

Prova 18 Femin., 400m Livres 16 anos e mais velhos
12-12-2015 - 16:10 Resultados

Recordes Nacionais 25m Absoluto	4:11.62	Diana Margarida Duraes	FCP	Vila Real Stº Antonio	07-11-2015
Recordes Nacionais 25m Jun16	4:15.43	Tamila Hryhorivna Holub	SCB	Porto	20-12-2014
Recordes Nacionais 25m Jun17	4:12.72	Tamila Hryhorivna Holub	SCB	Felgueiras	15-11-2015
Recordes Nacionais 25m Sen	4:11.62	Diana Margarida Duraes	FCP	Vila Real Stº Antonio	07-11-2015

TAC_B-JUNF Jun: 4:44.18 / TAC_B-SENF Sen: 4:40.57

Pontos: FINA 2015

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts	
Seniores							
1.	Diana Margarida Duraes <i>Rec Nacional, Sen e Abs</i>	96	Porto	4:10.22	+0,71	823	
	50m: 29.04 29.04	150m: 1:32.43	31.99	250m: 2:36.36	31.81	350m: 3:39.59	31.41
	100m: 1:00.44 31.40	200m: 2:04.55	32.12	300m: 3:08.18	31.82	400m: 4:10.22	30.63
2.	Angelica Maria Andre	94	Fluvial Portuense	4:17.56	+0,69	754	
	50m: 30.33 30.33	150m: 1:34.93	32.49	250m: 2:40.22	32.58	350m: 3:45.51	32.76
	100m: 1:02.44 32.11	200m: 2:07.64	32.71	300m: 3:12.75	32.53	400m: 4:17.56	32.05
3.	Vania Soares Neves	90	Fluvial Portuense	4:19.82	+0,77	735	
	50m: 30.24 30.24	150m: 1:35.02	32.65	250m: 2:40.88	32.82	350m: 3:47.09	33.07
	100m: 1:02.37 32.13	200m: 2:08.06	33.04	300m: 3:14.02	33.14	400m: 4:19.82	32.73
4.	Barbara Marques Rodrigues	97	Alges	4:29.76	+0,84	657	
	50m: 31.01 31.01	150m: 1:38.19	33.74	250m: 2:46.26	34.13	350m: 3:55.34	34.50
	100m: 1:04.45 33.44	200m: 2:12.13	33.94	300m: 3:20.84	34.58	400m: 4:29.76	34.42
5.	Soraia Vanessa Ribeiro	92	Individual ANNP	4:30.22	+0,88	653	
	50m: 30.30 30.30	150m: 1:36.47	33.37	250m: 2:43.87	33.37	350m: 3:54.58	35.81
	100m: 1:03.10 32.80	200m: 2:10.50	34.03	300m: 3:18.77	34.90	400m: 4:30.22	35.64
6.	Ana Monica Eloi	96	Nautico Marinha Grande	4:31.53	+0,83	644	
	50m: 30.75 30.75	150m: 1:37.92	33.97	250m: 2:47.01	34.54	350m: 3:57.15	35.23
	100m: 1:03.95 33.20	200m: 2:12.47	34.55	300m: 3:21.92	34.91	400m: 4:31.53	34.38
7.	Maria Teresa Amorim	97	Porto	4:32.24	+0,85	639	
	50m: 30.89 30.89	150m: 1:37.96	33.91	250m: 2:47.34	35.11	350m: 3:57.60	35.08
	100m: 1:04.05 33.16	200m: 2:12.23	34.27	300m: 3:22.52	35.18	400m: 4:32.24	34.64
8.	Raquel Paulo Ranito	94	Sporting	4:34.78	+0,81	621	
	50m: 31.06 31.06	150m: 1:39.68	34.70	250m: 2:49.93	35.15	350m: 4:00.53	35.25
	100m: 1:04.98 33.92	200m: 2:14.78	35.10	300m: 3:25.28	35.35	400m: 4:34.78	34.25
9.	Helena Paula Carvalho	95	Uniao Piedense	4:35.19	+0,74	618	
	50m: 31.97 31.97	150m: 1:40.53	34.38	250m: 2:50.53	35.16	350m: 4:01.20	35.46
	100m: 1:06.15 34.18	200m: 2:15.37	34.84	300m: 3:25.74	35.21	400m: 4:35.19	33.99
10.	Daniela Teixeira Moreira	97	Belenenses	4:36.20	+0,70	612	
	50m: 31.73 31.73	150m: 1:40.36	34.42	250m: 2:50.80	35.30	350m: 4:01.24	35.48
	100m: 1:05.94 34.21	200m: 2:15.50	35.14	300m: 3:25.76	34.96	400m: 4:36.20	34.96
11.	Maria Joao Fernandes	97	Vilacondense	4:37.63	+0,83	602	
	50m: 31.46 31.46	150m: 1:40.10	34.85	250m: 2:50.36	35.08	350m: 4:02.28	36.00
	100m: 1:05.25 33.79	200m: 2:15.28	35.18	300m: 3:26.28	35.92	400m: 4:37.63	35.35
12.	Ana Raquel Ferreira	98	Ginasio Figueirense	4:37.66	+0,92	602	
	50m: 31.77 31.77	150m: 1:40.75	34.46	250m: 2:50.60	35.11	350m: 4:02.71	36.39
	100m: 1:06.29 34.52	200m: 2:15.49	34.74	300m: 3:26.32	35.72	400m: 4:37.66	34.95

