



II Torneio Fundação CNL Cidade de Leiria - Absolutos
Leiria, 4 - 5/11/2023

Prova 1 Femin., 400m Livres
05/11/2023 - 9:00 Absolutos (JUV+JUN+SEN)
Resultados Final

Rec Nac Open	4:04.61	Diana Margarida, DURAES	POR	Copenhagen (DEN)	17/12/2017
Rec Nac SEN	4:04.61	Diana Margarida, DURAES	POR	Copenhagen (DEN)	17/12/2017
Rec Nac 17	4:10.52	Tamila Hryhorivna, HOLUB	SCB	Porto	12/12/2015
Rec Nac 16	4:13.53	Ana Reis, SOUSA	CNLA	Porto	09/12/2017
Rec Nac JUV A	4:18.39	Ana Claudia, SANTOS	SFUAP	Cantanhede	20/12/2004
Rec Nac JUV B	4:23.08	Susana Patricia, MIGUEL	SFUAP	Alhandra	15/05/2004

Pontos: FINA 2023

Lugar	Ano	Tempo final	Pts	Pontos
1. Joana Rosa, FERREIRA <i>Atleta mais pontuada na final (FINA 2023)</i>	05 CNLeiria	4:38.39	573	12,00
50m: 31.33 31.33	150m: 1:40.32 34.69	250m: 2:51.33 35.97	350m: 4:03.47 36.12	
100m: 1:05.63 34.30	200m: 2:15.36 35.04	300m: 3:27.35 36.02	400m: 4:38.39 34.92	
2. Ana Francisca, SILVA	06 Alcobaca	4:42.86	546	9,00
50m: 32.77 32.77	150m: 1:45.06 36.18	250m: 2:56.71 35.48	350m: 4:08.89 35.93	
100m: 1:08.88 36.11	200m: 2:21.23 36.17	300m: 3:32.96 36.25	400m: 4:42.86 33.97	
3. Matilde Violante, VIANA	07 CNLeiria	4:43.08	545	7,00
50m: 31.66 31.66	150m: 1:42.70 36.14	250m: 2:55.82 36.52	350m: 4:08.64 36.31	
100m: 1:06.56 34.90	200m: 2:19.30 36.60	300m: 3:32.33 36.51	400m: 4:43.08 34.44	
4. Ines Correia, TEIXEIRA	06 Amadora	4:52.31	495	5,00
50m: 32.94 32.94	150m: 1:45.06 36.45	250m: 2:58.93 36.95	350m: 4:14.17 37.80	
100m: 1:08.61 35.67	200m: 2:21.98 36.92	300m: 3:36.37 37.44	400m: 4:52.31 38.14	
5. Leonor Vendima, COELHO	07 CNLeiria	5:04.42	438	4,00
50m: 33.33 33.33	150m: 1:48.06 38.16	250m: 3:06.93 39.98	350m: 4:26.18 39.42	
100m: 1:09.90 36.57	200m: 2:26.95 38.89	300m: 3:46.76 39.83	400m: 5:04.42 38.24	
6. Maria Leonor, LOPES	10 Torres Novas	5:17.65	386	3,00
50m: 35.27 35.27	150m: 1:56.37 40.42	250m: 3:18.70 41.28	350m: 4:39.66 40.68	
100m: 1:15.95 40.68	200m: 2:37.42 41.05	300m: 3:58.98 40.28	400m: 5:17.65 37.99	
7. Debora Silva, INACIO	10 Pimpoes/Cimai	5:27.86	351	2,00
50m: 35.38 35.38	150m: 1:57.49 42.25	250m: 3:20.89 41.87	350m: 4:46.26 42.51	
100m: 1:15.24 39.86	200m: 2:39.02 41.53	300m: 4:03.75 42.86	400m: 5:27.86 41.60	
DSQ Camila Duarte, MARCELO <i>Falsa partida (SW4.4)</i>	10 Condeixa Aqua Clube			-