

Event 8	Women, 400m Freestyle				Absolutos
02/02/2019 - 17:30	Clínica Medica da Foz				Results Finals
Recordes Nacionais 50m Open	4:09.49	DURAES, Diana Margarida	POR	Tarragona (ESP)	25/06/2018
Recordes Nacionais 50m 18 +	4:09.49	DURAES, Diana Margarida	POR	Tarragona (ESP)	25/06/2018
Recordes Nacionais 50m 17	4:14.67	HOLUB, Tamila Hryhorivna	SCB	Oeiras	23/07/2016
Recordes Nacionais 50m 16	4:20.37	FERREIRA, Marta Andreia	POR	Berlim (GER)	04/08/2002
Recordes Nacionais 50m 15	4:20.78	HOLUB, Tamila Hryhorivna	POR	Porto	07/06/2014
Recordes Nacionais 50m Juv	4:26.20	CABRAL, Maria Francisca	FCP	Oeiras	26/07/2014
Recordes Nacionais 50m Inf A	4:31.53	SILVA, Alexandra Maria	POR	Skovde (SWE)	08/08/1980
Recordes Nacionais 50m Inf B	4:43.70	SILVA, Alexandra Maria	FCP	Funchal	27/07/1979
Recorde Meeting	4:17.27	DURAES, Diana Margarida	POR	Póvoa de Varzim	13/02/2016
Recorde Regional 50m Open	4:13.34	DURAES, Diana Margarida	FCP	Oeiras	12/03/2016
Recorde Regional 50m 18 +	4:13.34	DURAES, Diana Margarida	FCP	Oeiras	12/03/2016
Recorde Regional 50m 17	4:23.18	FREITAS, Marcia Santos	VSC	Famalicao	09/07/2005
Recorde Regional 50m 16	4:23.86	SILVA, Alexandra Maria	FCP	Olivais	16/04/1983
Recorde Regional 50m 15	4:26.91	SILVA, Alexandra Maria	FCP	Buenos Aires (ARG)	16/04/1982
Recorde Regional 50m Juv	4:26.20	CABRAL, Maria Francisca	FCP	Oeiras	26/07/2014
Recorde Regional 50m Inf A	4:31.53	SILVA, Alexandra Maria	FCP	Skovde (TAN)	08/08/1980
Recorde Regional 50m Inf B	4:43.70	SILVA, Alexandra Maria	FCP	Funchal	27/07/1979

