

Prova 10
11-03-2016 - 17:30

Femin., 400m Estilos

Absolutos
Resultados

Rec Nac Absoluto	4:45.69	Victoria Kaminskaya	POR	Malaga (ESP)	29-03-2015
Rec Nac Juv B	5:01.00	Ines Neto Rocha	CAP	Coimbra	24-07-2015
Rec Nac Juv B	5:01.00	Ines Neto Rocha	CAP	Coimbra	24-07-2015
Rec Nac Juv A	4:58.08	Diana Margarida Duraes	FOCA	Póvoa de Varzim	05-08-2011
Rec Nac Jun16	4:57.84	Victoria Kaminskaya	PIMP	Oeiras	19-02-2011
Rec Nac Jun17	4:52.12	Victoria Kaminskaya	PIMP	Oeiras	27-07-2012
Rec Nac Sen	4:45.69	Victoria Kaminskaya	POR	Malaga (ESP)	29-03-2015

Pontos: FINA 2016

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Victoria Kaminskaya <i>Minimos CEAbs PL</i>	95	Estrelas S.Joao de Brito	4:47.22	+0,72	816	
	50m: 30.50 30.50	150m: 1:41.56 36.76	250m: 2:57.83 40.19	350m: 4:13.35 35.14			
	100m: 1:04.80 34.30	200m: 2:17.64 36.08	300m: 3:38.21 40.38	400m: 4:47.22 33.87			
2.	Diana Margarida Duraes <i>Minimos CEAbs PL</i>	96	Porto	4:49.45	+0,71	797	
	50m: 30.61 30.61	150m: 1:42.46 36.89	250m: 3:01.24 41.96	350m: 4:17.26 32.84			
	100m: 1:05.57 34.96	200m: 2:19.28 36.82	300m: 3:44.42 43.18	400m: 4:49.45 32.19			
3.	Angelica Maria Andre	94	Fluval Portuense	4:59.09	+0,71	722	
	50m: 31.86 31.86	150m: 1:50.06 41.98	250m: 3:12.20 41.95	350m: 4:27.99 33.73			
	100m: 1:08.08 36.22	200m: 2:30.25 40.19	300m: 3:54.26 42.06	400m: 4:59.09 31.10			
4.	Ana Beatriz Martins	99	Famalicao	4:59.69	+0,78	718	
	50m: 31.52 31.52	150m: 1:48.76 40.47	250m: 3:11.29 42.75	350m: 4:27.79 33.48			
	100m: 1:08.29 36.77	200m: 2:28.54 39.78	300m: 3:54.31 43.02	400m: 4:59.69 31.90			
5.	Madalena Gomes Azevedo	99	Alges	4:59.79	+0,76	717	
	50m: 31.37 31.37	150m: 1:48.29 40.46	250m: 3:09.88 43.33	350m: 4:27.84 34.11			
	100m: 1:07.83 36.46	200m: 2:26.55 38.26	300m: 3:53.73 43.85	400m: 4:59.79 31.95			
6.	Ines Neto Rocha	01	Aquatico Pacense	5:01.70	+0,91	704	
	50m: 32.37 32.37	150m: 1:47.92 39.98	250m: 3:08.45 42.64	350m: 4:26.81 35.60			
	100m: 1:07.94 35.57	200m: 2:25.81 37.89	300m: 3:51.21 42.76	400m: 5:01.70 34.89			
7.	Ines Rocha Silva	00	Alcobaca	5:05.61	+0,69	677	
	50m: 32.24 32.24	150m: 1:49.13 39.46	250m: 3:11.56 42.70	350m: 4:31.02 36.32			
	100m: 1:09.67 37.43	200m: 2:28.86 39.73	300m: 3:54.70 43.14	400m: 5:05.61 34.59			
8.	Luisa Maria Machado	01	Uniao Piedense	5:06.12	+0,86	674	
	50m: 32.18 32.18	150m: 1:50.86 40.39	250m: 3:13.25 42.67	350m: 4:31.24 35.61			
	100m: 1:10.47 38.29	200m: 2:30.58 39.72	300m: 3:55.63 42.38	400m: 5:06.12 34.88			
9.	Carolina Rosa Marcelino	01	Alges	5:08.88	+0,78	656	
	50m: 32.13 32.13	150m: 1:48.88 39.63	250m: 3:13.21 44.61	350m: 4:33.25 35.87			
	100m: 1:09.25 37.12	200m: 2:28.60 39.72	300m: 3:57.38 44.17	400m: 5:08.88 35.63			
10.	Rita Costa Amador	99	Galitos / Bresimar	5:09.22	+0,71	654	
	50m: 31.76 31.76	150m: 1:49.25 40.20	250m: 3:13.03 43.99	350m: 4:33.41 35.34			
	100m: 1:09.05 37.29	200m: 2:29.04 39.79	300m: 3:58.07 45.04	400m: 5:09.22 35.81			
11.	Teresa Miguel Veloso	00	Nautico /Urgicentro-Sanfil	5:11.02	+0,74	642	
	50m: 32.24 32.24	150m: 1:50.88 40.91	250m: 3:15.42 44.20	350m: 4:36.70 36.02			
	100m: 1:09.97 37.73	200m: 2:31.22 40.34	300m: 4:00.68 45.26	400m: 5:11.02 34.32			
12.	Ana Sofia Pina	02	O Crasto	5:11.59	+0,91	639	
	50m: 32.25 32.25	150m: 1:50.52 41.28	250m: 3:16.79 44.05	350m: 4:37.39 34.88			
	100m: 1:09.24 36.99	200m: 2:32.74 42.22	300m: 4:02.51 45.72	400m: 5:11.59 34.20			

