

Prova 10
19-12-2014

Femin., 400m Estilos

Absoluto
Resultados

Recordes Nacionais 25m Absoluto	4:40.59	Victoria Kaminskaya	PIMP	Felgueiras	15-11-2014
Recordes Nacionais 25m Inf B	5:15.68	Susana Patricia Miguel	SFUAP	Rio Maior	06-07-2002
Recordes Nacionais 25m Inf A	5:05.68	Filiipa Vilas Ruivo	DNMG	Leiria	12-06-2010
Recordes Nacionais 25m Juv B	4:57.68	Susana Patricia Miguel	SFUAP	Penafiel	19-03-2004
Recordes Nacionais 25m Juv A	4:51.85	Ana Claudia Santos	SFUAP	Setubal	21-11-2004
Recordes Nacionais 25m Jun16	4:50.85	Diana Margarida Duraes	FOCA	Silves	02-12-2011
Recordes Nacionais 25m Jun17	4:48.80	Victoria Kaminskaya	PIMP	Silves	02-12-2011
Recordes Nacionais 25m Sen	4:40.59	Victoria Kaminskaya	PIMP	Felgueiras	15-11-2014

TAC-JUN98F Jun17: 5:11.83 / TAC-JUN99F Jun16: 5:14.88 / TAC-SEN95+VF Sen20+: 5:05.71 / TAC-SEN96F Sen19: 5:08.77 / TAC-SEN97F Sen18: 5:10.30

Pontos: FINA 2014

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
1.	Victoria Kaminskaya <i>Recorde Nacional, Sen e Abs</i>	95	Pimpoes/Cimai	4:39.03	+0,70	816
	50m: 28.89 28.89 150m: 1:38.15 36.13 250m: 2:52.59 38.88 350m: 4:06.26 34.02					
	100m: 1:02.02 33.13 200m: 2:13.71 35.56 300m: 3:32.24 39.65 400m: 4:39.03 32.77					
2.	Nadia Morais Vieira	90	Geslours	4:51.09	+0,76	719
	50m: 30.67 30.67 150m: 1:43.95 37.73 250m: 3:01.76 41.17 350m: 4:17.40 34.38					
	100m: 1:06.22 35.55 200m: 2:20.59 36.64 300m: 3:43.02 41.26 400m: 4:51.09 33.69					
3.	Madalena Gomes Azevedo	99	Alges	4:54.02	+0,85	698
	50m: 30.99 30.99 150m: 1:47.26 38.30 250m: 3:07.28 41.92 350m: 4:23.13 32.33					
	100m: 1:08.96 37.97 200m: 2:25.36 38.10 300m: 3:50.80 43.52 400m: 4:54.02 30.89					
4.	Ana Beatriz Martins	99	Famalicao	4:55.41	+0,87	688
	50m: 31.57 31.57 150m: 1:46.74 38.72 250m: 3:07.45 42.48 350m: 4:22.54 33.23					
	100m: 1:08.02 36.45 200m: 2:24.97 38.23 300m: 3:49.31 41.86 400m: 4:55.41 32.87					
5.	Filipa Vilas Ruivo	97	Ba/Bomcar	5:00.03	+0,85	657
	50m: 32.66 32.66 150m: 1:48.85 38.78 250m: 3:10.72 41.81 350m: 4:26.85 32.79					
	100m: 1:10.07 37.41 200m: 2:28.91 40.06 300m: 3:54.06 43.34 400m: 5:00.03 33.18					
6.	Rita Teixeira Costa	97	Belenenses	5:03.82	+0,71	632
	50m: 30.77 30.77 150m: 1:46.17 38.35 250m: 3:08.96 44.85 350m: 4:29.25 34.98					
	100m: 1:07.82 37.05 200m: 2:24.11 37.94 300m: 3:54.27 45.31 400m: 5:03.82 34.57					
7.	Ana Teresa Franco	91	Sporting	5:04.40	+0,81	629
	50m: 33.24 33.24 150m: 1:51.93 41.13 250m: 3:12.07 39.88 350m: 4:29.44 35.76					
	100m: 1:10.80 37.56 200m: 2:32.19 40.26 300m: 3:53.68 41.61 400m: 5:04.40 34.96					
8.	Rita Costa Amador	99	Galitos	5:04.68	+0,78	627
	50m: 32.84 32.84 150m: 1:49.28 39.03 250m: 3:11.45 44.34 350m: 4:30.16 34.59					
	100m: 1:10.25 37.41 200m: 2:27.11 37.83 300m: 3:55.57 44.12 400m: 5:04.68 34.52					
9.	Ana Marta Miranda	96	Uniao Piedense	5:05.44	+0,82	622
	50m: 31.72 31.72 150m: 1:46.88 38.66 250m: 3:08.94 44.39 350m: 4:30.08 36.71					
	100m: 1:08.22 36.50 200m: 2:24.55 37.67 300m: 3:53.37 44.43 400m: 5:05.44 35.36					
10.	Ana Monica Eloi <i>FTL</i>	96	Nautico da Marinha Grande	5:08.91	+0,87	602
	50m: 32.89 32.89 150m: 1:48.97 39.22 250m: 3:11.43 43.94 350m: 4:33.41 36.85					
	100m: 1:09.75 36.86 200m: 2:27.49 38.52 300m: 3:56.56 45.13 400m: 5:08.91 35.50					
11.	Margarida Peixoto Pelaio	98	Ginasio Figueirense	5:10.75	+0,78	591
	50m: 32.75 32.75 150m: 1:50.84 40.18 250m: 3:15.89 46.06 350m: 4:36.25 34.89					
	100m: 1:10.66 37.91 200m: 2:29.83 38.99 300m: 4:01.36 45.47 400m: 5:10.75 34.50					

