

Campeonato Nacional Clubes 1 e 2 Divisão
Coimbra, 19- - 20-12-2015

Prova 1	Femin., 400m Livres				2ª Divisão	2ª Divisão FEM
19-12-2015 - 9:30						Resultados
Recordes Nacionais 50m Absoluto	4:19.09	Diana Margarida Duraes	FCP	Coimbra		25-07-2015
Recordes Nacionais 50m Inf B	4:43.70	Alexandra Maria Silva	FCP	Funchal		27-07-1979
Recordes Nacionais 50m Inf A	4:31.53	Alexandra Maria Silva	POR	Skovde (SWE)		08-08-1980
Recordes Nacionais 50m Juv B	4:26.20	Maria Francisca Cabral	FCP	Oeiras		26-07-2014
Recordes Nacionais 50m Juv A	4:20.78	Tamila Hryhorivna Holub	POR	Porto		07-06-2014
Recordes Nacionais 50m Jun16	4:20.37	Marta Andreia Ferreira	POR	Berlin (GER)		04-08-2002
Recordes Nacionais 50m Jun17	4:19.98	Florabela Cavaco Machado	ASSSCC	Coimbra		26-05-2013
Recordes Nacionais 50m Sen	4:19.09	Diana Margarida Duraes	FCP	Coimbra		25-07-2015

Pontos: FINA 2015

Lugar	Nome	An NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Tamila Hryhorivna Holub	99116887	Braga	4:21.06	+0,84	761	17,0(-)
	50m: 30.62 30.62	150m: 1:36.07 33.00	250m: 2:42.25 33.12	350m: 3:48.79 33.24	400m: 4:21.06 32.27		
	100m: 1:03.07 32.45	200m: 2:09.13 33.06	300m: 3:15.55 33.30				
2.	Palmira Chaparro Canela	96200971	Tavira Natacao	4:26.84	+0,84	712	15,0(-)
	50m: 30.57 30.57	150m: 1:37.59 33.88	250m: 2:45.62 33.88	350m: 3:54.01 34.03	400m: 4:26.84 32.83		
	100m: 1:03.71 33.14	200m: 2:11.74 34.15	300m: 3:19.98 34.36				
3.	Ines Jacinto Henriques	00120220	Pimpoes/Cimai	4:36.68	+0,79	639	14,0(-)
	50m: 31.30 31.30	150m: 1:40.22 34.82	250m: 2:51.26 35.66	350m: 4:02.71 35.67	400m: 4:36.68 33.97		
	100m: 1:05.40 34.10	200m: 2:15.60 35.38	300m: 3:27.04 35.78				
4.	Maria Joao Fernandes	97102092	Vilacondense	4:36.78	+0,79	638	13,0(-)
	50m: 30.98 30.98	150m: 1:40.19 35.13	250m: 2:51.25 35.15	350m: 4:02.64 35.42	400m: 4:36.78 34.14		
	100m: 1:05.06 34.08	200m: 2:16.10 35.91	300m: 3:27.22 35.97				
5.	Barbara Coimbra Teodosio	99112716	Nautico Marinha Gran	4:37.40	+0,89	634	12,0(-)
	50m: 31.75 31.75	150m: 1:40.95 35.26	250m: 2:51.90 35.80	350m: 4:04.13 36.31	400m: 4:37.40 33.27		
	100m: 1:05.69 33.94	200m: 2:16.10 35.15	300m: 3:27.82 35.92				
6.	Ana Silva Costa	98104446	Famalicao	4:44.10	+0,80	590	11,0(-)
	50m: 31.89 31.89	150m: 1:42.62 36.04	250m: 2:54.79 36.29	350m: 4:08.24 36.74	400m: 4:44.10 35.86		
	100m: 1:06.58 34.69	200m: 2:18.50 35.88	300m: 3:31.50 36.71				
7.	Eliana Dirce Lourenco	00109369	Galitos/Bresimar	4:47.71	+0,75	568	10,0(-)
	50m: 31.47 31.47	150m: 1:41.74 35.68	250m: 2:56.16 37.39	350m: 4:11.55 37.46	400m: 4:47.71 36.16		
	100m: 1:06.06 34.59	200m: 2:18.77 37.03	300m: 3:34.09 37.93				
8.	Mariana Santos Ferreira	00112044	Miranda do Corvo	4:47.79	+0,81	568	9,0(-)
	50m: 33.08 33.08	150m: 1:45.23 36.24	250m: 2:58.71 36.62	350m: 4:12.61 36.53	400m: 4:47.79 35.18		
	100m: 1:08.99 35.91	200m: 2:22.09 36.86	300m: 3:36.08 37.37				
9.	Ana Sofia Ramos	00108171	Fluvial Portuense	4:48.17	+0,76	565	8,0(-)
	50m: 33.12 33.12	150m: 1:46.47 37.02	250m: 3:00.05 36.63	350m: 4:13.03 36.39	400m: 4:48.17 35.14		
	100m: 1:09.45 36.33	200m: 2:23.42 36.95	300m: 3:36.64 36.59				
10.	Mariana Portugal Costa	98106871	Nautico /Urgicentro-Sa	4:48.41	+0,90	564	7,0(-)
	50m: 32.49 32.49	150m: 1:45.00 36.83	250m: 2:57.78 36.35	350m: 4:12.48 37.86	400m: 4:48.41 35.93		
	100m: 1:08.17 35.68	200m: 2:21.43 36.43	300m: 3:34.62 36.84				
11.	Margarida Sobral Pimenta	99118764	Belenenses	4:49.70	+0,81	557	6,0(-)
	50m: 31.96 31.96	150m: 1:44.45 36.65	250m: 2:58.09 36.75	350m: 4:13.28 37.75	400m: 4:49.70 36.42		
	100m: 1:07.80 35.84	200m: 2:21.34 36.89	300m: 3:35.53 37.44				
12.	Mariana Pinto Angelo	99116788	Academica de Coimbra	4:51.40	+0,71	547	5,0(-)
	50m: 32.49 32.49	150m: 1:45.03 37.10	250m: 2:59.21 37.12	350m: 4:14.79 37.68	400m: 4:51.40 36.61		
	100m: 1:07.93 35.44	200m: 2:22.09 37.06	300m: 3:37.11 37.90				
13.	Ana Luisa Santo	95117843	Benfica	4:52.71	+0,88	540	4,0(-)
	50m: 32.09 32.09	150m: 1:43.79 36.41	250m: 2:58.71 37.40	350m: 4:15.13 37.79	400m: 4:52.71 37.58		
	100m: 1:07.38 35.29	200m: 2:21.31 37.52	300m: 3:37.34 38.63				

