

Prova 10 Femin., 400m Estilos 16 anos e mais velhos
09-12-2016 - 18:50 Resultados

Recordes Nacionais 25m Absoluto	4:37.41	Victoria Kaminskaya	ESJB	Porto	11-12-2015
Recordes Nacionais 25m Jun16	4:50.85	Diana Margarida Duraes	FOCA	Silves	02-12-2011
Recordes Nacionais 25m Jun17	4:48.80	Victoria Kaminskaya	PIMP	Silves	02-12-2011
Recordes Nacionais 25m Sen	4:37.41	Victoria Kaminskaya	ESJB	Porto	11-12-2015

Lugar	Nome	Ano	Clube	Tempo Final	TReac
1.	Angelica Maria Andre	94	Fluvial Portuense	4:51.96	+0,71
	50m: 30.76 30.76	150m: 1:46.23 39.99	250m: 3:05.98 40.70	350m: 4:19.41 33.09	
	100m: 1:06.24 35.48	200m: 2:25.28 39.05	300m: 3:46.32 40.34	400m: 4:51.96 32.55	
2.	Ana Beatriz Martins	99	Famalicao	4:53.80	+0,90
	50m: 31.09 31.09	150m: 1:44.24 38.05	250m: 3:04.64 42.93	350m: 4:20.71 33.74	
	100m: 1:06.19 35.10	200m: 2:21.71 37.47	300m: 3:46.97 42.33	400m: 4:53.80 33.09	
3.	Rita Costa Amador	99	Galitos / Bresimar	5:00.22	+0,69
	50m: 31.14 31.14	150m: 1:46.02 38.19	250m: 3:06.95 43.15	350m: 4:25.70 34.90	
	100m: 1:07.83 36.69	200m: 2:23.80 37.78	300m: 3:50.80 43.85	400m: 5:00.22 34.52	
4.	Raquel Paulo Ranito	94	Sporting	5:01.95	+0,75
	50m: 32.11 32.11	150m: 1:47.37 38.37	250m: 3:09.16 43.11	350m: 4:27.97 35.09	
	100m: 1:09.00 36.89	200m: 2:26.05 38.68	300m: 3:52.88 43.72	400m: 5:01.95 33.98	
5.	Rita Teixeira Costa	97	Belenenses	5:04.62	+0,71
	50m: 31.60 31.60	150m: 1:46.61 38.75	250m: 3:09.04 44.05	350m: 4:30.05 35.91	
	100m: 1:07.86 36.26	200m: 2:24.99 38.38	300m: 3:54.14 45.10	400m: 5:04.62 34.57	
6.	Maria Madalena Silva	98	Braga	5:07.04	+0,75
	50m: 31.83 31.83	150m: 1:49.30 40.16	250m: 3:11.38 43.23	350m: 4:32.86 36.63	
	100m: 1:09.14 37.31	200m: 2:28.15 38.85	300m: 3:56.23 44.85	400m: 5:07.04 34.18	
7.	Beatriz Pereira Vasconcelos	98	Vilacondense	5:09.61	+0,70
	50m: 33.56 33.56	150m: 1:50.13 38.90	250m: 3:12.39 44.28	350m: 4:33.43 35.83	
	100m: 1:11.23 37.67	200m: 2:28.11 37.98	300m: 3:57.60 45.21	400m: 5:09.61 36.18	
8.	Sofia Machado Dionisio	98	Sporting	5:11.35	+0,81
	50m: 31.55 31.55	150m: 1:50.71 40.38	250m: 3:13.85 43.27	350m: 4:35.03 36.87	
	100m: 1:10.33 38.78	200m: 2:30.58 39.87	300m: 3:58.16 44.31	400m: 5:11.35 36.32	
9.	Ana Miguel Pinto	99	Viana Natacao	5:18.36	+0,84
	50m: 33.82 33.82	150m: 1:51.50 39.66	250m: 3:16.44 45.71	350m: 4:40.92 38.15	
	100m: 1:11.84 38.02	200m: 2:30.73 39.23	300m: 4:02.77 46.33	400m: 5:18.36 37.44	
DNS	Madalena Gomes Azevedo	99	Alges		

