

Event 16 Women, 400m Freestyle Absoluto  
09/11/2024 - 17:30 Results

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 Jun18	4:11.18	Francisca Soares, Martins	FOCA	Mealhada	14/11/2020
Rec Nac Jun17	4:10.52	Tamila Hryhorivna, Holub	SCB	Porto	12/12/2015
Rec Nac Jun16	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
Rec Nac Inf A	4:25.30	Alexandra Maria, Silva	FCP	Porto	19/07/1980
Rec Nac Inf B	4:38.40	Filipa Vilas, Ruivo	DNMG	Alcobaça	13/06/2009
Meet Rec	4:05.39	Diana Margarida, Duraes	POR	Vila Real Stº Antonio	12/11/2016

Points: AQUA 2024

Rank	YB		Time		FINA Pts	Pts
1.	Francisca Soares, Martins	03	Foca Quinta Da Lixa - Cnf	<b>4:07.59</b>	815	8,00
	50m: 28.72 28.72	150m: 1:30.21	30.87	250m: 2:33.16	31.65	350m: 3:36.87 31.80
	100m: 59.34 30.62	200m: 2:01.51	31.30	300m: 3:05.07	31.91	400m: 4:07.59 30.72
2.	Mariana Amaral, Mendes	02	Sporting	<b>4:20.05</b>	703	7,00
	50m: 31.14 31.14	150m: 1:36.31	32.61	250m: 2:42.02	32.85	350m: 3:48.34 33.16
	100m: 1:03.70 32.56	200m: 2:09.17	32.86	300m: 3:15.18	33.16	400m: 4:20.05 31.71
3.	Anna, Fomina	02	Sporting	<b>4:20.44</b>	700	6,00
	50m: 29.24 29.24	150m: 1:31.74	31.50	250m: 2:37.38	33.33	350m: 3:46.51 34.96
	100m: 1:00.24 31.00	200m: 2:04.05	32.31	300m: 3:11.55	34.17	400m: 4:20.44 33.93
4.	Beatriz Silva, Louro	07	Louletano / Loule Aqui e Agora	<b>4:24.50</b>	668	5,00
	50m: 29.97 29.97	150m: 1:35.58	33.07	250m: 2:42.52	33.64	350m: 3:50.88 34.18
	100m: 1:02.51 32.54	200m: 2:08.88	33.30	300m: 3:16.70	34.18	400m: 4:24.50 33.62
5.	Maria Ferreira, Moura	04	Sporting	<b>4:25.84</b>	658	4,00
	50m: 30.31 30.31	150m: 1:35.79	33.09	250m: 2:43.65	34.02	350m: 3:51.69 34.15
	100m: 1:02.70 32.39	200m: 2:09.63	33.84	300m: 3:17.54	33.89	400m: 4:25.84 34.15
6.	Irene, Ortega Baena	10	C.N.Mairena Aljarafe	<b>4:33.25</b>	606	3,00
	50m: 31.30 31.30	150m: 1:39.04	34.49	250m: 2:49.79	35.31	350m: 3:59.76 34.95
	100m: 1:04.55 33.25	200m: 2:14.48	35.44	300m: 3:24.81	35.02	400m: 4:33.25 33.49
7.	Sara Sofia, Alves	07	Pdem	<b>4:35.12</b>	594	2,00
	50m: 30.76 30.76	150m: 1:39.29	34.55	250m: 2:49.56	35.22	350m: 4:00.71 35.40
	100m: 1:04.74 33.98	200m: 2:14.34	35.05	300m: 3:25.31	35.75	400m: 4:35.12 34.41
8.	Nora, Reig Jimenez	09	C.N.Mairena Aljarafe	<b>4:37.99</b>	576	1,00
	50m: 31.53 31.53	150m: 1:40.54	34.77	250m: 2:51.43	35.54	350m: 4:03.25 35.90
	100m: 1:05.77 34.24	200m: 2:15.89	35.35	300m: 3:27.35	35.92	400m: 4:37.99 34.74
9.	Margarida Maria, Luiz	08	Lagoa Academico Clube	<b>4:39.40</b>	567	-
	50m: 32.02 32.02	150m: 1:41.00	35.07	250m: 2:52.65	35.79	350m: 4:04.39 35.90
	100m: 1:05.93 33.91	200m: 2:16.86	35.86	300m: 3:28.49	35.84	400m: 4:39.40 35.01
10.	Raquel Campos, Cardoso	09	Selecao dos Acores	<b>4:41.35</b>	555	-
	50m: 32.75 32.75	150m: 1:43.68	35.58	250m: 2:55.11	35.93	350m: 4:07.01 35.90
	100m: 1:08.10 35.35	200m: 2:19.18	35.50	300m: 3:31.11	36.00	400m: 4:41.35 34.34
11.	Marta Lima, Pimentel	04	Colegio Efanor	<b>4:41.43</b>	555	-
	50m: 32.76 32.76	150m: 1:43.48	35.55	250m: 2:54.94	35.58	350m: 4:06.65 35.90
	100m: 1:07.93 35.17	200m: 2:19.36	35.88	300m: 3:30.75	35.81	400m: 4:41.43 34.78
12.	Margarida Santos, Botelho	07	Naval Setubalense	<b>4:49.93</b>	507	-
	50m: 33.00 33.00	150m: 1:44.96	36.27	250m: 2:58.94	37.09	350m: 4:13.64 37.20
	100m: 1:08.69 35.69	200m: 2:21.85	36.89	300m: 3:36.44	37.50	400m: 4:49.93 36.29
13.	Lucia, Limon Valdes	08	Circulo Mercantil	<b>4:49.97</b>	507	-
	50m: 32.53 32.53	150m: 1:44.88	36.57	250m: 2:59.06	37.42	350m: 4:13.72 37.03
	100m: 1:08.31 35.78	200m: 2:21.64	36.76	300m: 3:36.69	37.63	400m: 4:49.97 36.25

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Rank			YB			Time	FINA Pts	Pts
14.	Sofia Oliveira, Silva		99	Litoral Alentejano		<b>4:50.09</b>	506	-
	50m:	32.71	32.71	150m:	1:44.88	36.28	250m: 2:59.04	37.23
	100m:	1:08.60	35.89	200m:	2:21.81	36.93	300m: 3:36.70	37.66
							350m: 4:14.08	37.38
							400m: 4:50.09	36.01
15.	Mia Alena, Werum		07	Lagoa Academico Clube		<b>4:50.69</b>	503	-
	50m:	33.27	33.27	150m:	1:45.67	36.50	250m: 2:59.80	37.13
	100m:	1:09.17	35.90	200m:	2:22.67	37.00	300m: 3:37.11	37.31
							350m: 4:14.35	37.24
							400m: 4:50.69	36.34
16.	Maria Rita, Cunha		10	Colegio Efanor		<b>4:52.24</b>	495	-
	50m:	33.43	33.43	150m:	1:46.45	36.77	250m: 3:00.83	37.39
	100m:	1:09.68	36.25	200m:	2:23.44	36.99	300m: 3:38.11	37.28
							350m: 4:15.43	37.32
							400m: 4:52.24	36.81