Prova 10, Femin., 400m Estilos

Senior 95+V

1.	Victoria Kaminskaya	95	Pimpoes/Cimai	4:39.03	+0,70	816
	<i>Recorde Nacional, Sen e Abs</i>					
	50m: 28.89 28.89	150m: 1:38.15 36.13	250m: 2:52.59 38.88	350m: 4:06.26 34.02		
	100m: 1:02.02 33.13	200m: 2:13.71 35.56	300m: 3:32.24 39.65	400m: 4:39.03 32.77		
2.	Nadia Morais Vieira	90	Geslourses	4:51.09	+0,76	719
	50m: 30.67 30.67	150m: 1:43.95 37.73	250m: 3:01.76 41.17	350m: 4:17.40 34.38		
	100m: 1:06.22 35.55	200m: 2:20.59 36.64	300m: 3:43.02 41.26	400m: 4:51.09 33.69		
3.	Filipa Vilas Ruivo	97	Ba/Bomcar	5:00.03	+0,85	657
	50m: 32.66 32.66	150m: 1:48.85 38.78	250m: 3:10.72 41.81	350m: 4:26.85 32.79		
	100m: 1:10.07 37.41	200m: 2:28.91 40.06	300m: 3:54.06 43.34	400m: 5:00.03 33.18		
4.	Rita Teixeira Costa	97	Belenenses	5:03.82	+0,71	632
	50m: 30.77 30.77	150m: 1:46.17 38.35	250m: 3:08.96 44.85	350m: 4:29.25 34.98		
	100m: 1:07.82 37.05	200m: 2:24.11 37.94	300m: 3:54.27 45.31	400m: 5:03.82 34.57		
5.	Ana Teresa Franco	91	Sporting	5:04.40	+0,81	629
	50m: 33.24 33.24	150m: 1:51.93 41.13	250m: 3:12.07 39.88	350m: 4:29.44 35.76		
	100m: 1:10.80 37.56	200m: 2:32.19 40.26	300m: 3:53.68 41.61	400m: 5:04.40 34.96		
6.	Ana Marta Miranda	96	Uniao Piedense	5:05.44	+0,82	622
	50m: 31.72 31.72	150m: 1:46.88 38.66	250m: 3:08.94 44.39	350m: 4:30.08 36.71		
	100m: 1:08.22 36.50	200m: 2:24.55 37.67	300m: 3:53.37 44.43	400m: 5:05.44 35.36		
7.	Ana Monica Eloi	96	Nautico da Marinha Grande	5:08.91	+0,87	602
	<i>FTL</i>					
	50m: 32.89 32.89	150m: 1:48.97 39.22	250m: 3:11.43 43.94	350m: 4:33.41 36.85		
	100m: 1:09.75 36.86	200m: 2:27.49 38.52	300m: 3:56.56 45.13	400m: 5:08.91 35.50		

