

Prova 23	Femin., 400m Livres					Absolutos
01-11-2015						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 Jun 1	4:15.43	Tamila Hryhorivna Holub	SCB	Porto	20-12-2014	
Rec Nac Jun 2	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 2015

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Carolina Silverio Carpinteiro	02	119481	Natacao do Tejo	4:46.03		551	25,0(-)
	50m: 32.40 32.40		150m: 1:43.66 36.29	250m: 2:57.80 37.32	350m: 4:12.53 37.10			
	100m: 1:07.37 34.97		200m: 2:20.48 36.82	300m: 3:35.43 37.63	400m: 4:46.03 33.50			
2.	Patricia Goncalves Leal	01	123436	Ba/Bomcar	4:54.17		506	23,0(-)
	50m: 32.12 32.12		150m: 1:45.16 37.28	250m: 3:01.64 38.57	350m: 4:17.19 37.66			
	100m: 1:07.88 35.76		200m: 2:23.07 37.91	300m: 3:39.53 37.89	400m: 4:54.17 36.98			
3.	Ana Catarina Magalhaes	02	119092	Lousada SXXI	4:58.96		482	22,0(-)
	50m: 33.00 33.00		150m: 1:47.55 37.80	250m: 3:02.96 37.64	350m: 4:17.50 36.98			
	100m: 1:09.75 36.75		200m: 2:25.32 37.77	300m: 3:40.52 37.56	400m: 4:58.96 41.46			
4.	Joana Filipa Silva	98	125636	O Crasto	5:01.11		472	21,0(-)
	50m: 32.40 32.40		150m: 1:46.27 37.94	250m: 3:03.89 39.02	350m: 4:22.41 39.28			
	100m: 1:08.33 35.93		200m: 2:24.87 38.60	300m: 3:43.13 39.24	400m: 5:01.11 38.70			
5.	Nicoleta Lascu	02	121515	Litoral Alentejano	5:03.46		461	20,0(-)
	50m: 32.91 32.91		150m: 1:45.74 37.29	250m: 3:04.13 39.25	350m: 4:24.20 40.09			
	100m: 1:08.45 35.54		200m: 2:24.88 39.14	300m: 3:44.11 39.98	400m: 5:03.46 39.26			
6.	Patricia Cai Lin	01	126266	Alges e Agueda XXI	5:06.29		448	19,0(-)
	50m: 35.24 35.24		150m: 1:52.64 38.79	250m: 3:12.78 40.34	350m: 4:31.76 39.09			
	100m: 1:13.85 38.61		200m: 2:32.44 39.80	300m: 3:52.67 39.89	400m: 5:06.29 34.53			
7.	Mariana Lopes Martins	98	122076	CCDSerta	5:07.64		443	18,0(-)
	50m: 33.40 33.40		150m: 1:49.37 39.04	250m: 3:09.46 40.30	350m: 4:29.77 40.26			
	100m: 1:10.33 36.93		200m: 2:29.16 39.79	300m: 3:49.51 40.05	400m: 5:07.64 37.87			
8.	Mariana Graca Vasconcelos	99	107648	Bombeiros Estoris	5:07.85		442	17,0(-)
	50m: 35.30 35.30		150m: 1:53.07 38.82	250m: 3:13.35 40.29	350m: 4:31.38 38.12			
	100m: 1:14.25 38.95		200m: 2:33.06 39.99	300m: 3:53.26 39.91	400m: 5:07.85 36.47			
9.	Soraia Margarida Carvalho	00	124112	Albicastrense	5:08.85		437	16,0(-)
	50m: 35.20 35.20		150m: 1:53.76 39.77	250m: 3:13.58 39.67	350m: 4:32.32 39.00			
	100m: 1:13.99 38.79		200m: 2:33.91 40.15	300m: 3:53.32 39.74	400m: 5:08.85 36.53			
10.	Nicia Filipa Ferreira	01	112459	Natacao Guarda	5:15.81		409	15,0(-)
	50m: 33.53 33.53		150m: 1:52.13 40.48	250m: 3:13.58 40.87	350m: 4:38.06 42.71			
	100m: 1:11.65 38.12		200m: 2:32.71 40.58	300m: 3:55.35 41.77	400m: 5:15.81 37.75			
11.	Maria Joao Pereira	98	118608	Mirandela	5:16.60		406	14,0(-)
	50m: 35.48 35.48		150m: 1:53.94 39.57	250m: 3:14.32 40.27	350m: 4:36.65 41.68			
	100m: 1:14.37 38.89		200m: 2:34.05 40.11	300m: 3:54.97 40.65	400m: 5:16.60 39.95			
12.	Carolina Pereira Pedrosa	02	126677	Vieirense	5:18.72		398	13,0(-)
	50m: 35.26 35.26		150m: 1:55.33 40.79	250m: 3:17.68 40.49	350m: 4:39.60 40.48			
	100m: 1:14.54 39.28		200m: 2:37.19 41.86	300m: 3:59.12 41.44	400m: 5:18.72 39.12			
13.	Bruna Marisa Fonseca	99	111626	Amigos da Montanha	5:19.88		394	12,0(-)
	50m: 33.85 33.85		150m: 1:52.59 40.52	250m: 3:16.01 42.09	350m: 4:39.18 41.63			
	100m: 1:12.07 38.22		200m: 2:33.92 41.33	300m: 3:57.55 41.54	400m: 5:19.88 40.70			

