

Prova 26 Femin., 400m Livres
01-04-2017 - 18:15 Absolutos
Resultados Final

Rec Nac Absoluto	4:13.34	Diana Margarida Duraes	FCP	Oeiras	12-03-2016
Rec Nac Juv B	4:26.20	Maria Francisca Cabral	FCP	Oeiras	26-07-2014
Rec Nac Juv A	4:20.78	Tamila Hryhorivna Holub	POR	Porto	07-06-2014
Rec Nac Jun16	4:20.37	Marta Andreia Ferreira	POR	Berlim (GER)	04-08-2002
Rec Nac Jun17	4:14.67	Tamila Hryhorivna Holub	SCB	Oeiras	23-07-2016
Rec Nac Sen	4:13.34	Diana Margarida Duraes	FCP	Oeiras	12-03-2016

CMPL 22 +: 4:10.57 / CMJ_Fem 14 - 17: 4:18.27 / CEJ_Fem 14 - 17: 4:23.44 / FOJE_Fem Juv: 4:31.34 / TAC Sen 50m: 4:36.68 - 25m: 4:32.07; Jun 50m: 4:47.75 - 25m: 4:38.67; Juv A 50m: 4:51.73 - 25m: 4:45.96; Juv B 50m: 4:57.90 - 25m: 4:52.28

Pontos: FINA 2017

Lugar	Nome do nadador	Ano	Classes	Cod	Exc	Clube	Tempo final	Pts
Final A								
1.	Diana Margarida Duraes	96				Benfica	4:14.11	805
	50m: 29.10 29.10	150m: 1:32.36	32.02	250m: 2:36.94	32.26	350m: 3:42.02	32.63	
	100m: 1:00.34 31.24	200m: 2:04.68	32.32	300m: 3:09.39	32.45	400m: 4:14.11	32.09	
2.	Tamila Hryhorivna Holub	99				Braga	4:20.23	750
	50m: 29.99 29.99	150m: 1:34.74	32.83	250m: 2:40.90	33.38	350m: 3:47.73	33.47	
	100m: 1:01.91 31.92	200m: 2:07.52	32.78	300m: 3:14.26	33.36	400m: 4:20.23	32.50	
3.	Ines Jacinto Henriques	00				Pimpoes/Cimai	4:22.90	727
	<i>Minimo CEJ</i>							
	50m: 30.50 30.50	150m: 1:36.63	33.19	250m: 2:42.90	33.37	350m: 3:50.12	33.70	
	100m: 1:03.44 32.94	200m: 2:09.53	32.90	300m: 3:16.42	33.52	400m: 4:22.90	32.78	
4.	Alexandra Couto Frazao	02				Individual Coimbra	4:25.78	704
	<i>Minimo FOJE</i>							
	50m: 30.65 30.65	150m: 1:37.14	33.79	250m: 2:44.89	33.94	350m: 3:52.99	33.90	
	100m: 1:03.35 32.70	200m: 2:10.95	33.81	300m: 3:19.09	34.20	400m: 4:25.78	32.79	
5.	Filipa Serrano Rodrigues	01				Uniao Piedense	4:26.67	697
	50m: 30.98 30.98	150m: 1:37.81	33.99	250m: 2:46.00	34.45	350m: 3:53.86	33.79	
	100m: 1:03.82 32.84	200m: 2:11.55	33.74	300m: 3:20.07	34.07	400m: 4:26.67	32.81	
6.	Ana Rita Faria	00				Porto	4:28.58	682
	50m: 30.61 30.61	150m: 1:38.14	34.10	250m: 2:46.42	34.14	350m: 3:54.94	34.46	
	100m: 1:04.04 33.43	200m: 2:12.28	34.14	300m: 3:20.48	34.06	400m: 4:28.58	33.64	
7.	Sara Sofia Alves	01				Columbofila Cantanhedense	4:30.23	669
	50m: 31.06 31.06	150m: 1:38.65	34.19	250m: 2:47.69	34.38	350m: 3:56.79	34.54	
	100m: 1:04.46 33.40	200m: 2:13.31	34.66	300m: 3:22.25	34.56	400m: 4:30.23	33.44	
8.	Madalena Gomes Azevedo	99				Alges	4:30.33	669
	50m: 30.77 30.77	150m: 1:39.04	33.82	250m: 2:47.09	33.50	350m: 3:56.43	34.08	
	100m: 1:05.22 34.45	200m: 2:13.59	34.55	300m: 3:22.35	35.26	400m: 4:30.33	33.90	
9.	Vania Soares Neves	90				Fluvial Portuense	4:30.99	664
	50m: 31.62 31.62	150m: 1:39.15	34.18	250m: 2:47.78	34.40	350m: 3:57.10	34.83	
	100m: 1:04.97 33.35	200m: 2:13.38	34.23	300m: 3:22.27	34.49	400m: 4:30.99	33.89	
10.	Miriam Filipe Marcos	01				Natacao Olhao	4:34.05	642
	50m: 30.76 30.76	150m: 1:38.58	34.22	250m: 2:48.51	34.98	350m: 3:59.06	35.11	
	100m: 1:04.36 33.60	200m: 2:13.53	34.95	300m: 3:23.95	35.44	400m: 4:34.05	34.99	
Final B								
11.	Carolina Mantua Guedes	98				Sporting	4:29.56	675
	50m: 31.18 31.18	150m: 1:39.07	34.33	250m: 2:47.93	34.05	350m: 3:56.65	34.07	
	100m: 1:04.74 33.56	200m: 2:13.88	34.81	300m: 3:22.58	34.65	400m: 4:29.56	32.91	

