Event 32 | Women, 400m Freestyle | Open
10-11-2019 - 18:20 | Results Finals

Rec Nac Open	4:04.61	DURAES Diana Margarida	POR	Copenhagen (DEN)	17-12-2017
Rec Nac Sen	4:04.61	DURAES Diana Margarida	POR	Copenhagen (DEN)	17-12-2017
Rec Nac Jun17	4:10.52	HOLUB Tamila Hryhorivna	SCB	Porto	12-12-2015
Rec Nac Jun16	4:13.53	SOUSA Ana Reis	CNLA	Porto	09-12-2017
Rec Nac Juv A	4:18.39	SANTOS Ana Claudia	SFUAP	Cantanhede	20-12-2004
Rec Nac Juv B	4:23.08	MIGUEL Susana Patricia	SFUAP	Alhandra	15-05-2004
Rec Nac Inf A	4:25.30	SILVA Alexandra Maria	FCP	Porto	19-07-1980
Rec Nac Inf B	4:38.40	RUIVO Filipa Vilas	DNMG	Alcobaça	13-06-2009
Meet Rec	4:05.39	DURAES Diana Margarida	POR	Vila Real Stº Antonio	12-11-2016

TAC : 5:03.50

Points: FINA 2019

Rank	Nome do nadador	YB	Classes	Cod Exc	Clube	Time	FINA	Pts

Final A

1. DURAES Diana Margarida 96 — Benfica — **4:11.57** — 803 — 20,00

50m:	30.25	30.25	150m:	1:34.66	32.17	250m:	2:38.10	31.29	350m:	3:40.53	31.31
100m:	1:02.49	32.24	200m:	2:06.81	32.15	300m:	3:09.22	31.12	400m:	4:11.57	31.04

2. GARZON SILES Marta 00 — Louletano / Loule Concelhc — **4:16.58** — 757 — 16,00

50m:	30.32	30.32	150m:	1:35.09	32.39	250m:	2:39.76	32.34	350m:	3:45.04	32.68
100m:	1:02.70	32.38	200m:	2:07.42	32.33	300m:	3:12.36	32.60	400m:	4:16.58	31.54

3. MARTIN DE LA TORRE Gabriela 04 — Andalucia — **4:16.75** — 756 — 15,00

50m:	30.27	30.27	150m:	1:35.31	32.69	250m:	2:39.43	31.83	350m:	3:45.32	33.31
100m:	1:02.62	32.35	200m:	2:07.60	32.29	300m:	3:12.01	32.58	400m:	4:16.75	31.43

4. CHEROUATI Souad Nefissa 89 — Benfica — **4:22.18** — 710 — 14,00

50m:	31.22	31.22	150m:	1:37.10	33.10	250m:	2:43.45	33.10	350m:	3:49.90	33.29
100m:	1:04.00	32.78	200m:	2:10.35	33.25	300m:	3:16.61	33.16	400m:	4:22.18	32.28

5. ANDRE Leticia Maia 02 — Benfica — **4:25.17** — 686 — 13,00

50m:	30.35	30.35	150m:	1:35.87	33.16	250m:	2:43.89	34.40	350m:	3:50.67	32.78
100m:	1:02.71	32.36	200m:	2:09.49	33.62	300m:	3:17.89	34.00	400m:	4:25.17	34.50

6. PIRES Marta Joao 05 — Alges — **4:28.08** — 664 — 12,00

50m:	30.90	30.90	150m:	1:38.76	33.94	250m:	2:47.49	34.51	350m:	3:55.23	33.49
100m:	1:04.82	33.92	200m:	2:12.98	34.22	300m:	3:21.74	34.25	400m:	4:28.08	32.85

7. CONCEICAO Ema Jeronimo 03 — Fisica Torres Vedras — **4:31.76** — 637 — 11,00

50m:	30.67	30.67	150m:	1:38.15	34.17	250m:	2:47.53	34.62	350m:	3:56.90	34.87
100m:	1:03.98	33.31	200m:	2:12.91	34.76	300m:	3:22.03	34.50	400m:	4:31.76	34.86