TLP JUN\_SEN FEM 16 +: 4:53.11 / TLP INF\_JUV FEM 12 - 15: 5:08.56

Points: FINA 2018

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	FINA	PTS	OBS
Final A									
1.	DURAES, Diana Margarida <i>MEETING RECORD</i>	F	102992	96	Portugal	<b>4:14.02</b>	806	20,00	
	50m: 29.69 29.69		150m: 1:33.67	32.15	250m: 2:38.14	32.15	350m: 3:42.60	32.15	
	100m: 1:01.52 31.83		200m: 2:05.99	32.32	300m: 3:10.45	32.31	400m: 4:14.02	31.42	
2.	VILAS VIDAL, Maria	F	534871596		Centro Gallego T. Deportiva	<b>4:23.88</b>	719	18,00	
	50m: 31.15 31.15		150m: 1:36.55	33.00	250m: 2:43.38	33.50	350m: 3:50.78	33.83	
	100m: 1:03.55 32.40		200m: 2:09.88	33.33	300m: 3:16.95	33.57	400m: 4:23.88	33.10	
3.	ROSA, Mafalda Sofia	F	127310	03	Rio Maior	<b>4:27.92</b>	687	16,00	
	50m: 31.53 31.53		150m: 1:38.43	33.76	250m: 2:46.39	34.10	350m: 3:54.75	34.16	
	100m: 1:04.67 33.14		200m: 2:12.29	33.86	300m: 3:20.59	34.20	400m: 4:27.92	33.17	
4.	CHEROUATI, Souad Nefissa	F	208644	89	Benfica	<b>4:28.30</b>	684	14,00	
	50m: 31.46 31.46		150m: 1:39.01	33.81	250m: 2:47.16	34.02	350m: 3:55.82	34.08	
	100m: 1:05.20 33.74		200m: 2:13.14	34.13	300m: 3:21.74	34.58	400m: 4:28.30	32.48	
5.	FARIA, Ana Rita	F	117417	00	Porto	<b>4:31.96</b>	657	13,00	
	50m: 31.57 31.57		150m: 1:39.56	34.23	250m: 2:48.55	34.44	350m: 3:57.78	34.57	
	100m: 1:05.33 33.76		200m: 2:14.11	34.55	300m: 3:23.21	34.66	400m: 4:31.96	34.18	
6.	BARBOSA, Mariana Fernandes	F	121985	02	Porto	<b>4:36.88</b>	622	12,00	
	50m: 32.45 32.45		150m: 1:41.67	34.81	250m: 2:51.42	34.74	350m: 4:01.93	35.25	
	100m: 1:06.86 34.41		200m: 2:16.68	35.01	300m: 3:26.68	35.26	400m: 4:36.88	34.95	
7.	LOPES, Daniela Magalhaes	F	130098	05	Famalicao	<b>4:37.77</b>	616	11,00	
	50m: 31.75 31.75		150m: 1:41.55	35.18	250m: 2:52.58	35.52	350m: 4:03.20	35.22	
	100m: 1:06.37 34.62		200m: 2:17.06	35.51	300m: 3:27.98	35.40	400m: 4:37.77	34.57	
8.	BLANCO, Silvia Medina	F	202609	01	Leixoes Sport Clube	<b>4:39.67</b>	604	10,00	
	50m: 32.56 32.56		150m: 1:42.19	34.96	250m: 2:52.94	35.56	350m: 4:04.78	36.19	
	100m: 1:07.23 34.67		200m: 2:17.38	35.19	300m: 3:28.59	35.65	400m: 4:39.67	34.89	
Final B									
9.	CARRATU, Chiara	F	452024	01	SMGM Team Nuoto Lombardia	<b>4:35.53</b>	632	9,00	
	50m: 31.99 31.99		150m: 1:42.10	35.64	250m: 2:52.75	35.65	350m: 4:02.90	35.03	
	100m: 1:06.46 34.47		200m: 2:17.10	35.00	300m: 3:27.87	35.12	400m: 4:35.53	32.63	
10.	SOARES, Catarina Silva	F	121977	03	Porto	<b>4:37.02</b>	621	7,00	
	50m: 31.70 31.70		150m: 1:40.48	34.33	250m: 2:50.83	35.16	350m: 4:02.04	35.40	
	100m: 1:06.15 34.45		200m: 2:15.67	35.19	300m: 3:26.64	35.81	400m: 4:37.02	34.98	
11.	MARTINS, Ines Alves	F	112126	01	Porto	<b>4:39.95</b>	602	6,00	
	50m: 32.11 32.11		150m: 1:42.24	35.41	250m: 2:53.35	35.39	350m: 4:05.12	36.00	
	100m: 1:06.83 34.72		200m: 2:17.96	35.72	300m: 3:29.12	35.77	400m: 4:39.95	34.83	
12.	PINHO, Carolina Teixeira	F	124769	04	Porto	<b>4:41.01</b>	595	5,00	
	50m: 32.23 32.23		150m: 1:42.60	35.54	250m: 2:54.36	35.87	350m: 4:06.00	35.67	
	100m: 1:07.06 34.83		200m: 2:18.49	35.89	300m: 3:30.33	35.97	400m: 4:41.01	35.01	
13.	RODRIGUES, Helena Nunes	F	125022	03	Alges e Agueda XXI	<b>4:47.78</b>	554	4,00	
	50m: 32.49 32.49		150m: 1:44.71	36.54	250m: 2:58.50	36.82	350m: 4:12.02	36.62	
	100m: 1:08.17 35.68		200m: 2:21.68	36.97	300m: 3:35.40	36.90	400m: 4:47.78	35.76	

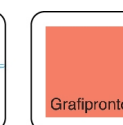
O Juiz Árbitro

O Secretariado do Júri

Splash Meet Manager, 11.57964

Registered to Associação de Natação do Norte de Portugal

03/02/2019 16:08 - Page 1



Event 8, Women, 400m Freestyle, Final, Absolutos

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	FINA	PTS	OBS
14.	FONSECA, Laura Luz	F	122825	03	Bombeiros Ponta Delgada	<b>4:50.20</b>	540	3,00	
	50m: 31.72 31.72		150m: 1:43.33 36.18		250m: 2:57.79 37.33	350m: 4:13.25 37.57			
	100m: 1:07.15 35.43		200m: 2:20.46 37.13		300m: 3:35.68 37.89	400m: 4:50.20 36.95			
15.	GALANTE, Ines Carvalho	F	128478	04	Vilacondense	<b>4:50.73</b>	538	2,00	
	50m: 32.40 32.40		150m: 1:45.46 37.08		250m: 3:00.26 37.45	350m: 4:14.99 37.22			
	100m: 1:08.38 35.98		200m: 2:22.81 37.35		300m: 3:37.77 37.51	400m: 4:50.73 35.74			
16.	MONTEIRO, Ines Rosado <i>FTL</i>	F	121817	00	Clube Natacao de Vagos	<b>4:54.05</b>	520	-	
	50m: 33.02 33.02		150m: 1:46.33 37.38		250m: 3:01.49 37.68	350m: 4:17.33 37.79			
	100m: 1:08.95 35.93		200m: 2:23.81 37.48		300m: 3:39.54 38.05	400m: 4:54.05 36.72			