

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.	Madalena Amaro Machado	98	105916	Academico Viseu	4:31.08	+0,91	647	25,00-
	50m: 30.79 30.79		150m: 1:39.65 34.67	250m: 2:48.16 33.83	350m: 3:57.51 34.63			
	100m: 1:04.98 34.19		200m: 2:14.33 34.68	300m: 3:22.88 34.72	400m: 4:31.08 33.57			
2.	Carolina Madeira Santos	96	104254	Naval Amorense	4:34.83	+0,90	621	23,00-
	50m: 31.00 31.00		150m: 1:39.73 34.78	250m: 2:49.95 35.02	350m: 4:00.48 35.24			
	100m: 1:04.95 33.95		200m: 2:14.93 35.20	300m: 3:25.24 35.29	400m: 4:34.83 34.35			
3.	Mariana Amaral Mendes	02	123959	Colegio Monte Maior	4:38.80	+0,89	595	22,00-
	50m: 31.54 31.54		150m: 1:41.48 35.25	250m: 2:52.97 35.78	350m: 4:04.71 35.67			
	100m: 1:06.23 34.69		200m: 2:17.19 35.71	300m: 3:29.04 36.07	400m: 4:38.80 34.09			
4.	Ines Eira Pereira	99	117517	Estamos Juntos	4:41.56	+0,89	577	21,00-
	50m: 32.10 32.10		150m: 1:42.13 35.38	250m: 2:53.61 35.79	350m: 4:06.87 36.96			
	100m: 1:06.75 34.65		200m: 2:17.82 35.69	300m: 3:29.91 36.30	400m: 4:41.56 34.69			
5.	Ariana Santos Lopes	00	122846	Estarreja	4:42.03	+0,81	574	20,00-
	50m: 32.16 32.16		150m: 1:41.77 35.17	250m: 2:54.41 36.75	350m: 4:07.11 36.41			
	100m: 1:06.60 34.44		200m: 2:17.66 35.89	300m: 3:30.70 36.29	400m: 4:42.03 34.92			
6.	Nina Pinto Ribeiro	02	116914	Foca	4:42.11	+0,87	574	19,00-
	50m: 31.51 31.51		150m: 1:41.85 35.55	250m: 2:53.30 35.60	350m: 4:06.33 36.31			
	100m: 1:06.30 34.79		200m: 2:17.70 35.85	300m: 3:30.02 36.72	400m: 4:42.11 35.78			
7.	Emilia Matos Pereira	99	112662	Fundacao Beatriz Santos	4:42.12	+0,81	574	18,00-
	50m: 32.39 32.39		150m: 1:43.21 35.32	250m: 2:54.18 35.44	350m: 4:07.24 36.59			
	100m: 1:07.89 35.50		200m: 2:18.74 35.53	300m: 3:30.65 36.47	400m: 4:42.12 34.88			
8.	Ana Catarina Oliveira	99	112314	Geslours	4:43.59	+0,80	565	17,00-
	50m: 32.50 32.50		150m: 1:43.91 36.04	250m: 2:56.98 36.12	350m: 4:08.77 35.80			
	100m: 1:07.87 35.37		200m: 2:20.86 36.95	300m: 3:32.97 35.99	400m: 4:43.59 34.82			
9.	Ana Miguel Pinto	99	107478	Viana Natacao	4:44.65	+0,90	559	16,00-
	50m: 31.13 31.13		150m: 1:41.57 35.96	250m: 2:54.96 36.97	350m: 4:09.31 37.12			
	100m: 1:05.61 34.48		200m: 2:17.99 36.42	300m: 3:32.19 37.23	400m: 4:44.65 35.34			
10.	Sofia Alexandra Nunes	00	112322	Laranjeiro	4:44.84	+0,79	558	15,00-
	50m: 31.04 31.04		150m: 1:42.63 36.67	250m: 2:56.36 36.77	350m: 4:09.91 36.33			
	100m: 1:05.96 34.92		200m: 2:19.59 36.96	300m: 3:33.58 37.22	400m: 4:44.84 34.93			
11.	Joana Daniela Jacinto	01	111230	Natacao da Maia	4:49.69	+0,77	530	14,00-
	50m: 31.89 31.89		150m: 1:44.98 37.04	250m: 2:59.28 37.03	350m: 4:13.95 37.41			
	100m: 1:07.94 36.05		200m: 2:22.25 37.27	300m: 3:36.54 37.26	400m: 4:49.69 35.74			
12.	Carla Laranjeira Marques	00	109363	Sporting de Aveiro	4:51.45	+0,78	521	13,00-
	50m: 31.87 31.87		150m: 1:44.62 36.85	250m: 2:59.38 37.73	350m: 4:15.54 38.01			
	100m: 1:07.77 35.90		200m: 2:21.65 37.03	300m: 3:37.53 38.15	400m: 4:51.45 35.91			
13.	Constanca Filipa Rodrigues	02	118480	Benedita	4:51.54	+0,75	520	12,00-
	50m: 32.07 32.07		150m: 1:45.02 37.24	250m: 3:00.19 37.49	350m: 4:15.01 37.38			
	100m: 1:07.78 35.71		200m: 2:22.70 37.68	300m: 3:37.63 37.44	400m: 4:51.54 36.53			

