

Prova 23
30-10-2016

Femin., 400m Livres

Absolutos
Resultados

Rec Nac Absoluto	4:10.22	Diana Margarida Duraes	FCP	Porto	12-12-2015
Rec Nac Inf B	4:38.40	Filipa Vilas Ruivo	DNMG	Alcobaça	13-06-2009
Rec Nac Inf A	4:25.30	Alexandra Maria Silva	FCP	Porto	19-07-1980
Rec Nac Juv B	4:23.08	Susana Patricia Miguel	SFUAP	Alhandra	15-05-2004
Rec Nac Juv A	4:18.39	Ana Claudia Santos	SFUAP	Cantanhede	20-12-2004
Rec Nac Jun16	4:15.43	Tamila Hryhorivna Holub	SCB	Porto	20-12-2014
Rec Nac Jun17	4:10.52	Tamila Hryhorivna Holub	SCB	Porto	12-12-2015
Rec Nac Sen	4:10.22	Diana Margarida Duraes	FCP	Porto	12-12-2015

Pontos: FINA 2016

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Soraia Vanessa Ribeiro	92	15857	Estrelas S. Joao de Brito	4:36.21	+0,92	612	
	50m: 31.04 31.04			150m: 1:40.68 35.24	250m: 2:51.96 35.50	350m: 4:02.82		35.40
	100m: 1:05.44 34.40			200m: 2:16.46 35.78	300m: 3:27.42 35.46	400m: 4:36.21		33.39
2.	Ana Filipa Costa	98	102909	Beja	4:36.22	+0,80	612	
	50m: 31.14 31.14			150m: 1:40.54 35.18	250m: 2:51.96 35.69	350m: 4:02.68		35.38
	100m: 1:05.36 34.22			200m: 2:16.27 35.73	300m: 3:27.30 35.34	400m: 4:36.22		33.54
3.	Mafalda Sofia Rosa	03	127310	Rio Maior	4:37.09	+0,65	606	
	50m: 31.95 31.95			150m: 1:40.71 34.80	250m: 2:51.44 35.32	350m: 4:02.52		35.50
	100m: 1:05.91 33.96			200m: 2:16.12 35.41	300m: 3:27.02 35.58	400m: 4:37.09		34.57
4.	Mariana Cardoso Costa	01	117322	Propaganda da Natacao	4:45.54	+0,86	554	
	50m: 31.80 31.80			150m: 1:41.70 35.33	250m: 2:54.49 36.58	350m: 4:08.93		37.03
	100m: 1:06.37 34.57			200m: 2:17.91 36.21	300m: 3:31.90 37.41	400m: 4:45.54		36.61
5.	Mariana Costa Cabral	95	25315	Bombeiros Estoris	5:01.61	+0,85	470	
	50m: 32.06 32.06			150m: 1:46.69 38.12	250m: 3:05.93 39.64	350m: 4:24.13		38.92
	100m: 1:08.57 36.51			200m: 2:26.29 39.60	300m: 3:45.21 39.28	400m: 5:01.61		37.48
6.	Margarida Mota Silva	03	122224	Palmela	5:01.63	+0,78	470	
	50m: 32.16 32.16			150m: 1:48.14 38.94	250m: 3:05.60 38.85	350m: 4:24.08		39.12
	100m: 1:09.20 37.04			200m: 2:26.75 38.61	300m: 3:44.96 39.36	400m: 5:01.63		37.55
7.	Rute Ferreira Correia	03	126232	Clube de Vouzela	5:03.99	+0,83	459	
	50m: 31.53 31.53			150m: 1:46.59 38.80	250m: 3:05.93 39.59	350m: 4:25.14		39.71
	100m: 1:07.79 36.26			200m: 2:26.34 39.75	300m: 3:45.43 39.50	400m: 5:03.99		38.85
8.	Ana Carmo Pinheiro	02	124856	Ginasio Santo Tirso	5:05.04	+0,84	454	
	50m: 32.85 32.85			150m: 1:48.15 38.71	250m: 3:06.69 39.32	350m: 4:26.49		39.86
	100m: 1:09.44 36.59			200m: 2:27.37 39.22	300m: 3:46.63 39.94	400m: 5:05.04		38.55
9.	Laura Andre Catarino	03	126929	CCDSerta	5:11.08	+0,82	428	
	50m: 34.02 34.02			150m: 1:51.79 39.57	250m: 3:13.18 40.84	350m: 4:33.44		38.75
	100m: 1:12.22 38.20			200m: 2:32.34 40.55	300m: 3:54.69 41.51	400m: 5:11.08		37.64
10.	Nicia Filipa Ferreira	01	112459	Natacao Guarda	5:11.56	+1,07	426	
	50m: 33.22 33.22			150m: 1:51.13 40.12	250m: 3:12.69 41.07	350m: 4:35.14		41.06
	100m: 1:11.01 37.79			200m: 2:31.62 40.49	300m: 3:54.08 41.39	400m: 5:11.56		36.42
11.	Constanca Basilio Gil	03	125758	CLAC-Entroncamento	5:11.87	+0,85	425	
	50m: 34.34 34.34			150m: 1:52.93 40.40	250m: 3:14.13 40.36	350m: 4:34.34		39.91
	100m: 1:12.53 38.19			200m: 2:33.77 40.84	300m: 3:54.43 40.30	400m: 5:11.87		37.53
12.	Soraia Margarida Carvalho	00	124112	Albicastrense	5:13.67	+0,83	417	
	50m: 34.85 34.85			150m: 1:53.25 40.06	250m: 3:14.78 40.90	350m: 4:35.80		40.30
	100m: 1:13.19 38.34			200m: 2:33.88 40.63	300m: 3:55.50 40.72	400m: 5:13.67		37.87
13.	Bruna Marisa Fonseca	99	111626	Amigos Montanha	5:15.90	+0,85	409	
	50m: 33.42 33.42			150m: 1:51.84 39.73	250m: 3:13.59 41.12	350m: 4:35.69		40.88
	100m: 1:12.11 38.69			200m: 2:32.47 40.63	300m: 3:54.81 41.22	400m: 5:15.90		40.21
14.	Sara Tavares Baptista	00	123942	Feirense	5:16.43	+0,80	407	
	50m: 33.75 33.75			150m: 1:53.60 40.58	250m: 3:16.08 41.30	350m: 4:38.37		40.63
	100m: 1:13.02 39.27			200m: 2:34.78 41.18	300m: 3:57.74 41.66	400m: 5:16.43		38.06

