

Prova 23	Femin., 400m Livres				Absolutos
29-11-2015					Resultados
Rec Nac Absoluto	4:11.62	Diana Margarida Duraes	FCP	Vila Real Stº Antonio	07-11-2015
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	4:15.43	Tamila Hryhorivna Holub	SCB	Porto	20-12-2014
Rec Nac Jun17	4:12.72	Tamila Hryhorivna Holub	SCB	Felgueiras	15-11-2015
Rec Nac Sen	4:11.62	Diana Margarida Duraes	FCP	Vila Real Stº Antonio	07-11-2015

Pontos: FINA 2015

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Patricia Palmeiro Baeta	00	112658	Scalabiswim	4:33.35	+0,75	631	25,00-
	50m: 31.86 31.86	150m: 1:40.69 34.75	250m: 2:51.37 35.51	350m: 4:00.02 33.44				
	100m: 1:05.94 34.08	200m: 2:15.86 35.17	300m: 3:26.58 35.21	400m: 4:33.35 33.33				
2.	Ana Reis Sousa	02	122440	Litoral Alentejano	4:38.31	+0,82	598	23,00-
	50m: 31.82 31.82	150m: 1:40.64 34.64	250m: 2:51.56 35.64	350m: 3:59.29 32.10				
	100m: 1:06.00 34.18	200m: 2:15.92 35.28	300m: 3:27.19 35.63	400m: 4:38.31 39.02				
3.	Carolina Marques Neves	01	121422	Torres Novas	4:40.07	+0,78	587	22,00-
	50m: 32.28 32.28	150m: 1:43.37 35.35	250m: 2:53.77 34.79	350m: 4:05.64 35.79				
	100m: 1:08.02 35.74	200m: 2:18.98 35.61	300m: 3:29.85 36.08	400m: 4:40.07 34.43				
4.	Beatriz Neves Cardoso	98	105741	Colegio SMLamas	4:40.79	+0,91	582	21,00-
	50m: 32.43 32.43	150m: 1:43.12 35.39	250m: 2:54.20 34.47	350m: 4:05.32 35.56				
	100m: 1:07.73 35.30	200m: 2:18.73 35.61	300m: 3:29.76 35.56	400m: 4:40.79 35.47				
5.	Carolina Silverio Carpinteiro	02	119481	Natacao do Tejo	4:45.80	+0,82	552	20,00-
	50m: 31.45 31.45	150m: 1:41.57 35.65	250m: 2:55.03 36.95	350m: 4:10.10 37.37				
	100m: 1:05.92 34.47	200m: 2:18.08 36.51	300m: 3:32.73 37.70	400m: 4:45.80 35.70				
6.	Beatriz Marques Ferreira	00	122579	Campinho	4:46.24	+0,77	549	19,00-
	50m: 31.74 31.74	150m: 1:43.57 36.47	250m: 2:56.79 36.47	350m: 4:10.66 36.99				
	100m: 1:07.10 35.36	200m: 2:20.32 36.75	300m: 3:33.67 36.88	400m: 4:46.24 35.58				
7.	Ana Ines Fernandes	00	119258	Vitoria/ Olicargo	4:48.76	+0,91	535	18,00-
	50m: 31.60 31.60	150m: 1:41.90 35.94	250m: 2:56.62 37.50	350m: 4:12.62 38.35				
	100m: 1:05.96 34.36	200m: 2:19.12 37.22	300m: 3:34.27 37.65	400m: 4:48.76 36.14				
8.	Tania Cristina Mendes	99	111028	Vieirense	4:49.64	+0,86	530	17,00-
	50m: 32.33 32.33	150m: 1:44.26 36.61	250m: 2:58.18 36.81	350m: 4:13.65 38.18				
	100m: 1:07.65 35.32	200m: 2:21.37 37.11	300m: 3:35.47 37.29	400m: 4:49.64 35.99				
9.	Joana Filipa Silva	98	125636	O Crasto	4:50.30	+0,78	527	16,00-
	50m: 31.88 31.88	150m: 1:43.73 36.73	250m: 2:58.50 37.50	350m: 4:14.25 37.92				
	100m: 1:07.00 35.12	200m: 2:21.00 37.27	300m: 3:36.33 37.83	400m: 4:50.30 36.05				
10.	Ana Beatriz Silva	96	112263	Gafanha da Encarnacao	4:50.53	+0,79	525	15,00-
	50m: 31.77 31.77	150m: 1:42.33 35.57	250m: 2:55.12 36.78	350m: 4:12.38 39.22				
	100m: 1:06.76 34.99	200m: 2:18.34 36.01	300m: 3:33.16 38.04	400m: 4:50.53 38.15				
11.	Rita Filipa Paulino	00	118462	Naval Setubalense	4:53.83	+0,90	508	14,00-
	50m: 33.44 33.44	150m: 1:48.66 38.18	250m: 3:03.79 37.62	350m: 4:18.66 37.51				
	100m: 1:10.48 37.04	200m: 2:26.17 37.51	300m: 3:41.15 37.36	400m: 4:53.83 35.17				
12.	Patricia Goncalves Leal	01	123436	Ba/Bomcar	4:54.51	+0,87	504	13,00-
	50m: 32.14 32.14	150m: 1:46.23 37.81	250m: 3:02.62 37.97	350m: 4:18.29 37.64				
	100m: 1:08.42 36.28	200m: 2:24.65 38.42	300m: 3:40.65 38.03	400m: 4:54.51 36.22				
13.	Ines Isabel Graca	00	121283	Gualdim Pais	4:59.59	+0,85	479	12,00-
	50m: 31.81 31.81	150m: 1:45.57 37.76	250m: 3:03.35 38.91	350m: 4:21.67 39.13				
	100m: 1:07.81 36.00	200m: 2:24.44 38.87	300m: 3:42.54 39.19	400m: 4:59.59 37.92				

