

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

Recordes Nacionais 25m Absoluto	4:05.39	Diana Margarida Duraes	SLB	Vila Real Stº Antonio	12-11-2016
Recordes Nacionais 25m Jun16	4:15.43	Tamila Hryhorivna Holub	SCB	Porto	20-12-2014
Recordes Nacionais 25m Jun17	4:10.52	Tamila Hryhorivna Holub	SCB	Porto	12-12-2015
Recordes Nacionais 25m Sen	4:05.39	Diana Margarida Duraes	SLB	Vila Real Stº Antonio	12-11-2016

Lugar	Nome	Ano	Clube	Tempo Final	TReac
1.	Maria Teresa Amorim	97	Porto	4:19.22	+0,79
	50m: 29.48 29.48	150m: 1:33.07 32.37	250m: 2:39.16 33.17	350m: 3:46.70 33.84	
	100m: 1:00.70 31.22	200m: 2:05.99 32.92	300m: 3:12.86 33.70	400m: 4:19.22 32.52	
2.	Angelica Maria Andre	94	Fluvial Portuense	4:20.68	+0,78
	50m: 30.99 30.99	150m: 1:37.75 33.76	250m: 2:44.34 32.83	350m: 3:49.47 32.73	
	100m: 1:03.99 33.00	200m: 2:11.51 33.76	300m: 3:16.74 32.40	400m: 4:20.68 31.21	
3.	Francisca Gomes Azevedo	97	Alges	4:21.19	+0,76
	50m: 28.74 28.74	150m: 1:33.25 32.52	250m: 2:40.60 33.94	350m: 3:48.45 33.82	
	100m: 1:00.73 31.99	200m: 2:06.66 33.41	300m: 3:14.63 34.03	400m: 4:21.19 32.74	
4.	Beatriz Paulo Ranito	99	Sporting	4:21.51	+0,78
	50m: 29.90 29.90	150m: 1:35.52 33.07	250m: 2:42.70 33.79	350m: 3:49.52 33.40	
	100m: 1:02.45 32.55	200m: 2:08.91 33.39	300m: 3:16.12 33.42	400m: 4:21.51 31.99	
5.	Vania Soares Neves	90	Fluvial Portuense	4:24.92	+0,78
	50m: 30.68 30.68	150m: 1:36.31 33.17	250m: 2:43.65 33.84	350m: 3:51.40 33.95	
	100m: 1:03.14 32.46	200m: 2:09.81 33.50	300m: 3:17.45 33.80	400m: 4:24.92 33.52	
6.	Barbara Coimbra Teodosio	99	Nautico Marinha Grande	4:26.88	+0,85
	50m: 30.54 30.54	150m: 1:37.18 33.56	250m: 2:45.86 34.43	350m: 3:54.99 34.58	
	100m: 1:03.62 33.08	200m: 2:11.43 34.25	300m: 3:20.41 34.55	400m: 4:26.88 31.89	
7.	Beatriz Barros Carmo	99	Alges	4:27.20	+0,73
	50m: 30.15 30.15	150m: 1:37.27 33.70	250m: 2:45.15 33.79	350m: 3:54.15 34.50	
	100m: 1:03.57 33.42	200m: 2:11.36 34.09	300m: 3:19.65 34.50	400m: 4:27.20 33.05	
8.	Eva Guerreiro Carvalho	99	Uniao Piedense	4:29.20	+0,86
	50m: 30.85 30.85	150m: 1:38.07 34.18	250m: 2:46.06 33.83	350m: 3:54.97 34.58	
	100m: 1:03.89 33.04	200m: 2:12.23 34.16	300m: 3:20.39 34.33	400m: 4:29.20 34.23	
9.	Soraia Vanessa Ribeiro	92	Estrelas S. Joao de Brito	4:34.01	+0,87
	50m: 31.31 31.31	150m: 1:39.33 34.34	250m: 2:48.56 34.12	350m: 3:59.77 35.68	
	100m: 1:04.99 33.68	200m: 2:14.44 35.11	300m: 3:24.09 35.53	400m: 4:34.01 34.24	
10.	Raquel Paulo Ranito	94	Sporting	4:34.02	+0,73
	50m: 30.57 30.57	150m: 1:38.68 34.29	250m: 2:48.45 34.90	350m: 3:59.14 35.30	
	100m: 1:04.39 33.82	200m: 2:13.55 34.87	300m: 3:23.84 35.39	400m: 4:34.02 34.88	
11.	Ana Monica Eloí	96	Nautico Marinha Grande	4:36.12	+0,80
	50m: 30.99 30.99	150m: 1:39.21 34.74	250m: 2:49.45 35.28	350m: 4:01.07 36.04	
	100m: 1:04.47 33.48	200m: 2:14.17 34.96	300m: 3:25.03 35.58	400m: 4:36.12 35.05	
12.	Joana Beatriz Bernardo	99	Fundacao Beatriz Santos	4:38.54	+1,00
	50m: 32.35 32.35	150m: 1:42.25 35.19	250m: 2:52.91 35.42	350m: 4:03.66 35.36	
	100m: 1:07.06 34.71	200m: 2:17.49 35.24	300m: 3:28.30 35.39	400m: 4:38.54 34.88	