Prova 10, Femin., 400m Estilos, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
13.	Tatiana Filipa Santos	95	Academica de Coimbra	5:12.93	+0,92	631	
	50m: 33.01 33.01	150m: 1:49.94 39.36	250m: 3:15.18 46.88	350m: 4:37.81 36.29			
	100m: 1:10.58 37.57	200m: 2:28.30 38.36	300m: 4:01.52 46.34	400m: 5:12.93 35.12			
14.	Beatriz Pereira Vasconcelos	98	Vilacondense	5:13.81	+0,73	625	
	50m: 33.79 33.79	150m: 1:52.98 40.92	250m: 3:17.24 43.99	350m: 4:38.04 36.71			
	100m: 1:12.06 38.27	200m: 2:33.25 40.27	300m: 4:01.33 44.09	400m: 5:13.81 35.77			
15.	Rita Teixeira Costa	97	Belenenses	5:14.36	+0,66	622	
	50m: 31.49 31.49	150m: 1:49.37 40.53	250m: 3:15.96 45.86	350m: 4:38.89 36.35			
	100m: 1:08.84 37.35	200m: 2:30.10 40.73	300m: 4:02.54 46.58	400m: 5:14.36 35.47			
16.	Raquel Paulo Ranito	94	Sporting	5:15.16	+0,76	617	
	50m: 31.99 31.99	150m: 1:50.79 40.76	250m: 3:17.39 44.05	350m: 4:39.33 35.92			
	100m: 1:10.03 38.04	200m: 2:33.34 42.55	300m: 4:03.41 46.02	400m: 5:15.16 35.83			
17.	Sofia Prates Silvestre	95	Naval Amorense	5:16.47	+0,73	610	
	50m: 32.27 32.27	150m: 1:52.57 42.18	250m: 3:19.99 46.54	350m: 4:40.76 35.70			
	100m: 1:10.39 38.12	200m: 2:33.45 40.88	300m: 4:05.06 45.07	400m: 5:16.47 35.71			
18.	Francisca Salvador Mesquita	02	Colegio Monte Maior	5:19.25	+0,41	594	
	50m: 32.40 32.40	150m: 1:53.78 43.15	250m: 3:21.53 45.76	350m: 4:42.78 37.77			
	100m: 1:10.63 38.23	200m: 2:35.77 41.99	300m: 4:05.01 43.48	400m: 5:19.25 36.47			
19.	Joana Nunes Cardeal	02	Academico Viseu	5:22.79	+0,96	575	
	50m: 32.99 32.99	150m: 1:54.59 41.78	250m: 3:22.51 47.40	350m: 4:46.83 37.45			
	100m: 1:12.81 39.82	200m: 2:35.11 40.52	300m: 4:09.38 46.87	400m: 5:22.79 35.96			
20.	Catia Jordan Agostinho	02	Rio Maior	5:25.15	+0,76	562	
	50m: 35.65 35.65	150m: 1:59.65 42.25	250m: 3:26.64 45.11	350m: 4:49.91 36.19			
	100m: 1:17.40 41.75	200m: 2:41.53 41.88	300m: 4:13.72 47.08	400m: 5:25.15 35.24			
21.	Ana Sequeira Florindo	02	Nautico /Urgicentro-Sanfil	5:25.34	+0,82	561	
	50m: 33.70 33.70	150m: 1:54.95 41.94	250m: 3:24.43 48.76	350m: 4:49.92 36.72			
	100m: 1:13.01 39.31	200m: 2:35.67 40.72	300m: 4:13.20 48.77	400m: 5:25.34 35.42			
22.	Lara Beatriz Matos	01	Famalicao	5:25.95	+0,88	558	
	50m: 33.01 33.01	150m: 1:56.51 45.16	250m: 3:24.89 45.63	350m: 4:48.85 37.78			
	100m: 1:11.35 38.34	200m: 2:39.26 42.75	300m: 4:11.07 46.18	400m: 5:25.95 37.10			
23.	Rita Alexandra Vital	01	Alges	5:26.65	+0,83	554	
	50m: 33.45 33.45	150m: 1:53.64 41.32	250m: 3:23.08 48.69	350m: 4:49.20 37.65			
	100m: 1:12.32 38.87	200m: 2:34.39 40.75	300m: 4:11.55 48.47	400m: 5:26.65 37.45			
24.	Raquel Antunes Tremoco	01	Sporting	5:27.20	+0,79	552	
	50m: 33.62 33.62	150m: 1:55.08 42.21	250m: 3:24.35 47.46	350m: 4:50.32 37.33			
	100m: 1:12.87 39.25	200m: 2:36.89 41.81	300m: 4:12.99 48.64	400m: 5:27.20 36.88			
25.	Maria Margarida Belo	02	Sporting	5:27.60	+0,85	550	
	50m: 35.00 35.00	150m: 1:56.50 41.68	250m: 3:25.85 48.17	350m: 4:50.11 36.83			
	100m: 1:14.82 39.82	200m: 2:37.68 41.18	300m: 4:13.28 47.43	400m: 5:27.60 37.49			
26.	Mariana Sousa Maia	02	Famalicao	5:28.26	+0,87	546	
	50m: 33.86 33.86	150m: 1:57.81 43.59	250m: 3:27.85 47.59	350m: 4:52.96 37.75			
	100m: 1:14.22 40.36	200m: 2:40.26 42.45	300m: 4:15.21 47.36	400m: 5:28.26 35.30			
27.	Mafalda Joana Oliveira	02	Lousada SXXI	5:28.85	+0,80	543	
	50m: 33.36 33.36	150m: 1:57.49 43.75	250m: 3:26.61 45.17	350m: 4:52.98 39.37			
	100m: 1:13.74 40.38	200m: 2:41.44 43.95	300m: 4:13.61 47.00	400m: 5:28.85 35.87			