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Lugar	Nome do nadador	Ano	Classes	Cod	Exc	Clube	Tempo final	Pts
12.	Carolina Rosa Marcelino	01				Alges	4:30.27	669
	50m: 31.28 31.28	150m: 1:39.19	34.13	250m: 2:47.76	33.98	350m: 3:56.99	34.63	
	100m: 1:05.06 33.78	200m: 2:13.78	34.59	300m: 3:22.36	34.60	400m: 4:30.27	33.28	
13.	Ana Rita Ramos	02				Porto	4:30.49	668
	<i>Minimo FOJE</i>							
	50m: 31.14 31.14	150m: 1:39.08	34.35	250m: 2:48.18	34.61	350m: 3:57.26	34.69	
	100m: 1:04.73 33.59	200m: 2:13.57	34.49	300m: 3:22.57	34.39	400m: 4:30.49	33.23	
14.	Maria Carolina Costa	01				Porto	4:33.74	644
	50m: 30.79 30.79	150m: 1:38.64	34.26	250m: 2:48.10	34.77	350m: 3:59.35	35.47	
	100m: 1:04.38 33.59	200m: 2:13.33	34.69	300m: 3:23.88	35.78	400m: 4:33.74	34.39	
15.	Eva Guerreiro Carvalho	99				Uniao Piedense	4:34.92	636
	50m: 31.23 31.23	150m: 1:39.11	34.30	250m: 2:48.58	34.69	350m: 3:59.71	35.96	
	100m: 1:04.81 33.58	200m: 2:13.89	34.78	300m: 3:23.75	35.17	400m: 4:34.92	35.21	
16.	Joana Costa Amador	01				Galitos / Bresimar	4:36.11	628
	50m: 31.15 31.15	150m: 1:39.39	34.41	250m: 2:49.36	34.96	350m: 4:00.43	35.27	
	100m: 1:04.98 33.83	200m: 2:14.40	35.01	300m: 3:25.16	35.80	400m: 4:36.11	35.68	
17.	Isabel Porfirio Pego	01				Porto	4:36.58	624
	50m: 31.41 31.41	150m: 1:39.45	34.59	250m: 2:49.51	35.37	350m: 4:01.46	35.92	
	100m: 1:04.86 33.45	200m: 2:14.14	34.69	300m: 3:25.54	36.03	400m: 4:36.58	35.12	
18.	Ana Rita Queiroz	02				Fundacao Beatriz Santos	4:38.92	609
	50m: 31.28 31.28	150m: 1:40.47	34.68	250m: 2:51.81	34.77	350m: 4:04.65	35.67	
	100m: 1:05.79 34.51	200m: 2:17.04	36.57	300m: 3:28.98	37.17	400m: 4:38.92	34.27	
19.	Ana Reis Sousa	02				Litoral Alentejano	4:38.94	609
	50m: 30.74 30.74	150m: 1:39.40	34.82	250m: 2:50.71	35.73	350m: 4:03.07	36.43	
	100m: 1:04.58 33.84	200m: 2:14.98	35.58	300m: 3:26.64	35.93	400m: 4:38.94	35.87	
20.	Leticia Maia Andre	02				Uniao Piedense	4:40.43	599
	50m: 31.92 31.92	150m: 1:41.45	35.44	250m: 2:53.04	35.70	350m: 4:06.05	36.15	
	100m: 1:06.01 34.09	200m: 2:17.34	35.89	300m: 3:29.90	36.86	400m: 4:40.43	34.38	
Final C								
21.	Carolina Marques Neves	01				Torres Novas	4:36.65	624
	50m: 30.65 30.65	150m: 1:39.75	35.08	250m: 2:50.43	35.43	350m: 4:01.82	35.80	
	100m: 1:04.67 34.02	200m: 2:15.00	35.25	300m: 3:26.02	35.59	400m: 4:36.65	34.83	
22.	Ines Alves Martins	01				Fluvial Portuense	4:39.45	605
	50m: 31.33 31.33	150m: 1:41.23	35.13	250m: 2:52.50	35.56	350m: 4:04.56	36.15	
	100m: 1:06.10 34.77	200m: 2:16.94	35.71	300m: 3:28.41	35.91	400m: 4:39.45	34.89	
23.	Francisca Soares Martins	03				Foca	4:41.35	593
	50m: 32.13 32.13	150m: 1:44.34	36.69	250m: 2:56.82	36.40	350m: 4:09.13	36.20	
	100m: 1:07.65 35.52	200m: 2:20.42	36.08	300m: 3:32.93	36.11	400m: 4:41.35	32.22	
24.	Mafalda Sofia Rosa	03				Rio Maior	4:41.55	592
	50m: 31.48 31.48	150m: 1:40.64	35.49	250m: 2:53.03	36.76	350m: 4:06.20	36.56	
	100m: 1:05.15 33.67	200m: 2:16.27	35.63	300m: 3:29.64	36.61	400m: 4:41.55	35.35	
25.	Ana Sequeira Florindo	02				Nautico /Urgicentro-Sanfil	4:42.69	585
	50m: 31.39 31.39	150m: 1:42.54	36.26	250m: 2:54.86	36.04	350m: 4:07.93	36.39	
	100m: 1:06.28 34.89	200m: 2:18.82	36.28	300m: 3:31.54	36.68	400m: 4:42.69	34.76	

