

Prova 23 07-12-2014	Femin., 400m Livres					Absolutos 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.	Ana Goncalves Neto	95	101958	Fluvial Portuense	4:26.67	+1,03	680	25
	50m: 30.48 30.48			150m: 1:38.17 34.31	250m: 2:45.90 33.31	350m: 3:53.39 33.90		
	100m: 1:03.86 33.38			200m: 2:12.59 34.42	300m: 3:19.49 33.59	400m: 4:26.67 33.28		
2.	Carolina Sanchez Rodrigues	97	100359	Belenenses	4:33.10	+0,82	633	23
	50m: 31.93 31.93			150m: 1:40.60 34.18	250m: 2:50.20 34.69	350m: 3:59.26 33.49		
	100m: 1:06.42 34.49			200m: 2:15.51 34.91	300m: 3:25.77 35.57	400m: 4:33.10 33.84		
3.	Ana Filipa Martins	97	104438	Foca	4:38.30	+0,75	598	22
	50m: 31.13 31.13			150m: 1:39.78 34.62	250m: 2:50.06 35.18	350m: 4:01.98 36.22		
	100m: 1:05.16 34.03			200m: 2:14.88 35.10	300m: 3:25.76 35.70	400m: 4:38.30 36.32		
4.	Carolina Silva Moreira	99	118910	Natacao da Maia	4:41.23	+0,91	579	21
	50m: 31.86 31.86			150m: 1:42.45 35.89	250m: 2:54.04 35.47	350m: 4:06.38 36.15		
	100m: 1:06.56 34.70			200m: 2:18.57 36.12	300m: 3:30.23 36.19	400m: 4:41.23 34.85		
5.	Maria Ines Ferreira	00	116953	Miranda do Corvo	4:43.59	+0,94	565	20
	50m: 31.99 31.99			150m: 1:42.87 35.82	250m: 2:55.36 35.99	350m: 4:08.21 36.08		
	100m: 1:07.05 35.06			200m: 2:19.37 36.50	300m: 3:32.13 36.77	400m: 4:43.59 35.38		
6.	Ana Pires Brito	99	117031	Colegio Monte Maior	4:46.03		551	19
	50m: 31.28 31.28			150m: 1:41.92 35.69	250m: 2:55.09 36.63	350m: 4:09.21 37.21		
	100m: 1:06.23 34.95			200m: 2:18.46 36.54	300m: 3:32.00 36.91	400m: 4:46.03 36.82		
7.	Catarina Costa Fernandes	99	117253	Colegio Bernardette Romeira	4:46.18	+0,72	550	18
	50m: 31.05 31.05			150m: 1:42.23 36.23	250m: 2:55.67 36.99	350m: 4:10.98 37.94		
	100m: 1:06.00 34.95			200m: 2:18.68 36.45	300m: 3:33.04 37.37	400m: 4:46.18 35.20		
8.	Beatriz Mendes Viegas	00	110689	Tavira Natacao	4:49.48	+0,72	531	17
	50m: 32.49 32.49			150m: 1:43.70 36.13	250m: 2:58.12 37.46	350m: 4:13.96 37.88		
	100m: 1:07.57 35.08			200m: 2:20.66 36.96	300m: 3:36.08 37.96	400m: 4:49.48 35.52		
9.	Violante Pascoal Fontoura	97	101153	Viana Natacao	4:50.31	+0,85	527	16
	50m: 31.65 31.65			150m: 1:43.38 36.74	250m: 2:58.88 37.84	350m: 4:13.48 36.99		
	100m: 1:06.64 34.99			200m: 2:21.04 37.66	300m: 3:36.49 37.61	400m: 4:50.31 36.83		
10.	Ana Carolina Gomes	97	117127	Pimpoes/Cimai	4:51.48	+0,79	520	15
	50m: 32.07 32.07			150m: 1:44.35 36.70	250m: 2:59.06 37.67	350m: 4:15.12 37.62		
	100m: 1:07.65 35.58			200m: 2:21.39 37.04	300m: 3:37.50 38.44	400m: 4:51.48 36.36		
11.	Ana Sofia Filipe	95	26887	Nacional de Natacao	4:53.14		512	14
	50m: 33.15 33.15			150m: 1:45.69 36.65	250m: 3:00.86 37.85	350m: 4:16.51 37.84		
	100m: 1:09.04 35.89			200m: 2:23.01 37.32	300m: 3:38.67 37.81	400m: 4:53.14 36.63		
12.	Filipa Silva Cruz	92	10928	Laranjeiro	4:53.37	+0,84	510	13
	50m: 32.97 32.97			150m: 1:45.67 36.70	250m: 3:00.14 37.29	350m: 4:15.69 37.84		
	100m: 1:08.97 36.00			200m: 2:22.85 37.18	300m: 3:37.85 37.71	400m: 4:53.37 37.68		
13.	Carolina Isabel Machado	00	111445	Vitoria de Guimaraes/Olicargo	4:55.36	+0,95	500	12
	50m: 32.42 32.42			150m: 1:45.66 37.36	250m: 3:01.94 38.40	350m: 4:19.17 38.45		
	100m: 1:08.30 35.88			200m: 2:23.54 37.88	300m: 3:40.72 38.78	400m: 4:55.36 36.19		
14.	Elisa Sauval Goncalves	02	124069	Natacao Olhao	4:55.40	+0,76	500	11
	50m: 32.62 32.62			150m: 1:46.25 37.57	250m: 3:01.88 37.57	350m: 4:17.87 37.93		
	100m: 1:08.68 36.06			200m: 2:24.31 38.06	300m: 3:39.94 38.06	400m: 4:55.40 37.53		