Prova 23, Femin., 400m Livres, Absolutos

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
14.	Constanca Basilio Gil	03	125758	CLAC-Entroncamento	5:23.70		380	11,0(-)
	50m: 36.21 36.21		150m: 1:57.89 41.62	250m: 3:21.34 41.70	350m: 4:44.65 41.25	400m: 5:23.70 39.05		
	100m: 1:16.27 40.06		200m: 2:39.64 41.75	300m: 4:03.40 42.06				
15.	Maria Ines Rodrigues	98	153433	Cultura e Desporto	5:29.67		359	10,0(-)
	50m: 34.23 34.23		150m: 1:55.87 41.68	250m: 3:22.10 43.81	350m: 4:49.11 43.35	400m: 5:29.67 40.56		
	100m: 1:14.19 39.96		200m: 2:38.29 42.42	300m: 4:05.76 43.66				
16.	Ines Cadilhe Alexandre	02	128400	Naval Povoense	5:32.16		351	9,0(-)
	50m: 37.11 37.11		150m: 1:59.77 42.28	250m: 3:25.07 42.98	350m: 4:50.66 42.83	400m: 5:32.16 41.50		
	100m: 1:17.49 40.38		200m: 2:42.09 42.32	300m: 4:07.83 42.76				
17.	Leonor Esteves Santos	04	130603	Avancado EUL	5:32.76		350	8,0(-)
	50m: 37.50 37.50		150m: 2:02.24 42.11	250m: 3:27.10 42.86	350m: 4:52.84 42.36	400m: 5:32.76 39.92		
	100m: 1:20.13 42.63		200m: 2:44.24 42.00	300m: 4:10.48 43.38				
18.	Sara Catarina Teixeira	99	121735	Penafiel	5:36.48		338	7,0(-)
	50m: 35.82 35.82		150m: 1:58.91 42.73	250m: 3:26.58 43.93	350m: 4:55.38 44.28	400m: 5:36.48 41.10		
	100m: 1:16.18 40.36		200m: 2:42.65 43.74	300m: 4:11.10 44.52				
19.	Caetana Neves Carneiro	03	129163	Atletico	5:38.03		333	6,0(-)
	50m: 37.09 37.09		150m: 2:00.37 42.24	250m: 3:27.46 43.66	350m: 4:56.15 44.08	400m: 5:38.03 41.88		
	100m: 1:18.13 41.04		200m: 2:43.80 43.43	300m: 4:12.07 44.61				
20.	Diana Gomes Silva	01	123950	Nucleo Ansiao	5:46.32		310	5,0(-)
	50m: 36.67 36.67		150m: 2:02.38 44.10	250m: 3:31.82 44.88	350m: 5:02.56 45.40	400m: 5:46.32 43.76		
	100m: 1:18.28 41.61		200m: 2:46.94 44.56	300m: 4:17.16 45.34				
21.	Maria Eduarda Ferreira	01	132195	BUZIOS-Coruche	5:56.35		285	4,0(-)
	50m: 37.37 37.37		150m: 2:05.49 44.89	250m: 3:38.49 46.91	350m: 5:11.38 46.43	400m: 5:56.35 44.97		
	100m: 1:20.60 43.23		200m: 2:51.58 46.09	300m: 4:24.95 46.46				
22.	Ines Fagundes Pereira	04	126590	Naval Praia Vitoria	6:00.33		275	3,0(-)
	50m: 40.45 40.45		150m: 2:13.27 46.75	250m: 3:45.92 46.16	350m: 5:18.89 46.12	400m: 6:00.33 41.44		
	100m: 1:26.52 46.07		200m: 2:59.76 46.49	300m: 4:32.77 46.85				
23.	Beatriz Gilsa Contenda	00	132196	Campomaiorense	7:11.06		161	2,0(-)
	50m: 42.16 42.16		150m: 2:27.60 56.00	250m: 4:20.53 56.64	350m: 6:15.52 57.79	400m: 7:11.06 55.54		
	100m: 1:31.60 49.44		200m: 3:23.89 56.29	300m: 5:17.73 57.20				
24.	Matilde Simoes Teixeira	00	200209	Salvaterra de Magos	7:16.07		155	1,0(-)
	50m: 42.26 42.26		150m: 2:31.69 56.68	250m: 4:25.49 56.99	350m: 6:21.92 58.57	400m: 7:16.07 54.15		
	100m: 1:35.01 52.75		200m: 3:28.50 56.81	300m: 5:23.35 57.86				

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