Prova 10, Femin., 400m Estilos, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
28.	Mariana Sobral Galacha	01	Sporting	5:28.97	+0,73	543	
	50m: 33.36 33.36	150m: 1:58.46 43.59	250m: 3:28.26 47.43	350m: 4:52.69 37.27			
	100m: 1:14.87 41.51	200m: 2:40.83 42.37	300m: 4:15.42 47.16	400m: 5:28.97 36.28			
29.	Ines Alves Martins	01	Fluivial Portuense	5:29.18	+0,82	542	
	50m: 33.78 33.78	150m: 1:57.67 43.95	250m: 3:27.27 46.64	350m: 4:52.96 38.39			
	100m: 1:13.72 39.94	200m: 2:40.63 42.96	300m: 4:14.57 47.30	400m: 5:29.18 36.22			
30.	Ines Rosado Monteiro	00	Clube Natacao de Vagos	5:31.01	+0,69	533	
	50m: 34.80 34.80	150m: 1:58.67 42.89	250m: 3:28.74 46.76	350m: 4:54.67 38.29			
	100m: 1:15.78 40.98	200m: 2:41.98 43.31	300m: 4:16.38 47.64	400m: 5:31.01 36.34			
31.	Ana Miguel Pinto	99	Viana Natacao	5:32.14	+0,90	527	
	50m: 33.89 33.89	150m: 1:56.79 43.39	250m: 3:26.81 47.31	350m: 4:53.90 39.07			
	100m: 1:13.40 39.51	200m: 2:39.50 42.71	300m: 4:14.83 48.02	400m: 5:32.14 38.24			
32.	Maria Beatriz Lopes	00	Benedita	5:32.83	+0,72	524	
	50m: 36.39 36.39	150m: 1:58.79 41.09	250m: 3:28.51 49.32	350m: 4:55.10 38.47			
	100m: 1:17.70 41.31	200m: 2:39.19 40.40	300m: 4:16.63 48.12	400m: 5:32.83 37.73			
	Mariana Delicado Correia	01	Sporting	5:32.83	+0,72	524	
	50m: 33.21 33.21	150m: 1:53.77 41.89	250m: 3:26.35 50.80	350m: 4:55.74 38.71			
	100m: 1:11.88 38.67	200m: 2:35.55 41.78	300m: 4:17.03 50.68	400m: 5:32.83 37.09			
34.	Maria Carolina Rodrigues	01	Vitoria/ Olicargo	5:35.26	+0,94	513	
	50m: 34.69 34.69	150m: 2:00.37 45.87	250m: 3:32.31 46.96	350m: 4:57.71 39.18			
	100m: 1:14.50 39.81	200m: 2:45.35 44.98	300m: 4:18.53 46.22	400m: 5:35.26 37.55			
35.	Andreia Brito Pereira	00	Condeixa Clube	5:35.53	+0,80	512	
	50m: 34.44 34.44	150m: 1:54.82 40.46	250m: 3:28.55 50.55	350m: 4:58.40 37.62			
	100m: 1:14.36 39.92	200m: 2:38.00 43.18	300m: 4:20.78 52.23	400m: 5:35.53 37.13			
36.	Ines Rodrigues Ferreira	01	Benfica	5:38.20	+0,90	500	
	50m: 34.47 34.47	150m: 2:00.48 46.21	250m: 3:33.48 48.27	350m: 5:00.89 39.16			
	100m: 1:14.27 39.80	200m: 2:45.21 44.73	300m: 4:21.73 48.25	400m: 5:38.20 37.31			
37.	Mariana Cardoso Costa	01	Natacao da Maia	5:38.28	+0,83	499	
	50m: 35.37 35.37	150m: 2:01.91 45.08	250m: 3:32.79 47.07	350m: 4:59.44 39.56			
	100m: 1:16.83 41.46	200m: 2:45.72 43.81	300m: 4:19.88 47.09	400m: 5:38.28 38.84			
38.	Valeria Goncalves Vieira	02	Vitoria/ Olicargo	5:39.12	+0,96	495	
	50m: 37.34 37.34	150m: 2:05.11 45.15	250m: 3:35.80 46.62	350m: 5:01.58 38.64			
	100m: 1:19.96 42.62	200m: 2:49.18 44.07	300m: 4:22.94 47.14	400m: 5:39.12 37.54			
39.	Ana Rita Matos	02	Gesloures	5:39.23	+0,74	495	
	50m: 34.75 34.75	150m: 1:59.52 42.95	250m: 3:28.76 47.55	350m: 4:59.84 42.51			
	100m: 1:16.57 41.82	200m: 2:41.21 41.69	300m: 4:17.33 48.57	400m: 5:39.23 39.39			
40.	Marta Silva Felix	99	Sporting Clube de Aveiro	5:40.41	+0,93	490	
	50m: 36.80 36.80	150m: 2:00.91 42.85	250m: 3:34.50 50.69	350m: 5:02.70 39.27			
	100m: 1:18.06 41.26	200m: 2:43.81 42.90	300m: 4:23.43 48.93	400m: 5:40.41 37.71			
41.	Jessica Soares Lima	02	Braga	5:40.66	+0,77	489	
	50m: 35.22 35.22	150m: 2:01.39 45.38	250m: 3:35.44 49.89	350m: 5:04.04 38.10			
	100m: 1:16.01 40.79	200m: 2:45.55 44.16	300m: 4:25.94 50.50	400m: 5:40.66 36.62			
42.	Natacha Sofia Silva	02	Benfica	5:41.60		485	
	50m: 37.05 37.05	150m: 2:02.92 45.12	250m: 3:34.64 46.54	350m: 5:01.96 38.82			
	100m: 1:17.80 40.75	200m: 2:48.10 45.18	300m: 4:23.14 48.50	400m: 5:41.60 39.64			