Prova 23, Femin., 400m Livres, Absolutos

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
15.	Rita Ferreira Couto	98	101726	Bombeiros Ponta Delgada	4:55.41	+0,75	500	10
	50m: 32.30 32.30		150m: 1:45.49 37.36	250m: 3:01.04 37.86	350m: 4:18.14 38.44			
	100m: 1:08.13 35.83		200m: 2:23.18 37.69	300m: 3:39.70 38.66	400m: 4:55.41 37.27			
16.	Sandra Patricia Oliveira	99	112030	Ginasio Figueirense	4:57.34	+0,97	490	9
	50m: 32.57 32.57		150m: 1:45.57 37.13	250m: 3:01.95 38.87	350m: 4:19.64 38.72			
	100m: 1:08.44 35.87		200m: 2:23.08 37.51	300m: 3:40.92 38.97	400m: 4:57.34 37.70			
17.	Ana Sofia Ramos	97	102593	Fafe	4:58.89	+0,89	483	8
	50m: 33.56 33.56		150m: 1:47.55 37.53	250m: 3:03.96 38.28	350m: 4:22.09 39.37			
	100m: 1:10.02 36.46		200m: 2:25.68 38.13	300m: 3:42.72 38.76	400m: 4:58.89 36.80			
18.	Ana Margarida Cruz	00	123556	Aminata	4:59.80	+0,78	478	7
	50m: 33.71 33.71		150m: 1:49.66 38.49	250m: 3:06.43 38.23	350m: 4:23.81 38.45			
	100m: 1:11.17 37.46		200m: 2:28.20 38.54	300m: 3:45.36 38.93	400m: 4:59.80 35.99			
19.	Salome Pinto Monteiro	98	109388	Sporting de Espinho	5:03.11	+0,90	463	6
	50m: 32.99 32.99		150m: 1:47.44 38.31	250m: 3:05.91 39.46	350m: 4:24.68 39.06			
	100m: 1:09.13 36.14		200m: 2:26.45 39.01	300m: 3:45.62 39.71	400m: 5:03.11 38.43			
20.	Constanca Filipa Rodrigues	02	118480	Benedita	5:06.40	+0,72	448	5
	50m: 34.06 34.06		150m: 1:50.56 38.68	250m: 3:09.41 39.64	350m: 4:28.11 39.04			
	100m: 1:11.88 37.82		200m: 2:29.77 39.21	300m: 3:49.07 39.66	400m: 5:06.40 38.29			
21.	Luana Rafaela Resende	97	106443	Estamos Juntos	5:08.89	+0,91	437	4
	50m: 33.81 33.81		150m: 1:49.62 38.64	250m: 3:09.91 40.18	350m: 4:29.68 39.82			
	100m: 1:10.98 37.17		200m: 2:29.73 40.11	300m: 3:49.86 39.95	400m: 5:08.89 39.21			
22.	Ana Carmo Pinheiro	02	124856	Ginasio Santo Tirso	5:18.00		401	3
	50m: 34.82 34.82		150m: 1:55.42 41.12	250m: 3:16.90 40.82	350m: 4:38.83 41.40			
	100m: 1:14.30 39.48		200m: 2:36.08 40.66	300m: 3:57.43 40.53	400m: 5:18.00 39.17			
23.	Mariana Sebastiao Mendes	01	126564	Portinado	5:27.45	+0,77	367	2
	50m: 33.57 33.57		150m: 1:52.07 40.68	250m: 3:17.91 43.22	350m: 4:45.77 44.07			
	100m: 1:11.39 37.82		200m: 2:34.69 42.62	300m: 4:01.70 43.79	400m: 5:27.45 41.68			
WDR	Beatriz Neves Cardoso	98	105741	Colegio SMLamas				