Prova 23, Femin., 400m Livres, Absolutos

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
14.	Ana Margarida Leite	02	123141	Fafe	4:51.58	+0,97	520	11,0(-)
	50m: 32.19 32.19		150m: 1:44.45 36.86	250m: 3:00.15 37.90		350m: 4:16.08 38.19		
	100m: 1:07.59 35.40		200m: 2:22.25 37.80	300m: 3:37.89 37.74		400m: 4:51.58 35.50		
15.	Catarina Miguel Silva	01	120341	Natacao de Faro	4:51.85	+0,82	518	10,0(-)
	50m: 32.46 32.46		150m: 1:45.16 36.73	250m: 3:00.16 37.67		350m: 4:16.14 38.22		
	100m: 1:08.43 35.97		200m: 2:22.49 37.33	300m: 3:37.92 37.76		400m: 4:51.85 35.71		
16.	Elisa Sauval Goncalves	02	124069	Natacao Olhao	4:51.92	+0,83	518	9,0(-)
	50m: 31.82 31.82		150m: 1:44.73 36.83	250m: 2:59.63 37.65		350m: 4:15.18 37.83		
	100m: 1:07.90 36.08		200m: 2:21.98 37.25	300m: 3:37.35 37.72		400m: 4:51.92 36.74		
17.	Ana Sofia Filipe	95	26887	Nacional de Natacao	4:52.36	+0,88	516	8,0(-)
	50m: 33.60 33.60		150m: 1:46.46 36.84	250m: 3:00.96 37.46		350m: 4:16.21 37.37		
	100m: 1:09.62 36.02		200m: 2:23.50 37.04	300m: 3:38.84 37.88		400m: 4:52.36 36.15		
18.	Mariana Filipa Moreira	02	125777	Natacao de Valongo	4:52.46	+0,95	515	7,0(-)
	50m: 32.08 32.08		150m: 1:45.19 37.14	250m: 3:00.21 37.58		350m: 4:15.83 37.65		
	100m: 1:08.05 35.97		200m: 2:22.63 37.44	300m: 3:38.18 37.97		400m: 4:52.46 36.63		
19.	Maria Joao Carvalho	02	123679	Portinado	5:00.67	+0,78	474	6,0(-)
	50m: 31.35 31.35		150m: 1:44.35 37.22	250m: 3:01.52 39.04		350m: 4:21.01 39.95		
	100m: 1:07.13 35.78		200m: 2:22.48 38.13	300m: 3:41.06 39.54		400m: 5:00.67 39.66		
20.	Ana Margarida Cruz	00	123556	Aminata	5:02.82	+0,76	464	5,0(-)
	50m: 32.78 32.78		150m: 1:48.62 38.44	250m: 3:06.88 38.95		350m: 4:25.64 39.05		
	100m: 1:10.18 37.40		200m: 2:27.93 39.31	300m: 3:46.59 39.71		400m: 5:02.82 37.18		
21.	Salome Pinto Monteiro	98	109388	Sporting de Espinho	5:08.76	+0,94	438	4,0(-)
	50m: 32.85 32.85		150m: 1:47.12 38.11	250m: 3:07.36 40.47		350m: 4:29.09 40.80		
	100m: 1:09.01 36.16		200m: 2:26.89 39.77	300m: 3:48.29 40.93		400m: 5:08.76 39.67		
22.	Margarida Mota Silva	03	122224	Natacao do Montijo	5:10.87	+0,86	429	3,0(-)
	50m: 33.10 33.10		150m: 1:51.25 40.39	250m: 3:12.42 40.49		350m: 4:33.28 40.23		
	100m: 1:10.86 37.76		200m: 2:31.93 40.68	300m: 3:53.05 40.63		400m: 5:10.87 37.59		
23.	Leonor Rodrigues Carvalho	02	130402	Bombeiros Ponta Delgada	5:11.51	+0,78	426	2,0(-)
	50m: 34.29 34.29		150m: 1:53.57 40.11	250m: 3:15.09 40.85		350m: 4:35.67 40.23		
	100m: 1:13.46 39.17		200m: 2:34.24 40.67	300m: 3:55.44 40.35		400m: 5:11.51 35.84		
24.	Beatriz Catarino Moura	02	129581	Nautico Abrantes	5:13.35	+0,83	419	1,0(-)
	50m: 32.55 32.55		150m: 1:50.22 40.28	250m: 3:12.40 41.70		350m: 4:35.17 41.76		
	100m: 1:09.94 37.39		200m: 2:30.70 40.48	300m: 3:53.41 41.01		400m: 5:13.35 38.18		