

Prova 57 18-12-2016	Femin., 400m Estilos 2ª Divisão				2ª Divisão FEM Resultados
Recordes Nacionais 50m Absoluto	4:42.53	Victoria KAMINSKAYA	ESJB	Coimbra	29-05-2016
Recordes Nacionais 50m Inf B	5:14.05	Filipa Vilas RUIVO	DNMG	S. João da Madeira	24-07-2009
Recordes Nacionais 50m Inf A	5:11.29	Diana Ramos ROCHA	EDV	Faro	20-07-2007
Recordes Nacionais 50m Juv B	5:01.00	Ines Neto ROCHA	CAP	Coimbra	24-07-2015
Recordes Nacionais 50m Juv B	5:01.00	Ines Neto ROCHA	CAP	Coimbra	24-07-2015
Recordes Nacionais 50m Juv A	4:58.08	Diana Margarida DURAES	FOCA	Póvoa de Varzim	05-08-2011
Recordes Nacionais 50m Jun16	4:57.84	Victoria KAMINSKAYA	PIMP	Oeiras	19-02-2011
Recordes Nacionais 50m Jun17	4:52.12	Victoria KAMINSKAYA	PIMP	Oeiras	27-07-2012
Recordes Nacionais 50m Sen	4:42.53	Victoria KAMINSKAYA	ESJB	Coimbra	29-05-2016

