

Prova 12	Femin., 400m Livres				Open
05/04/2024 - 17:15					Resultados Final
Rec Nac Open	4:08.77	MARTINS, Francisca Soares	FOCA	Canet-en-Roussillion (FRA)	14/05/2023
Rec Nac Sen	4:08.77	MARTINS, Francisca Soares	FOCA	Canet-en-Roussillion (FRA)	14/05/2023
Rec Nac Jun 17	4:14.67	HOLUB, Tamila Hryhorivna	SCB	Oeiras	23/07/2016
Rec Nac Jun 16	4:20.37	FERREIRA, Marta Andreia	POR	Berlim (GER)	04/08/2002
Rec Nac Juv A	4:20.78	HOLUB, Tamila Hryhorivna	POR	Porto	07/06/2014
Rec Nac Juv B	4:26.20	CABRAL, Maria Francisca	FCP	Oeiras	26/07/2014

CEJun\_Fem 14 - 18: 4:23.44 / CEPL : 4:12.86 / JO : 4:07.90 / TAC\_Fem Juv B 50m: 5:02.08 - 25m: 4:53.50 /  
Fem Juv A 50m: 4:55.08 - 25m: 4:46.71; Jun 16 50m: 4:48.09 - 25m: 4:39.91; Jun 17 50m: 4:46.69 - 25m: 4:38.55; Sen 1 50m: 4:41.10 -  
25m: 4:33.12; Sen + 50m: 4:39.70 - 25m: 4:31.76

Pontos: FINA 2024

Lugar	Name	Ano	Nac	Club	Time	TReac	AQUA	
<b>Final A</b>								
1.	MARTINS, Francisca Soares	03	POR	Foca Quinta Da Lixa - Cnf	<b>4:09.76</b>	+0,64	837	
	<i>Mínimos Camp da Europa de PL 2024</i>							
	50m: 29.04	29.04	150m: 1:31.49	31.51	250m: 2:35.27	31.96	350m: 3:38.89	31.77
	100m: 59.98	30.94	200m: 2:03.31	31.82	300m: 3:07.12	31.85	400m: 4:09.76	30.87
2.	OTERO FERNANDEZ, Paula	04	ESP	Spain	<b>4:12.42</b>	+0,77	810	
	<i>Mínimos Camp da Europa de PL 2024</i>							
	50m: 29.93	29.93	150m: 1:33.14	31.64	250m: 2:36.94	31.78	350m: 3:40.24	31.61
	100m: 1:01.50	31.57	200m: 2:05.16	32.02	300m: 3:08.63	31.69	400m: 4:12.42	32.18
3.	MARTINEZ GUILLEN, Angela	04	ESP	Spain	<b>4:13.66</b>	+0,56	799	
	50m: 29.32	29.32	150m: 1:32.37	31.96	250m: 2:36.70	32.19	350m: 3:41.85	32.61
	100m: 1:00.41	31.09	200m: 2:04.51	32.14	300m: 3:09.24	32.54	400m: 4:13.66	31.81
4.	CONCEICAO, Ema Jeronimo	03	POR	Benfica	<b>4:20.17</b>	+0,73	740	
	50m: 30.04	30.04	150m: 1:34.69	32.49	250m: 2:41.33	33.66	350m: 3:47.75	33.13
	100m: 1:02.20	32.16	200m: 2:07.67	32.98	300m: 3:14.62	33.29	400m: 4:20.17	32.42
5.	DE VALDES ALVAREZ, Maria	98	ESP	Spain	<b>4:20.92</b>	+0,72	734	
	50m: 29.88	29.88	150m: 1:34.85	32.91	250m: 2:41.74	33.65	350m: 3:48.65	33.22
	100m: 1:01.94	32.06	200m: 2:08.09	33.24	300m: 3:15.43	33.69	400m: 4:20.92	32.27
6.	MOURA, Maria Ferreira	04	POR	Sporting	<b>4:22.20</b>	+0,74	723	
	50m: 30.44	30.44	150m: 1:37.11	33.46	250m: 2:43.97	32.91	350m: 3:49.62	32.53
	100m: 1:03.65	33.21	200m: 2:11.06	33.95	300m: 3:17.09	33.12	400m: 4:22.20	32.58
7.	FOMINA, Anna	02	POR	Sporting	<b>4:24.20</b>	+0,74	707	
	50m: 30.22	30.22	150m: 1:36.10	33.36	250m: 2:43.93	34.09	350m: 3:51.36	33.45
	100m: 1:02.74	32.52	200m: 2:09.84	33.74	300m: 3:17.91	33.98	400m: 4:24.20	32.84
8.	AMORIM, Ines Santos	06	POR	Escola Desportiva de Viana	<b>4:25.01</b>	+0,85	700	
	50m: 30.65	30.65	150m: 1:36.39	32.98	250m: 2:44.73	34.42	350m: 3:52.68	33.80
	100m: 1:03.41	32.76	200m: 2:10.31	33.92	300m: 3:18.88	34.15	400m: 4:25.01	32.33
9.	VIANA, Carolina Pereira	04	POR	Sporting	<b>4:25.08</b>	+0,69	700	
	50m: 30.53	30.53	150m: 1:36.85	33.38	250m: 2:44.55	33.73	350m: 3:52.02	33.59
	100m: 1:03.47	32.94	200m: 2:10.82	33.97	300m: 3:18.43	33.88	400m: 4:25.08	33.06
10.	FRANCO, Catarina Andrade	07	POR	Benfica	<b>4:31.81</b>	+0,74	649	
	50m: 31.00	31.00	150m: 1:38.86	33.97	250m: 2:47.13	33.69	350m: 3:56.32	34.50
	100m: 1:04.89	33.89	200m: 2:13.44	34.58	300m: 3:21.82	34.69	400m: 4:31.81	35.49
<b>Final B</b>								
11.	CARMONA VILLAPLANA, Mart	05	ESP	Spain	<b>4:27.68</b>	+0,64	679	
	50m: 31.48	31.48	100m: 1:05.21	33.73	150m: 1:39.49	34.28	200m: 2:13.53	34.04

