

Prova 10
11-12-2015 - 17:40

Femin., 400m Estilos

16 anos e mais velhos

Resultados

Recordes Nacionais 25m Absoluto	4:38.62	Victoria Kaminskaya	POR	Netanya (ISR)	02-12-2015
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	4:38.62	Victoria Kaminskaya	POR	Netanya (ISR)	02-12-2015

TAC_B-JUNF Jun: 5:33.85 / TAC_B-SENF Sen: 5:22.53

Pontos: FINA 2015

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
Seniores						
1.	Victoria Kaminskaya	95	Estrelas S. Joao de Brito	4:37.41	+0,73	821
	<i>Rec Nacional, Sen e Abs</i>					
	50m: 29.44 29.44	150m: 1:38.05 35.36	250m: 2:52.19 38.69	350m: 4:04.64 33.13		
	100m: 1:02.69 33.25	200m: 2:13.50 35.45	300m: 3:31.51 39.32	400m: 4:37.41 32.77		
2.	Sofia Machado Dionisio	98	Sporting	5:02.74	+0,84	632
	50m: 32.44 32.44	150m: 1:46.37 37.91	250m: 3:07.65 42.84	350m: 4:27.26 36.27		
	100m: 1:08.46 36.02	200m: 2:24.81 38.44	300m: 3:50.99 43.34	400m: 5:02.74 35.48		
3.	Rita Teixeira Costa	97	Belenenses	5:04.72	+0,70	620
	50m: 32.06 32.06	150m: 1:47.93 38.70	250m: 3:10.01 44.32	350m: 4:29.69 35.63		
	100m: 1:09.23 37.17	200m: 2:25.69 37.76	300m: 3:54.06 44.05	400m: 5:04.72 35.03		
4.	Raquel Paulo Ranito	94	Sporting	5:08.14	+0,79	599
	50m: 32.12 32.12	150m: 1:48.38 39.19	250m: 3:12.62 44.72	350m: 4:33.72 35.97		
	100m: 1:09.19 37.07	200m: 2:27.90 39.52	300m: 3:57.75 45.13	400m: 5:08.14 34.42		
5.	Beatriz Pereira Vasconcelos	98	Vilacondense	5:10.24	+0,72	587
	50m: 33.47 33.47	150m: 1:49.98 38.82	250m: 3:12.47 43.92	350m: 4:33.90 36.96		
	100m: 1:11.16 37.69	200m: 2:28.55 38.57	300m: 3:56.94 44.47	400m: 5:10.24 36.34		
6.	Margarida Peixoto Pelaio	98	Ginasio Figueirense	5:18.30	+0,77	544
	50m: 32.75 32.75	150m: 1:51.83 41.21	250m: 3:20.15 47.73	350m: 4:42.85 35.84		
	100m: 1:10.62 37.87	200m: 2:32.42 40.59	300m: 4:07.01 46.86	400m: 5:18.30 35.45		
DNS	Rute Margarida Marques	94	Amadora			
WDR	Ana Catarina Monteiro	93	Vilacondense			

Juniores

1.	Madalena Gomes Azevedo	99	Alges	4:53.44	+0,73	694
	50m: 30.62 30.62	150m: 1:43.64 37.45	250m: 3:02.86 41.38	350m: 4:20.24 33.72		
	100m: 1:06.19 35.57	200m: 2:21.48 37.84	300m: 3:46.52 43.66	400m: 4:53.44 33.20		
2.	Giovanna Vaz Vargas	00	Nautico Marinha Grande	4:55.58	+0,91	679
	50m: 31.75 31.75	150m: 1:45.08 37.87	250m: 3:05.49 43.31	350m: 4:22.18 33.81		
	100m: 1:07.21 35.46	200m: 2:22.18 37.10	300m: 3:48.37 42.88	400m: 4:55.58 33.40		
3.	Rita Costa Amador	99	Galitos/Bresimar	4:57.59	+0,74	665
	50m: 31.55 31.55	150m: 1:46.85 38.01	250m: 3:07.01 42.77	350m: 4:24.15 33.90		
	100m: 1:08.84 37.29	200m: 2:24.24 37.39	300m: 3:50.25 43.24	400m: 4:57.59 33.44		
4.	Ana Beatriz Martins	99	Famalicao	4:58.42	+0,82	660
	50m: 32.09 32.09	150m: 1:48.19 39.45	250m: 3:09.02 42.67	350m: 4:25.67 34.30		
	100m: 1:08.74 36.65	200m: 2:26.35 38.16	300m: 3:51.37 42.35	400m: 4:58.42 32.75		