Pontos: FINA 2016

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Diana Margarida DURAES	96	102992	Benfica	4:51.47	+0,77	781	17,0(-)
	50m: 30.57 30.57			150m: 1:43.60 38.13	250m: 3:02.40 42.00	350m: 4:18.95 33.76		
	100m: 1:05.47 34.90			200m: 2:20.40 36.80	300m: 3:45.19 42.79	400m: 4:51.47 32.52		
2.	Angelica Maria ANDRE	94	15497	Fluvial Portuense	5:02.85	+0,74	696	15,0(-)
	50m: 31.99 31.99			150m: 1:48.95 40.87	250m: 3:12.49 43.25	350m: 4:29.70 34.48		
	100m: 1:08.79 36.09			200m: 2:29.24 40.29	300m: 3:55.22 42.73	400m: 5:02.85 33.15		
3.	Ana Beatriz MARTINS	99	108375	Famalicao	5:04.73	+0,78	683	14,0(-)
	50m: 31.77 31.77			150m: 1:48.70 39.63	250m: 3:11.54 43.63	350m: 4:30.41 35.10		
	100m: 1:09.07 37.30			200m: 2:27.91 39.21	300m: 3:55.31 43.77	400m: 5:04.73 34.32		
4.	Paula Nunez BLAZQUEZ	01	202782	Leixoes	5:05.20	+0,80	680	13,0(-)
	50m: 32.24 32.24			150m: 1:48.34 38.84	250m: 3:11.86 44.36	350m: 4:32.71 34.58		
	100m: 1:09.50 37.26			200m: 2:27.50 39.16	300m: 3:58.13 46.27	400m: 5:05.20 32.49		
5.	Giovanna Vaz VARGAS	00	110957	Nautico Marinha Grande	5:06.03	+0,88	674	12,0(-)
	50m: 31.42 31.42			150m: 1:47.17 40.43	250m: 3:11.25 44.32	350m: 4:31.78 35.17		
	100m: 1:06.74 35.32			200m: 2:26.93 39.76	300m: 3:56.61 45.36	400m: 5:06.03 34.25		
6.	Ines Neto ROCHA	01	111313	Aquatico Pacense	5:09.02	+0,95	655	11,0(-)
	50m: 32.19 32.19			150m: 1:48.48 39.69	250m: 3:11.76 44.73	350m: 4:32.78 36.74		
	100m: 1:08.79 36.60			200m: 2:27.03 38.55	300m: 3:56.04 44.28	400m: 5:09.02 36.24		
7.	Teresa Miguel VELOSO	00	103876	Nautico /Urgicentro-Sanfil	5:12.85	+0,75	631	10,0(-)
	50m: 32.59 32.59			150m: 1:50.68 41.01	250m: 3:15.60 44.41	350m: 4:37.67 36.72		
	100m: 1:09.67 37.08			200m: 2:31.19 40.51	300m: 4:00.95 45.35	400m: 5:12.85 35.18		
8.	Beatriz Pereira VASCONCELOS	98	107934	Vilacondense	5:15.27	+0,79	617	9,0(-)
	50m: 34.35 34.35			150m: 1:53.55 39.86	250m: 3:17.84 44.24	350m: 4:39.66 37.28		
	100m: 1:13.69 39.34			200m: 2:33.60 40.05	300m: 4:02.38 44.54	400m: 5:15.27 35.61		
9.	Rita Teixeira COSTA	97	109314	Belenenses	5:17.04	+0,78	606	8,0(-)
	50m: 32.08 32.08			150m: 1:50.73 40.57	250m: 3:17.49 46.04	350m: 4:40.77 36.55		
	100m: 1:10.16 38.08			200m: 2:31.45 40.72	300m: 4:04.22 46.73	400m: 5:17.04 36.27		
10.	Maria Madalena SILVA	98	116614	Braga	5:23.11	+0,79	573	7,0(-)
	50m: 32.40 32.40			150m: 1:51.13 41.46	250m: 3:18.30 46.08	350m: 4:45.10 39.90		
	100m: 1:09.67 37.27			200m: 2:32.22 41.09	300m: 4:05.20 46.90	400m: 5:23.11 38.01		
11.	Bruna Martins RIESENBERGER	97	105541	Laranjeiro	5:23.29	+0,70	572	6,0(-)
	50m: 33.54 33.54			150m: 1:56.38 42.32	250m: 3:22.33 45.20	350m: 4:47.62 38.71		
	100m: 1:14.06 40.52			200m: 2:37.13 40.75	300m: 4:08.91 46.58	400m: 5:23.29 35.67		
12.	Beatriz Lopes PINTO	99	124194	Academica de Coimbra	5:33.27	+0,89	522	5,0(-)
	50m: 34.62 34.62			150m: 1:57.92 43.31	250m: 3:27.38 47.88	350m: 4:55.91 38.52		
	100m: 1:14.61 39.99			200m: 2:39.50 41.58	300m: 4:17.39 50.01	400m: 5:33.27 37.36		
13.	Tatiana Alexandre CARDOSO	01	127355	Amadora	5:38.52	+0,84	498	4,0(-)
	50m: 34.43 34.43			150m: 1:57.94 44.10	250m: 3:28.46 48.49	350m: 4:58.90 40.69		
	100m: 1:13.84 39.41			200m: 2:39.97 42.03	300m: 4:18.21 49.75	400m: 5:38.52 39.62		
14.	Nina Pinto RIBEIRO	02	116914	Foca	5:40.37	+0,94	490	3,0(-)
	50m: 34.54 34.54			150m: 2:01.03 45.59	250m: 3:36.07 50.67	350m: 5:04.36 37.63		
	100m: 1:15.44 40.90			200m: 2:45.40 44.37	300m: 4:26.73 50.66	400m: 5:40.37 36.01		

Prova 57, Femin., 400m Estilos, 2ª Divisão FEM

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
15.	Catarina Filipa MOSCA	99	118243	Naval Amorense	5:47.36	+0,71	461	2,0(-
	50m: 34.86 34.86	150m: 1:59.64 43.46	250m: 3:34.26 51.08	350m: 5:07.41 40.60				
	100m: 1:16.18 41.32	200m: 2:43.18 43.54	300m: 4:26.81 52.55	400m: 5:47.36 39.95				
16.	Ines Silva MARQUES	99	110560	Natacao da Maia	5:51.51	+0,87	445	1,0(-
	50m: 37.02 37.02	150m: 2:10.43 46.75	250m: 3:43.87 47.82	350m: 5:12.41 40.28				
	100m: 1:23.68 46.66	200m: 2:56.05 45.62	300m: 4:32.13 48.26	400m: 5:51.51 39.10				