

Prova 17 Femin., 400m Estilos 14 - 17 anos
05-04-2014 - 10:45 Resultados

Recordes Nacionais 50m Absoluto	4:49.60	Victoria Kaminskaya	PIMP	Coimbra	26-05-2013
Recordes Nacionais 50m Juv B	5:01.04	Susana Patricia Miguel	SFUAP	Lisboa	08-07-2004
Recordes Nacionais 50m Juv A	4:58.08	Diana Margarida Duraes	FOCA	Póvoa de Varzim	05-08-2011
Recordes Nacionais 50m Jun16	4:57.84	Victoria Kaminskaya	PIMP	Oeiras	19-02-2011
Recordes Nacionais 50m Jun17	4:52.12	Victoria Kaminskaya	PIMP	Oeiras	27-07-2012

TAC-JUN16F Jun16: 5:24.68 / TAC-JUN17F Jun17: 5:21.50 / TAC-JUVAF Juv A: 5:31.05 / TAC-JUVBF Juv B: 5:40.60

Pontos: FINA 2014

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
Juvenis B						
1.	Maria Francisca Cabral <i>Minimos COMEN 2014</i>	00	Porto	5:08.44	+0,77	659
	50m: 32.19 32.19	150m: 1:50.46 40.24	250m: 3:14.85 45.17	350m: 4:34.61 33.93		
	100m: 1:10.22 38.03	200m: 2:29.68 39.22	300m: 4:00.68 45.83	400m: 5:08.44 33.83		
2.	Ines Rocha Silva	00	Alcobaca	5:18.09	+0,70	600
	50m: 33.83 33.83	150m: 1:54.90 41.88	250m: 3:20.72 44.98	350m: 4:42.55 37.85		
	100m: 1:13.02 39.19	200m: 2:35.74 40.84	300m: 4:04.70 43.98	400m: 5:18.09 35.54		
3.	Giovanna Vaz Vargas	00	Nautico Marinha Grande	5:18.10	+0,88	600
	50m: 32.82 32.82	150m: 1:51.47 41.65	250m: 3:18.80 47.35	350m: 4:42.56 36.73		
	100m: 1:09.82 37.00	200m: 2:31.45 39.98	300m: 4:05.83 47.03	400m: 5:18.10 35.54		
4.	Raquel Gomes Pereira	00	Alges	5:19.74	+0,79	591
	50m: 32.71 32.71	150m: 1:56.73 43.27	250m: 3:22.99 43.60	350m: 4:44.10 36.38		
	100m: 1:13.46 40.75	200m: 2:39.39 42.66	300m: 4:07.72 44.73	400m: 5:19.74 35.64		
5.	Teresa Miguel Veloso	00	Nautico /Urgicentro-Sanfil	5:20.24	+0,80	588
	50m: 33.05 33.05	150m: 1:53.74 42.11	250m: 3:21.00 46.46	350m: 4:44.94 37.16		
	100m: 1:11.63 38.58	200m: 2:34.54 40.80	300m: 4:07.78 46.78	400m: 5:20.24 35.30		
6.	Monica Seara Domingues	00	Nautico Marinha Grande	5:27.61	+0,88	550
	50m: 35.13 35.13	150m: 1:59.02 42.91	250m: 3:28.34 48.89	350m: 4:52.11 36.96		
	100m: 1:16.11 40.98	200m: 2:39.45 40.43	300m: 4:15.15 46.81	400m: 5:27.61 35.50		
7.	Ana Miguel Reis	00	Columbofila Cantanhedense	5:29.05	+0,87	542
	50m: 34.77 34.77	150m: 1:57.40 41.96	250m: 3:26.45 47.70	350m: 4:52.51 37.48		
	100m: 1:15.44 40.67	200m: 2:38.75 41.35	300m: 4:15.03 48.58	400m: 5:29.05 36.54		
8.	Raquel Leao Monteiro	00	Gespacos	5:32.84	+1,03	524
	50m: 34.78 34.78	150m: 1:57.08 43.34	250m: 3:27.67 48.41	350m: 4:54.21 38.26		
	100m: 1:13.74 38.96	200m: 2:39.26 42.18	300m: 4:15.95 48.28	400m: 5:32.84 38.63		
9.	Ines Silva Bernardo	00	Colegio Monte Maior	5:34.90	+0,74	514
	50m: 33.90 33.90	150m: 2:01.54 45.74	250m: 3:31.63 46.58	350m: 4:56.86 37.97		
	100m: 1:15.80 41.90	200m: 2:45.05 43.51	300m: 4:18.89 47.26	400m: 5:34.90 38.04		
10.	Margarida Reconha Marques	00	Nautico Marinha Grande	5:35.16	+0,93	513
	50m: 35.68 35.68	150m: 1:59.96 43.25	250m: 3:28.41 47.25	350m: 4:56.94 39.95		
	100m: 1:16.71 41.03	200m: 2:41.16 41.20	300m: 4:16.99 48.58	400m: 5:35.16 38.22		
11.	Sara Kalinovicova Guerreiro	00	FC Ferreiras	5:40.25	+0,88	491
	50m: 35.22 35.22	150m: 2:06.32 46.11	250m: 3:34.40 43.61	350m: 5:02.01 40.09		
	100m: 1:20.21 44.99	200m: 2:50.79 44.47	300m: 4:21.92 47.52	400m: 5:40.25 38.24		
12.	Rafaela Araujo Silva	00	Famalicao	5:40.47	+0,97	490
	50m: 36.24 36.24	150m: 2:05.51 44.96	250m: 3:37.84 48.11	350m: 5:03.22 37.40		
	100m: 1:20.55 44.31	200m: 2:49.73 44.22	300m: 4:25.82 47.98	400m: 5:40.47 37.25		

