

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

| Prova 22<br>11/11/2023 - 15:50 | Femin., 400m Estilos |                             |       |                  | Open<br>Resultados |
|--------------------------------|----------------------|-----------------------------|-------|------------------|--------------------|
| Rec Nac Open                   | 4:36.19              | KAMINSKAYA, Victoria        | POR   | Copenhagen (DEN) | 13/12/2017         |
| Rec Nac Sen                    | 4:36.19              | KAMINSKAYA, Victoria        | POR   | Copenhagen (DEN) | 13/12/2017         |
| Rec Nac Jun17                  | 4:46.89              | ROCHA, Ines Neto            | CAP   | Felgueiras       | 15/04/2018         |
| Rec Nac Jun16                  | 4:50.85              | DURAES, Diana Margarida     | FOCA  | Silves           | 02/12/2011         |
| Rec Nac Juv A                  | 4:51.85              | SANTOS, Ana Claudia         | SFUAP | Setubal          | 21/11/2004         |
| Rec Nac Juv B                  | 4:56.53              | CUNHA, Mariana Pacheco      | CFP   | Porto            | 05/05/2018         |
| Rec Nac Inf A                  | 5:03.94              | FERNANDES, Carolina Miranda | CGA   | Condeixa         | 12/05/2018         |
| Rec Nac Inf B                  | 5:15.68              | MIGUEL, Susana Patricia     | SFUAP | Rio Maior        | 06/07/2002         |
| Meet Rec                       | 5:25.81              | CUNHA, Maria Rita           | POR   | Albufeira        | 11/11/2023         |

Pontos: FINA 2023

| Lugar                                               | Ano           |                            | Tempo final    | FINA Pts | Pts                 |
|-----------------------------------------------------|---------------|----------------------------|----------------|----------|---------------------|
| 1. DURAES, Diana Margarida<br><i>Meeting Record</i> | 96            | Benfica                    | <b>4:47.11</b> | 733      | -                   |
| 50m: 31.15 31.15                                    | 150m: 1:42.60 | 36.62                      | 250m: 2:59.80  | 41.50    | 350m: 4:15.46 33.25 |
| 100m: 1:05.98 34.83                                 | 200m: 2:18.30 | 35.70                      | 300m: 3:42.21  | 42.41    | 400m: 4:47.11 31.65 |
| 2. MENDES, Mariana Amaral                           | 02            | Sporting                   | <b>4:51.46</b> | 701      | -                   |
| 50m: 31.88 31.88                                    | 150m: 1:46.03 | 39.00                      | 250m: 3:05.80  | 41.54    | 350m: 4:20.23 33.02 |
| 100m: 1:07.03 35.15                                 | 200m: 2:24.26 | 38.23                      | 300m: 3:47.21  | 41.41    | 400m: 4:51.46 31.23 |
| 3. HENRIQUES, Ines Jacinto                          | 00            | Louzan Natacao/EFAPEL      | <b>4:53.22</b> | 688      | -                   |
| 50m: 30.37 30.37                                    | 150m: 1:41.70 | 37.41                      | 250m: 3:02.38  | 43.34    | 350m: 4:19.69 34.41 |
| 100m: 1:04.29 33.92                                 | 200m: 2:19.04 | 37.34                      | 300m: 3:45.28  | 42.90    | 400m: 4:53.22 33.53 |
| 4. VEIGA, Ana Filipa                                | 01            | Gafanha da Encarnacao      | <b>5:01.89</b> | 631      | -                   |
| 50m: 32.48 32.48                                    | 150m: 1:49.74 | 40.15                      | 250m: 3:11.10  | 41.52    | 350m: 4:27.40 34.98 |
| 100m: 1:09.59 37.11                                 | 200m: 2:29.58 | 39.84                      | 300m: 3:52.42  | 41.32    | 400m: 5:01.89 34.49 |
| 5. ALMEIDA, Maria Emilia                            | 07            | Colegio Efanor             | <b>5:06.34</b> | 603      | -                   |
| 50m: 32.18 32.18                                    | 150m: 1:47.10 | 38.58                      | 250m: 3:11.12  | 46.01    | 350m: 4:31.95 35.31 |
| 100m: 1:08.52 36.34                                 | 200m: 2:25.11 | 38.01                      | 300m: 3:56.64  | 45.52    | 400m: 5:06.34 34.39 |
| 6. BOTELHO, Margarida Santos                        | 07            | Naval Setubalense          | <b>5:23.81</b> | 511      | -                   |
| 50m: 33.27 33.27                                    | 150m: 1:53.73 | 42.70                      | 250m: 3:22.29  | 47.60    | 350m: 4:47.97 37.71 |
| 100m: 1:11.03 37.76                                 | 200m: 2:34.69 | 40.96                      | 300m: 4:10.26  | 47.97    | 400m: 5:23.81 35.84 |
| 7. CUNHA, Maria Rita                                | 10            | Colegio Efanor             | <b>5:25.81</b> | 502      | -                   |
| 50m: 35.10 35.10                                    | 150m: 1:56.06 | 41.25                      | 250m: 3:22.40  | 46.32    | 350m: 4:48.41 38.68 |
| 100m: 1:14.81 39.71                                 | 200m: 2:36.08 | 40.02                      | 300m: 4:09.73  | 47.33    | 400m: 5:25.81 37.40 |
| 8. PEREIRA, Mariana Dias                            | 10            | Alges e Agueda XXI         | <b>5:50.41</b> | 403      | -                   |
| 50m: 37.42 37.42                                    | 150m: 2:06.98 | 45.05                      | 250m: 3:40.72  | 49.28    | 350m: 5:10.63 39.27 |
| 100m: 1:21.93 44.51                                 | 200m: 2:51.44 | 44.46                      | 300m: 4:31.36  | 50.64    | 400m: 5:50.41 39.78 |
| 9. DRENTJE, Julia Norte                             | 07            | Louletano / Loule Concelho | <b>5:52.53</b> | 396      | -                   |
| 50m: 34.12 34.12                                    | 150m: 2:00.28 | 45.93                      | 250m: 3:38.94  | 53.77    | 350m: 5:16.42 41.62 |
| 100m: 1:14.35 40.23                                 | 200m: 2:45.17 | 44.89                      | 300m: 4:34.80  | 55.86    | 400m: 5:52.53 36.11 |
| DNS SANTOS, Rita Machita                            | 07            | Naval Setubalense          |                |          | -                   |

