

Prova 1 17-12-2016	Femin., 400m Livres 2ª Divisão				2ª Divisão FEM Resultados	
Recordes Nacionais 50m Absoluto	4:13.34	Diana Margarida DURAES	FCP	Oeiras	12-03-2016	
Recordes Nacionais 50m Inf B	4:43.70	Alexandra Maria SILVA	FCP	Funchal	27-07-1979	
Recordes Nacionais 50m Inf A	4:31.53	Alexandra Maria SILVA	POR	Skovde (SWE)	08-08-1980	
Recordes Nacionais 50m Juv B	4:26.20	Maria Francisca CABRAL	FCP	Oeiras	26-07-2014	
Recordes Nacionais 50m Juv A	4:20.78	Tamila Hryhorivna HOLUB	POR	Porto	07-06-2014	
Recordes Nacionais 50m Jun16	4:20.37	Marta Andreia FERREIRA	POR	Berlim (GER)	04-08-2002	
Recordes Nacionais 50m Jun17	4:14.67	Tamila Hryhorivna HOLUB	SCB	Oeiras	23-07-2016	
Recordes Nacionais 50m Sen	4:13.34	Diana Margarida DURAES	FCP	Oeiras	12-03-2016	

Pontos: FINA 2016

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Diana Margarida DURAES	96	102992	Benfica	4:15.88	+0,78	808	17,0(-)
	50m: 29.82 29.82	150m: 1:34.02 32.23	250m: 2:38.80 32.31	350m: 3:44.03 32.69	100m: 1:01.79 31.97	200m: 2:06.49 32.47	300m: 3:11.34 32.54	400m: 4:15.88 31.85
2.	Tamila Hryhorivna HOLUB	99	116887	Braga	4:24.93	+0,87	728	15,0(-)
	50m: 30.39 30.39	150m: 1:35.50 33.06	250m: 2:42.85 33.83	350m: 3:51.36 34.29	100m: 1:02.44 32.05	200m: 2:09.02 33.52	300m: 3:17.07 34.22	400m: 4:24.93 33.57
3.	Silvia Medina BLANCO	01	202609	Leixoes	4:35.59	+0,88	647	14,0(-)
	50m: 30.84 30.84	150m: 1:39.00 34.78	250m: 2:50.59 36.13	350m: 4:02.32 35.95	100m: 1:04.22 33.38	200m: 2:14.46 35.46	300m: 3:26.37 35.78	400m: 4:35.59 33.27
4.	Barbara Coimbra TEODOSIO	99	112716	Nautico Marinha Grande	4:36.28	+0,80	642	13,0(-)
	50m: 31.24 31.24	150m: 1:40.81 35.45	250m: 2:52.64 36.02	350m: 4:04.31 35.76	100m: 1:05.36 34.12	200m: 2:16.62 35.81	300m: 3:28.55 35.91	400m: 4:36.28 31.97
5.	Leila Tavarina LEMOS	00	127860	Vilacondense	4:42.44	+0,86	601	12,0(-)
	50m: 31.83 31.83	150m: 1:42.63 35.68	250m: 2:54.58 35.72	350m: 4:06.71 35.71	100m: 1:06.95 35.12	200m: 2:18.86 36.23	300m: 3:31.00 36.42	400m: 4:42.44 35.73
6.	Margarida Sobral PIMENTA	99	118764	Belenenses	4:43.41	+0,79	594	11,0(-)
	50m: 31.98 31.98	150m: 1:43.91 36.11	250m: 2:55.91 35.67	350m: 4:08.21 35.72	100m: 1:07.80 35.82	200m: 2:20.24 36.33	300m: 3:32.49 36.58	400m: 4:43.41 35.20
7.	Ana Sequeira FLORINDO	02	124198	Nautico /Urgicentro-Sanfil	4:45.02	+0,84	584	10,0(-)
