67	150m:	1:53.53	40.36	250m:	3:13.95	40.62	350m:	4:35.81	40.88
	100m:	1:13.17	39.50	200m:	2:33.33	39.80	300m:	3:54.93	40.98	400m:	5:15.96	40.15
12.	CAMILO, Camila Beatriz	11		Miranda do Corvo	<b>6:00.73</b>	+0,87	281	R				
	50m:	40.64	40.64	150m:	2:12.59	46.66	250m:	3:45.13	46.24	350m:	5:16.79	45.25
	100m:	1:25.93	45.29	200m:	2:58.89	46.30	300m:	4:31.54	46.41	400m:	6:00.73	43.94
13.	CORREIA, Margarida Paiva	12		Miranda do Corvo	<b>6:22.60</b>		235					
	50m:	42.13	42.13	150m:	2:17.24	48.49	250m:	3:55.83	49.68	350m:	5:34.61	49.07
	100m:	1:28.75	46.62	200m:	3:06.15	48.91	300m:	4:45.54	49.71	400m:	6:22.60	47.99
14.	SOARES, Beatriz Pires	12		Miranda do Corvo	<b>6:56.53</b>	+0,92	182					
	50m:	46.44	46.44	150m:	2:33.35	54.44	250m:	4:21.79	53.13	350m:	6:07.02	51.15
	100m:	1:38.91	52.47	200m:	3:28.66	55.31	300m:	5:15.87	54.08	400m:	6:56.53	49.51

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EXH	VEIGA, Susana Pereira	00	S9	9	Colegio Vasco da Gama	<b>5:09.38</b>	+0,74	446
	50m: 32.74	32.74	150m: 1:48.07	38.42	250m: 3:08.33	40.27	350m: 4:29.67	40.77
	100m: 1:09.65	36.91	200m: 2:28.06	39.99	300m: 3:48.90	40.57	400m: 5:09.38	39.71
EXH	CASTRO, Ana Filipa	97	S8	12	Feira Viva	<b>5:50.71</b>		306
	50m: 40.59	40.59	150m: 2:09.88	44.53	250m: 3:38.86	44.56	350m: 5:07.56	44.56
	100m: 1:25.35	44.76	200m: 2:54.30	44.42	300m: 4:23.00	44.14	400m: 5:50.71	43.15