Juniores

1.	Ines Neto Rocha	01	Aquatico Pacense	4:54.82	
	50m: 30.63 30.63	150m: 1:44.20 37.52	250m: 3:03.32 42.33	350m: 4:20.13 34.83	
	100m: 1:06.68 36.05	200m: 2:20.99 36.79	300m: 3:45.30 41.98	400m: 4:54.82 34.69	
2.	Giovanna Vaz Vargas	00	Nautico Marinha Grande	4:56.08	+0,83
	50m: 30.76 30.76	150m: 1:43.75 38.27	250m: 3:03.99 42.79	350m: 4:22.69 34.84	
	100m: 1:05.48 34.72	200m: 2:21.20 37.45	300m: 3:47.85 43.86	400m: 4:56.08 33.39	

RJC=Rejeitado WDR= Retirado EXH= Extra Competição

Prova 10, Femin., 400m Estilos, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac
3.	Luisa Maria Machado	01	Uniao Piedense	4:59.55	+0,91
	50m: 31.37 31.37 150m: 1:47.66 39.34 250m: 3:07.26 40.72 350m: 4:25.22 35.84				
	100m: 1:08.32 36.95 200m: 2:26.54 38.88 300m: 3:49.38 42.12 400m: 4:59.55 34.33				
4.	Ines Rocha Silva	00	Alcobaca	5:03.07	+0,78
	50m: 32.71 32.71 150m: 1:49.64 39.87 250m: 3:10.25 42.50 350m: 4:29.02 35.98				
	100m: 1:09.77 37.06 200m: 2:27.75 38.11 300m: 3:53.04 42.79 400m: 5:03.07 34.05				
5.	Maria Francisca Cabral	00	Porto	5:03.26	+0,88
	50m: 31.65 31.65 150m: 1:45.94 38.59 250m: 3:08.53 44.43 350m: 4:29.03 35.26				
	100m: 1:07.35 35.70 200m: 2:24.10 38.16 300m: 3:53.77 45.24 400m: 5:03.26 34.23				
6.	Ines Silva Bernardo	00	Colegio Monte Maior	5:05.69	+0,74
	50m: 33.03 33.03 150m: 1:50.04 40.14 250m: 3:12.94 43.01 350m: 4:31.04 35.21				
	100m: 1:09.90 36.87 200m: 2:29.93 39.89 300m: 3:55.83 42.89 400m: 5:05.69 34.65				
7.	Monica Seara Domingues	00	Nautico Marinha Grande	5:06.51	+0,84
	50m: 32.47 32.47 150m: 1:49.76 39.20 250m: 3:12.22 44.51 350m: 4:32.88 35.63				
	100m: 1:10.56 38.09 200m: 2:27.71 37.95 300m: 3:57.25 45.03 400m: 5:06.51 33.63				
8.	Joana Victorino Henriques	01	Condeixa Clube	5:08.57	+1,63
	50m: 31.91 31.91 150m: 1:46.70 38.34 250m: 3:11.64 45.77 350m: 4:32.82 36.25				
	100m: 1:08.36 36.45 200m: 2:25.87 39.17 300m: 3:56.57 44.93 400m: 5:08.57 35.75				
9.	Carolina Rosa Marcelino	01	Alges	5:08.64	+0,72
	50m: 30.92 30.92 150m: 1:49.06 40.54 250m: 3:13.19 43.74 350m: 4:33.16 35.61				
	100m: 1:08.52 37.60 200m: 2:29.45 40.39 300m: 3:57.55 44.36 400m: 5:08.64 35.48				
10.	Teresa Miguel Veloso	00	Nautico /Urgicentro-Sanfil	5:12.33	+0,76
	50m: 32.37 32.37 150m: 1:49.60 40.03 250m: 3:13.68 44.34 350m: 4:36.43 36.84				
	100m: 1:09.57 37.20 200m: 2:29.34 39.74 300m: 3:59.59 45.91 400m: 5:12.33 35.90				