Prova 10, Femin., 400m Estilos, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts	
43.	Rita Morgado Vieira	02	Rio Maior	5:42.63	+0,79	480		
	50m: 34.34 34.34	150m: 1:59.36 44.79	250m: 3:33.64 49.35	350m: 5:03.85 40.17				
	100m: 1:14.57 40.23	200m: 2:44.29 44.93	300m: 4:23.68 50.04	400m: 5:42.63 38.78				
44.	Daniela Oliveira Rodrigues	02	Valongo	5:42.99	+0,77	479		
	50m: 34.10 34.10	150m: 2:01.20 45.87	250m: 3:34.38 48.99	350m: 5:04.82 38.87				
	100m: 1:15.33 41.23	200m: 2:45.39 44.19	300m: 4:25.95 51.57	400m: 5:42.99 38.17				
45.	Madalena Maria Ferreira	02	Sporting	5:43.31	+0,82	478		
	50m: 34.38 34.38	150m: 1:59.73 44.94	250m: 3:34.54 51.05	350m: 5:04.21 38.82				
	100m: 1:14.79 40.41	200m: 2:43.49 43.76	300m: 4:25.39 50.85	400m: 5:43.31 39.10				
46.	Ines Cambe Cunha	02	Torres Novas	5:45.00	+0,79	471		
	50m: 34.96 34.96	150m: 2:03.01 46.04	250m: 3:37.63 48.66	350m: 5:06.36 38.95				
	100m: 1:16.97 42.01	200m: 2:48.97 45.96	300m: 4:27.41 49.78	400m: 5:45.00 38.64				
47.	Nicoleta Lascu	02	Litoral Alentejano	5:48.45	+0,84	457		
	50m: 36.98 36.98	150m: 2:03.84 42.67	250m: 3:37.32 50.19	350m: 5:09.26 40.85				
	100m: 1:21.17 44.19	200m: 2:47.13 43.29	300m: 4:28.41 51.09	400m: 5:48.45 39.19				
48.	Sara Alexandra Sousa	01	Geslours	6:03.48	+0,83	402		
	50m: 36.25 36.25	150m: 2:10.35 46.34	250m: 3:49.69 54.73	350m: 5:24.99 42.13				
	100m: 1:24.01 47.76	200m: 2:54.96 44.61	300m: 4:42.86 53.17	400m: 6:03.48 38.49				
DSQ	Margarida Cabral Monteiro	02	Galitos / Bresimar	<i>613 - Efectuou deslizamento após conclusão da braçada na viragem aos 150 m - SW 6.4</i>				
DNS	Tatiana Alexandre Cardoso	01	Amadora					
DNS	Rute Margarida Marques	94	Amadora					

Prova 10

Femin., 400m Estilos

Juniores

11-03-2016 - 17:30

Resultados

Rec Nac	Tempo	Nome	Clube	Local	Data
Rec Nac Absoluto	4:45.69	Victoria Kaminskaya	POR	Malaga (ESP)	29-03-2015
Rec Nac Jun16	4:57.84	Victoria Kaminskaya	PIMP	Oeiras	19-02-2011
Rec Nac Jun17	4:52.12	Victoria Kaminskaya	PIMP	Oeiras	27-07-2012

