

Prova 23	Femin., 400m Livres				Absolutos
07-12-2014					Resultados
Rec Nac Absoluto	4:13.97	Sara Beatriz Loureiro	FCP	Leiria	05-12-2009
Rec Nac Inf B	4:38.40	Filipa Vilas Ruivo	DNMG	Alcobaça	13-06-2009
Rec Nac Inf A	4:25.30	Alexandra Maria Silva	FCP	Porto	19-07-1980
Rec Nac Juv B	4:23.08	Susana Patricia Miguel	SFUAP	Alhandra	15-05-2004
Rec Nac Juv A	4:18.39	Ana Claudia Santos	SFUAP	Cantanhede	20-12-2004
Rec Nac Jun16	4:16.18	Tamila Hryhorivna Holub	SCB	Felgueiras	15-11-2014
Rec Nac Jun17	4:14.95	Joana Aguiar Rodrigues	FCP	Leiria	05-12-2009
Rec Nac 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.	Mariana Alexandre Oliveira	99	107368	Natacao de Valongo	4:37.72	+0,72	602	25
	50m: 31.02 31.02			150m: 1:41.31 35.57	250m: 2:52.96 35.70	350m: 4:04.54 35.78		
	100m: 1:05.74 34.72			200m: 2:17.26 35.95	300m: 3:28.76 35.80	400m: 4:37.72 33.18		
2.	Maria Beatriz Dias	99	108045	Scalabiswim	4:37.73	+0,94	602	23
	50m: 32.35 32.35			150m: 1:42.33 35.16	250m: 2:53.06 35.44	350m: 4:04.30 35.68		
	100m: 1:07.17 34.82			200m: 2:17.62 35.29	300m: 3:28.62 35.56	400m: 4:37.73 33.43		
3.	Beatriz Marques Ferreira	00	122579	Campinho	4:46.39	+0,81	549	22
	50m: 32.20 32.20			150m: 1:44.35 36.48	250m: 2:57.60 36.73	350m: 4:11.52 36.99		
	100m: 1:07.87 35.67			200m: 2:20.87 36.52	300m: 3:34.53 36.93	400m: 4:46.39 34.87		
4.	Ana Carolina Mira	00	118779	Naval Setubalense	4:48.93	+0,95	534	21
	50m: 32.06 32.06			150m: 1:44.78 37.02	250m: 2:58.94 37.38	350m: 4:13.28 37.10		
	100m: 1:07.76 35.70			200m: 2:21.56 36.78	300m: 3:36.18 37.24	400m: 4:48.93 35.65		
5.	Marta Alexandra Saraiva	93	14641	Nautica do Seixal	4:50.27	+0,80	527	20
	50m: 33.00 33.00			150m: 1:45.88 36.87	250m: 3:00.15 37.02	350m: 4:14.50 36.95		
	100m: 1:09.01 36.01			200m: 2:23.13 37.25	300m: 3:37.55 37.40	400m: 4:50.27 35.77		
6.	Ariana Santos Lopes	00	122846	Estarreja	4:51.14	+0,87	522	19
	50m: 32.42 32.42			150m: 1:44.77 36.64	250m: 2:59.34 37.25	350m: 4:13.89 36.68		
	100m: 1:08.13 35.71			200m: 2:22.09 37.32	300m: 3:37.21 37.87	400m: 4:51.14 37.25		
7.	Emilia Matos Pereira	99	112662	Fundacao Beatriz Santos	4:52.24	+0,96	516	18
	50m: 33.67 33.67			150m: 1:47.26 37.21	250m: 3:01.07 36.54	350m: 4:15.78 37.36		
	100m: 1:10.05 36.38			200m: 2:24.53 37.27	300m: 3:38.42 37.35	400m: 4:52.24 36.46		
8.	Carla Laranjeira Marques	00	109363	Sporting de Aveiro	4:53.54	+0,81	509	17
	50m: 32.53 32.53			150m: 1:45.28 36.80	250m: 3:01.09 37.60	350m: 4:16.83 38.15		
	100m: 1:08.48 35.95			200m: 2:23.49 38.21	300m: 3:38.68 37.59	400m: 4:53.54 36.71		
9.	Maria Ornelas Armas	98	106961	Terceira Auto Clube	4:55.10	+1,05	501	16
	50m: 32.91 32.91			150m: 1:45.98 37.26	250m: 3:01.61 37.78	350m: 4:17.59 38.14		
	100m: 1:08.72 35.81			200m: 2:23.83 37.85	300m: 3:39.45 37.84	400m: 4:55.10 37.51		
10.	Catarina Miguel Silva	01	120341	Natacao de Faro	4:55.83	+0,75	498	15
	50m: 32.10 32.10			150m: 1:45.17 37.43	250m: 3:00.63 37.95	350m: 4:18.32 39.13		
	100m: 1:07.74 35.64			200m: 2:22.68 37.51	300m: 3:39.19 38.56	400m: 4:55.83 37.51		
11.	Ana Rita Ribau	95	102808	Gafanha da Encarnacao	5:01.22	+0,85	471	14
	50m: 32.86 32.86			150m: 1:46.01 37.32	250m: 3:02.23 38.31	350m: 4:21.49 39.99		
	100m: 1:08.69 35.83			200m: 2:23.92 37.91	300m: 3:41.50 39.27	400m: 5:01.22 39.73		
12.	Rita Sousa Oliveira	01	120774	Torres Novas	5:05.51	+0,95	452	13
	50m: 34.05 34.05			150m: 1:51.76 39.04	250m: 3:10.28 38.90	350m: 4:27.51 38.44		
	100m: 1:12.72 38.67			200m: 2:31.38 39.62	300m: 3:49.07 38.79	400m: 5:05.51 38.00		
13.	Daniela Silva Barcelos	98	106525	Nucleo Sportinguista Terceira	5:09.70	+0,91	434	12
	50m: 34.21 34.21			150m: 1:49.62 38.41	250m: 3:10.32 40.84	350m: 4:31.21 40.32		
	100m: 1:11.21 37.00			200m: 2:29.48 39.86	300m: 3:50.89 40.57	400m: 5:09.70 38.49		
14.	Mara Borba Gravato	99	112767	Natacao de Vagos	5:11.38	+0,98	427	11
	50m: 34.76 34.76			150m: 1:52.92 39.99	250m: 3:12.63 40.19	350m: 4:32.80 39.85		
	100m: 1:12.93 38.17			200m: 2:32.44 39.52	300m: 3:52.95 40.32	400m: 5:11.38 38.58		