11.	Rita Alexandra Vital	01	Alges	5:12.81	+0,86
	50m: 32.88 32.88 150m: 1:51.08 39.67 250m: 3:14.15 44.19 350m: 4:37.16 36.35				
	100m: 1:11.41 38.53 200m: 2:29.96 38.88 300m: 4:00.81 46.66 400m: 5:12.81 35.65				
12.	Mariana Sobral Galacha	01	Sporting	5:14.52	+0,73
	50m: 33.54 33.54 150m: 1:53.22 40.52 250m: 3:17.56 44.67 350m: 4:39.03 36.68				
	100m: 1:12.70 39.16 200m: 2:32.89 39.67 300m: 4:02.35 44.79 400m: 5:14.52 35.49				
13.	Raquel Antunes Tremoco	01	Sporting	5:17.23	+0,85
	50m: 33.10 33.10 150m: 1:51.42 39.95 250m: 3:17.25 45.96 350m: 4:41.27 37.26				
	100m: 1:11.47 38.37 200m: 2:31.29 39.87 300m: 4:04.01 46.76 400m: 5:17.23 35.96				
14.	Margarida Reconha Marques	00	Nautico Marinha Grande	5:17.61	+0,86
	50m: 32.76 32.76 150m: 1:52.10 41.45 250m: 3:17.79 45.17 350m: 4:41.48 37.65				
	100m: 1:10.65 37.89 200m: 2:32.62 40.52 300m: 4:03.83 46.04 400m: 5:17.61 36.13				
15.	Maria Carolina Rodrigues	01	Vitoria Guimaraes	5:20.46	+0,87
	50m: 32.94 32.94 150m: 1:52.28 41.17 250m: 3:18.66 45.54 350m: 4:43.34 38.73				
	100m: 1:11.11 38.17 200m: 2:33.12 40.84 300m: 4:04.61 45.95 400m: 5:20.46 37.12				
16.	Mariana Silva Ramos	00	Sporting	5:22.10	+0,80
	50m: 33.29 33.29 150m: 1:54.37 42.75 250m: 3:22.23 46.33 350m: 4:46.60 37.36				
	100m: 1:11.62 38.33 200m: 2:35.90 41.53 300m: 4:09.24 47.01 400m: 5:22.10 35.50				
17.	Ines Rosado Monteiro	00	Natacao de Vagos	5:24.20	+0,72
	50m: 33.66 33.66 150m: 1:56.48 43.13 250m: 3:24.58 45.43 350m: 4:48.70 37.94				
	100m: 1:13.35 39.69 200m: 2:39.15 42.67 300m: 4:10.76 46.18 400m: 5:24.20 35.50				

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PARCEROS



Prova 10, Femin., 400m Estilos, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac
18.	Maria Beatriz Lopes	00	Benfica	5:26.00	+0,71
	50m: 34.02 34.02	150m: 1:56.77 40.92	250m: 3:23.52 47.24	350m: 4:49.61 38.34	
	100m: 1:15.85 41.83	200m: 2:36.28 39.51	300m: 4:11.27 47.75	400m: 5:26.00 36.39	
19.	Andreia Brito Pereira	00	Condeixa Clube	5:28.29	+0,75
	50m: 34.33 34.33	150m: 1:54.71 39.97	250m: 3:24.27 49.80	350m: 4:52.05 37.76	
	100m: 1:14.74 40.41	200m: 2:34.47 39.76	300m: 4:14.29 50.02	400m: 5:28.29 36.24	
20.	Lara Beatriz Matos	01	Famalicao	5:31.68	+0,96
	50m: 33.63 33.63	150m: 1:57.64 44.18	250m: 3:28.62 48.44	350m: 4:54.56 38.70	
	100m: 1:13.46 39.83	200m: 2:40.18 42.54	300m: 4:15.86 47.24	400m: 5:31.68 37.12	

