

Prova 24 Femin., 400m Estilos Absolutos
01-04-2017 - 17:30 Resultados Final

Rec Nac Absoluto	4:42.39	Victoria Kaminskaya	POR	Antwerpen (BEL)	21-01-2017
Rec Nac Juv B	5:01.00	Ines Neto Rocha	CAP	Coimbra	24-07-2015
Rec Nac Juv B	5:01.00	Ines Neto Rocha	CAP	Coimbra	24-07-2015
Rec Nac Juv A	4:58.08	Diana Margarida Duraes	FOCA	Póvoa de Varzim	05-08-2011
Rec Nac Jun16	4:57.84	Victoria Kaminskaya	PIMP	Oeiras	19-02-2011
Rec Nac Jun17	4:52.12	Victoria Kaminskaya	PIMP	Oeiras	27-07-2012
Rec Nac Sen	4:42.39	Victoria Kaminskaya	POR	Antwerpen (BEL)	21-01-2017

CMPL 22 +: 4:43.06 / CMJ_Fem 14 - 17: 4:50.07 / CEJ_Fem 14 - 17: 4:55.87 / FOJE_Fem Juv: 5:04.74 / TAC Sen 50m: 5:19.11 - 25m: 5:14.32; Jun 50m: 5:32.22 - 25m: 5:24.77; Juv A 50m: 5:39.24 - 25m: 5:30.45; Juv B 50m: 5:50.12 - 25m: 5:30.56

Pontos: FINA 2017

Lugar	Nome do nadador	Ano	Classes	Cod	Exc	Clube	Tempo final	Pts
Final A								
1.	Ines Neto Rocha	01				Aquatico Pacense	4:54.95	736
	<i>Recorde Nacional, Minimo CEJ</i>							
	50m: 30.61	30.61	150m: 1:44.87	38.72	250m: 3:03.95	41.48	350m: 4:20.21	34.94
	100m: 1:06.15	35.54	200m: 2:22.47	37.60	300m: 3:45.27	41.32	400m: 4:54.95	34.74
2.	Ana Sofia Pina	02				O Crasto	5:00.31	697
	<i>Minimo FOJE</i>							
	50m: 31.08	31.08	150m: 1:46.46	38.60	250m: 3:08.86	43.67	350m: 4:27.48	33.49
	100m: 1:07.86	36.78	200m: 2:25.19	38.73	300m: 3:53.99	45.13	400m: 5:00.31	32.83
3.	Giovanna Vaz Vargas	00				Nautico Marinha Grande	5:01.05	692
	50m: 31.43	31.43	150m: 1:47.62	40.56	250m: 3:11.01	44.21	350m: 4:28.44	34.50
	100m: 1:07.06	35.63	200m: 2:26.80	39.18	300m: 3:53.94	42.93	400m: 5:01.05	32.61
4.	Francisca Salvador Mesquita	02				Colegio Monte Maior	5:01.32	690
	<i>Minimo FOJE</i>							
	50m: 31.83	31.83	150m: 1:49.52	41.07	250m: 3:10.10	41.77	350m: 4:26.77	35.02
	100m: 1:08.45	36.62	200m: 2:28.33	38.81	300m: 3:51.75	41.65	400m: 5:01.32	34.55
5.	Ana Beatriz Martins	99				Famalicao	5:07.40	650
	50m: 31.93	31.93	150m: 1:49.95	40.78	250m: 3:14.74	44.41	350m: 4:33.72	34.59
	100m: 1:09.17	37.24	200m: 2:30.33	40.38	300m: 3:59.13	44.39	400m: 5:07.40	33.68
6.	Luisa Maria Machado	01				Uniao Piedense	5:07.47	650
	50m: 30.99	30.99	150m: 1:50.23	41.84	250m: 3:13.22	42.63	350m: 4:32.09	36.31
	100m: 1:08.39	37.40	200m: 2:30.59	40.36	300m: 3:55.78	42.56	400m: 5:07.47	35.38
7.	Mariana Amaral Mendes	02				Colegio Monte Maior	5:08.85	641
	50m: 33.40	33.40	150m: 1:54.05	41.92	250m: 3:16.55	42.63	350m: 4:34.82	35.30
	100m: 1:12.13	38.73	200m: 2:33.92	39.87	300m: 3:59.52	42.97	400m: 5:08.85	34.03
8.	Teresa Miguel Veloso	00				Nautico /Urgicentro-Sanfil	5:12.76	617
	50m: 32.13	32.13	150m: 1:50.64	41.13	250m: 3:16.30	44.90	350m: 4:37.85	35.73
	100m: 1:09.51	37.38	200m: 2:31.40	40.76	300m: 4:02.12	45.82	400m: 5:12.76	34.91
9.	Raquel Paulo Ranito	94				Sporting	5:13.25	614
	50m: 32.66	32.66	150m: 1:51.82	40.84	250m: 3:16.95	44.54	350m: 4:38.20	35.82
	100m: 1:10.98	38.32	200m: 2:32.41	40.59	300m: 4:02.38	45.43	400m: 5:13.25	35.05
10.	Joana Nunes Cardeal	02				Academico Viseu	5:17.68	589
	50m: 32.22	32.22	150m: 1:53.37	41.99	250m: 3:19.71	45.06	350m: 4:42.30	36.55
	100m: 1:11.38	39.16	200m: 2:34.65	41.28	300m: 4:05.75	46.04	400m: 5:17.68	35.38

