Event 32 — Women, 400m Freestyle — Open
10-11-2019 - 12:25 — Results Prelim

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	
1.	GARZON SILES Marta	00				Louletano / Loule Concelhc	**4:21.52**	715	A
	50m: 30.57 (30.57) 150m: 1:36.07 (32.82) 250m: 2:41.99 (32.90) 350m: 3:48.01 (32.90)								
	100m: 1:03.25 (32.68) 200m: 2:09.09 (33.02) 300m: 3:15.11 (33.12) 400m: 4:21.52 (33.51)								
2.	DURAES Diana Margarida	96				Benfica	**4:21.91**	712	A
	50m: 31.29 (31.29) 150m: 1:38.25 (33.40) 250m: 2:44.11 (32.36) 350m: 3:49.19 (32.69)								
	100m: 1:04.85 (33.56) 200m: 2:11.75 (33.50) 300m: 3:16.50 (32.39) 400m: 4:21.91 (32.72)								
3.	ANDRE Leticia Maia	02				Benfica	**4:23.86**	696	A
	50m: 30.28 (30.28) 150m: 1:35.53 (32.58) 250m: 2:42.44 (33.47) 350m: 3:50.04 (33.86)								
	100m: 1:02.95 (32.67) 200m: 2:08.97 (33.44) 300m: 3:16.18 (33.74) 400m: 4:23.86 (33.82)								
4.	MARTIN DE LA TORRE Gabriela	04				Andalucia	**4:24.24**	693	A
	50m: 31.39 (31.39) 150m: 1:38.32 (33.45) 250m: 2:44.43 (32.51) 350m: 3:50.71 (33.51)								
	100m: 1:04.87 (33.48) 200m: 2:11.92 (33.60) 300m: 3:17.20 (32.77) 400m: 4:24.24 (33.53)								
5.	CHEROUATI Souad Nefissa	89				Benfica	**4:25.83**	681	A
	50m: 31.75 (31.75) 150m: 1:38.76 (33.67) 250m: 2:45.53 (33.22) 350m: 3:52.68 (33.78)								
	100m: 1:05.09 (33.34) 200m: 2:12.31 (33.55) 300m: 3:18.90 (33.37) 400m: 4:25.83 (33.15)								
6.	MACHADO Luisa Maria	01				Uniao Piedense	**4:26.04**	679	A
	50m: 29.53 (29.53) 150m: 1:35.51 (33.52) 250m: 2:43.07 (33.63) 350m: 3:51.79 (34.58)								
	100m: 1:01.99 (32.46) 200m: 2:09.44 (33.93) 300m: 3:17.21 (34.14) 400m: 4:26.04 (34.25)								
7.	CONCEICAO Ema Jeronimo	03				Fisica Torres Vedras	**4:28.78**	659	A
	50m: 31.64 (31.64) 150m: 1:39.14 (33.73) 250m: 2:47.35 (34.38) 350m: 3:55.35 (33.42)								
	100m: 1:05.41 (33.77) 200m: 2:12.97 (33.83) 300m: 3:21.93 (34.58) 400m: 4:28.78 (33.43)								
8.	PINTO Mafalda Marques	02				Sporting	**4:29.67**	652	A
	50m: 30.62 (30.62) 150m: 1:37.61 (33.64) 250m: 2:45.09 (33.43) 350m: 3:55.10 (35.17)								
	100m: 1:03.97 (33.35) 200m: 2:11.66 (34.05) 300m: 3:19.93 (34.84) 400m: 4:29.67 (34.57)								
9.	PIRES Marta Joao	05				Alges	**4:30.26**	648	B
	50m: 31.98 (31.98) 150m: 1:40.12 (34.00) 250m: 2:48.24 (34.09) 350m: 3:56.65 (34.06)								
	100m: 1:06.12 (34.14) 200m: 2:14.15 (34.03) 300m: 3:22.59 (34.35) 400m: 4:30.26 (33.61)								
10.	ROSA Mariana Carmo	05				Louzan Natacao/EFAPEL	**4:31.48**	639	B
	50m: 31.57 (31.57) 150m: 1:38.37 (33.48) 250m: 2:46.64 (34.20) 350m: 3:56.59 (35.14)								
	100m: 1:04.89 (33.32) 200m: 2:12.44 (34.07) 300m: 3:21.45 (34.81) 400m: 4:31.48 (34.89)								
11.	CARO JAENES Celia	02				Louletano / Loule Concelhc	**4:33.71**	624	B
	50m: 31.61 (31.61) 150m: 1:39.61 (34.17) 250m: 2:49.24 (34.95) 350m: 3:59.32 (35.12)								
	100m: 1:05.44 (33.83) 200m: 2:14.29 (34.68) 300m: 3:24.20 (34.96) 400m: 4:33.71 (34.39)								