Prova 18, Femin., 400m Livres, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
13.	Beatriz Neves Cardoso	98	Colegio SMLamas	4:39.13	+1,00	593
	50m: 32.53 32.53	150m: 1:42.46 35.08	250m: 2:53.82 35.66	350m: 4:05.02 35.36		
	100m: 1:07.38 34.85	200m: 2:18.16 35.70	300m: 3:29.66 35.84	400m: 4:39.13 34.11		
14.	Carolina Madeira Santos	96	Naval Amorense	4:39.78	+0,90	588
	50m: 31.17 31.17	150m: 1:41.17 35.56	250m: 2:52.98 36.15	350m: 4:04.96 35.85		
	100m: 1:05.61 34.44	200m: 2:16.83 35.66	300m: 3:29.11 36.13	400m: 4:39.78 34.82		
15.	Ana Silva Costa	98	Famalicao	4:40.02	+0,76	587
	50m: 31.82 31.82	150m: 1:41.88 35.54	250m: 2:53.96 36.09	350m: 4:05.54 35.55		
	100m: 1:06.34 34.52	200m: 2:17.87 35.99	300m: 3:29.99 36.03	400m: 4:40.02 34.48		
16.	Ana Luisa Santo FTL	95	Benfica	4:40.58	+0,83	583
	50m: 32.14 32.14	150m: 1:42.17 35.33	250m: 2:53.60 35.65	350m: 4:05.60 36.05		
	100m: 1:06.84 34.70	200m: 2:17.95 35.78	300m: 3:29.55 35.95	400m: 4:40.58 34.98		
17.	Mariana Portugal Costa FTL	98	Nautico /Urgicentro-Sanfil	4:41.90	+0,95	575
	50m: 31.43 31.43	150m: 1:42.06 35.66	250m: 2:54.08 35.92	350m: 4:07.49 36.72		
	100m: 1:06.40 34.97	200m: 2:18.16 36.10	300m: 3:30.77 36.69	400m: 4:41.90 34.41		
18.	Rita Verissimo Damasceno FTL	98	Nautico /Urgicentro-Sanfil	4:43.80	+0,91	564
	50m: 31.89 31.89	150m: 1:42.12 35.68	250m: 2:54.53 36.22	350m: 4:07.69 36.48		
	100m: 1:06.44 34.55	200m: 2:18.31 36.19	300m: 3:31.21 36.68	400m: 4:43.80 36.11		
19.	Marina Micaela Sequeira FTL	98	Uniao Piedense	4:45.89	+0,73	552
	50m: 31.94 31.94	150m: 1:41.67 35.45	250m: 2:54.22 36.55	350m: 4:09.52 37.94		
	100m: 1:06.22 34.28	200m: 2:17.67 36.00	300m: 3:31.58 37.36	400m: 4:45.89 36.37		
20.	Margarida Messias Ribeiro FTL	98	Gesloures	4:51.29	+0,71	521
	50m: 33.13 33.13	150m: 1:46.21 36.92	250m: 3:00.58 37.26	350m: 4:15.36 37.31		
	100m: 1:09.29 36.16	200m: 2:23.32 37.11	300m: 3:38.05 37.47	400m: 4:51.29 35.93		

