

Prova 57
20-12-2015 - 16:00

Femin., 400m Estilos
2ª Divisão

2ª Divisão FEM
Resultados

Recordes Nacionais 50m Absoluto	4:45.69	Victoria Kaminskaya	POR	Malaga (ESP)	29-03-2015
Recordes Nacionais 50m Inf B	5:14.05	Filipa Vilas Ruivo	DNMG	S. João da Madeira	24-07-2009
Recordes Nacionais 50m Inf A	5:11.29	Diana Ramos Rocha	EDV	Faro	20-07-2007
Recordes Nacionais 50m Juv B	5:01.00	Ines Neto Rocha	CAP	Coimbra	24-07-2015
Recordes Nacionais 50m Juv B	5:01.00	Ines Neto Rocha	CAP	Coimbra	24-07-2015
Recordes Nacionais 50m Juv A	4:58.08	Diana Margarida Duraes	FOCA	Póvoa de Varzim	05-08-2011
Recordes Nacionais 50m Jun16	4:57.84	Victoria Kaminskaya	PIMP	Oeiras	19-02-2011
Recordes Nacionais 50m Jun17	4:52.12	Victoria Kaminskaya	PIMP	Oeiras	27-07-2012
Recordes Nacionais 50m Sen	4:45.69	Victoria Kaminskaya	POR	Malaga (ESP)	29-03-2015

Pontos: FINA 2015

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Ana Catarina Monteiro	93	24320	Vilacondense	5:03.46	+0,74	692	17,0(-)
	50m: 30.43 30.43	150m: 1:46.34 41.12	250m: 3:10.97 45.10	350m: 4:29.86 34.80	400m: 5:03.46 33.60			
	100m: 1:05.22 34.79	200m: 2:25.87 39.53	300m: 3:55.06 44.09					
2.	Rita Costa Amador	99	105665	Galitos/Bresimar	5:04.79	+0,72	683	15,0(-)
	50m: 31.33 31.33	150m: 1:47.50 39.15	250m: 3:10.37 44.01	350m: 4:29.86 34.59	400m: 5:04.79 34.93			
	100m: 1:08.35 37.02	200m: 2:26.36 38.86	300m: 3:55.27 44.90					
3.	Giovanna Vaz Vargas	00	110957	Nautico Marinha Grande	5:06.81	+0,83	669	14,0(-)
	50m: 31.95 31.95	150m: 1:48.61 40.63	250m: 3:12.60 44.15	350m: 4:32.65 34.85	400m: 5:06.81 34.16			
	100m: 1:07.98 36.03	200m: 2:28.45 39.84	300m: 3:57.80 45.20					
4.	Vania Soares Neves	90	12380	Fluvial Portuense	5:07.36	+0,79	666	13,0(-)
	50m: 32.91 32.91	150m: 1:50.19 38.81	250m: 3:13.87 44.77	350m: 4:33.98 34.89	400m: 5:07.36 33.38			
	100m: 1:11.38 38.47	200m: 2:29.10 38.91	300m: 3:59.09 45.22					
5.	Ines Neto Rocha	01	111313	Aquatico Pacense	5:07.68	+0,90	664	12,0(-)
	50m: 31.78 31.78	150m: 1:48.42 39.60	250m: 3:10.45 43.71	350m: 4:32.22 37.59	400m: 5:07.68 35.46			
	100m: 1:08.82 37.04	200m: 2:26.74 38.32	300m: 3:54.63 44.18					
6.	Ana Beatriz Martins	99	108375	Famalicao	5:08.87	+0,84	656	11,0(-)
	50m: 31.70 31.70	150m: 1:49.27 40.46	250m: 3:14.65 45.32	350m: 4:34.96 35.58	400m: 5:08.87 33.91			
	100m: 1:08.81 37.11	200m: 2:29.33 40.06	300m: 3:59.38 44.73					
7.	Teresa Miguel Veloso	00	103876	Nautico /Urgicentro-Sanfil	5:16.61	+0,76	609	10,0(-)
	50m: 32.63 32.63	150m: 1:52.10 41.87	250m: 3:19.00 45.78	350m: 4:42.34 36.65	400m: 5:16.61 34.27			
	100m: 1:10.23 37.60	200m: 2:33.22 41.12	300m: 4:05.69 46.69					
8.	Rita Teixeira Costa	97	109314	Belenenses	5:17.19	+0,69	606	9,0(-)
	50m: 31.64 31.64	150m: 1:50.46 40.99	250m: 3:16.57 46.13	350m: 4:41.32 38.12	400m: 5:17.19 35.87			
	100m: 1:09.47 37.83	200m: 2:30.44 39.98	300m: 4:03.20 46.63					
9.	Ines Rocha Silva	00	117806	Alcobaca	5:22.83	+0,73	574	8,0(-)
	50m: 33.30 33.30	150m: 1:56.48 42.27	250m: 3:22.81 45.22	350m: 4:46.35 38.67	400m: 5:22.83 36.48			
	100m: 1:14.21 40.91	200m: 2:37.59 41.11	300m: 4:07.68 44.87					
10.	Puerto Gonzalez Garrido	98	132944	Tavira Natacao	5:23.87	+0,67	569	7,0(-)
	50m: 33.53 33.53	150m: 1:53.49 42.52	250m: 3:22.11 47.58	350m: 4:47.48 38.03	400m: 5:23.87 36.39			
	100m: 1:10.97 37.44	200m: 2:34.53 41.04	300m: 4:09.45 47.34					
11.	Beatriz Lopes Pinto	99	124194	Academica de Coimbra	5:24.54	+0,85	565	6,0(-)
	50m: 34.22 34.22	150m: 1:55.90 41.19	250m: 3:23.98 47.01	350m: 4:48.94 36.97	400m: 5:24.54 35.60			
	100m: 1:14.71 40.49	200m: 2:36.97 41.07	300m: 4:11.97 47.99					
12.	Ana Sofia Ferreira	99	109040	Pimpoes/Cimai	5:29.72	+0,78	539	5,0(-)
	50m: 34.37 34.37	150m: 1:55.66 43.13	250m: 3:26.11 48.10	350m: 4:51.15 39.06	400m: 5:29.72 38.57			
	100m: 1:12.53 38.16	200m: 2:38.01 42.35	300m: 4:12.09 45.98					