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Rank	Nome do nadador	YB	Classes	Cod	Exc	Clube	Time	FINA	
12.	NOBRE Marisa Isabel	05				Columbofila Cantanhedens	**4:34.64**	617	B
	50m: 30.90 30.90 150m: 1:39.94 35.35 250m: 2:50.33 35.15 350m: 4:00.75 35.16								
	100m: 1:04.59 33.69 200m: 2:15.18 35.24 300m: 3:25.59 35.26 400m: 4:34.64 33.89								
13.	AMADOR Joana Costa	01				Galitos / Bresimar	**4:34.95**	615	B
	50m: 31.58 31.58 150m: 1:40.84 35.22 250m: 2:51.29 34.98 350m: 4:00.98 34.97								
	100m: 1:05.62 34.04 200m: 2:16.31 35.47 300m: 3:26.01 34.72 400m: 4:34.95 33.97								
14.	MONTEIRO Margarida Cabral	02				Galitos / Bresimar	**4:35.65**	611	B
	50m: 31.85 31.85 150m: 1:40.49 34.62 250m: 2:50.62 35.33 350m: 4:01.34 35.00								
	100m: 1:05.87 34.02 200m: 2:15.29 34.80 300m: 3:26.34 35.72 400m: 4:35.65 34.31								
15.	FOMINA Anna	02				Louletano / Loule Concelhc	**4:36.32**	606	B
	50m: 31.65 31.65 150m: 1:41.56 35.64 250m: 2:52.52 35.49 350m: 4:02.78 35.37								
	100m: 1:05.92 34.27 200m: 2:17.03 35.47 300m: 3:27.41 34.89 400m: 4:36.32 33.54								
16.	GOMEZ SANCHEZ Martina	05				Andalucia	**4:36.95**	602	B
	50m: 31.92 31.92 150m: 1:41.33 35.14 250m: 2:52.67 35.68 350m: 4:03.46 35.49								
	100m: 1:06.19 34.27 200m: 2:16.99 35.66 300m: 3:27.97 35.30 400m: 4:36.95 33.49								
17.	ESTEVENS Laura Fabiana	05				Natacao de Olhao	**4:36.96**	602	R
	50m: 31.76 31.76 150m: 1:41.34 35.07 250m: 2:51.79 35.06 350m: 4:02.37 35.48								
	100m: 1:06.27 34.51 200m: 2:16.73 35.39 300m: 3:26.89 35.10 400m: 4:36.96 34.59								
18.	ROLAO Sofia Alexandra	98				Benfica	**4:37.02**	602	R
	50m: 31.47 31.47 150m: 1:40.71 35.15 250m: 2:51.55 35.23 350m: 4:02.34 35.48								
	100m: 1:05.56 34.09 200m: 2:16.32 35.61 300m: 3:26.86 35.31 400m: 4:37.02 34.68								
19.	VEIGA Ana Filipa	01				Gafanha da Encarnacao	**4:37.04**	601	
	50m: 31.40 31.40 150m: 1:39.96 34.60 250m: 2:50.88 35.70 350m: 4:01.92 35.63								
	100m: 1:05.36 33.96 200m: 2:15.18 35.22 300m: 3:26.29 35.41 400m: 4:37.04 35.12								
20.	SANCHEZ SANCHEZ Angela	05				Louletano / Loule Concelhc	**4:37.46**	599	
	50m: 31.23 31.23 150m: 1:40.16 35.06 250m: 2:51.03 35.43 350m: 4:01.96 35.27								
	100m: 1:05.10 33.87 200m: 2:15.60 35.44 300m: 3:26.69 35.66 400m: 4:37.46 35.50								
21.	GASPAR Beatriz Ferreira	04				Uniao Coimbra	**4:37.69**	597	
	50m: 31.78 31.78 150m: 1:41.06 34.76 250m: 2:51.40 35.14 350m: 4:03.04 35.79								
	100m: 1:06.30 34.52 200m: 2:16.26 35.20 300m: 3:27.25 35.85 400m: 4:37.69 34.65								
22.	SILVA Camila Alexandra	03				Columbofila Cantanhedens	**4:38.65**	591	
	50m: 31.43 31.43 150m: 1:40.07 34.78 250m: 2:51.13 35.43 350m: 4:03.59 36.75								
	100m: 1:05.29 33.86 200m: 2:15.70 35.63 300m: 3:26.84 35.71 400m: 4:38.65 35.06								
23.	ALVES Joana Silva	05				Benedita	**4:39.93**	583	
	50m: 31.27 31.27 150m: 1:41.81 35.40 250m: 2:53.17 35.76 350m: 4:05.67 36.11								
	100m: 1:06.41 35.14 200m: 2:17.41 35.60 300m: 3:29.56 36.39 400m: 4:39.93 34.26								