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Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
15.	Adriana Robalo Garcia	00	120668	Naval Praia Vitoria	5:17.39		403	
	50m: 34.90 34.90		150m: 1:55.31 40.51	250m: 3:17.50 40.41	350m: 4:38.60 40.37			40.37
	100m: 1:14.80 39.90		200m: 2:37.09 41.78	300m: 3:58.23 40.73	400m: 5:17.39 38.79			38.79
16.	Francisca Pugsley Ferreira	01	120130	FC Ferreiras	5:21.10	+0,86	389	
	50m: 35.47 35.47		150m: 1:55.80 40.49	250m: 3:18.35 41.52	350m: 4:41.03 41.21			41.21
	100m: 1:15.31 39.84		200m: 2:36.83 41.03	300m: 3:59.82 41.47	400m: 5:21.10 40.07			40.07
17.	Ines Neiva Nova	02	125002	Naval Povoense	5:28.68	+0,92	363	
	50m: 34.78 34.78		150m: 1:56.46 41.74	250m: 3:21.59 42.63	350m: 4:47.66 43.35			43.35
	100m: 1:14.72 39.94		200m: 2:38.96 42.50	300m: 4:04.31 42.72	400m: 5:28.68 41.02			41.02
18.	Elisa Rose Kermorvant	03	130887	Lagoa AC	5:30.63	+0,79	356	
	50m: 35.95 35.95		150m: 1:57.51 41.39	250m: 3:22.46 43.02	350m: 4:48.83 43.23			43.23
	100m: 1:16.12 40.17		200m: 2:39.44 41.93	300m: 4:05.60 43.14	400m: 5:30.63 41.80			41.80
19.	Catarina Isabel Carlota	05	132493	BUZIOS-Coruche	5:33.21	+0,86	348	
	50m: 38.49 38.49		150m: 2:05.40 43.66	250m: 3:31.15 42.38	350m: 4:54.59 40.48			40.48
	100m: 1:21.74 43.25		200m: 2:48.77 43.37	300m: 4:14.11 42.96	400m: 5:33.21 38.62			38.62
20.	Filipa Manuela Martins	03	128708	Penafiel	5:36.86	+0,98	337	
	50m: 35.99 35.99		150m: 2:00.27 43.06	250m: 3:27.67 43.49	350m: 4:54.77 43.46			43.46
	100m: 1:17.21 41.22		200m: 2:44.18 43.91	300m: 4:11.31 43.64	400m: 5:36.86 42.09			42.09
21.	Jessica Sofia Pinto	00	127895	Amarantus	5:40.09	+0,90	327	
	50m: 34.92 34.92		150m: 1:57.99 43.22	250m: 3:27.91 45.18	350m: 4:57.56 44.34			44.34
	100m: 1:14.77 39.85		200m: 2:42.73 44.74	300m: 4:13.22 45.31	400m: 5:40.09 42.53			42.53
22.	Patricia Pinheiro Costa	04	200210	Salvaterra de Magos	6:00.90	+0,93	274	
	50m: 39.04 39.04		150m: 2:10.87 46.81	250m: 3:44.65 46.88	350m: 5:18.98 46.97			46.97
	100m: 1:24.06 45.02		200m: 2:57.77 46.90	300m: 4:32.01 47.36	400m: 6:00.90 41.92			41.92
23.	Marta Filipa Candeias	04	148351	Estremoz / Estremozcarnes	6:19.60	+0,85	235	
	50m: 43.11 43.11		150m: 2:19.02 48.72	250m: 3:56.55 48.71	350m: 5:35.45 49.06			49.06
	100m: 1:30.30 47.19		200m: 3:07.84 48.82	300m: 4:46.39 49.84	400m: 6:19.60 44.15			44.15
24.	Ana Filipa Santos	03	127167	Elvense	6:30.25	+1,11	217	
	50m: 42.10 42.10		150m: 2:20.35 50.37	250m: 4:00.81 50.12	350m: 5:42.42 50.94			50.94
	100m: 1:29.98 47.88		200m: 3:10.69 50.34	300m: 4:51.48 50.67	400m: 6:30.25 47.83			47.83
DSQ	Matilde Fava Cordeiro	05	132199	Campomaiorense				
	403 - Falsa partida - SW 4.4							