Pontos: FINA 2016

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Ana Beatriz Martins	99	Famalicao	4:59.69	+0,78	718	
	50m: 31.52 31.52	150m: 1:48.76 40.47	250m: 3:11.29 42.75	350m: 4:27.79 33.48			
	100m: 1:08.29 36.77	200m: 2:28.54 39.78	300m: 3:54.31 43.02	400m: 4:59.69 31.90			
2.	Madalena Gomes Azevedo	99	Alges	4:59.79	+0,76	717	
	50m: 31.37 31.37	150m: 1:48.29 40.46	250m: 3:09.88 43.33	350m: 4:27.84 34.11			
	100m: 1:07.83 36.46	200m: 2:26.55 38.26	300m: 3:53.73 43.85	400m: 4:59.79 31.95			
3.	Ines Rocha Silva	00	Alcobaca	5:05.61	+0,69	677	
	50m: 32.24 32.24	150m: 1:49.13 39.46	250m: 3:11.56 42.70	350m: 4:31.02 36.32			
	100m: 1:09.67 37.43	200m: 2:28.86 39.73	300m: 3:54.70 43.14	400m: 5:05.61 34.59			
4.	Rita Costa Amador	99	Galitos / Bresimar	5:09.22	+0,71	654	
	50m: 31.76 31.76	150m: 1:49.25 40.20	250m: 3:13.03 43.99	350m: 4:33.41 35.34			
	100m: 1:09.05 37.29	200m: 2:29.04 39.79	300m: 3:58.07 45.04	400m: 5:09.22 35.81			
5.	Teresa Miguel Veloso	00	Nautico /Urgicentro-Sanfil	5:11.02	+0,74	642	
	50m: 32.24 32.24	150m: 1:50.88 40.91	250m: 3:15.42 44.20	350m: 4:36.70 36.02			
	100m: 1:09.97 37.73	200m: 2:31.22 40.34	300m: 4:00.68 45.26	400m: 5:11.02 34.32			

Prova 10, Femin., 400m Estilos, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
6.	Ines Rosado Monteiro	00	Clube Natacao de Vagos	5:31.01	+0,69	533	
	50m: 34.80 34.80	150m: 1:58.67 42.89	250m: 3:28.74	46.76	350m: 4:54.67	38.29	
	100m: 1:15.78 40.98	200m: 2:41.98 43.31	300m: 4:16.38	47.64	400m: 5:31.01	36.34	
7.	Ana Miguel Pinto	99	Viana Natacao	5:32.14	+0,90	527	
	50m: 33.89 33.89	150m: 1:56.79 43.39	250m: 3:26.81	47.31	350m: 4:53.90	39.07	
	100m: 1:13.40 39.51	200m: 2:39.50 42.71	300m: 4:14.83	48.02	400m: 5:32.14	38.24	
8.	Maria Beatriz Lopes	00	Benedita	5:32.83	+0,72	524	
	50m: 36.39 36.39	150m: 1:58.79 41.09	250m: 3:28.51	49.32	350m: 4:55.10	38.47	
	100m: 1:17.70 41.31	200m: 2:39.19 40.40	300m: 4:16.63	48.12	400m: 5:32.83	37.73	
9.	Andreia Brito Pereira	00	Condeixa Clube	5:35.53	+0,80	512	
	50m: 34.44 34.44	150m: 1:54.82 40.46	250m: 3:28.55	50.55	350m: 4:58.40	37.62	
	100m: 1:14.36 39.92	200m: 2:38.00 43.18	300m: 4:20.78	52.23	400m: 5:35.53	37.13	
10.	Marta Silva Felix	99	Sporting Clube de Aveiro	5:40.41	+0,93	490	
	50m: 36.80 36.80	150m: 2:00.91 42.85	250m: 3:34.50	50.69	350m: 5:02.70	39.27	
	100m: 1:18.06 41.26	200m: 2:43.81 42.90	300m: 4:23.43	48.93	400m: 5:40.41	37.71	

Prova 10 Femin., 400m Estilos Juvenis A
11-03-2016 - 17:30 Resultados

Rec Nac Absoluto	4:45.69	Victoria Kaminskaya	POR	Malaga (ESP)	29-03-2015
Rec Nac Juv A	4:58.08	Diana Margarida Duraes	FOCA	Póvoa de Varzim	05-08-2011