Prova 17, Femin., 400m Estilos, Juvenis B

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
13.	Mariana Silva Ramos <i>FTL</i>	00	Sporting	5:42.69	+0,79	480
	50m: 35.92 35.92	150m: 2:01.82 45.54	250m: 3:35.72 50.27	350m: 5:04.97 38.66		
	100m: 1:16.28 40.36	200m: 2:45.45 43.63	300m: 4:26.31 50.59	400m: 5:42.69 37.72		
14.	Carolina Pastor Escada <i>FTL</i>	00	Aminata	5:46.98	+0,74	462
	50m: 35.39 35.39	150m: 2:05.07 46.34	250m: 3:39.39 48.99	350m: 5:09.49 39.76		
	100m: 1:18.73 43.34	200m: 2:50.40 45.33	300m: 4:29.73 50.34	400m: 5:46.98 37.49		
15.	Helena Neto Costa <i>FTL</i>	00	Gespacos	5:49.10	+0,81	454
	50m: 34.82 34.82	150m: 1:59.72 44.50	250m: 3:34.97 52.30	350m: 5:08.65 41.09		
	100m: 1:15.22 40.40	200m: 2:42.67 42.95	300m: 4:27.56 52.59	400m: 5:49.10 40.45		
16.	Carla Laranjeira Marques <i>FTL</i>	00	Sporting de Aveiro	5:53.64	+0,83	437
	50m: 34.09 34.09	150m: 2:03.05 45.61	250m: 3:38.00 50.21	350m: 5:12.67 41.29		
	100m: 1:17.44 43.35	200m: 2:47.79 44.74	300m: 4:31.38 53.38	400m: 5:53.64 40.97		

Juvenis A

1.	Madalena Gomes Azevedo	99	Alges	5:04.76	+0,77	683
	50m: 31.73 31.73	150m: 1:49.76 40.16	250m: 3:13.48 43.27	350m: 4:31.69 33.64		
	100m: 1:09.60 37.87	200m: 2:30.21 40.45	300m: 3:58.05 44.57	400m: 5:04.76 33.07		
2.	Rita Costa Amador	99	Galitos	5:13.25	+0,74	629
	50m: 32.23 32.23	150m: 1:50.24 40.14	250m: 3:15.97 45.32	350m: 4:37.78 35.32		
	100m: 1:10.10 37.87	200m: 2:30.65 40.41	300m: 4:02.46 46.49	400m: 5:13.25 35.47		
3.	Barbara Coimbra Teodosio	99	Nautico Marinha Grande	5:15.89	+0,94	613
	50m: 33.42 33.42	150m: 1:52.64 42.10	250m: 3:18.52 46.26	350m: 4:41.75 36.19		
	100m: 1:10.54 37.12	200m: 2:32.26 39.62	300m: 4:05.56 47.04	400m: 5:15.89 34.14		
4.	Ana Beatriz Martins	99	Famalicao	5:18.92	+0,88	596
	50m: 32.67 32.67	150m: 1:54.11 43.05	250m: 3:21.54 45.42	350m: 4:44.00 36.62		
	100m: 1:11.06 38.39	200m: 2:36.12 42.01	300m: 4:07.38 45.84	400m: 5:18.92 34.92		
5.	Sara Costa Guerra	99	Sporting	5:27.97	+0,70	548
	50m: 32.98 32.98	150m: 1:54.92 43.66	250m: 3:25.09 47.86	350m: 4:51.85 37.78		
	100m: 1:11.26 38.28	200m: 2:37.23 42.31	300m: 4:14.07 48.98	400m: 5:27.97 36.12		
6.	Marta Ferreira Rocha <i>FTL</i>	99	Leixoes	5:34.46	+0,71	516
	50m: 33.82 33.82	150m: 1:56.74 43.22	250m: 3:28.07 49.11	350m: 4:56.93 38.77		
	100m: 1:13.52 39.70	200m: 2:38.96 42.22	300m: 4:18.16 50.09	400m: 5:34.46 37.53		
7.	Ana Margarida Salgueiro <i>FTL</i>	99	Nautico Abrantes	5:42.44	+0,86	481
	50m: 34.58 34.58	150m: 2:03.14 44.42	250m: 3:34.46 46.79	350m: 5:04.30 41.10		
	100m: 1:18.72 44.14	200m: 2:47.67 44.53	300m: 4:23.20 48.74	400m: 5:42.44 38.14		
8.	Ana Miguel Pinto <i>FTL</i>	99	Viana Natacao	5:44.07	+0,94	474
	50m: 33.57 33.57	150m: 1:59.34 46.29	250m: 3:35.03 50.26	350m: 5:06.25 40.10		
	100m: 1:13.05 39.48	200m: 2:44.77 45.43	300m: 4:26.15 51.12	400m: 5:44.07 37.82		