Prova 23, Femin., 400m Livres, Absolutos

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
15.	Isabel da Luz Fonseca	99	107883	Naval de Ponta Delgada	5:16.37	+0,80	407	10
	50m: 34.91 34.91		150m: 1:54.81 40.46	250m: 3:15.86 40.73	350m: 4:37.98 40.98			
	100m: 1:14.35 39.44		200m: 2:35.13 40.32	300m: 3:57.00 41.14	400m: 5:16.37 38.39			
16.	Ines Manaia Correia	02	125614	Condeixa Clube	5:17.57	+0,74	402	9
	50m: 34.46 34.46		150m: 1:54.35 40.91	250m: 3:16.38 40.83	350m: 4:38.74 40.65			
	100m: 1:13.44 38.98		200m: 2:35.55 41.20	300m: 3:58.09 41.71	400m: 5:17.57 38.83			
17.	Ana Fernandes Costa	00	121407	Natacao do Montijo	5:20.05	+0,77	393	8
	50m: 34.13 34.13		150m: 1:52.45 40.12	250m: 3:15.02 41.93	350m: 4:40.85 42.40			
	100m: 1:12.33 38.20		200m: 2:33.09 40.64	300m: 3:58.45 43.43	400m: 5:20.05 39.20			
18.	Sara Tavares Baptista	00	123942	Feirense	5:21.28	+0,92	388	7
	50m: 35.37 35.37		150m: 1:56.29 41.40	250m: 3:20.35 41.71	350m: 4:43.27 41.13			
	100m: 1:14.89 39.52		200m: 2:38.64 42.35	300m: 4:02.14 41.79	400m: 5:21.28 38.01			
19.	Soraia Margarida Carvalho	00	124112	Albicastrense	5:21.42	+0,97	388	6
	50m: 34.99 34.99		150m: 1:56.75 41.93	250m: 3:20.34 41.77	350m: 4:44.20 41.99			
	100m: 1:14.82 39.83		200m: 2:38.57 41.82	300m: 4:02.21 41.87	400m: 5:21.42 37.22			
20.	Adriana Robalo Garcia	00	120668	Naval Praia da Vitoria	5:22.15	+0,87	385	5
	50m: 34.54 34.54		150m: 1:56.63 41.74	250m: 3:19.72 41.33	350m: 4:42.75 41.58			
	100m: 1:14.89 40.35		200m: 2:38.39 41.76	300m: 4:01.17 41.45	400m: 5:22.15 39.40			
21.	Sofia Alexandra Reis	98	126041	FC Ferreiras	5:25.18	+0,93	375	4
	50m: 33.89 33.89		150m: 1:54.02 40.93	250m: 3:18.21 42.32	350m: 4:44.89 43.22			
	100m: 1:13.09 39.20		200m: 2:35.89 41.87	300m: 4:01.67 43.46	400m: 5:25.18 40.29			
22.	Rita Daniela Lopes	01	123412	Gualdim Pais	5:28.53		363	3
	50m: 35.87 35.87		150m: 1:58.40 41.60	250m: 3:23.13 42.52	350m: 4:48.49 42.96			
	100m: 1:16.80 40.93		200m: 2:40.61 42.21	300m: 4:05.53 42.40	400m: 5:28.53 40.04			
23.	Ines Sofia Alves	00	119912	Natacao Guarda	5:28.95	+0,84	362	2
	50m: 34.60 34.60		150m: 1:56.62 41.88	250m: 3:21.51 42.72	350m: 4:47.66 43.33			
	100m: 1:14.74 40.14		200m: 2:38.79 42.17	300m: 4:04.33 42.82	400m: 5:28.95 41.29			
24.	Ana Joao Marreiros	00	117888	Nucleo de Pombal	5:34.61	+0,70	344	1
	50m: 34.62 34.62		150m: 1:57.31 42.58	250m: 3:24.74 43.92	350m: 4:52.92 43.84			
	100m: 1:14.73 40.11		200m: 2:40.82 43.51	300m: 4:09.08 44.34	400m: 5:34.61 41.69			