Senior 96

1.	Victoria Kaminskaya	95	Pimpoes/Cimai	4:39.03	+0,70	816
	<i>Recorde Nacional, Sen e Abs</i>					
	50m: 28.89 28.89	150m: 1:38.15 36.13	250m: 2:52.59 38.88	350m: 4:06.26 34.02		
	100m: 1:02.02 33.13	200m: 2:13.71 35.56	300m: 3:32.24 39.65	400m: 4:39.03 32.77		
2.	Nadia Morais Vieira	90	Geslourses	4:51.09	+0,76	719
	50m: 30.67 30.67	150m: 1:43.95 37.73	250m: 3:01.76 41.17	350m: 4:17.40 34.38		
	100m: 1:06.22 35.55	200m: 2:20.59 36.64	300m: 3:43.02 41.26	400m: 4:51.09 33.69		
3.	Filipa Vilas Ruivo	97	Ba/Bomcar	5:00.03	+0,85	657
	50m: 32.66 32.66	150m: 1:48.85 38.78	250m: 3:10.72 41.81	350m: 4:26.85 32.79		
	100m: 1:10.07 37.41	200m: 2:28.91 40.06	300m: 3:54.06 43.34	400m: 5:00.03 33.18		
4.	Rita Teixeira Costa	97	Belenenses	5:03.82	+0,71	632
	50m: 30.77 30.77	150m: 1:46.17 38.35	250m: 3:08.96 44.85	350m: 4:29.25 34.98		
	100m: 1:07.82 37.05	200m: 2:24.11 37.94	300m: 3:54.27 45.31	400m: 5:03.82 34.57		
5.	Ana Teresa Franco	91	Sporting	5:04.40	+0,81	629
	50m: 33.24 33.24	150m: 1:51.93 41.13	250m: 3:12.07 39.88	350m: 4:29.44 35.76		
	100m: 1:10.80 37.56	200m: 2:32.19 40.26	300m: 3:53.68 41.61	400m: 5:04.40 34.96		
6.	Ana Marta Miranda	96	Uniao Piedense	5:05.44	+0,82	622
	50m: 31.72 31.72	150m: 1:46.88 38.66	250m: 3:08.94 44.39	350m: 4:30.08 36.71		
	100m: 1:08.22 36.50	200m: 2:24.55 37.67	300m: 3:53.37 44.43	400m: 5:05.44 35.36		

Prova 10, Femin., 400m Estilos, Senior 96

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
7.	Ana Monica Eloi	96	Nautico da Marinha Grande	5:08.91	+0,87	602
	<i>FTL</i>					
	50m: 32.89 32.89	150m: 1:48.97 39.22	250m: 3:11.43 43.94	350m: 4:33.41 36.85		
	100m: 1:09.75 36.86	200m: 2:27.49 38.52	300m: 3:56.56 45.13	400m: 5:08.91 35.50		