Pontos: FINA 2016

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Ines Neto Rocha	01	Aquatico Pacense	5:01.70	+0,91	704	
	50m: 32.37 32.37	150m: 1:47.92 39.98	250m: 3:08.45	42.64	350m: 4:26.81	35.60	
	100m: 1:07.94 35.57	200m: 2:25.81 37.89	300m: 3:51.21	42.76	400m: 5:01.70	34.89	
2.	Luisa Maria Machado	01	Uniao Piedense	5:06.12	+0,86	674	
	50m: 32.18 32.18	150m: 1:50.86 40.39	250m: 3:13.25	42.67	350m: 4:31.24	35.61	
	100m: 1:10.47 38.29	200m: 2:30.58 39.72	300m: 3:55.63	42.38	400m: 5:06.12	34.88	
3.	Carolina Rosa Marcelino	01	Alges	5:08.88	+0,78	656	
	50m: 32.13 32.13	150m: 1:48.88 39.63	250m: 3:13.21	44.61	350m: 4:33.25	35.87	
	100m: 1:09.25 37.12	200m: 2:28.60 39.72	300m: 3:57.38	44.17	400m: 5:08.88	35.63	
4.	Lara Beatriz Matos	01	Famalicao	5:25.95	+0,88	558	
	50m: 33.01 33.01	150m: 1:56.51 45.16	250m: 3:24.89	45.63	350m: 4:48.85	37.78	
	100m: 1:11.35 38.34	200m: 2:39.26 42.75	300m: 4:11.07	46.18	400m: 5:25.95	37.10	
5.	Rita Alexandra Vital	01	Alges	5:26.65	+0,83	554	
	50m: 33.45 33.45	150m: 1:53.64 41.32	250m: 3:23.08	48.69	350m: 4:49.20	37.65	
	100m: 1:12.32 38.87	200m: 2:34.39 40.75	300m: 4:11.55	48.47	400m: 5:26.65	37.45	
6.	Raquel Antunes Tremoco	01	Sporting	5:27.20	+0,79	552	
	50m: 33.62 33.62	150m: 1:55.08 42.21	250m: 3:24.35	47.46	350m: 4:50.32	37.33	
	100m: 1:12.87 39.25	200m: 2:36.89 41.81	300m: 4:12.99	48.64	400m: 5:27.20	36.88	
7.	Mariana Sobral Galacha	01	Sporting	5:28.97	+0,73	543	
	50m: 33.36 33.36	150m: 1:58.46 43.59	250m: 3:28.26	47.43	350m: 4:52.69	37.27	
	100m: 1:14.87 41.51	200m: 2:40.83 42.37	300m: 4:15.42	47.16	400m: 5:28.97	36.28	
8.	Ines Alves Martins	01	Fluivial Portuense	5:29.18	+0,82	542	
	50m: 33.78 33.78	150m: 1:57.67 43.95	250m: 3:27.27	46.64	350m: 4:52.96	38.39	
	100m: 1:13.72 39.94	200m: 2:40.63 42.96	300m: 4:14.57	47.30	400m: 5:29.18	36.22	

Prova 10, Femin., 400m Estilos, Juvenis A

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
9.	Mariana Delicado Correia	01	Sporting	5:32.83	+0,72	524	
	50m: 33.21 33.21		150m: 1:53.77 41.89	250m: 3:26.35 50.80		350m: 4:55.74 38.71	
	100m: 1:11.88 38.67		200m: 2:35.55 41.78	300m: 4:17.03 50.68		400m: 5:32.83 37.09	
10.	Maria Carolina Rodrigues	01	Vitoria/ Olicargo	5:35.26	+0,94	513	
	50m: 34.69 34.69		150m: 2:00.37 45.87	250m: 3:32.31 46.96		350m: 4:57.71 39.18	
	100m: 1:14.50 39.81		200m: 2:45.35 44.98	300m: 4:18.53 46.22		400m: 5:35.26 37.55	
11.	Ines Rodrigues Ferreira	01	Benfica	5:38.20	+0,90	500	
	50m: 34.47 34.47		150m: 2:00.48 46.21	250m: 3:33.48 48.27		350m: 5:00.89 39.16	
	100m: 1:14.27 39.80		200m: 2:45.21 44.73	300m: 4:21.73 48.25		400m: 5:38.20 37.31	
12.	Mariana Cardoso Costa	01	Natacao da Maia	5:38.28	+0,83	499	
	50m: 35.37 35.37		150m: 2:01.91 45.08	250m: 3:32.79 47.07		350m: 4:59.44 39.56	
	100m: 1:16.83 41.46		200m: 2:45.72 43.81	300m: 4:19.88 47.09		400m: 5:38.28 38.84	
13.	Sara Alexandra Sousa	01	Geslours	6:03.48	+0,83	402	
	50m: 36.25 36.25		150m: 2:10.35 46.34	250m: 3:49.69 54.73		350m: 5:24.99 42.13	
	100m: 1:24.01 47.76		200m: 2:54.96 44.61	300m: 4:42.86 53.17		400m: 6:03.48 38.49	
DNS	Tatiana Alexandre Cardoso	01	Amadora				

Prova 10
11-03-2016 - 17:30

Femin., 400m Estilos

Juvenis B
Resultados

Rec Nac Absoluto	4:45.69	Victoria Kaminskaya	POR	Malaga (ESP)	29-03-2015
Rec Nac Juv B	5:01.00	Ines Neto Rocha	CAP	Coimbra	24-07-2015
Rec Nac Juv B	5:01.00	Ines Neto Rocha	CAP	Coimbra	24-07-2015