Absolutos

1.	Angelica Maria Andre	94	Fluvial Portuense	4:51.96	+0,71
	50m: 30.76 30.76	150m: 1:46.23 39.99	250m: 3:05.98 40.70	350m: 4:19.41 33.09	
	100m: 1:06.24 35.48	200m: 2:25.28 39.05	300m: 3:46.32 40.34	400m: 4:51.96 32.55	
2.	Ana Beatriz Martins	99	Famalicao	4:53.80	+0,90
	50m: 31.09 31.09	150m: 1:44.24 38.05	250m: 3:04.64 42.93	350m: 4:20.71 33.74	
	100m: 1:06.19 35.10	200m: 2:21.71 37.47	300m: 3:46.97 42.33	400m: 4:53.80 33.09	
3.	Ines Neto Rocha	01	Aquatico Pacense	4:54.82	
	50m: 30.63 30.63	150m: 1:44.20 37.52	250m: 3:03.32 42.33	350m: 4:20.13 34.83	
	100m: 1:06.68 36.05	200m: 2:20.99 36.79	300m: 3:45.30 41.98	400m: 4:54.82 34.69	
4.	Giovanna Vaz Vargas	00	Nautico Marinha Grande	4:56.08	+0,83
	50m: 30.76 30.76	150m: 1:43.75 38.27	250m: 3:03.99 42.79	350m: 4:22.69 34.84	
	100m: 1:05.48 34.72	200m: 2:21.20 37.45	300m: 3:47.85 43.86	400m: 4:56.08 33.39	
5.	Luisa Maria Machado	01	Uniao Piedense	4:59.55	+0,91
	50m: 31.37 31.37	150m: 1:47.66 39.34	250m: 3:07.26 40.72	350m: 4:25.22 35.84	
	100m: 1:08.32 36.95	200m: 2:26.54 38.88	300m: 3:49.38 42.12	400m: 4:59.55 34.33	
6.	Rita Costa Amador	99	Galitos / Bresimar	5:00.22	+0,69
	50m: 31.14 31.14	150m: 1:46.02 38.19	250m: 3:06.95 43.15	350m: 4:25.70 34.90	
	100m: 1:07.83 36.69	200m: 2:23.80 37.78	300m: 3:50.80 43.85	400m: 5:00.22 34.52	
7.	Raquel Paulo Ranito	94	Sporting	5:01.95	+0,75
	50m: 32.11 32.11	150m: 1:47.37 38.37	250m: 3:09.16 43.11	350m: 4:27.97 35.09	
	100m: 1:09.00 36.89	200m: 2:26.05 38.68	300m: 3:52.88 43.72	400m: 5:01.95 33.98	
8.	Ines Rocha Silva	00	Alcobaca	5:03.07	+0,78
	50m: 32.71 32.71	150m: 1:49.64 39.87	250m: 3:10.25 42.50	350m: 4:29.02 35.98	
	100m: 1:09.77 37.06	200m: 2:27.75 38.11	300m: 3:53.04 42.79	400m: 5:03.07 34.05	
9.	Maria Francisca Cabral	00	Porto	5:03.26	+0,88
	50m: 31.65 31.65	150m: 1:45.94 38.59	250m: 3:08.53 44.43	350m: 4:29.03 35.26	
	100m: 1:07.35 35.70	200m: 2:24.10 38.16	300m: 3:53.77 45.24	400m: 5:03.26 34.23	