Senior 97

1.	Victoria Kaminskaya	95	Pimpoes/Cimai	4:39.03	+0,70	816
	<i>Recorde Nacional, Sen e Abs</i>					
	50m: 28.89 28.89	150m: 1:38.15 36.13	250m: 2:52.59 38.88	350m: 4:06.26 34.02		
	100m: 1:02.02 33.13	200m: 2:13.71 35.56	300m: 3:32.24 39.65	400m: 4:39.03 32.77		
2.	Nadia Morais Vieira	90	Geslours	4:51.09	+0,76	719
	50m: 30.67 30.67	150m: 1:43.95 37.73	250m: 3:01.76 41.17	350m: 4:17.40 34.38		
	100m: 1:06.22 35.55	200m: 2:20.59 36.64	300m: 3:43.02 41.26	400m: 4:51.09 33.69		
3.	Filipa Vilas Ruivo	97	Ba/Bomcar	5:00.03	+0,85	657
	50m: 32.66 32.66	150m: 1:48.85 38.78	250m: 3:10.72 41.81	350m: 4:26.85 32.79		
	100m: 1:10.07 37.41	200m: 2:28.91 40.06	300m: 3:54.06 43.34	400m: 5:00.03 33.18		
4.	Rita Teixeira Costa	97	Belenenses	5:03.82	+0,71	632
	50m: 30.77 30.77	150m: 1:46.17 38.35	250m: 3:08.96 44.85	350m: 4:29.25 34.98		
	100m: 1:07.82 37.05	200m: 2:24.11 37.94	300m: 3:54.27 45.31	400m: 5:03.82 34.57		
5.	Ana Teresa Franco	91	Sporting	5:04.40	+0,81	629
	50m: 33.24 33.24	150m: 1:51.93 41.13	250m: 3:12.07 39.88	350m: 4:29.44 35.76		
	100m: 1:10.80 37.56	200m: 2:32.19 40.26	300m: 3:53.68 41.61	400m: 5:04.40 34.96		
6.	Ana Marta Miranda	96	Uniao Piedense	5:05.44	+0,82	622
	50m: 31.72 31.72	150m: 1:46.88 38.66	250m: 3:08.94 44.39	350m: 4:30.08 36.71		
	100m: 1:08.22 36.50	200m: 2:24.55 37.67	300m: 3:53.37 44.43	400m: 5:05.44 35.36		
7.	Ana Monica Eloi	96	Nautico da Marinha Grande	5:08.91	+0,87	602
	<i>FTL</i>					
	50m: 32.89 32.89	150m: 1:48.97 39.22	250m: 3:11.43 43.94	350m: 4:33.41 36.85		
	100m: 1:09.75 36.86	200m: 2:27.49 38.52	300m: 3:56.56 45.13	400m: 5:08.91 35.50		

Junior 98

1.	Margarida Peixoto Pelaio	98	Ginasio Figueirense	5:10.75	+0,78	591
	50m: 32.75 32.75	150m: 1:50.84 40.18	250m: 3:15.89 46.06	350m: 4:36.25 34.89		
	100m: 1:10.66 37.91	200m: 2:29.83 38.99	300m: 4:01.36 45.47	400m: 5:10.75 34.50		

Junior 99

1.	Madalena Gomes Azevedo	99	Alges	4:54.02	+0,85	698
	50m: 30.99 30.99	150m: 1:47.26 38.30	250m: 3:07.28 41.92	350m: 4:23.13 32.33		
	100m: 1:08.96 37.97	200m: 2:25.36 38.10	300m: 3:50.80 43.52	400m: 4:54.02 30.89		
2.	Ana Beatriz Martins	99	Famalicao	4:55.41	+0,87	688
	50m: 31.57 31.57	150m: 1:46.74 38.72	250m: 3:07.45 42.48	350m: 4:22.54 33.23		
	100m: 1:08.02 36.45	200m: 2:24.97 38.23	300m: 3:49.31 41.86	400m: 4:55.41 32.87		
3.	Rita Costa Amador	99	Galitos	5:04.68	+0,78	627
	50m: 32.84 32.84	150m: 1:49.28 39.03	250m: 3:11.45 44.34	350m: 4:30.16 34.59		
	100m: 1:10.25 37.41	200m: 2:27.11 37.83	300m: 3:55.57 44.12	400m: 5:04.68 34.52		