Pontos: FINA 2016

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Ana Sofia Pina	02	O Crasto	5:11.59	+0,91	639	
	50m: 32.25 32.25		150m: 1:50.52 41.28	250m: 3:16.79 44.05		350m: 4:37.39 34.88	
	100m: 1:09.24 36.99		200m: 2:32.74 42.22	300m: 4:02.51 45.72		400m: 5:11.59 34.20	
2.	Francisca Salvador Mesquita	02	Colegio Monte Maior	5:19.25	+0,41	594	
	50m: 32.40 32.40		150m: 1:53.78 43.15	250m: 3:21.53 45.76		350m: 4:42.78 37.77	
	100m: 1:10.63 38.23		200m: 2:35.77 41.99	300m: 4:05.01 43.48		400m: 5:19.25 36.47	
3.	Joana Nunes Cardeal	02	Academico Viseu	5:22.79	+0,96	575	
	50m: 32.99 32.99		150m: 1:54.59 41.78	250m: 3:22.51 47.40		350m: 4:46.83 37.45	
	100m: 1:12.81 39.82		200m: 2:35.11 40.52	300m: 4:09.38 46.87		400m: 5:22.79 35.96	
4.	Catia Iordan Agostinho	02	Rio Maior	5:25.15	+0,76	562	
	50m: 35.65 35.65		150m: 1:59.65 42.25	250m: 3:26.64 45.11		350m: 4:49.91 36.19	
	100m: 1:17.40 41.75		200m: 2:41.53 41.88	300m: 4:13.72 47.08		400m: 5:25.15 35.24	
5.	Ana Sequeira Florindo	02	Nautico /Urgicentro-Sanfil	5:25.34	+0,82	561	
	50m: 33.70 33.70		150m: 1:54.95 41.94	250m: 3:24.43 48.76		350m: 4:49.92 36.72	
	100m: 1:13.01 39.31		200m: 2:35.67 40.72	300m: 4:13.20 48.77		400m: 5:25.34 35.42	
6.	Maria Margarida Belo	02	Sporting	5:27.60	+0,85	550	
	50m: 35.00 35.00		150m: 1:56.50 41.68	250m: 3:25.85 48.17		350m: 4:50.11 36.83	
	100m: 1:14.82 39.82		200m: 2:37.68 41.18	300m: 4:13.28 47.43		400m: 5:27.60 37.49	
7.	Mariana Sousa Maia	02	Famalicao	5:28.26	+0,87	546	
	50m: 33.86 33.86		150m: 1:57.81 43.59	250m: 3:27.85 47.59		350m: 4:52.96 37.75	
	100m: 1:14.22 40.36		200m: 2:40.26 42.45	300m: 4:15.21 47.36		400m: 5:28.26 35.30	

Prova 10, Femin., 400m Estilos, Juvenis B

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
8.	Mafalda Joana Oliveira	02	Lousada SXXI	5:28.85	+0,80	543	
	50m: 33.36 33.36	150m: 1:57.49 43.75	250m: 3:26.61 45.17	350m: 4:52.98 39.37			
	100m: 1:13.74 40.38	200m: 2:41.44 43.95	300m: 4:13.61 47.00	400m: 5:28.85 35.87			
9.	Valeria Goncalves Vieira	02	Vitoria/ Olicargo	5:39.12	+0,96	495	
	50m: 37.34 37.34	150m: 2:05.11 45.15	250m: 3:35.80 46.62	350m: 5:01.58 38.64			
	100m: 1:19.96 42.62	200m: 2:49.18 44.07	300m: 4:22.94 47.14	400m: 5:39.12 37.54			
10.	Ana Rita Matos	02	Geslours	5:39.23	+0,74	495	
	50m: 34.75 34.75	150m: 1:59.52 42.95	250m: 3:28.76 47.55	350m: 4:59.84 42.51			
	100m: 1:16.57 41.82	200m: 2:41.21 41.69	300m: 4:17.33 48.57	400m: 5:39.23 39.39			
11.	Jessica Soares Lima	02	Braga	5:40.66	+0,77	489	
	50m: 35.22 35.22	150m: 2:01.39 45.38	250m: 3:35.44 49.89	350m: 5:04.04 38.10			
	100m: 1:16.01 40.79	200m: 2:45.55 44.16	300m: 4:25.94 50.50	400m: 5:40.66 36.62			
12.	Natacha Sofia Silva	02	Benfica	5:41.60		485	
	50m: 37.05 37.05	150m: 2:02.92 45.12	250m: 3:34.64 46.54	350m: 5:01.96 38.82			
	100m: 1:17.80 40.75	200m: 2:48.10 45.18	300m: 4:23.14 48.50	400m: 5:41.60 39.64			
13.	Rita Morgado Vieira	02	Rio Maior	5:42.63	+0,79	480	
	50m: 34.34 34.34	150m: 1:59.36 44.79	250m: 3:33.64 49.35	350m: 5:03.85 40.17			
	100m: 1:14.57 40.23	200m: 2:44.29 44.93	300m: 4:23.68 50.04	400m: 5:42.63 38.78			
14.	Daniela Oliveira Rodrigues	02	Valongo	5:42.99	+0,77	479	
	50m: 34.10 34.10	150m: 2:01.20 45.87	250m: 3:34.38 48.99	350m: 5:04.82 38.87			
	100m: 1:15.33 41.23	200m: 2:45.39 44.19	300m: 4:25.95 51.57	400m: 5:42.99 38.17			
15.	Madalena Maria Ferreira	02	Sporting	5:43.31	+0,82	478	
	50m: 34.38 34.38	150m: 1:59.73 44.94	250m: 3:34.54 51.05	350m: 5:04.21 38.82			
	100m: 1:14.79 40.41	200m: 2:43.49 43.76	300m: 4:25.39 50.85	400m: 5:43.31 39.10			
16.	Ines Cambe Cunha	02	Torres Novas	5:45.00	+0,79	471	
	50m: 34.96 34.96	150m: 2:03.01 46.04	250m: 3:37.63 48.66	350m: 5:06.36 38.95			
	100m: 1:16.97 42.01	200m: 2:48.97 45.96	300m: 4:27.41 49.78	400m: 5:45.00 38.64			
17.	Nicoleta Lascu	02	Litoral Alentejano	5:48.45	+0,84	457	
	50m: 36.98 36.98	150m: 2:03.84 42.67	250m: 3:37.32 50.19	350m: 5:09.26 40.85			
	100m: 1:21.17 44.19	200m: 2:47.13 43.29	300m: 4:28.41 51.09	400m: 5:48.45 39.19			
DSQ	Margarida Cabral Monteiro	02	Galitos / Bresimar				
	<i>613 - Efectuou deslizamento após conclusão da braçada na viragem aos 150 m - SW 6.4</i>						

