

Prova 16
02-04-2015 - 17:10

Femin., 400m Estilos
SOMAGUE

Absolutos
Resultados Final

Rec Nac Absoluto	4:45.69	Victoria Kaminskaya	FPN	Malaga (ESP)	29-03-2015
Rec Nac Juv B	5:01.04	Susana Patricia Miguel	SFUAP	Lisboa	08-07-2004
Rec Nac Juv A	4:58.08	Diana Margarida Duraes	FOCA	Póvoa de Varzim	05-08-2011
Rec Nac Jun16	4:57.84	Victoria Kaminskaya	PIMP	Oeiras	19-02-2011
Rec Nac Jun17	4:52.12	Victoria Kaminskaya	PIMP	Oeiras	27-07-2012
Rec Nac Sen	4:45.69	Victoria Kaminskaya	FPN	Malaga (ESP)	29-03-2015

TAC JUN16 Fem Jun16: 5:21.31 / TAC JUV15 Fem Juv A: 5:27.55 / TAC JUV14 Fem Juv B: 5:36.91

Pontos: FINA 2015

Lugar	Nome do nadador	Ano	Classes	Clube	T.R.	Tempo final	Pts
Final A							
1.	Angelica Maria Andre	94		Fluvial Portuense	+0,74	4:56.44	742
	50m: 31.24 31.24	150m: 1:45.19 39.41	250m: 3:06.59 42.94	350m: 4:23.83 34.80			
	100m: 1:05.78 34.54	200m: 2:23.65 38.46	300m: 3:49.03 42.44	400m: 4:56.44 32.61			
2.	Madalena Gomes Azevedo	99		Alges	+0,81	4:59.64	718
	50m: 32.21 32.21	150m: 1:48.89 39.61	250m: 3:10.26 42.88	350m: 4:27.46 33.58			
	100m: 1:09.28 37.07	200m: 2:27.38 38.49	300m: 3:53.88 43.62	400m: 4:59.64 32.18			
3.	Maria Francisca Cabral	00		Porto	+0,83	5:03.39	692
	50m: 31.89 31.89	150m: 1:48.14 39.70	250m: 3:10.39 43.68	350m: 4:29.74 34.41			
	100m: 1:08.44 36.55	200m: 2:26.71 38.57	300m: 3:55.33 44.94	400m: 5:03.39 33.65			
4.	Ana Beatriz Martins	99		Famalicao	+0,81	5:05.28	679
	50m: 32.72 32.72	150m: 1:50.89 40.58	250m: 3:14.75 43.84	350m: 4:32.52 34.16			
	100m: 1:10.31 37.59	200m: 2:30.91 40.02	300m: 3:58.36 43.61	400m: 5:05.28 32.76			
5.	Giovanna Vaz Vargas	00		Nautico da Marinha Grande	+0,70	5:07.39	665
	50m: 32.19 32.19	150m: 1:48.72 40.14	250m: 3:12.84 45.03	350m: 4:32.66 35.61			
	100m: 1:08.58 36.39	200m: 2:27.81 39.09	300m: 3:57.05 44.21	400m: 5:07.39 34.73			
6.	Raquel Paulo Ranito	94		Colegio Vasco da Gama	+0,73	5:11.88	637
	50m: 32.22 32.22	150m: 1:50.55 40.92	250m: 3:16.51 45.19	350m: 4:37.98 36.43			
	100m: 1:09.63 37.41	200m: 2:31.32 40.77	300m: 4:01.55 45.04	400m: 5:11.88 33.90			
7.	Rita Costa Amador	99		Galitos	+0,73	5:12.26	635
	50m: 32.41 32.41	150m: 1:50.66 40.03	250m: 3:15.50 45.06	350m: 4:36.61 35.08			
	100m: 1:10.63 38.22	200m: 2:30.44 39.78	300m: 4:01.53 46.03	400m: 5:12.26 35.65			
8.	Teresa Miguel Veloso	00		Nautico /Urgicentro-Sanfil	+0,75	5:12.32	634
	50m: 32.48 32.48	150m: 1:51.42 40.97	250m: 3:16.56 44.41	350m: 4:38.24 35.38			
	100m: 1:10.45 37.97	200m: 2:32.15 40.73	300m: 4:02.86 46.30	400m: 5:12.32 34.08			
9.	Filipa Vilas Ruivo	97		Ba/Bomcar		5:13.28	629
	50m: 32.70 32.70	150m: 1:53.19 42.72	250m: 3:20.09 45.83	350m: 4:39.56 34.39			
	100m: 1:10.47 37.77	200m: 2:34.26 41.07	300m: 4:05.17 45.08	400m: 5:13.28 33.72			
10.	Monica Seara Domingues	00		Nautico da Marinha Grande	+0,85	5:16.19	611
	50m: 33.07 33.07	150m: 1:51.82 40.25	250m: 3:17.49 45.93	350m: 4:40.68 36.29			
	100m: 1:11.57 38.50	200m: 2:31.56 39.74	300m: 4:04.39 46.90	400m: 5:16.19 35.51			
Final B							
11.	Carolina Rosa Marcelino	01		Alges	+0,72	5:13.70	626
	50m: 32.02 32.02	150m: 1:50.92 40.77	250m: 3:15.97 45.50	350m: 4:38.04 36.46			
	100m: 1:10.15 38.13	200m: 2:30.47 39.55	300m: 4:01.58 45.61	400m: 5:13.70 35.66			
12.	Demi Ferreira Lopes	98		Portinado	+0,57	5:15.07	618
	50m: 31.69 31.69	150m: 1:51.81 41.82	250m: 3:18.79 46.44	350m: 4:40.94 35.45			
	100m: 1:09.99 38.30	200m: 2:32.35 40.54	300m: 4:05.49 46.70	400m: 5:15.07 34.13			

