

Prova 23
27-11-2016

Femin., 400m Livres

Absolutos
Resultados

Rec Nac Absoluto	4:05.39	Diana Margarida Duraes	POR	Vila Real Stº Antonio	12-11-2016
Rec Nac Inf B	4:38.40	Filipa Vilas Ruivo	POR	Alcobaça	13-06-2009
Rec Nac Inf A	4:25.30	Alexandra Maria Silva	POR	Porto	19-07-1980
Rec Nac Juv B	4:23.08	Susana Patricia Miguel	POR	Alhandra	15-05-2004
Rec Nac Juv A	4:18.39	Ana Claudia Santos	POR	Cantanhede	20-12-2004
Rec Nac Jun16	4:15.43	Tamila Hryhorivna Holub	POR	Porto	20-12-2014
Rec Nac Jun17	4:10.52	Tamila Hryhorivna Holub	POR	Porto	12-12-2015
Rec Nac Sen	4:05.39	Diana Margarida Duraes	POR	Vila Real Stº Antonio	12-11-2016

Pontos: FINA 2016

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Carolina Marques Neves	01	121422	Torres Novas	4:32.73	+0,79	635	25,00-
	50m: 31.87 31.87			150m: 1:40.95 34.69	250m: 2:50.69 34.83	350m: 4:00.44 34.72		
	100m: 1:06.26 34.39			200m: 2:15.86 34.91	300m: 3:25.72 35.03	400m: 4:32.73 32.29		
2.	Ana Sofia Pina	02	125639	O Crasto	4:32.84	+0,91	635	23,00-
	50m: 30.83 30.83			150m: 1:39.39 34.68	250m: 2:49.21 34.72	350m: 3:59.72 34.98		
	100m: 1:04.71 33.88			200m: 2:14.49 35.10	300m: 3:24.74 35.53	400m: 4:32.84 33.12		
3.	Soraia Vanessa Ribeiro	92	15857	Estrelas S. Joao de Brito	4:33.05	+0,92	633	22,00-
	50m: 31.15 31.15			150m: 1:39.79 34.74	250m: 2:49.75 34.96	350m: 3:59.87 34.98		
	100m: 1:05.05 33.90			200m: 2:14.79 35.00	300m: 3:24.89 35.14	400m: 4:33.05 33.18		
4.	Mafalda Sofia Rosa	03	127310	Rio Maior	4:35.79	+0,79	614	21,00-
	50m: 32.11 32.11			150m: 1:40.96 34.67	250m: 2:50.57 34.88	350m: 4:00.93 35.25		
	100m: 1:06.29 34.18			200m: 2:15.69 34.73	300m: 3:25.68 35.11	400m: 4:35.79 34.86		
5.	Ana Filipa Costa	98	102909	Beja	4:41.75	+0,89	576	20,00-
	50m: 31.35 31.35			150m: 1:40.75 35.20	250m: 2:52.55 36.16	350m: 4:05.61 36.75		
	100m: 1:05.55 34.20			200m: 2:16.39 35.64	300m: 3:28.86 36.31	400m: 4:41.75 36.14		
6.	Beatriz Marques Ferreira	00	122579	Campinho	4:44.66	+0,81	559	19,00-
	50m: 32.12 32.12			150m: 1:43.47 36.02	250m: 2:56.55 36.51	350m: 4:09.70 36.55		
	100m: 1:07.45 35.33			200m: 2:20.04 36.57	300m: 3:33.15 36.60	400m: 4:44.66 34.96		
7.	Carolina Silva Soares	03	123910	Natacao de Valongo	4:44.92		557	18,00-
	50m: 32.13 32.13			150m: 1:43.97 36.30	250m: 2:57.14 36.71	350m: 4:10.29 36.46		
	100m: 1:07.67 35.54			200m: 2:20.43 36.46	300m: 3:33.83 36.69	400m: 4:44.92 34.63		
8.	Mariana Cardoso Costa	01	117322	Propaganda da Natacao	4:46.43	+0,80	548	17,00-
	50m: 31.49 31.49			150m: 1:41.82 35.47	250m: 2:55.28 37.02	350m: 4:09.89 37.23		
	100m: 1:06.35 34.86			200m: 2:18.26 36.44	300m: 3:32.66 37.38	400m: 4:46.43 36.54		
9.	Ana Ines Fernandes	00	119258	Vitoria Guimaraes	4:46.89	+0,95	546	16,00-
	50m: 31.90 31.90			150m: 1:43.06 35.96	250m: 2:56.26 36.93	350m: 4:11.26 37.17		
	100m: 1:07.10 35.20			200m: 2:19.33 36.27	300m: 3:34.09 37.83	400m: 4:46.89 35.63		
10.	Beatriz Ferreira Gaspar	04	126345	Natacao de Vagos	4:52.46	+0,94	515	15,00-
	50m: 32.41 32.41			150m: 1:45.65 37.10	250m: 3:00.66 37.57	350m: 4:16.70 37.93		
	100m: 1:08.55 36.14			200m: 2:23.09 37.44	300m: 3:38.77 38.11	400m: 4:52.46 35.76		
11.	Laura Luz Fonseca	03	122825	Naval de Ponta Delgada	4:52.54	+0,86	515	14,00-
	50m: 33.13 33.13			150m: 1:46.03 36.79	250m: 3:00.88 37.32	350m: 4:16.17 38.05		
	100m: 1:09.24 36.11			200m: 2:23.56 37.53	300m: 3:38.12 37.24	400m: 4:52.54 36.37		
12.	Maria Leitao Carvalho	02	126850	Bairro dos Anjos/Bomcar	4:53.68	+0,78	509	13,00-
	50m: 33.10 33.10			150m: 1:45.98 37.14	250m: 3:01.37 37.86	350m: 4:16.96 37.75		
	100m: 1:08.84 35.74			200m: 2:23.51 37.53	300m: 3:39.21 37.84	400m: 4:53.68 36.72		
13.	Ana Margarida Cruz	00	123556	Aminata	4:56.30	+1,04	495	12,00-
	50m: 33.01 33.01			150m: 1:46.62 37.29	250m: 3:02.60 38.36	350m: 4:19.58 38.71		
	100m: 1:09.33 36.32			200m: 2:24.24 37.62	300m: 3:40.87 38.27	400m: 4:56.30 36.72		
14.	Rute Ferreira Correia	03	126232	Clube de Vouzela	4:56.79	+0,88	493	11,00-
	50m: 32.01 32.01			150m: 1:45.76 37.69	250m: 3:02.13 38.22	350m: 4:18.92 38.47		
	100m: 1:08.07 36.06			200m: 2:23.91 38.15	300m: 3:40.45 38.32	400m: 4:56.79 37.87		