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PARCEROS



Prova 10, Femin., 400m Estilos, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac
10.	Rita Teixeira Costa	97	Belenenses	5:04.62	+0,71
	50m: 31.60 31.60	150m: 1:46.61 38.75	250m: 3:09.04 44.05	350m: 4:30.05 35.91	
	100m: 1:07.86 36.26	200m: 2:24.99 38.38	300m: 3:54.14 45.10	400m: 5:04.62 34.57	
11.	Ines Silva Bernardo	00	Colegio Monte Maior	5:05.69	+0,74
	50m: 33.03 33.03	150m: 1:50.04 40.14	250m: 3:12.94 43.01	350m: 4:31.04 35.21	
	100m: 1:09.90 36.87	200m: 2:29.93 39.89	300m: 3:55.83 42.89	400m: 5:05.69 34.65	
12.	Monica Seara Domingues	00	Nautico Marinha Grande	5:06.51	+0,84
	50m: 32.47 32.47	150m: 1:49.76 39.20	250m: 3:12.22 44.51	350m: 4:32.88 35.63	
	100m: 1:10.56 38.09	200m: 2:27.71 37.95	300m: 3:57.25 45.03	400m: 5:06.51 33.63	
13.	Maria Madalena Silva	98	Braga	5:07.04	+0,75
	50m: 31.83 31.83	150m: 1:49.30 40.16	250m: 3:11.38 43.23	350m: 4:32.86 36.63	
	100m: 1:09.14 37.31	200m: 2:28.15 38.85	300m: 3:56.23 44.85	400m: 5:07.04 34.18	
14.	Joana Victorino Henriques	01	Condeixa Clube	5:08.57	+1,63
	50m: 31.91 31.91	150m: 1:46.70 38.34	250m: 3:11.64 45.77	350m: 4:32.82 36.25	
	100m: 1:08.36 36.45	200m: 2:25.87 39.17	300m: 3:56.57 44.93	400m: 5:08.57 35.75	
15.	Carolina Rosa Marcelino	01	Alges	5:08.64	+0,72
	50m: 30.92 30.92	150m: 1:49.06 40.54	250m: 3:13.19 43.74	350m: 4:33.16 35.61	
	100m: 1:08.52 37.60	200m: 2:29.45 40.39	300m: 3:57.55 44.36	400m: 5:08.64 35.48	
16.	Beatriz Pereira Vasconcelos	98	Vilacondense	5:09.61	+0,70
	50m: 33.56 33.56	150m: 1:50.13 38.90	250m: 3:12.39 44.28	350m: 4:33.43 35.83	
	100m: 1:11.23 37.67	200m: 2:28.11 37.98	300m: 3:57.60 45.21	400m: 5:09.61 36.18	
17.	Sofia Machado Dionisio	98	Sporting	5:11.35	+0,81
	50m: 31.55 31.55	150m: 1:50.71 40.38	250m: 3:13.85 43.27	350m: 4:35.03 36.87	
	100m: 1:10.33 38.78	200m: 2:30.58 39.87	300m: 3:58.16 44.31	400m: 5:11.35 36.32	
18.	Teresa Miguel Veloso	00	Nautico /Urgicentro-Sanfil	5:12.33	+0,76
	50m: 32.37 32.37	150m: 1:49.60 40.03	250m: 3:13.68 44.34	350m: 4:36.43 36.84	
	100m: 1:09.57 37.20	200m: 2:29.34 39.74	300m: 3:59.59 45.91	400m: 5:12.33 35.90	
19.	Rita Alexandra Vital	01	Alges	5:12.81	+0,86
	50m: 32.88 32.88	150m: 1:51.08 39.67	250m: 3:14.15 44.19	350m: 4:37.16 36.35	
	100m: 1:11.41 38.53	200m: 2:29.96 38.88	300m: 4:00.81 46.66	400m: 5:12.81 35.65	
20.	Mariana Sobral Galacha	01	Sporting	5:14.52	+0,73
	50m: 33.54 33.54	150m: 1:53.22 40.52	250m: 3:17.56 44.67	350m: 4:39.03 36.68	
	100m: 1:12.70 39.16	200m: 2:32.89 39.67	300m: 4:02.35 44.79	400m: 5:14.52 35.49	
21.	Raquel Antunes Tremoco	01	Sporting	5:17.23	+0,85
	50m: 33.10 33.10	150m: 1:51.42 39.95	250m: 3:17.25 45.96	350m: 4:41.27 37.26	
	100m: 1:11.47 38.37	200m: 2:31.29 39.87	300m: 4:04.01 46.76	400m: 5:17.23 35.96	
22.	Margarida Reconha Marques	00	Nautico Marinha Grande	5:17.61	+0,86
	50m: 32.76 32.76	150m: 1:52.10 41.45	250m: 3:17.79 45.17	350m: 4:41.48 37.65	
	100m: 1:10.65 37.89	200m: 2:32.62 40.52	300m: 4:03.83 46.04	400m: 5:17.61 36.13	
23.	Ana Miguel Pinto	99	Viana Natacao	5:18.36	+0,84
	50m: 33.82 33.82	150m: 1:51.50 39.66	250m: 3:16.44 45.71	350m: 4:40.92 38.15	
	100m: 1:11.84 38.02	200m: 2:30.73 39.23	300m: 4:02.77 46.33	400m: 5:18.36 37.44	
24.	Maria Carolina Rodrigues	01	Vitoria Guimaraes	5:20.46	+0,87
	50m: 32.94 32.94	150m: 1:52.28 41.17	250m: 3:18.66 45.54	350m: 4:43.34 38.73	
	100m: 1:11.11 38.17	200m: 2:33.12 40.84	300m: 4:04.61 45.95	400m: 5:20.46 37.12	