Juniores

1.	Tamila Hryhorivna Holub Rec Nacional, Jun 17	99	Braga	4:10.52	+0,79	820
	50m: 29.79 29.79	150m: 1:32.65 31.56	250m: 2:35.97 31.68	350m: 3:39.59 31.87		
	100m: 1:01.09 31.30	200m: 2:04.29 31.64	300m: 3:07.72 31.75	400m: 4:10.52 30.93		
2.	Ines Jacinto Henriques	00	Pimpoes/Cimai	4:24.38	+0,79	697
	50m: 30.93 30.93	150m: 1:37.81 33.55	250m: 2:44.77 33.17	350m: 3:52.04 33.84		
	100m: 1:04.26 33.33	200m: 2:11.60 33.79	300m: 3:18.20 33.43	400m: 4:24.38 32.34		
3.	Beatriz Paulo Ranito	99	Sporting	4:24.89	+0,79	693
	50m: 30.27 30.27	150m: 1:36.04 33.13	250m: 2:43.40 33.69	350m: 3:51.72 34.11		
	100m: 1:02.91 32.64	200m: 2:09.71 33.67	300m: 3:17.61 34.21	400m: 4:24.89 33.17		
4.	Ana Rita Faria	00	Porto	4:30.99	+0,80	648
	50m: 30.52 30.52	150m: 1:37.73 34.01	250m: 2:46.89 34.69	350m: 3:56.72 34.92		
	100m: 1:03.72 33.20	200m: 2:12.20 34.47	300m: 3:21.80 34.91	400m: 4:30.99 34.27		