	50m: 31.99 31.99	150m: 1:43.58 36.29	250m: 2:56.08 35.81	350m: 4:09.51 37.01	100m: 1:07.29 35.30	200m: 2:20.27 36.69	300m: 3:32.50 36.42	400m: 4:45.02 35.51
8.	Beatriz Lopes PINTO	99	124194	Academica de Coimbra	4:45.74	+0,82	580	9,0(-)
	50m: 32.53 32.53	150m: 1:44.66 36.25	250m: 2:56.60 35.76	350m: 4:09.71 36.95	100m: 1:08.41 35.88	200m: 2:20.84 36.18	300m: 3:32.76 36.16	400m: 4:45.74 36.03
9.	Ana Silva COSTA	98	104446	Famalicao	4:47.15	+0,81	572	8,0(-)
	50m: 31.81 31.81	150m: 1:42.05 35.75	250m: 2:55.85 36.97	350m: 4:10.62 37.52	100m: 1:06.30 34.49	200m: 2:18.88 36.83	300m: 3:33.10 37.25	400m: 4:47.15 36.53
10.	Ines Alves MARTINS	01	112126	Fluvial Portuense	4:49.37	+0,86	558	7,0(-)
	50m: 32.04 32.04	150m: 1:44.40 36.83	250m: 2:58.37 37.08	350m: 4:13.08 37.53	100m: 1:07.57 35.53	200m: 2:21.29 36.89	300m: 3:35.55 37.18	400m: 4:49.37 36.29
11.	Joana Filipa VARANDAS	02	124305	Laranjeiro	4:53.66	+0,89	534	6,0(-)
	50m: 33.18 33.18	150m: 1:47.18 37.30	250m: 3:01.88 36.91	350m: 4:16.55 37.08	100m: 1:09.88 36.70	200m: 2:24.97 37.79	300m: 3:39.47 37.59	400m: 4:53.66 37.11
12.	Francisca Soares MARTINS	03	126504	Foca	4:55.32	+0,92	525	5,0(-)
	50m: 33.97 33.97	150m: 1:49.08 37.98	250m: 3:05.50 38.37	350m: 4:20.95 37.76	100m: 1:11.10 37.13	200m: 2:27.13 38.05	300m: 3:43.19 37.69	400m: 4:55.32 34.37
13.	Sara Lopes BARBOSA	00	118181	Aquatico Pacense	4:55.39	+0,88	525	4,0(-)
	50m: 33.49 33.49	150m: 1:47.82 37.25	250m: 3:02.90 37.66	350m: 4:18.25 37.73	100m: 1:10.57 37.08	200m: 2:25.24 37.42	300m: 3:40.52 37.62	400m: 4:55.39 37.14
14.	Catarina Trigo FERREIRA	02	124523	Amadora	5:04.66	+0,86	478	3,0(-)
	50m: 33.42 33.42	150m: 1:49.60 39.09	250m: 3:07.97 39.11	350m: 4:26.58 39.06	100m: 1:10.51 37.09	200m: 2:28.86 39.26	300m: 3:47.52 39.55	400m: 5:04.66 38.08

Prova 1, Femin., 400m Livres, 2ª Divisão FEM

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
15.	Marta Alexandra SARAIVA	93	14641	Naval Amorense	5:04.82	+0,83	478	2,0(-)
	50m: 32.94 32.94	150m: 1:48.18 38.51	250m: 3:06.99 39.53	350m: 4:26.18 39.64				
	100m: 1:09.67 36.73	200m: 2:27.46 39.28	300m: 3:46.54 39.55	400m: 5:04.82 38.64				
16.	Mariana Alexandre OLIVEIRA	99	107368	Natacao da Maia	5:12.31	+0,79	444	1,0(-)
	50m: 32.99 32.99	150m: 1:49.54 38.66	250m: 3:09.73 40.16	350m: 4:31.28 40.63				
	100m: 1:10.88 37.89	200m: 2:29.57 40.03	300m: 3:50.65 40.92	400m: 5:12.31 41.03				