RJC=Rejeitado WDR= Retirado EXH= Extra Competição

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PARCEROS



Prova 10, Femin., 400m Estilos, Absolutos

Lugar	Nome			Ano	Clube				Tempo Final		TReac	
25.	Mariana Silva Ramos			00	Sporting				5:22.10		+0,80	
	50m:	33.29	33.29	150m:	1:54.37	42.75	250m:	3:22.23	46.33	350m:	4:46.60	37.36
	100m:	1:11.62	38.33	200m:	2:35.90	41.53	300m:	4:09.24	47.01	400m:	5:22.10	35.50
26.	Ines Rosado Monteiro			00	Natacao de Vagos				5:24.20		+0,72	
	50m:	33.66	33.66	150m:	1:56.48	43.13	250m:	3:24.58	45.43	350m:	4:48.70	37.94
	100m:	1:13.35	39.69	200m:	2:39.15	42.67	300m:	4:10.76	46.18	400m:	5:24.20	35.50
27.	Maria Beatriz Lopes			00	Benfica				5:26.00		+0,71	
	50m:	34.02	34.02	150m:	1:56.77	40.92	250m:	3:23.52	47.24	350m:	4:49.61	38.34
	100m:	1:15.85	41.83	200m:	2:36.28	39.51	300m:	4:11.27	47.75	400m:	5:26.00	36.39
28.	Andreia Brito Pereira			00	Condeixa Clube				5:28.29		+0,75	
	50m:	34.33	34.33	150m:	1:54.71	39.97	250m:	3:24.27	49.80	350m:	4:52.05	37.76
	100m:	1:14.74	40.41	200m:	2:34.47	39.76	300m:	4:14.29	50.02	400m:	5:28.29	36.24
29.	Lara Beatriz Matos			01	Famalicao				5:31.68		+0,96	
	50m:	33.63	33.63	150m:	1:57.64	44.18	250m:	3:28.62	48.44	350m:	4:54.56	38.70
	100m:	1:13.46	39.83	200m:	2:40.18	42.54	300m:	4:15.86	47.24	400m:	5:31.68	37.12
DNS	Madalena Gomes Azevedo			99	Alges							

RJC=Rejeitado WDR= Retirado EXH= Extra Competição

Splash Meet Manager, 11.46384

Registered to Federacao Portuguesa De Natacao

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PARCEIROS

