

| Prova 12 | Femin., 400m Estilos | | | | Absolutos |
|---------------------------------|----------------------|-------------------------|-------|------------------|------------|
| 19/03/2022 - 15:35 | | | | | Resultados |
| Recordes Nacionais 50m Absoluto | 4:40.11 | Victoria, KAMINSKAYA | POR | Pontevedra (ESP) | 09/04/2017 |
| Recordes Nacionais 50m Sen | 4:40.11 | Victoria, KAMINSKAYA | POR | Pontevedra (ESP) | 09/04/2017 |
| Recordes Nacionais 50m 17 | 4:52.12 | Victoria, KAMINSKAYA | PIMP | Oeiras | 27/07/2012 |
| Recordes Nacionais 50m 16 | 4:54.00 | Ines Neto, ROCHA | SANNP | Gij n (ESP) | 20/05/2017 |
| Recordes Nacionais 50m Juv A | 4:58.08 | Diana Margarida, DURAES | FOCA | Povoa de Varzim | 05/08/2011 |
| Recordes Nacionais 50m Juv B | 5:01.00 | Ines Neto, ROCHA | CAP | Coimbra | 24/07/2015 |
| Recorde Regional 50m Absoluto | 4:49.45 | Diana Margarida, DURAES | FCP | Oeiras | 11/03/2016 |
| Recorde Regional 50m Sen | 4:49.45 | Diana Margarida, DURAES | FCP | Oeiras | 11/03/2016 |
| Recorde Regional 50m 17 | 4:57.32 | Mariana Pacheco, CUNHA | CNCE | Oeiras | 01/08/2021 |
| Recorde Regional 50m 16 | 4:54.00 | Ines Neto, ROCHA | CAP | Gijon (ESP) | 20/05/2017 |
| Recorde Regional 50m Juv A | 4:58.08 | Diana Margarida, DURAES | FOCA | Povoa de Varzim | 05/08/2011 |
| Recorde Regional 50m Juv B | 5:01.00 | Ines Neto, ROCHA | CAP | Coimbra | 24/07/2015 |

Pontos: FINA 2021

| Lugar | Nome | Sexo | Licena | Ano | Clube | Tempo Final | | | | FINA | Obs | | | | | | | | |
|-------|--------------------------|------|---------|-----|--------|-------------|---------|-------|-------|----------------|-----|---------|-------|-------|---------|-------|-------|---------|-------|
| 1. | Joana Ferreira, SILVA | F | 131358 | 05 | CNCE | | | | | 5:22.46 | 563 | | | | | | | | |
| | | | | | | 150m: | 1:52.09 | 41.84 | 250m: | | | 3:18.33 | 44.92 | 350m: | 4:43.97 | 39.11 | | | |
| | | | | | | 100m: | 1:10.25 | 37.58 | 200m: | | | 2:33.41 | 41.32 | 300m: | 4:04.86 | 46.53 | 400m: | 5:22.46 | 38.49 |
| | | | | | | | | | | | | | | | | | | | |
| 2. | Daniela Alexandra, COSTA | F | 129441 | 06 | LSC | | | | | 5:28.61 | 532 | | | | | | | | |
| | | | | | | 150m: | 1:58.13 | 40.89 | 250m: | | | 3:26.28 | 47.36 | 350m: | 4:51.88 | 37.40 | | | |
| | | | | | | 100m: | 1:17.24 | 42.48 | 200m: | | | 2:38.92 | 40.79 | 300m: | 4:14.48 | 48.20 | 400m: | 5:28.61 | 36.73 |
| | | | | | | | | | | | | | | | | | | | |
| 3. | Francisca Lamas, SILVA | F | 202816 | 08 | CNCE | | | | | 5:34.72 | 503 | | | | | | | | |
| | | | | | | 150m: | 2:00.44 | 44.26 | 250m: | | | 3:30.25 | 47.32 | 350m: | 4:57.58 | 39.22 | | | |
| | | | | | | 100m: | 1:16.18 | 41.04 | 200m: | | | 2:42.93 | 42.49 | 300m: | 4:18.36 | 48.11 | 400m: | 5:34.72 | 37.14 |
| | | | | | | | | | | | | | | | | | | | |
| 4. | Maria Joao, MARTINS | F | 204552 | 08 | ADF | | | | | 5:43.40 | 466 | | | | | | | | |
| | | | | | | 150m: | 1:57.03 | 42.88 | 250m: | | | 3:29.86 | 49.97 | 350m: | 5:02.14 | 40.03 | | | |
| | | | | | | 100m: | 1:14.15 | 40.47 | 200m: | | | 2:39.89 | 42.86 | 300m: | 4:22.11 | 52.25 | 400m: | 5:43.40 | 41.26 |
| | | | | | | | | | | | | | | | | | | | |
| 5. | Gabriela Santos, ROCHA | F | 204325 | 05 | CNV | | | | | 5:45.43 | 458 | | | | | | | | |
| | | | | | | 150m: | 2:03.74 | 47.42 | 250m: | | | 3:35.93 | 46.76 | 350m: | 5:05.39 | 41.50 | | | |
| | | | | | | 100m: | 1:16.32 | 42.00 | 200m: | | | 2:49.17 | 45.43 | 300m: | 4:23.89 | 47.96 | 400m: | 5:45.43 | 40.04 |
| | | | | | | | | | | | | | | | | | | | |
| 6. | Ana Gabriela, SILVA | F | 203708 | 08 | CNMAIA | | | | | 5:51.26 | 436 | | | | | | | | |
| | | | | | | 150m: | 2:02.87 | 46.57 | 250m: | | | 3:37.47 | 49.62 | 350m: | 5:10.90 | 41.62 | | | |
| | | | | | | 100m: | 1:16.30 | 41.05 | 200m: | | | 2:47.85 | 44.98 | 300m: | 4:29.28 | 51.81 | 400m: | 5:51.26 | 40.36 |
| | | | | | | | | | | | | | | | | | | | |
| 7. | Mafalda Rego, CAIXEIRO | F | 201092 | 08 | LSC | | | | | 6:12.83 | 364 | | | | | | | | |
| | | | | | | 150m: | 2:09.76 | 47.34 | 250m: | | | 3:49.23 | 53.29 | 350m: | 5:28.88 | 44.08 | | | |
| | | | | | | 100m: | 1:22.42 | 45.77 | 200m: | | | 2:55.94 | 46.18 | 300m: | 4:44.80 | 55.57 | 400m: | 6:12.83 | 43.95 |
| | | | | | | | | | | | | | | | | | | | |

O Secret rio do Juri

O Juiz  rbitro

Splash Meet Manager, 11.72268

Registered to Associao de Natao do Norte de Portugal

21/03/2022 0:01 - P gina 1

|ORGANIZAO



|PARCEIRO INSTITUCIONAL



|PARCEIRO



|FORNECEDOR OFICIAL