24.	VIANA Margarida Violante	04				Ba-Leiria	**4:40.33**	581	
	50m: 32.44 32.44 150m: 1:42.59 35.40 250m: 2:53.56 35.56 350m: 4:05.42 36.06								
	100m: 1:07.19 34.75 200m: 2:18.00 35.41 300m: 3:29.36 35.80 400m: 4:40.33 34.91								
25.	COELHO Maria Leonor	06				Portugal	**4:43.89**	559	
	50m: 31.78 31.78 150m: 1:42.69 36.17 250m: 2:55.39 36.31 350m: 4:08.84 36.96								
	100m: 1:06.52 34.74 200m: 2:19.08 36.39 300m: 3:31.88 36.49 400m: 4:43.89 35.05								

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Rank	Nome do nadador	YB	Classes	Cod	Exc	Clube	Time	FINA
26.	FUENTES ESTRADA Patricia	99				C.N. Alcala	**4:45.98**	547
	50m: 31.76 31.76 150m: 1:40.69 34.88 250m: 2:53.53 36.72 350m: 4:08.45 37.53							
	100m: 1:05.81 34.05 200m: 2:16.81 36.12 300m: 3:30.92 37.39 400m: 4:45.98 37.53							
27.	JACINTO Ines Filipa	03				Ba-Leiria	**4:46.35**	545
	50m: 32.07 32.07 150m: 1:43.71 36.32 250m: 2:56.50 36.28 350m: 4:09.94 36.80							
	100m: 1:07.39 35.32 200m: 2:20.22 36.51 300m: 3:33.14 36.64 400m: 4:46.35 36.41							
28.	ALVES Maria Francisca	04				Ba-Leiria	**4:47.69**	537
	50m: 32.70 32.70 150m: 1:45.52 36.71 250m: 2:59.32 36.98 350m: 4:12.65 36.58							
	100m: 1:08.81 36.11 200m: 2:22.34 36.82 300m: 3:36.07 36.75 400m: 4:47.69 35.04							
29.	ALVES Maria Madalena	06				Ba-Leiria	**4:48.09**	535
	50m: 33.42 33.42 150m: 1:45.23 36.18 250m: 2:59.19 36.98 350m: 4:13.40 36.88							
	100m: 1:09.05 35.63 200m: 2:22.21 36.98 300m: 3:36.52 37.33 400m: 4:48.09 34.69							
30.	SILVA Ana Francisca	06				Portugal	**4:49.05**	530
	50m: 33.27 33.27 150m: 1:45.64 36.31 250m: 2:59.51 36.78 350m: 4:14.11 37.09							
	100m: 1:09.33 36.06 200m: 2:22.73 37.09 300m: 3:37.02 37.51 400m: 4:49.05 34.94							
31.	AMANTES Beatriz Quintao	03				Uniao Piedense	**4:49.65**	526
	50m: 32.25 32.25 150m: 1:45.43 37.04 250m: 3:00.45 37.53 350m: 4:15.52 37.44							
	100m: 1:08.39 36.14 200m: 2:22.92 37.49 300m: 3:38.08 37.63 400m: 4:49.65 34.13							
32.	COSTA Catarina Nunes	04				Gesloures	**4:49.69**	526
	50m: 33.00 33.00 150m: 1:45.67 36.87 250m: 2:59.54 36.70 350m: 4:13.47 36.74							
	100m: 1:08.80 35.80 200m: 2:22.84 37.17 300m: 3:36.73 37.19 400m: 4:49.69 36.22							
33.	PARRA Joana Santos	06				Portugal	**4:51.27**	517
	50m: 32.75 32.75 150m: 1:45.31 36.52 250m: 2:59.75 37.43 350m: 4:14.96 37.24							
	100m: 1:08.79 36.04 200m: 2:22.32 37.01 300m: 3:37.72 37.97 400m: 4:51.27 36.31							
34.	BRIZIDA Filipa Roma	06				Ba-Leiria	**4:52.16**	513
	50m: 34.01 34.01 150m: 1:47.91 37.36 250m: 3:03.10 37.24 350m: 4:17.75 37.05							
	100m: 1:10.55 36.54 200m: 2:25.86 37.95 300m: 3:40.70 37.60 400m: 4:52.16 34.41							
35.	PINTO Leonor Filipa	06				Portugal	**4:52.21**	512
	50m: 33.46 33.46 150m: 1:46.58 36.32 250m: 3:01.01 37.30 350m: 4:16.18 37.48							
	100m: 1:10.26 36.80 200m: 2:23.71 37.13 300m: 3:38.70 37.69 400m: 4:52.21 36.03							