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Prova 1, Femin., 400m Livres, 2ª Divisão FEM

Lugar	Nome	AnNFed	Clube	Tempo Final	TReac	Pts FINA	Pts
14.	Sara Lopes Barbosa	00118181	Aquatico Pacense	4:53.96	+0,82	533	3,00-
	50m: 32.76 32.76	150m: 1:46.02 36.66	250m: 3:01.10 37.50	350m: 4:17.01 37.62			
	100m: 1:09.36 36.60	200m: 2:23.60 37.58	300m: 3:39.39 38.29	400m: 4:53.96 36.95			
15.	Rita Guedes Moreira	00110881	Louletano / Loule Con	5:07.42	+0,79	466	2,00-
	50m: 33.34 33.34	150m: 1:48.63 38.60	250m: 3:07.56 39.75	350m: 4:28.31 40.63			
	100m: 1:10.03 36.69	200m: 2:27.81 39.18	300m: 3:47.68 40.12	400m: 5:07.42 39.11			
16.	Cintia Cristina Cruz	02123674	Alcobaca	5:17.12	+0,90	424	1,00-
	50m: 35.71 35.71	150m: 1:54.71 40.31	250m: 3:16.33 41.16	350m: 4:37.35 40.36			
	100m: 1:14.40 38.69	200m: 2:35.17 40.46	300m: 3:56.99 40.66	400m: 5:17.12 39.77			