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Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
15.	Mariana Costa Cabral	95	25315	Bombeiros Estoris	4:58.20	+0,86	486	10,0(-)
	50m: 32.87 32.87		150m: 1:47.53 37.97	250m: 3:03.26 37.81	350m: 4:21.13 38.88			
	100m: 1:09.56 36.69		200m: 2:25.45 37.92	300m: 3:42.25 38.99	400m: 4:58.20 37.07			
16.	Leonor Rodrigues Carvalho	02	130402	Bombeiros Ponta Delgada	5:00.33	+0,76	476	9,0(-)
	50m: 34.14 34.14		150m: 1:49.82 38.30	250m: 3:06.84 38.61	350m: 4:24.81 39.13			
	100m: 1:11.52 37.38		200m: 2:28.23 38.41	300m: 3:45.68 38.84	400m: 5:00.33 35.52			
17.	Iolanda Sofia Clerigo	02	126878	Naval Setubalense	5:01.73	+0,84	469	8,0(-)
	50m: 33.80 33.80		150m: 1:49.16 38.03	250m: 3:07.57 39.34	350m: 4:25.15 39.64			
	100m: 1:11.13 37.33		200m: 2:28.23 39.07	300m: 3:45.51 37.94	400m: 5:01.73 36.58			
18.	Ana Carmo Pinheiro	02	124856	Ginasio Santo Tirso	5:01.88	+0,84	468	7,0(-)
	50m: 34.37 34.37		150m: 1:50.29 38.14	250m: 3:07.84 38.73	350m: 4:25.78 38.92			
	100m: 1:12.15 37.78		200m: 2:29.11 38.82	300m: 3:46.86 39.02	400m: 5:01.88 36.10			
19.	Ana Catarina Magalhaes	02	119092	Lousada SXXI	5:02.75	+0,79	464	6,0(-)
	50m: 32.24 32.24		150m: 1:46.66 38.05	250m: 3:04.63 39.28	350m: 4:24.45 40.15			
	100m: 1:08.61 36.37		200m: 2:25.35 38.69	300m: 3:44.30 39.67	400m: 5:02.75 38.30			
20.	Patricia Cai Lin	01	126266	Alges e Agueda XXI	5:08.23	+0,70	440	5,0(-)
	50m: 32.65 32.65		150m: 1:48.14 38.61	250m: 3:08.34 39.97	350m: 4:28.87 39.97			
	100m: 1:09.53 36.88		200m: 2:28.37 40.23	300m: 3:48.90 40.56	400m: 5:08.23 39.36			
21.	Salome Pinto Monteiro	98	109388	Sporting de Espinho	5:08.70	+0,96	438	4,0(-)
	50m: 34.19 34.19		150m: 1:49.60 38.21	250m: 3:08.12 39.06	350m: 4:28.75 40.25			
	100m: 1:11.39 37.20		200m: 2:29.06 39.46	300m: 3:48.50 40.38	400m: 5:08.70 39.95			
22.	Mafalda Magalhaes Costa	03	124469	Gualdim Pais	5:10.49	+0,83	430	3,0(-)
	50m: 34.58 34.58		150m: 1:53.02 39.27	250m: 3:12.07 39.47	350m: 4:32.52 40.15			
	100m: 1:13.75 39.17		200m: 2:32.60 39.58	300m: 3:52.37 40.30	400m: 5:10.49 37.97			
23.	Sara Tavares Baptista	00	123942	Feirense	5:13.69	+0,78	417	2,0(-)
	50m: 33.86 33.86		150m: 1:51.34 39.27	250m: 3:13.06 41.07	350m: 4:35.45 40.90			
	100m: 1:12.07 38.21		200m: 2:31.99 40.65	300m: 3:54.55 41.49	400m: 5:13.69 38.24			
24.	Beatriz Maria Silva	00	122300	Nucleo Sportinguista Terceira	5:14.61	+0,84	414	1,0(-)
	50m: 34.22 34.22		150m: 1:53.21 40.33	250m: 3:13.39 40.40	350m: 4:35.18 40.78			
	100m: 1:12.88 38.66		200m: 2:32.99 39.78	300m: 3:54.40 41.01	400m: 5:14.61 39.43			