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Lugar	Nome do nadador	Ano	Classes	Cod Exc	Clube	Tempo final	Pts
Final B							
11.	Rita Costa Amador	99			Galitos / Bresimar	5:08.78	641
	50m: 31.63 31.63	150m: 1:48.45	39.51	250m: 3:12.02	44.13	350m: 4:33.67	36.71
	100m: 1:08.94 37.31	200m: 2:27.89	39.44	300m: 3:56.96	44.94	400m: 5:08.78	35.11
12.	Monica Seara Domingues	00			Nautico Marinha Grande	5:09.80	635
	50m: 32.50 32.50	150m: 1:50.18	40.15	250m: 3:14.26	45.62	350m: 4:36.07	36.36
	100m: 1:10.03 37.53	200m: 2:28.64	38.46	300m: 3:59.71	45.45	400m: 5:09.80	33.73
13.	Ines Rocha Silva	00			Alcobaca	5:09.89	635
	50m: 33.29 33.29	150m: 1:52.61	40.95	250m: 3:15.79	43.69	350m: 4:35.57	36.04
	100m: 1:11.66 38.37	200m: 2:32.10	39.49	300m: 3:59.53	43.74	400m: 5:09.89	34.32
14.	Rita Teixeira Costa	97			Belenenses	5:15.92	599
	50m: 31.45 31.45	150m: 1:49.81	40.41	250m: 3:15.94	45.56	350m: 4:39.70	37.07
	100m: 1:09.40 37.95	200m: 2:30.38	40.57	300m: 4:02.63	46.69	400m: 5:15.92	36.22
15.	Maria Carlota Rebelo	03			Nautico /Urgicentro-Sanfil	5:20.23	575
	50m: 32.44 32.44	150m: 1:53.71	42.70	250m: 3:21.29	44.80	350m: 4:44.46	36.76
	100m: 1:11.01 38.57	200m: 2:36.49	42.78	300m: 4:07.70	46.41	400m: 5:20.23	35.77
16.	Mariana Sobral Galacha	01			Sporting	5:20.78	572
	50m: 33.19 33.19	150m: 1:55.45	41.68	250m: 3:22.58	45.94	350m: 4:44.70	36.10
	100m: 1:13.77 40.58	200m: 2:36.64	41.19	300m: 4:08.60	46.02	400m: 5:20.78	36.08
17.	Beatriz Santos Silva	01			Porto	5:21.75	567
	50m: 32.37 32.37	150m: 1:53.34	41.05	250m: 3:20.46	46.02	350m: 4:45.10	36.63
	100m: 1:12.29 39.92	200m: 2:34.44	41.10	300m: 4:08.47	48.01	400m: 5:21.75	36.65
18.	Rita Alexandra Vital	01			Alges	5:24.51	552
	50m: 33.33 33.33	150m: 1:54.29	40.99	250m: 3:22.88	47.80	350m: 4:49.78	36.37
	100m: 1:13.30 39.97	200m: 2:35.08	40.79	300m: 4:13.41	50.53	400m: 5:24.51	34.73
19.	Lara Beatriz Matos	01			Famalicao	5:25.10	549
	50m: 33.12 33.12	150m: 1:54.90	42.71	250m: 3:22.99	46.47	350m: 4:47.94	38.35
	100m: 1:12.19 39.07	200m: 2:36.52	41.62	300m: 4:09.59	46.60	400m: 5:25.10	37.16
20.	Sara Dias Neves	03			Miranda do Corvo	5:39.20	484
	50m: 34.36 34.36	150m: 1:59.35	43.11	250m: 3:31.16	48.59	350m: 5:00.66	39.24
	100m: 1:16.24 41.88	200m: 2:42.57	43.22	300m: 4:21.42	50.26	400m: 5:39.20	38.54
Final C							
21.	Catia Jordan Agostinho	02			Rio Maior	5:19.72	578
	50m: 33.32 33.32	150m: 1:55.32	41.81	250m: 3:21.62	45.89	350m: 4:43.36	36.19
	100m: 1:13.51 40.19	200m: 2:35.73	40.41	300m: 4:07.17	45.55	400m: 5:19.72	36.36
22.	Mariana Delicado Correia	01			Sporting	5:23.30	559
	50m: 32.52 32.52	150m: 1:51.91	41.37	250m: 3:22.25	49.40	350m: 4:48.37	37.19
	100m: 1:10.54 38.02	200m: 2:32.85	40.94	300m: 4:11.18	48.93	400m: 5:23.30	34.93
23.	Ines Rosado Monteiro	00			Natacao de Vagos	5:24.77	551
	50m: 33.61 33.61	150m: 1:55.68	42.84	250m: 3:24.62	46.27	350m: 4:49.09	37.42
	100m: 1:12.84 39.23	200m: 2:38.35	42.67	300m: 4:11.67	47.05	400m: 5:24.77	35.68
24.	Maria Leonor Amorim	03			Porto	5:25.95	545
	50m: 35.52 35.52	150m: 2:00.10	42.00	250m: 3:25.72	44.23	350m: 4:48.92	37.26
	100m: 1:18.10 42.58	200m: 2:41.49	41.39	300m: 4:11.66	45.94	400m: 5:25.95	37.03
25.	Natacha Sofia Silva	02			Benfica	5:27.25	539
	50m: 34.62 34.62	150m: 1:58.72	44.02	250m: 3:26.40	45.52	350m: 4:50.41	38.36
	100m: 1:14.70 40.08	200m: 2:40.88	42.16	300m: 4:12.05	45.65	400m: 5:27.25	36.84