RJC=Rejeitado WDR= Retirado EXH= Extra Competição

Splash Meet Manager, 11.46384

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PARCEIROS



Prova 18, Femin., 400m Livres, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac
13.	Maria Joao Fernandes	97	Fluvial Portuense	4:41.00	+0,85
	50m: 30.88 30.88	150m: 1:39.02 34.62	250m: 2:51.33 36.55	350m: 4:04.91 36.64	
	100m: 1:04.40 33.52	200m: 2:14.78 35.76	300m: 3:28.27 36.94	400m: 4:41.00 36.09	

Juniores

1.	Ines Jacinto Henriques	00	Pimpoes/Cimai	4:20.34	+0,85
	50m: 30.61 30.61	150m: 1:36.42 33.03	250m: 2:42.47 32.86	350m: 3:47.90 32.62	
	100m: 1:03.39 32.78	200m: 2:09.61 33.19	300m: 3:15.28 32.81	400m: 4:20.34 32.44	
2.	Sara Sofia Alves	01	Columbofila Cantanhedense	4:23.82	+0,80
	50m: 31.33 31.33	150m: 1:36.67 33.04	250m: 2:43.49 33.25	350m: 3:50.79 33.90	
	100m: 1:03.63 32.30	200m: 2:10.24 33.57	300m: 3:16.89 33.40	400m: 4:23.82 33.03	
3.	Miriam Filipe Marcos	01	Natacao Olhao	4:25.74	+0,75
	50m: 30.30 30.30	150m: 1:37.21 33.77	250m: 2:44.93 33.61	350m: 3:52.32 33.75	
	100m: 1:03.44 33.14	200m: 2:11.32 34.11	300m: 3:18.57 33.64	400m: 4:25.74 33.42	
4.	Joana Costa Amador	01	Galitos / Bresimar	4:27.97	+0,77
	50m: 31.08 31.08	150m: 1:37.49 33.24	250m: 2:45.30 34.08	350m: 3:54.13 34.44	
	100m: 1:04.25 33.17	200m: 2:11.22 33.73	300m: 3:19.69 34.39	400m: 4:27.97 33.84	
5.	Ana Rita Faria	00	Porto	4:29.64	+0,77
	50m: 30.13 30.13	150m: 1:36.60 33.78	250m: 2:45.31 34.58	350m: 3:55.32 34.96	
	100m: 1:02.82 32.69	200m: 2:10.73 34.13	300m: 3:20.36 35.05	400m: 4:29.64 34.32	
6.	Maria Carolina Costa	01	Porto	4:30.73	+0,71
	50m: 30.50 30.50	150m: 1:38.28 34.29	250m: 2:47.29 34.58	350m: 3:56.75 34.95	
	100m: 1:03.99 33.49	200m: 2:12.71 34.43	300m: 3:21.80 34.51	400m: 4:30.73 33.98	
7.	Carolina Marques Neves	01	Torres Novas	4:31.49	+0,85
	50m: 30.66 30.66	150m: 1:38.42 34.00	250m: 2:48.17 35.26	350m: 3:58.22 35.00	
	100m: 1:04.42 33.76	200m: 2:12.91 34.49	300m: 3:23.22 35.05	400m: 4:31.49 33.27	
8.	Filipa Serrano Rodrigues	01	Uniao Piedense	4:32.45	+0,84
	50m: 30.77 30.77	150m: 1:36.72 33.08	250m: 2:43.83 33.58	350m: 3:49.85 32.31	
	100m: 1:03.64 32.87	200m: 2:10.25 33.53	300m: 3:17.54 33.71	400m: 4:32.45 42.60	
9.	Mariana Santos Ferreira	00	Miranda do Corvo	4:34.10	+0,90
	50m: 31.47 31.47	150m: 1:40.38 34.93	250m: 2:50.06 34.62	350m: 3:59.93 35.22	
	100m: 1:05.45 33.98	200m: 2:15.44 35.06	300m: 3:24.71 34.65	400m: 4:34.10 34.17	
10.	Ines Alves Martins	01	Fluvial Portuense	4:34.32	+0,81
	50m: 30.89 30.89	150m: 1:39.80 34.69	250m: 2:49.27 34.83	350m: 3:59.79 35.21	
	100m: 1:05.11 34.22	200m: 2:14.44 34.64	300m: 3:24.58 35.31	400m: 4:34.32 34.53	
11.	Ines Figueira Santos	00	Uniao Piedense	4:34.49	+0,87
	50m: 31.09 31.09	150m: 1:40.06 34.59	250m: 2:49.91 34.94	350m: 4:00.32 35.35	
	100m: 1:05.47 34.38	200m: 2:14.97 34.91	300m: 3:24.97 35.06	400m: 4:34.49 34.17	
12.	Leila Tavarã Lemos	00	Vilacondense	4:37.79	+0,83
	50m: 31.88 31.88	150m: 1:40.82 34.90	250m: 2:51.35 35.11	350m: 4:02.90 35.74	
	100m: 1:05.92 34.04	200m: 2:16.24 35.42	300m: 3:27.16 35.81	400m: 4:37.79 34.89	
13.	Rita Alexandra Vital	01	Alges	4:38.25	+0,79
	50m: 32.09 32.09	150m: 1:41.86 35.01	250m: 2:52.25 35.11	350m: 4:03.46 35.55	
	100m: 1:06.85 34.76	200m: 2:17.14 35.28	300m: 3:27.91 35.66	400m: 4:38.25 34.79	