Prova 10, Femin., 400m Estilos, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
5.	Teresa Miguel Veloso	00	Nautico /Urgicentro-Sanfil	5:07.36	+0,76	604
	50m: 32.07 32.07	150m: 1:49.17 40.11	250m: 3:12.22 43.97	350m: 4:33.31 35.81		
	100m: 1:09.06 36.99	200m: 2:28.25 39.08	300m: 3:57.50 45.28	400m: 5:07.36 34.05		
6.	Ines Rocha Silva	00	Alcobaca	5:12.06	+0,76	577
	50m: 33.28 33.28	150m: 1:51.55 39.44	250m: 3:14.17 44.10	350m: 4:34.96 37.23		
	100m: 1:12.11 38.83	200m: 2:30.07 38.52	300m: 3:57.73 43.56	400m: 5:12.06 37.10		
7.	Beatriz Lopes Pinto	99	Academica de Coimbra	5:14.46	+0,85	564
	50m: 33.15 33.15	150m: 1:51.25 40.13	250m: 3:15.77 44.73	350m: 4:38.61 36.60		
	100m: 1:11.12 37.97	200m: 2:31.04 39.79	300m: 4:02.01 46.24	400m: 5:14.46 35.85		
8.	Ana Miguel Pinto	99	Viana Natacao	5:20.37	+0,91	533
	50m: 33.21 33.21	150m: 1:53.18 41.28	250m: 3:20.15 46.23	350m: 4:43.52 37.49		
	100m: 1:11.90 38.69	200m: 2:33.92 40.74	300m: 4:06.03 45.88	400m: 5:20.37 36.85		
9.	Margarida Valente Orrico	00	Uniao Piedense	5:26.21	+0,86	505
	50m: 33.65 33.65	150m: 1:56.23 43.74	250m: 3:27.26 48.70	350m: 4:52.25 37.26		
	100m: 1:12.49 38.84	200m: 2:38.56 42.33	300m: 4:14.99 47.73	400m: 5:26.21 33.96		

DSQ Helena Neto Costa 00 Aquatico Pacense
, 613 - Não efectuou a viragem aos 150 m logo após terminar movimento continuo dos braços - SW 6.4

Absolutos

1.	Victoria Kaminskaya	95	Estrelas S. Joao de Brito	4:37.41	+0,73	821
	<i>Rec Nacional, Sen e Abs</i>					
	50m: 29.44 29.44	150m: 1:38.05 35.36	250m: 2:52.19 38.69	350m: 4:04.64 33.13		
	100m: 1:02.69 33.25	200m: 2:13.50 35.45	300m: 3:31.51 39.32	400m: 4:37.41 32.77		
2.	Madalena Gomes Azevedo	99	Alges	4:53.44	+0,73	694
	50m: 30.62 30.62	150m: 1:43.64 37.45	250m: 3:02.86 41.38	350m: 4:20.24 33.72		
	100m: 1:06.19 35.57	200m: 2:21.48 37.84	300m: 3:46.52 43.66	400m: 4:53.44 33.20		
3.	Giovanna Vaz Vargas	00	Nautico Marinha Grande	4:55.58	+0,91	679
	50m: 31.75 31.75	150m: 1:45.08 37.87	250m: 3:05.49 43.31	350m: 4:22.18 33.81		
	100m: 1:07.21 35.46	200m: 2:22.18 37.10	300m: 3:48.37 42.88	400m: 4:55.58 33.40		
4.	Rita Costa Amador	99	Galitos/Bresimar	4:57.59	+0,74	665
	50m: 31.55 31.55	150m: 1:46.85 38.01	250m: 3:07.01 42.77	350m: 4:24.15 33.90		
	100m: 1:08.84 37.29	200m: 2:24.24 37.39	300m: 3:50.25 43.24	400m: 4:57.59 33.44		
5.	Ana Beatriz Martins	99	Famalicao	4:58.42	+0,82	660
	50m: 32.09 32.09	150m: 1:48.19 39.45	250m: 3:09.02 42.67	350m: 4:25.67 34.30		
	100m: 1:08.74 36.65	200m: 2:26.35 38.16	300m: 3:51.37 42.35	400m: 4:58.42 32.75		
6.	Sofia Machado Dionisio	98	Sporting	5:02.74	+0,84	632
	50m: 32.44 32.44	150m: 1:46.37 37.91	250m: 3:07.65 42.84	350m: 4:27.26 36.27		
	100m: 1:08.46 36.02	200m: 2:24.81 38.44	300m: 3:50.99 43.34	400m: 5:02.74 35.48		