Prova 18, Femin., 400m Livres, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
5.	Teresa Miguel Veloso	00	Nautico /Urgicentro-Sanfil	4:31.04	+0,75	647
	50m: 31.12 31.12	150m: 1:40.24 35.03	250m: 2:49.45 34.38	350m: 3:57.68 33.94		
	100m: 1:05.21 34.09	200m: 2:15.07 34.83	300m: 3:23.74 34.29	400m: 4:31.04 33.36		
6.	Ines Figueira Santos	00	Uniao Piedense	4:31.82	+0,85	642
	50m: 30.80 30.80	150m: 1:39.05 34.50	250m: 2:48.48 34.71	350m: 3:58.14 34.69		
	100m: 1:04.55 33.75	200m: 2:13.77 34.72	300m: 3:23.45 34.97	400m: 4:31.82 33.68		
7.	Eva Guerreiro Carvalho	99	Uniao Piedense	4:33.54	+0,93	630
	50m: 31.48 31.48	150m: 1:39.43 34.31	250m: 2:48.96 34.65	350m: 3:58.80 34.93		
	100m: 1:05.12 33.64	200m: 2:14.31 34.88	300m: 3:23.87 34.91	400m: 4:33.54 34.74		
8.	Giovanna Vaz Vargas	00	Nautico Marinha Grande	4:33.83	+0,85	628
	50m: 31.55 31.55	150m: 1:39.97 34.47	250m: 2:49.73 35.13	350m: 3:59.69 34.82		
	100m: 1:05.50 33.95	200m: 2:14.60 34.63	300m: 3:24.87 35.14	400m: 4:33.83 34.14		
9.	Eliana Dirce Lourenco	00	Galitos/Bresimar	4:34.89	+0,79	620
	50m: 31.47 31.47	150m: 1:40.53 34.89	250m: 2:50.40 35.01	350m: 3:59.95 34.72		
	100m: 1:05.64 34.17	200m: 2:15.39 34.86	300m: 3:25.23 34.83	400m: 4:34.89 34.94		
10.	Barbara Coimbra Teodosio	99	Nautico Marinha Grande	4:35.06	+0,91	619
	50m: 30.56 30.56	150m: 1:39.76 35.02	250m: 2:50.07 35.26	350m: 4:01.04 35.29		
	100m: 1:04.74 34.18	200m: 2:14.81 35.05	300m: 3:25.75 35.68	400m: 4:35.06 34.02		
11.	Maria Beatriz Dias	99	Scalabiswim	4:37.30	+0,81	604
	50m: 32.12 32.12	150m: 1:41.36 34.86	250m: 2:51.81 35.46	350m: 4:02.81 35.38		
	100m: 1:06.50 34.38	200m: 2:16.35 34.99	300m: 3:27.43 35.62	400m: 4:37.30 34.49		
12.	Beatriz Lopes Pinto	99	Academica de Coimbra	4:38.05	+0,82	600
	50m: 32.93 32.93	150m: 1:44.25 35.12	250m: 2:54.18 34.81	350m: 4:03.81 34.92		
	100m: 1:09.13 36.20	200m: 2:19.37 35.12	300m: 3:28.89 34.71	400m: 4:38.05 34.24		
13.	Margarida Valente Orrico	00	Uniao Piedense	4:38.44	+0,87	597
	50m: 32.64 32.64	150m: 1:44.11 35.83	250m: 2:54.71 34.82	350m: 4:05.46 35.39		
	100m: 1:08.28 35.64	200m: 2:19.89 35.78	300m: 3:30.07 35.36	400m: 4:38.44 32.98		
14.	Patricia Palmeiro Baeta	00	Scalabiswim	4:39.47	+0,81	590
	50m: 31.51 31.51	150m: 1:40.96 35.28	250m: 2:52.00 35.98	350m: 4:04.16 35.99		
	100m: 1:05.68 34.17	200m: 2:16.02 35.06	300m: 3:28.17 36.17	400m: 4:39.47 35.31		
15.	Mariana Pinto Angelo	99	Academica de Coimbra	4:39.48	+0,75	590
	50m: 32.87 32.87	150m: 1:43.51 35.34	250m: 2:54.13 35.20	350m: 4:04.72 35.23		
	100m: 1:08.17 35.30	200m: 2:18.93 35.42	300m: 3:29.49 35.36	400m: 4:39.48 34.76		