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PARCEROS



Prova 18, Femin., 400m Livres, Juniores

Lugar	Nome	Ano	Clube	Tempo Final		TReac
14.	Rafaela Araujo Silva	00	Famalicao	4:39.17		+0,86
	50m: 31.44 31.44	150m: 1:41.39 35.50	250m: 2:52.88 35.79	350m: 4:04.50 35.75		
	100m: 1:05.89 34.45	200m: 2:17.09 35.70	300m: 3:28.75 35.87	400m: 4:39.17 34.67		
15.	Eliana Dirce Lourenco	00	Galitos / Bresimar	4:40.46		+0,73
	50m: 31.01 31.01	150m: 1:39.85 34.84	250m: 2:51.24 35.82	350m: 4:04.62 36.86		
	100m: 1:05.01 34.00	200m: 2:15.42 35.57	300m: 3:27.76 36.52	400m: 4:40.46 35.84		
16.	Mariana Silva Ramos	00	Sporting	4:41.49		+1,01
	50m: 31.92 31.92	150m: 1:41.59 35.60	250m: 2:54.22 36.30	350m: 4:06.60 36.09		
	100m: 1:05.99 34.07	200m: 2:17.92 36.33	300m: 3:30.51 36.29	400m: 4:41.49 34.89		
17.	Ana Pimenta Silva	01	Desportiva de Viana	4:44.23		+0,86
	50m: 32.45 32.45	150m: 1:42.62 35.44	250m: 2:55.17 36.40	350m: 4:08.98 37.03		
	100m: 1:07.18 34.73	200m: 2:18.77 36.15	300m: 3:31.95 36.78	400m: 4:44.23 35.25		
18.	Maria Esteves Martins	01	Galitos / Bresimar	4:48.95		+0,79
	50m: 32.10 32.10	150m: 1:43.84 36.25	250m: 2:57.63 36.80	350m: 4:12.48 37.38		
	100m: 1:07.59 35.49	200m: 2:20.83 36.99	300m: 3:35.10 37.47	400m: 4:48.95 36.47		

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PARCEIROS