36.	SANCHEZ FERNANDEZ Laura	03				Nautico do Guadiana	**4:52.60**	510
	50m: 32.59 32.59 150m: 1:43.18 35.81 250m: 2:57.21 37.26 350m: 4:14.53 39.04							
	100m: 1:07.37 34.78 200m: 2:19.95 36.77 300m: 3:35.49 38.28 400m: 4:52.60 38.07							
37.	CAMACHO Maria Martins	04				Uniao Piedense	**4:56.73**	489
	50m: 33.54 33.54 150m: 1:47.74 37.48 250m: 3:03.43 37.67 350m: 4:19.74 38.11							
	100m: 1:10.26 36.72 200m: 2:25.76 38.02 300m: 3:41.63 38.20 400m: 4:56.73 36.99							
38.	BALL Marianna Thais	05				Natacao de Lagos	**4:57.51**	486
	50m: 34.11 34.11 150m: 1:49.33 37.50 250m: 3:04.99 37.77 350m: 4:21.38 38.11							
	100m: 1:11.83 37.72 200m: 2:27.22 37.89 300m: 3:43.27 38.28 400m: 4:57.51 36.13							
39.	VELEZ DIAZ Julia	06				Colombino	**4:57.54**	485
	50m: 34.12 34.12 150m: 1:49.22 37.66 250m: 3:05.01 38.15 350m: 4:22.70 38.82							
	100m: 1:11.56 37.44 200m: 2:26.86 37.64 300m: 3:43.88 38.87 400m: 4:57.54 34.84							

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Rank	Nome do nadador	YB	Classes	Cod	Exc	Clube	Time	FINA
40.	DOMINGUEZ ZANOLETTY M.	03				Nautico do Guadiana	**4:58.43**	481
	50m: 33.37 33.37 150m: 1:47.55 37.81 250m: 3:04.36 38.74 350m: 4:21.83 38.64							
	100m: 1:09.74 36.37 200m: 2:25.62 38.07 300m: 3:43.19 38.83 400m: 4:58.43 36.60							
41.	JESUS Leonor Santos	04				Natacao de Olhao	**4:59.62**	475
	50m: 33.81 33.81 150m: 1:48.94 38.18 250m: 3:05.11 38.04 350m: 4:21.57 37.84							
	100m: 1:10.76 36.95 200m: 2:27.07 38.13 300m: 3:43.73 38.62 400m: 4:59.62 38.05							
42.	MARTINS Mariana Ponte *FTL*	04				Louletano / Loule Concelhc	**5:04.55**	453
	50m: 33.96 33.96 150m: 1:50.29 38.94 250m: 3:09.85 39.59 350m: 4:28.04 38.91							
	100m: 1:11.35 37.39 200m: 2:30.26 39.97 300m: 3:49.13 39.28 400m: 5:04.55 36.51							
43.	COLACO Catarina Neves *FTL*	05				Natacao de Faro	**5:05.80**	447
	50m: 35.19 35.19 150m: 1:53.48 39.29 250m: 3:11.42 38.58 350m: 4:28.29 38.04							
	100m: 1:14.19 39.00 200m: 2:32.84 39.36 300m: 3:50.25 38.83 400m: 5:05.80 37.51							
44.	SEONG Patricia Abreu *FTL*	03				FC Ferreiras/AlgarExperier	**5:06.78**	443
	50m: 33.76 33.76 150m: 1:48.34 38.22 250m: 3:06.87 39.50 350m: 4:26.59 39.81							
	100m: 1:10.12 36.36 200m: 2:27.37 39.03 300m: 3:46.78 39.91 400m: 5:06.78 40.19							
45.	RODEIA Mariana Figueira *FTL*	07				Natacao de Faro	**5:06.85**	443
	50m: 35.50 35.50 150m: 1:53.43 39.36 250m: 3:10.93 38.64 350m: 4:28.68 38.75							
	100m: 1:14.07 38.57 200m: 2:32.29 38.86 300m: 3:49.93 39.00 400m: 5:06.85 38.17							
46.	MADEIRA Catarina Rufino *FTL*	04				Natacao de Faro	**5:17.18**	401
	50m: 34.77 34.77 150m: 1:53.75 40.01 250m: 3:13.75 40.00 350m: 4:36.30 41.76							
	100m: 1:13.74 38.97 200m: 2:33.75 40.00 300m: 3:54.54 40.79 400m: 5:17.18 40.88							
DNS	GOMES Carolina Fonseca	05				Olivais e Moscavide		
DNS	BARROS Margarida Cunha	02				Uniao Piedense		
DNS	OLIVEIRA Francisca Razina	03				Uniao Piedense		

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