Prova 10, Femin., 400m Estilos

Prova 10
11-03-2016 - 17:30

Femin., 400m Estilos

Seniores
Resultados

Rec Nac Absoluto	4:45.69	Victoria Kaminskaya	POR	Malaga (ESP)	29-03-2015
Rec Nac Sen	4:45.69	Victoria Kaminskaya	POR	Malaga (ESP)	29-03-2015

Pontos: FINA 2016

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Victoria Kaminskaya <i>Minimos CEAbs PL</i>	95	Estrelas S.Joao de Brito	4:47.22	+0,72	816	
	50m: 30.50 30.50	150m: 1:41.56 36.76	250m: 2:57.83 40.19	350m: 4:13.35 35.14			
	100m: 1:04.80 34.30	200m: 2:17.64 36.08	300m: 3:38.21 40.38	400m: 4:47.22 33.87			
2.	Diana Margarida Duraes <i>Minimos CEAbs PL</i>	96	Porto	4:49.45	+0,71	797	
	50m: 30.61 30.61	150m: 1:42.46 36.89	250m: 3:01.24 41.96	350m: 4:17.26 32.84			
	100m: 1:05.57 34.96	200m: 2:19.28 36.82	300m: 3:44.42 43.18	400m: 4:49.45 32.19			
3.	Angelica Maria Andre	94	Fluval Portuense	4:59.09	+0,71	722	
	50m: 31.86 31.86	150m: 1:50.06 41.98	250m: 3:12.20 41.95	350m: 4:27.99 33.73			
	100m: 1:08.08 36.22	200m: 2:30.25 40.19	300m: 3:54.26 42.06	400m: 4:59.09 31.10			
4.	Tatiana Filipa Santos	95	Academica de Coimbra	5:12.93	+0,92	631	
	50m: 33.01 33.01	150m: 1:49.94 39.36	250m: 3:15.18 46.88	350m: 4:37.81 36.29			
	100m: 1:10.58 37.57	200m: 2:28.30 38.36	300m: 4:01.52 46.34	400m: 5:12.93 35.12			
5.	Beatriz Pereira Vasconcelos	98	Vilacondense	5:13.81	+0,73	625	
	50m: 33.79 33.79	150m: 1:52.98 40.92	250m: 3:17.24 43.99	350m: 4:38.04 36.71			
	100m: 1:12.06 38.27	200m: 2:33.25 40.27	300m: 4:01.33 44.09	400m: 5:13.81 35.77			
6.	Rita Teixeira Costa	97	Belenenses	5:14.36	+0,66	622	
	50m: 31.49 31.49	150m: 1:49.37 40.53	250m: 3:15.96 45.86	350m: 4:38.89 36.35			
	100m: 1:08.84 37.35	200m: 2:30.10 40.73	300m: 4:02.54 46.58	400m: 5:14.36 35.47			
7.	Raquel Paulo Ranito	94	Sporting	5:15.16	+0,76	617	
	50m: 31.99 31.99	150m: 1:50.79 40.76	250m: 3:17.39 44.05	350m: 4:39.33 35.92			
	100m: 1:10.03 38.04	200m: 2:33.34 42.55	300m: 4:03.41 46.02	400m: 5:15.16 35.83			
8.	Sofia Prates Silvestre	95	Naval Amorense	5:16.47	+0,73	610	
	50m: 32.27 32.27	150m: 1:52.57 42.18	250m: 3:19.99 46.54	350m: 4:40.76 35.70			
	100m: 1:10.39 38.12	200m: 2:33.45 40.88	300m: 4:05.06 45.07	400m: 5:16.47 35.71			
DNS	Rute Margarida Marques	94	Amadora				