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

Prova 58 | Femin., 400m Estilos | 1ª Divisão FEM
20-12-2015 | 1ª Divisão | 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.	Diana Margarida Duraes	96	102992	Porto	**4:54.78**	+0,74	755	9,0(-
	50m: 30.11 30.11 150m: 1:42.70 37.81 250m: 3:02.99 43.33 350m: 4:21.26 34.57							
	100m: 1:04.89 34.78 200m: 2:19.66 36.96 300m: 3:46.69 43.70 400m: 4:54.78 33.52							
2.	Paula Goyanes Garcia	98	148728	Desportiva de Viana	**5:03.37**	+0,84	692	7,0(-
	50m: 31.74 31.74 150m: 1:47.06 38.52 250m: 3:10.59 45.63 350m: 4:30.84 34.08							
	100m: 1:08.54 36.80 200m: 2:24.96 37.90 300m: 3:56.76 46.17 400m: 5:03.37 32.53							
3.	Madalena Gomes Azevedo	99	110160	Alges	**5:03.73**	+0,77	690	6,0(-
	50m: 32.09 32.09 150m: 1:50.61 40.29 250m: 3:13.57 43.98 350m: 4:32.50 33.85							
	100m: 1:10.32 38.23 200m: 2:29.59 38.98 300m: 3:58.65 45.08 400m: 5:03.73 31.23							
4.	Raquel Paulo Ranito	94	25504	Sporting	**5:13.01**	+0,76	630	5,0(-
	50m: 32.34 32.34 150m: 1:51.25 40.34 250m: 3:16.81 45.17 350m: 4:37.75 35.87							
	100m: 1:10.91 38.57 200m: 2:31.64 40.39 300m: 4:01.88 45.07 400m: 5:13.01 35.26							
5.	Luisa Maria Machado	01	121850	Uniao Piedense	**5:16.97**	+0,95	607	4,0(-
	50m: 33.80 33.80 150m: 1:56.44 42.72 250m: 3:19.64 42.89 350m: 4:42.15 38.24							
	100m: 1:13.72 39.92 200m: 2:36.75 40.31 300m: 4:03.91 44.27 400m: 5:16.97 34.82							
6.	Ines Maria Pereira	99	105607	Leixoes	**5:35.42**	+0,88	512	3,0(-
	50m: 34.38 34.38 150m: 1:58.06 44.53 250m: 3:28.28 47.64 350m: 4:56.13 39.07							
	100m: 1:13.53 39.15 200m: 2:40.64 42.58 300m: 4:17.06 48.78 400m: 5:35.42 39.29							
7.	Tatiana Alexandre Cardoso	01	127355	Amadora	**5:39.94**	+0,81	492	2,0(-
	50m: 34.31 34.31 150m: 1:58.16 43.45 250m: 3:29.22 48.97 350m: 4:59.64 39.90							
	100m: 1:14.71 40.40 200m: 2:40.25 42.09 300m: 4:19.74 50.52 400m: 5:39.94 40.30							
8.	Ines do Carmo Cruz	00	110204	Ginasio de Vila Real	**6:11.52**	+0,82	377	1,0(-
	50m: 37.16 37.16 150m: 2:15.45 51.28 250m: 3:53.01 49.57 350m: 5:29.07 45.07							
	100m: 1:24.17 47.01 200m: 3:03.44 47.99 300m: 4:44.00 50.99 400m: 6:11.52 42.45							