Prova 23, Femin., 400m Livres, Absolutos

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
14.	Ana Catarina Magalhaes	02	119092	Lousada SXXI	5:00.37	+0,83	475	11,0(-)
	50m: 32.68 32.68		150m: 1:47.58 38.04	250m: 3:04.84 38.25	350m: 4:23.11 39.02			
	100m: 1:09.54 36.86		200m: 2:26.59 39.01	300m: 3:44.09 39.25	400m: 5:00.37 37.26			
15.	Andreia Avila Jesus	00	125366	Natacao de Vagos	5:00.85	+0,79	473	10,0(-)
	50m: 33.04 33.04		150m: 1:48.54 38.50	250m: 3:05.93 38.56	350m: 4:23.69 38.88			
	100m: 1:10.04 37.00		200m: 2:27.37 38.83	300m: 3:44.81 38.88	400m: 5:00.85 37.16			
16.	Ana Carmo Pinheiro	02	124856	Ginasio Santo Tirso	5:02.32	+0,84	466	9,0(-)
	50m: 34.18 34.18		150m: 1:50.53 38.59	250m: 3:07.04 38.10	350m: 4:24.73 38.52			
	100m: 1:11.94 37.76		200m: 2:28.94 38.41	300m: 3:46.21 39.17	400m: 5:02.32 37.59			
17.	Ines Manaia Correia	02	125614	Condeixa Clube	5:03.30	+0,77	462	8,0(-)
	50m: 32.81 32.81		150m: 1:48.62 38.78	250m: 3:06.91 39.19	350m: 4:25.42 39.26			
	100m: 1:09.84 37.03		200m: 2:27.72 39.10	300m: 3:46.16 39.25	400m: 5:03.30 37.88			
18.	Daniela Silva Barcelos	98	106525	Nucleo Sportinguista Terceira	5:05.63	+0,87	451	7,0(-)
	50m: 33.66 33.66		150m: 1:49.86 38.77	250m: 3:08.77 39.39	350m: 4:28.00 39.62			
	100m: 1:11.09 37.43		200m: 2:29.38 39.52	300m: 3:48.38 39.61	400m: 5:05.63 37.63			
19.	Marta Alexandra Saraiva	93	14641	Nautica do Seixal	5:07.21	+0,86	444	6,0(-)
	50m: 33.24 33.24		150m: 1:48.16 38.22	250m: 3:06.96 39.80	350m: 4:27.85 40.41			
	100m: 1:09.94 36.70		200m: 2:27.16 39.00	300m: 3:47.44 40.48	400m: 5:07.21 39.36			
20.	Patricia Cai Lin	01	126266	Alges e Agueda XXI	5:09.07	+0,92	436	5,0(-)
	50m: 33.86 33.86		150m: 1:51.02 39.20	250m: 3:11.13 40.49	350m: 4:32.11 40.30			
	100m: 1:11.82 37.96		200m: 2:30.64 39.62	300m: 3:51.81 40.68	400m: 5:09.07 36.96			
21.	Laura da Luz Fonseca	03	122825	Naval de Ponta Delgada	5:10.96		428	4,0(-)
	50m: 35.30 35.30		150m: 1:52.90 39.41	250m: 3:12.72 39.87	350m: 4:32.94 40.16			
	100m: 1:13.49 38.19		200m: 2:32.85 39.95	300m: 3:52.78 40.06	400m: 5:10.96 38.02			
22.	Sara Tavares Baptista	00	123942	Feirense	5:11.91	+0,92	425	3,0(-)
	50m: 34.73 34.73		150m: 1:53.91 39.98	250m: 3:14.80 40.71	350m: 4:35.65 40.24			
	100m: 1:13.93 39.20		200m: 2:34.09 40.18	300m: 3:55.41 40.61	400m: 5:11.91 36.26			
23.	Rita Oliveira Noritake	98	107643	Bombeiros Estoris	5:15.38	+0,80	411	2,0(-)
	50m: 34.21 34.21		150m: 1:52.58 39.97	250m: 3:14.13 40.84	350m: 4:36.00 40.48			
	100m: 1:12.61 38.40		200m: 2:33.29 40.71	300m: 3:55.52 41.39	400m: 5:15.38 39.38			
24.	Melissa Sousa Vilarinho	03	124377	FC Ferreiras	5:30.39	+0,84	357	1,0(-)
	50m: 36.03 36.03		150m: 1:59.59 42.37	250m: 3:24.62 42.43	350m: 4:49.00 41.72			
	100m: 1:17.22 41.19		200m: 2:42.19 42.60	300m: 4:07.28 42.66	400m: 5:30.39 41.39			