Splash Meet Manager, 11.79125

Registered to Federacao Portuguesa De Natacao

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Camp. Nacional JUV., JUN. e ABS - OPEN Portugal  
Coimbra, 4 - 7/4/2024

Prova 12, Femin., 400m Livres, Final, Open

Lugar	Name	Ano	Nac	Club	Time	TReac	AQUA
	250m: 2:47.58 34.05	300m: 3:21.01 33.43	350m: 3:54.63 33.62	400m: 4:27.68 33.05			
12.	CARDEAL, Beatriz Nunes	04	POR	Individual ANCPN	<b>4:29.19</b>	+0,56	668
	50m: 30.53 30.53	150m: 1:37.28 33.63	250m: 2:45.61 34.25	350m: 3:55.41 34.86			
	100m: 1:03.65 33.12	200m: 2:11.36 34.08	300m: 3:20.55 34.94	400m: 4:29.19 33.78			
13.	LOPES, Francisca Macedo	05	POR	Vilacondense	<b>4:29.58</b>	+0,76	665
	50m: 31.16 31.16	150m: 1:39.24 34.35	250m: 2:47.63 34.17	350m: 3:56.03 34.31			
	100m: 1:04.89 33.73	200m: 2:13.46 34.22	300m: 3:21.72 34.09	400m: 4:29.58 33.55			
14.	ARMAS, Maria Ornelas	98	POR	Clube Oriental de Lisboa	<b>4:31.64</b>	+0,88	650
	50m: 31.05 31.05	150m: 1:38.64 34.11	250m: 2:47.91 34.67	350m: 3:57.64 34.79			
	100m: 1:04.53 33.48	200m: 2:13.24 34.60	300m: 3:22.85 34.94	400m: 4:31.64 34.00			
15.	CRAVEIRO, Luana Ferreira	09	POR	Nautico Marinha Grande	<b>4:33.19</b>	+0,72	639
	50m: 30.98 30.98	150m: 1:38.74 33.98	250m: 2:48.65 34.95	350m: 3:59.03 35.11			
	100m: 1:04.76 33.78	200m: 2:13.70 34.96	300m: 3:23.92 35.27	400m: 4:33.19 34.16			
16.	CABRAL, Carolina Vizinho	07	POR	CN Vagos	<b>4:36.40</b>	+0,75	617
	50m: 31.08 31.08	150m: 1:39.69 34.41	250m: 2:50.26 35.56	350m: 4:01.67 35.50			
	100m: 1:05.28 34.20	200m: 2:14.70 35.01	300m: 3:26.17 35.91	400m: 4:36.40 34.73			
17.	PEIXOTO, Carolina Esteves	06	POR	Braga	<b>4:37.62</b>	+0,81	609
	50m: 31.61 31.61	150m: 1:40.22 34.74	250m: 2:50.79 35.38	350m: 4:03.14 36.08			
	100m: 1:05.48 33.87	200m: 2:15.41 35.19	300m: 3:27.06 36.27	400m: 4:37.62 34.48			
18.	RAMOS, Joana Barbas	06	POR	Gafanha da Encarnacao	<b>4:37.76</b>	+0,76	608
	50m: 31.79 31.79	150m: 1:41.52 35.57	250m: 2:52.80 35.79	350m: 4:03.93 35.41			
	100m: 1:05.95 34.16	200m: 2:17.01 35.49	300m: 3:28.52 35.72	400m: 4:37.76 33.83			
19.	MARCELO, Camila Duarte	10	POR	Condeixa Aqua Clube	<b>4:38.70</b>	+0,74	602
	50m: 31.49 31.49	150m: 1:41.21 35.32	250m: 2:51.93 35.62	350m: 4:03.60 35.96			
	100m: 1:05.89 34.40	200m: 2:16.31 35.10	300m: 3:27.64 35.71	400m: 4:38.70 35.10			
20.	MATIAS, Alana Costa	09	POR	Clube Uniao 1919	<b>4:41.88</b>	+0,79	582
	50m: 31.36 31.36	150m: 1:41.69 35.50	250m: 2:54.15 35.96	350m: 4:06.62 35.93			
	100m: 1:06.19 34.83	200m: 2:18.19 36.50	300m: 3:30.69 36.54	400m: 4:41.88 35.26			