

Prova 23
02-11-2014

Femin., 400m Livres

Absolutos
Resultados

Recordes Nacionais 25m Absoluto	4:13.97	Sara Beatriz Loureiro	FCP	Leiria	05-12-2009
Recordes Nacionais 25m Inf B	4:38.40	Filipa Vilas Ruivo	DNMG	Alcobaça	13-06-2009
Recordes Nacionais 25m Inf A	4:25.30	Alexandra Maria Silva	FCP	Porto	19-07-1980
Recordes Nacionais 25m Juv B	4:23.08	Susana Patricia Miguel	SFUAP	Alhandra	15-05-2004
Recordes Nacionais 25m Juv A	4:18.39	Ana Claudia Santos	SFUAP	Cantanhede	20-12-2004
Recordes Nacionais 25m Jun16	4:18.68	Joana Filipa Santos	VSC	Guimarães	07-12-2008
Recordes Nacionais 25m Jun17	4:14.95	Joana Aguiar Rodrigues	FCP	Leiria	05-12-2009
Recordes Nacionais 25m Sen	4:13.97	Sara Beatriz Loureiro	FCP	Leiria	05-12-2009

Pontos: FINA 2014

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Sara Kalinicova Guerreiro	00	120967	FC Ferreiras	4:45.18	+0,86	556	
	50m: 32.71 32.71			150m: 1:44.00 35.84	250m: 2:56.43 36.20	350m: 4:09.47 36.64		
	100m: 1:08.16 35.45			200m: 2:20.23 36.23	300m: 3:32.83 36.40	400m: 4:45.18 35.71		
2.	Patricia Palmeiro Baeta	00	112658	Scalabiswim	4:48.17	+0,82	539	
	50m: 33.69 33.69			150m: 1:46.31 36.48	250m: 3:00.05 36.74	350m: 4:13.98 37.15		
	100m: 1:09.83 36.14			200m: 2:23.31 37.00	300m: 3:36.83 36.78	400m: 4:48.17 34.19		
3.	Marta Alexandra Saraiva	93	14641	Nautica do Seixal	4:53.52	+0,84	510	
	50m: 33.79 33.79			150m: 1:46.81 36.98	250m: 3:01.81 37.65	350m: 4:17.07 38.01		
	100m: 1:09.83 36.04			200m: 2:24.16 37.35	300m: 3:39.06 37.25	400m: 4:53.52 36.45		
4.	Beatriz Marques Ferreira	00	122579	Campinho	4:54.16	+0,87	506	
	50m: 32.77 32.77			150m: 1:46.06 37.21	250m: 3:02.06 38.61	350m: 4:17.53 37.86		
	100m: 1:08.85 36.08			200m: 2:23.45 37.39	300m: 3:39.67 37.61	400m: 4:54.16 36.63		
5.	Ana Carolina Mira	00	118779	Naval Setubalense	5:00.77	+0,89	474	
	50m: 32.27 32.27			150m: 1:46.11 37.29	250m: 3:04.97 39.50	350m: 4:23.47 39.28		
	100m: 1:08.82 36.55			200m: 2:25.47 39.36	300m: 3:44.19 39.22	400m: 5:00.77 37.30		
6.	Joana Filipa Silva	98	125636	O Crasto	5:07.13	+0,82	445	
	50m: 33.29 33.29			150m: 1:49.95 39.30	250m: 3:08.98 39.56	350m: 4:28.39 39.54		
	100m: 1:10.65 37.36			200m: 2:29.42 39.47	300m: 3:48.85 39.87	400m: 5:07.13 38.74		
7.	Isabel Catarino Cravo	98	107288	Nucleo de Pombal	5:17.62	+0,96	402	
	50m: 34.93 34.93			150m: 1:52.09 39.15	250m: 3:14.07 41.35	350m: 4:37.31 41.72		
	100m: 1:12.94 38.01			200m: 2:32.72 40.63	300m: 3:55.59 41.52	400m: 5:17.62 40.31		
8.	Adriana Robalo Garcia	00	120668	Naval Praia da Vitoria	5:18.43		399	
	50m: 36.41 36.41			150m: 1:57.06 40.80	250m: 3:18.60 41.01	350m: 4:40.26 40.70		
	100m: 1:16.26 39.85			200m: 2:37.59 40.53	300m: 3:59.56 40.96	400m: 5:18.43 38.17		
9.	Ines Manaiia Correia	02	125614	Condeixa Clube	5:28.04	+0,75	365	
	50m: 35.65 35.65			150m: 1:58.59 42.18	250m: 3:23.59 42.50	350m: 4:47.86 42.08		
	100m: 1:16.41 40.76			200m: 2:41.09 42.50	300m: 4:05.78 42.19	400m: 5:28.04 40.18		
10.	Ines Sofia Alves	00	119912	Natacao da Guarda	5:39.98	+0,78	328	
	50m: 34.67 34.67			150m: 1:56.57 41.79	250m: 3:22.16 42.72	350m: 4:44.94 40.32		
	100m: 1:14.78 40.11			200m: 2:39.44 42.87	300m: 4:04.62 42.46	400m: 5:39.98 55.04		
11.	Bruna Ferreira Sequeira	00	120158	Sport de Mirandela	5:44.58	+0,98	315	
	50m: 35.63 35.63			150m: 2:00.16 43.49	250m: 3:29.89 45.43	350m: 5:01.21 45.80		
	100m: 1:16.67 41.04			200m: 2:44.46 44.30	300m: 4:15.41 45.52	400m: 5:44.58 43.37		
12.	Andreia Sofia Mendes	98	130426	A Atletico	5:46.05	+0,86	311	
	50m: 37.50 37.50			150m: 2:03.48 43.20	250m: 3:35.09 45.81	350m: 5:05.11 44.37		
	100m: 1:20.28 42.78			200m: 2:49.28 45.80	300m: 4:20.74 45.65	400m: 5:46.05 40.94		
13.	Sofia Margarida Clemente	98	112098	BUZIOS-Coruche	5:52.73	+0,91	293	
	50m: 38.99 38.99			150m: 2:07.40 44.71	250m: 3:37.88 45.09	350m: 5:09.41 46.21		
	100m: 1:22.69 43.70			200m: 2:52.79 45.39	300m: 4:23.20 45.32	400m: 5:52.73 43.32		
14.	Maria Joao Pires	02	124430	Natacao de Braganca	6:41.93	+0,94	198	
	50m: 43.79 43.79			150m: 2:25.24 51.32	250m: 4:05.92 50.14	350m: 5:46.79 49.77		
	100m: 1:33.92 50.13			200m: 3:15.78 50.54	300m: 4:57.02 51.10	400m: 6:41.93 55.14		

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Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts				
15.	Ana Margarida Santos	00	128257	Flavitus	7:19.89	+1,01	151					
	50m:	49.69	49.69	150m:	2:40.73	55.27	250m:	4:30.45	54.90	350m:	6:23.92	57.70
	100m:	1:45.46	55.77	200m:	3:35.55	54.82	300m:	5:26.22	55.77	400m:	7:19.89	55.97