8. PINTO Mafalda Marques 02 — Sporting — **4:34.28** — 620 — 10,00

50m:	29.97	29.97	150m:	1:37.63	34.44	250m:	2:48.98	35.79	350m:	3:59.96	35.45
100m:	1:03.19	33.22	200m:	2:13.19	35.56	300m:	3:24.51	35.53	400m:	4:34.28	34.32

Final B

9. NOBRE Marisa Isabel 05 — Columbofila Cantanhedens — **4:26.70** — 674 — 9,00

50m:	31.30	31.30	150m:	1:37.94	33.18	250m:	2:46.10	34.07	350m:	3:54.04	33.69
100m:	1:04.76	33.46	200m:	2:12.03	34.09	300m:	3:20.35	34.25	400m:	4:26.70	32.66

10. AMADOR Joana Costa 01 — Galitos / Bresimar — **4:27.08** — 671 — 8,00

50m:	31.23	31.23	150m:	1:38.81	33.83	250m:	2:46.68	33.85	350m:	3:54.54	33.84
100m:	1:04.98	33.75	200m:	2:12.83	34.02	300m:	3:20.70	34.02	400m:	4:27.08	32.54

Organização
Parceiros

Event 32, Women, 400m Freestyle, Final, Open

Rank	Nome do nadador	YB	Classes	Cod	Exc	Clube	Time	FINA	Pts
11.	ROSA Mariana Carmo	05				Louzan Natacao/EFAPEL	**4:28.17**	663	7,00
	50m: 31.22 31.22 150m: 1:38.00 33.40 250m: 2:45.85 33.94 350m: 3:54.29 34.25								
	100m: 1:04.60 33.38 200m: 2:11.91 33.91 300m: 3:20.04 34.19 400m: 4:28.17 33.88								
12.	CARO JAENES Celia	02				Louletano / Loule Concelhc	**4:31.58**	639	6,00
	50m: 31.63 31.63 150m: 1:39.32 34.15 250m: 2:47.61 33.99 350m: 3:57.27 35.10								
	100m: 1:05.17 33.54 200m: 2:13.62 34.30 300m: 3:22.17 34.56 400m: 4:31.58 34.31								
13.	GOMEZ SANCHEZ Martina	05				Andalucia	**4:36.91**	602	5,00
	50m: 31.83 31.83 150m: 1:41.11 34.92 250m: 2:51.68 35.39 350m: 4:02.72 35.46								
	100m: 1:06.19 34.36 200m: 2:16.29 35.18 300m: 3:27.26 35.58 400m: 4:36.91 34.19								
14.	ROLAO Sofia Alexandra	98				Benfica	**4:37.09**	601	4,00
	50m: 31.54 31.54 150m: 1:40.37 34.70 250m: 2:51.39 35.69 350m: 4:03.22 35.51								
	100m: 1:05.67 34.13 200m: 2:15.70 35.33 300m: 3:27.71 36.32 400m: 4:37.09 33.87								
15.	MONTEIRO Margarida Cabral	02				Galitos / Bresimar	**4:37.86**	596	3,00
	50m: 31.48 31.48 150m: 1:39.97 34.73 250m: 2:50.87 35.58 350m: 4:02.66 35.92								
	100m: 1:05.24 33.76 200m: 2:15.29 35.32 300m: 3:26.74 35.87 400m: 4:37.86 35.20								
16.	FOMINA Anna	02				Louletano / Loule Concelhc	**4:41.02**	576	2,00
	50m: 31.35 31.35 150m: 1:40.19 34.75 250m: 2:51.80 36.10 350m: 4:04.54 36.56								
	100m: 1:05.44 34.09 200m: 2:15.70 35.51 300m: 3:27.98 36.18 400m: 4:41.02 36.48								

Organização
Parceiros