Prova 16, Femin., 400m Estilos, Final, Absolutos

Lugar	Nome do nadador	Ano	Classes	Clube	T.R.	Tempo final	Pts
13.	Ines Rocha Silva	00		Alcobaca		5:16.28	611
	50m: 33.97 33.97	150m: 1:55.60	41.89	250m: 3:19.62	43.62	350m: 4:40.37	37.95
	100m: 1:13.71 39.74	200m: 2:36.00	40.40	300m: 4:02.42	42.80	400m: 5:16.28	35.91
14.	Helena Paula Carvalho	95		Uniao Piedense	+0,76	5:17.12	606
	50m: 33.04 33.04	150m: 1:52.00	41.25	250m: 3:19.47	47.41	350m: 4:42.86	35.96
	100m: 1:10.75 37.71	200m: 2:32.06	40.06	300m: 4:06.90	47.43	400m: 5:17.12	34.26
15.	Raquel Antunes Tremoco	01		Sporting	+0,84	5:20.92	585
	50m: 32.46 32.46	150m: 1:52.30	41.87	250m: 3:20.19	46.76	350m: 4:44.11	37.10
	100m: 1:10.43 37.97	200m: 2:33.43	41.13	300m: 4:07.01	46.82	400m: 5:20.92	36.81
16.	Sofia Machado Dionisio	98		Sporting	+0,81	5:23.29	572
	50m: 31.78 31.78	150m: 1:54.09	42.57	250m: 3:22.02	44.90	350m: 4:47.19	38.03
	100m: 1:11.52 39.74	200m: 2:37.12	43.03	300m: 4:09.16	47.14	400m: 5:23.29	36.10
17.	Luisa Maria Machado	01		Uniao Piedense		5:24.88	564
	50m: 34.86 34.86	150m: 1:58.54	43.21	250m: 3:25.80	45.58	350m: 4:48.98	37.22
	100m: 1:15.33 40.47	200m: 2:40.22	41.68	300m: 4:11.76	45.96	400m: 5:24.88	35.90
18.	Rita Teixeira Costa	97		Belenenses	+0,69	5:25.78	559
	50m: 31.67 31.67	150m: 1:52.13	41.99	250m: 3:21.33	47.54	350m: 4:48.21	37.92
	100m: 1:10.14 38.47	200m: 2:33.79	41.66	300m: 4:10.29	48.96	400m: 5:25.78	37.57
19.	Sara Sofia Alves	01		Columbofila Cantanhedense	+0,74	5:26.35	556
	50m: 33.24 33.24	150m: 1:56.29	44.14	250m: 3:26.83	47.69	350m: 4:52.12	36.75
	100m: 1:12.15 38.91	200m: 2:39.14	42.85	300m: 4:15.37	48.54	400m: 5:26.35	34.23
20.	Alice Maria Lopes FTL	00		Uniao Piedense	+0,78	5:28.35	546
	50m: 34.07 34.07	150m: 1:55.97	42.73	250m: 3:26.66	48.99	350m: 4:52.49	37.76
	100m: 1:13.24 39.17	200m: 2:37.67	41.70	300m: 4:14.73	48.07	400m: 5:28.35	35.86