WDR Maria Ana Monge 99 Sporting

Prova 17, Femin., 400m Estilos

Juniores

1.	Filipa Vilas Ruivo	97	Nautico Marinha Grande	5:04.85	+0,87	682
	50m: 32.38 32.38	150m: 1:50.79 40.93	250m: 3:13.98 43.92	350m: 4:32.18 34.24		
	100m: 1:09.86 37.48	200m: 2:30.06 39.27	300m: 3:57.94 43.96	400m: 5:04.85 32.67		
2.	Mariana Cunha Guerra	98	Columbofila Cantanhedense	5:11.03	+0,69	642
	50m: 31.62 31.62	150m: 1:47.55 40.06	250m: 3:13.30 46.48	350m: 4:35.81 35.80		
	100m: 1:07.49 35.87	200m: 2:26.82 39.27	300m: 4:00.01 46.71	400m: 5:11.03 35.22		
3.	Sofia Machado Dionisio	98	Sporting	5:19.54	+0,79	592
	50m: 32.56 32.56	150m: 1:53.51 42.18	250m: 3:20.17 45.09	350m: 4:42.83 36.98		
	100m: 1:11.33 38.77	200m: 2:35.08 41.57	300m: 4:05.85 45.68	400m: 5:19.54 36.71		
4.	Margarida Peixoto Pelaio	98	Ginasio Figueirense	5:20.34	+0,74	588
	50m: 32.32 32.32	150m: 1:51.77 41.50	250m: 3:19.95 47.95	350m: 4:44.48 36.70		
	100m: 1:10.27 37.95	200m: 2:32.00 40.23	300m: 4:07.78 47.83	400m: 5:20.34 35.86		
5.	Barbara Marques Rodrigues	97	Alges	5:21.80	+0,94	580
	<i>FTL</i>					
	50m: 33.43 33.43	150m: 1:54.09 41.65	250m: 3:22.23 47.14	350m: 4:46.19 36.36		
	100m: 1:12.44 39.01	200m: 2:35.09 41.00	300m: 4:09.83 47.60	400m: 5:21.80 35.61		
6.	Barbara Sofia Barata	97	Alges	5:27.13	+0,82	552
	<i>FTL</i>					
	50m: 32.61 32.61	150m: 1:54.27 43.80	250m: 3:25.40 47.27	350m: 4:50.17 38.32		
	100m: 1:10.47 37.86	200m: 2:38.13 43.86	300m: 4:11.85 46.45	400m: 5:27.13 36.96		
7.	Margarida Domingues Duarte	97	Nautico Marinha Grande	5:32.14	+0,89	527
	<i>FTL</i>					
	50m: 34.03 34.03	150m: 1:59.59 44.32	250m: 3:29.32 47.10	350m: 4:54.40 37.72		
	100m: 1:15.27 41.24	200m: 2:42.22 42.63	300m: 4:16.68 47.36	400m: 5:32.14 37.74		
DSQ	Carolina Mantua Guedes	98	Sporting			
	<i>724 - Não tocou com as mãos na parede separadas ou simultaneamente na viragem aos 250 m - SW 7.6</i>					