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Lugar	Nome do nadador	Ano	Classes	Cod	Exc	Clube	Tempo final	Pts
26.	Camila Alexandra Silva	03				Columbofila Cantanhedense	4:43.55	579
	50m: 32.42 32.42	150m: 1:42.96	35.70	250m: 2:55.92	36.39	350m: 4:09.12	36.39	
	100m: 1:07.26 34.84	200m: 2:19.53	36.57	300m: 3:32.73	36.81	400m: 4:43.55	34.43	
27.	Joana Ribeiro Martins	03				Benfica	4:43.57	579
	50m: 31.39 31.39	150m: 1:42.23	35.76	250m: 2:55.76	36.77	350m: 4:09.16	36.44	
	100m: 1:06.47 35.08	200m: 2:18.99	36.76	300m: 3:32.72	36.96	400m: 4:43.57	34.41	
28.	Mariana Santos Ferreira	00				Miranda do Corvo	4:44.88	571
	50m: 32.17 32.17	150m: 1:42.46	35.40	250m: 2:55.25	36.56	350m: 4:08.56	36.41	
	100m: 1:07.06 34.89	200m: 2:18.69	36.23	300m: 3:32.15	36.90	400m: 4:44.88	36.32	
29.	Ines Sofia Ferreira	02				Galitos / Bresimar	4:46.84	560
	50m: 31.52 31.52	150m: 1:43.15	35.90	250m: 2:57.35	37.12	350m: 4:11.45	36.62	
	100m: 1:07.25 35.73	200m: 2:20.23	37.08	300m: 3:34.83	37.48	400m: 4:46.84	35.39	
30.	Maria Joao Pelaio	03				Ginasio Figueirense	4:47.75	554
	50m: 32.14 32.14	150m: 1:44.00	36.50	250m: 2:58.07	37.13	350m: 4:12.26	37.19	
	100m: 1:07.50 35.36	200m: 2:20.94	36.94	300m: 3:35.07	37.00	400m: 4:47.75	35.49	