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Lugar	Nome do nadador	Ano	Classes	Cod	Exc	Clube	Tempo final	Pts
26.	Rita Afonso Belo	02				Benedita	5:27.82	536
	50m: 33.58 33.58	150m: 1:54.59	42.00	250m: 3:23.94	47.78	350m: 4:50.21	37.64	
	100m: 1:12.59 39.01	200m: 2:36.16	41.57	300m: 4:12.57	48.63	400m: 5:27.82	37.61	
27.	Eduarda Reis Silva	03				Famalicao	5:31.18	520
	50m: 33.76 33.76	150m: 1:56.20	42.88	250m: 3:27.98	49.29	350m: 4:55.12	37.09	
	100m: 1:13.32 39.56	200m: 2:38.69	42.49	300m: 4:18.03	50.05	400m: 5:31.18	36.06	
28.	Daniela Oliveira Rodrigues	02				Natacao de Valongo	5:32.47	514
	50m: 33.08 33.08	150m: 1:55.46	44.36	250m: 3:27.13	48.53	350m: 4:55.51	37.72	
	100m: 1:11.10 38.02	200m: 2:38.60	43.14	300m: 4:17.79	50.66	400m: 5:32.47	36.96	
29.	Constanca Filipa Rodrigues	02				Pimpoes/Cimai	5:33.79	508
	50m: 33.57 33.57	150m: 1:58.09	43.84	250m: 3:29.06	47.92	350m: 4:55.91	38.35	
	100m: 1:14.25 40.68	200m: 2:41.14	43.05	300m: 4:17.56	48.50	400m: 5:33.79	37.88	
30.	Andreia Brito Pereira	00				Condeixa Clube	5:36.41	496
	50m: 33.82 33.82	150m: 1:57.22	41.62	250m: 3:29.83	50.31	350m: 4:58.78	37.81	
	100m: 1:15.60 41.78	200m: 2:39.52	42.30	300m: 4:20.97	51.14	400m: 5:36.41	37.63	