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Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
7.	Rita Teixeira Costa	97	Belenenses	5:04.72	+0,70	620
	50m: 32.06 32.06 150m: 1:47.93 38.70 250m: 3:10.01 44.32 350m: 4:29.69 35.63					
	100m: 1:09.23 37.17 200m: 2:25.69 37.76 300m: 3:54.06 44.05 400m: 5:04.72 35.03					
8.	Teresa Miguel Veloso	00	Nautico /Urgicentro-Sanfil	5:07.36	+0,76	604
	50m: 32.07 32.07 150m: 1:49.17 40.11 250m: 3:12.22 43.97 350m: 4:33.31 35.81					
	100m: 1:09.06 36.99 200m: 2:28.25 39.08 300m: 3:57.50 45.28 400m: 5:07.36 34.05					
9.	Raquel Paulo Ranito	94	Sporting	5:08.14	+0,79	599
	50m: 32.12 32.12 150m: 1:48.38 39.19 250m: 3:12.62 44.72 350m: 4:33.72 35.97					
	100m: 1:09.19 37.07 200m: 2:27.90 39.52 300m: 3:57.75 45.13 400m: 5:08.14 34.42					
10.	Beatriz Pereira Vasconcelos	98	Vilacondense	5:10.24	+0,72	587
	50m: 33.47 33.47 150m: 1:49.98 38.82 250m: 3:12.47 43.92 350m: 4:33.90 36.96					
	100m: 1:11.16 37.69 200m: 2:28.55 38.57 300m: 3:56.94 44.47 400m: 5:10.24 36.34					
11.	Ines Rocha Silva	00	Alcobaca	5:12.06	+0,76	577
	50m: 33.28 33.28 150m: 1:51.55 39.44 250m: 3:14.17 44.10 350m: 4:34.96 37.23					
	100m: 1:12.11 38.83 200m: 2:30.07 38.52 300m: 3:57.73 43.56 400m: 5:12.06 37.10					
12.	Beatriz Lopes Pinto	99	Academica de Coimbra	5:14.46	+0,85	564
	50m: 33.15 33.15 150m: 1:51.25 40.13 250m: 3:15.77 44.73 350m: 4:38.61 36.60					
	100m: 1:11.12 37.97 200m: 2:31.04 39.79 300m: 4:02.01 46.24 400m: 5:14.46 35.85					
13.	Margarida Peixoto Pelaio	98	Ginasio Figueirense	5:18.30	+0,77	544
	50m: 32.75 32.75 150m: 1:51.83 41.21 250m: 3:20.15 47.73 350m: 4:42.85 35.84					
	100m: 1:10.62 37.87 200m: 2:32.42 40.59 300m: 4:07.01 46.86 400m: 5:18.30 35.45					
14.	Ana Miguel Pinto	99	Viana Natacao	5:20.37	+0,91	533
	50m: 33.21 33.21 150m: 1:53.18 41.28 250m: 3:20.15 46.23 350m: 4:43.52 37.49					
	100m: 1:11.90 38.69 200m: 2:33.92 40.74 300m: 4:06.03 45.88 400m: 5:20.37 36.85					
15.	Margarida Valente Orrico	00	Uniao Piedense	5:26.21	+0,86	505
	50m: 33.65 33.65 150m: 1:56.23 43.74 250m: 3:27.26 48.70 350m: 4:52.25 37.26					
	100m: 1:12.49 38.84 200m: 2:38.56 42.33 300m: 4:14.99 47.73 400m: 5:26.21 33.96					
DSQ	Helena Neto Costa	00	Aquatico Pacense			
	, 613 - Não efectuou a viragem aos 150 m logo após terminar movimento continuo dos braços - SW 6.4					
DNS	Rute Margarida Marques	94	Amadora			
WDR	Ana Catarina Monteiro	93	Vilacondense			