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

Prova 57, Femin., 400m Estilos, 2ª Divisão FEM

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
13.	Margarida Malheiro Neves	01	121259	Braga	5:32.13	+0,77	527	4,0(-)
	50m: 32.32 32.32			150m: 1:53.04 43.07	49.42	350m: 4:53.74 39.04		
	100m: 1:09.97 37.65			200m: 2:34.87 41.83	50.41	400m: 5:32.13 38.39		
14.	Ana Cruz Antunes	01	121501	Benfica	5:46.29		465	3,0(-)
	50m: 33.01 33.01			150m: 1:57.45 43.31	50.27	350m: 5:05.68 43.70		
	100m: 1:14.14 41.13			200m: 2:40.25 42.80	51.46	400m: 5:46.29 40.61		
15.	Sara Dias Neves	03	124217	Miranda do Corvo	5:53.73	+0,70	436	2,0(-)
	50m: 36.03 36.03			150m: 2:06.34 46.43	50.79	350m: 5:14.41 40.30		
	100m: 1:19.91 43.88			200m: 2:51.88 45.54	51.44	400m: 5:53.73 39.32		
16.	Telma Machado Silva	00	110882	Louletano / Loule Concelho	6:17.59	+0,85	359	1,0(-)
	50m: 37.09 37.09			150m: 2:11.22 49.62	53.71	350m: 5:32.65 45.08		
	100m: 1:21.60 44.51			200m: 2:59.84 48.62	54.02	400m: 6:17.59 44.94		