

IX Meeting Internacional do Algarve  
2023 International Swimming Meeting of Algarve  
Albufeira , 10 a 12 Novembro 2023

Prova 16 Femin., 400m Livres Open Resultados  
11/11/2023 - 17:05

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

Pontos: FINA 2023

Lugar	Ano		Tempo final		FINA Pts	Pts
1. MARTINS, Francisca Soares	03	Foca Quinta da Lixa CNF	<b>4:05.83</b>	832	-	
50m: 28.49 28.49	150m: 1:29.69	30.91 250m: 2:32.29	31.36	350m: 3:35.44	31.64	
100m: 58.78 30.29	200m: 2:00.93	31.24 300m: 3:03.80	31.51	400m: 4:05.83	30.39	
2. CONCEICAO, Ema Jeronimo	03	Benfica	<b>4:14.54</b>	750	-	
50m: 29.41 29.41	150m: 1:32.66	31.91 250m: 2:37.29	32.33	350m: 3:42.35	32.76	
100m: 1:00.75 31.34	200m: 2:04.96	32.30 300m: 3:09.59	32.30	400m: 4:14.54	32.19	
3. ROSA, Mafalda Sofia	03	Rio Maior	<b>4:17.75</b>	722	-	
50m: 30.13 30.13	150m: 1:34.16	32.29 250m: 2:38.90	32.53	350m: 3:44.87	33.09	
100m: 1:01.87 31.74	200m: 2:06.37	32.21 300m: 3:11.78	32.88	400m: 4:17.75	32.88	
4. FOMINA, Anna	02	Sporting	<b>4:17.77</b>	722	-	
50m: 29.55 29.55	150m: 1:33.39	32.07 250m: 2:38.61	32.74	350m: 3:45.28	33.61	
100m: 1:01.32 31.77	200m: 2:05.87	32.48 300m: 3:11.67	33.06	400m: 4:17.77	32.49	
5. VIANA, Carolina Pereira	04	Sporting	<b>4:21.94</b>	688	-	
50m: 30.12 30.12	150m: 1:34.54	32.52 250m: 2:40.95	33.45	350m: 3:48.54	34.04	
100m: 1:02.02 31.90	200m: 2:07.50	32.96 300m: 3:14.50	33.55	400m: 4:21.94	33.40	
6. MENDES, Mariana Amaral	02	Sporting	<b>4:22.38</b>	685	-	
50m: 31.03 31.03	150m: 1:36.82	33.08 250m: 2:43.24	33.19	350m: 3:50.05	33.50	
100m: 1:03.74 32.71	200m: 2:10.05	33.23 300m: 3:16.55	33.31	400m: 4:22.38	32.33	
7. FRANCO, Catarina Andrade	07	Benfica	<b>4:22.80</b>	681	-	
50m: 30.21 30.21	150m: 1:35.65	33.04 250m: 2:41.95	32.88	350m: 3:48.92	33.74	
100m: 1:02.61 32.40	200m: 2:09.07	33.42 300m: 3:15.18	33.23	400m: 4:22.80	33.88	
8. HENRIQUES, Ines Jacinto	00	Louzan Natacao/EFAPEL	<b>4:24.58</b>	668	-	
50m: 30.42 30.42	150m: 1:36.37	33.35 250m: 2:43.79	33.84	350m: 3:51.27	33.79	
100m: 1:03.02 32.60	200m: 2:09.95	33.58 300m: 3:17.48	33.69	400m: 4:24.58	33.31	
9. MOURA, Maria Ferreira	04	Sporting	<b>4:25.15</b>	663	-	
50m: 30.04 30.04	150m: 1:36.16	33.44 250m: 2:43.83	33.86	350m: 3:51.40	33.65	
100m: 1:02.72 32.68	200m: 2:09.97	33.81 300m: 3:17.75	33.92	400m: 4:25.15	33.75	
10. LOURO, Beatriz Silva	07	Louletano / Loule Concelho	<b>4:26.48</b>	653	-	
50m: 30.03 30.03	150m: 1:35.29	33.03 250m: 2:42.69	33.77	350m: 3:51.97	34.80	
100m: 1:02.26 32.23	200m: 2:08.92	33.63 300m: 3:17.17	34.48	400m: 4:26.48	34.51	
11. RAMOS, Joana Barbas	06	Gafanha da Encarnacao	<b>4:32.46</b>	611	-	
50m: 31.46 31.46	150m: 1:39.60	34.35 250m: 2:48.76	34.58	350m: 3:58.09	34.64	
100m: 1:05.25 33.79	200m: 2:14.18	34.58 300m: 3:23.45	34.69	400m: 4:32.46	34.37	
12. SOARES, Miriam Mortagua	06	Galitos / Bresimar	<b>4:40.23</b>	562	-	
50m: 32.11 32.11	150m: 1:41.95	35.38 250m: 2:53.29	35.47	350m: 4:05.01	35.88	
100m: 1:06.57 34.46	200m: 2:17.82	35.87 300m: 3:29.13	35.84	400m: 4:40.23	35.22	
13. OLIVEIRA, Vanessa Sofia	05	Gafanha da Encarnacao	<b>4:41.01</b>	557	-	
50m: 32.27 32.27	150m: 1:41.73	35.09 250m: 2:52.97	35.73	350m: 4:05.28	36.32	
100m: 1:06.64 34.37	200m: 2:17.24	35.51 300m: 3:28.96	35.99	400m: 4:41.01	35.73	
14. ALMEIDA, Bianca Filipa	07	Alges e Agueda XXI	<b>4:45.38</b>	532	-	
50m: 32.05 32.05	150m: 1:42.75	35.59 250m: 2:55.54	36.52	350m: 4:09.43	36.79	
100m: 1:07.16 35.11	200m: 2:19.02	36.27 300m: 3:32.64	37.10	400m: 4:45.38	35.95	



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Lugar	Ano		Tempo final	FINA Pts	Pts
15. MOREIRA, Madalena Valente	09	Colegio Efanor	<b>4:45.55</b>	531	-
50m: 31.43 31.43	150m: 1:42.34	36.00 250m: 2:55.88	36.69	350m: 4:10.39	36.93
100m: 1:06.34 34.91	200m: 2:19.19	36.85 300m: 3:33.46	37.58	400m: 4:45.55	35.16
DNS HOLUB, Tamila Hryhorivna	99	Braga			-

