



Campeonatos Nacionais Individuais de Natação 2014  
Mexilhoeira , 7- - 8-6-2014

Prova 29  
08-06-2014

Femin., 400m Estilos

Absolutos  
Resultados

Pontos: FINA 2013

| Lugar           | Ano                |         |       |         |         |       |         |         | Tempo final    | Pts             |
|-----------------|--------------------|---------|-------|---------|---------|-------|---------|---------|----------------|-----------------|
| 1. Ana Castro   | 92 C N MAIA        |         |       |         |         |       |         |         | <b>8:42.62</b> | 124             |
| 50m:            | 55.32              | 55.32   | 150m: | 3:00.55 | 1:01.90 | 250m: | 5:15.21 | 1:15.57 | 350m:          | 7:43.27 1:04.54 |
| 100m:           | 1:58.65            | 1:03.33 | 200m: | 3:59.64 | 59.09   | 300m: | 6:38.73 | 1:23.52 | 400m:          | 8:42.62 59.35   |
| 2. Diana Torres | 99 LEIXOES SC/FMAM |         |       |         |         |       |         |         | <b>9:44.53</b> | 89              |
| 50m:            | 1:01.57            | 1:01.57 | 150m: | 3:19.58 | 1:02.44 | 250m: | 5:57.14 | 1:35.46 | 350m:          | 8:36.63 1:06.63 |
| 100m:           | 2:17.14            | 1:15.57 | 200m: | 4:21.68 | 1:02.10 | 300m: | 7:30.00 | 1:32.86 | 400m:          | 9:44.53 1:07.90 |