Prova 18, Femin., 400m Livres, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
16.	Mariana Santos Ferreira	00	Miranda do Corvo	4:39.71	+0,82	589
	50m: 33.05 33.05	150m: 1:43.64 35.50	250m: 2:54.37 35.40	350m: 4:05.40 35.30		
	100m: 1:08.14 35.09	200m: 2:18.97 35.33	300m: 3:30.10 35.73	400m: 4:39.71 34.31		
17.	Rafaela Araujo Silva	00	Famalicao	4:39.74	+0,84	589
	50m: 31.29 31.29	150m: 1:41.14 35.45	250m: 2:53.26 35.95	350m: 4:05.28 35.76		
	100m: 1:05.69 34.40	200m: 2:17.31 36.17	300m: 3:29.52 36.26	400m: 4:39.74 34.46		
18.	Ana Pires Brito	99	Colegio Monte Maior	4:39.96	+0,82	587
	50m: 31.15 31.15	150m: 1:40.79 35.38	250m: 2:52.04 35.54	350m: 4:04.15 36.37		
	100m: 1:05.41 34.26	200m: 2:16.50 35.71	300m: 3:27.78 35.74	400m: 4:39.96 35.81		
19.	Ana Sofia Ramos	00	Fluvial Portuense	4:40.20	+0,75	586
	50m: 32.47 32.47	150m: 1:42.60 35.35	250m: 2:53.61 35.33	350m: 4:05.13 35.63		
	100m: 1:07.25 34.78	200m: 2:18.28 35.68	300m: 3:29.50 35.89	400m: 4:40.20 35.07		
20.	Ana Catarina Oliveira	99	Gesloures	4:40.52	+0,73	584
	50m: 32.16 32.16	150m: 1:41.87 35.07	250m: 2:53.63 35.61	350m: 4:05.71 35.76		
	100m: 1:06.80 34.64	200m: 2:18.02 36.15	300m: 3:29.95 36.32	400m: 4:40.52 34.81		
21.	Mariana Silva Ramos	00	Sporting	4:41.09	+0,77	580
	50m: 31.52 31.52	150m: 1:40.99 35.14	250m: 2:52.75 36.09	350m: 4:05.56 36.52		
	100m: 1:05.85 34.33	200m: 2:16.66 35.67	300m: 3:29.04 36.29	400m: 4:41.09 35.53		
22.	Ines Silva Oliveira	00	Leixoes	4:42.03	+0,89	574
	50m: 32.19 32.19	150m: 1:42.82 35.58	250m: 2:54.95 35.82	350m: 4:08.19 36.83		
	100m: 1:07.24 35.05	200m: 2:19.13 36.31	300m: 3:31.36 36.41	400m: 4:42.03 33.84		
23.	Tania Cristina Mendes	99	Vieirense	4:42.19	+0,88	574
	50m: 32.55 32.55	150m: 1:42.59 35.56	250m: 2:53.89 35.39	350m: 4:06.65 36.60		
	100m: 1:07.03 34.48	200m: 2:18.50 35.91	300m: 3:30.05 36.16	400m: 4:42.19 35.54		
24.	Catarina Reis Silva	99	Braga	4:43.15	+0,81	568
	50m: 32.14 32.14	150m: 1:42.87 35.75	250m: 2:55.01 35.94	350m: 4:07.99 36.56		
	100m: 1:07.12 34.98	200m: 2:19.07 36.20	300m: 3:31.43 36.42	400m: 4:43.15 35.16		
25.	Iris Cunha Santos FTL	00	Porto	4:44.35	+0,93	561
	50m: 33.17 33.17	150m: 1:45.13 35.90	250m: 2:56.57 35.39	350m: 4:09.44 36.66		
	100m: 1:09.23 36.06	200m: 2:21.18 36.05	300m: 3:32.78 36.21	400m: 4:44.35 34.91		
26.	Catarina Costa Fernandes FTL	99	Colegio Bernardette Romeira	4:45.71	+0,74	553
	50m: 32.82 32.82	150m: 1:44.43 35.91	250m: 2:56.64 36.28	350m: 4:09.99 36.87		
	100m: 1:08.52 35.70	200m: 2:20.36 35.93	300m: 3:33.12 36.48	400m: 4:45.71 35.72		

Prova 18, Femin., 400m Livres, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts	
27.	Sara Lopes Barbosa <i>FTL</i>	00	Aquatico Pacense	4:49.10	+0,84	533	
	50m: 33.05 33.05	150m: 1:44.99	36.10	250m: 2:58.63	36.90	350m: 4:12.56	37.10
	100m: 1:08.89 35.84	200m: 2:21.73	36.74	300m: 3:35.46	36.83	400m: 4:49.10	36.54
DSQ	Beatriz Barros Carmo <i>, 403 - Falsa partida - SW 4.4</i>	99	Alges				