

Prova 58 18-12-2016	Femin., 400m Estilos 1ª Divisão				1ª 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	PMP	Oeiras	19-02-2011
Recordes Nacionais 50m Jun17	4:52.12	Victoria KAMINSKAYA	PMP	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.	Madalena Gomes AZEVEDO	99	110160	Alges	5:02.32	+0,76	699	9,0(-)
	50m: 31.44 31.44			150m: 1:48.51 39.64	250m: 3:09.55 42.45	350m: 4:28.59 35.24		
	100m: 1:08.87 37.43			200m: 2:27.10 38.59	300m: 3:53.35 43.80	400m: 5:02.32 33.73		
2.	Luisa Maria MACHADO	01	121850	Uniao Piedense	5:08.07	+0,98	661	7,0(-)
	50m: 32.16 32.16			150m: 1:52.00 41.40	250m: 3:13.83 41.76	350m: 4:32.72 36.18		
	100m: 1:10.60 38.44			200m: 2:32.07 40.07	300m: 3:56.54 42.71	400m: 5:08.07 35.35		
3.	Raquel Paulo RANITO	94	25504	Sporting	5:10.43	+0,81	646	6,0(-)
	50m: 32.98 32.98			150m: 1:50.37 39.89	250m: 3:15.67 45.22	350m: 4:37.57 36.07		
	100m: 1:10.48 37.50			200m: 2:30.45 40.08	300m: 4:01.50 45.83	400m: 5:10.43 32.86		
4.	Mariana Fernandes BARBOSA	02	121985	Porto	5:10.47	+0,71	646	5,0(-)
	50m: 31.48 31.48			150m: 1:48.42 40.42	250m: 3:14.11 45.76	350m: 4:36.30 35.55		
	100m: 1:08.00 36.52			200m: 2:28.35 39.93	300m: 4:00.75 46.64	400m: 5:10.47 34.17		
5.	Rita Costa AMADOR	99	105665	Galitos/ Bresimar	5:17.56	+0,73	603	4,0(-)
	50m: 32.68 32.68			150m: 1:53.70 41.47	250m: 3:18.70 44.56	350m: 4:41.09 36.60		
	100m: 1:12.23 39.55			200m: 2:34.14 40.44	300m: 4:04.49 45.79	400m: 5:17.56 36.47		
6.	Ana Pimenta SILVA	01	126327	Desportiva de Viana	5:42.05	+0,84	483	3,0(-)
	50m: 34.37 34.37			150m: 2:01.17 46.52	250m: 3:35.93 50.09	350m: 5:05.60 38.77		
	100m: 1:14.65 40.28			200m: 2:45.84 44.67	300m: 4:26.83 50.90	400m: 5:42.05 36.45		
7.	Sara Cardoso GAMA	01	122490	Tavira Natacao	6:07.28	+0,99	390	2,0(-)
	50m: 39.16 39.16			150m: 2:14.05 46.17	250m: 3:52.95 50.99	350m: 5:26.79 42.12		
	100m: 1:27.88 48.72			200m: 3:01.96 47.91	300m: 4:44.67 51.72	400m: 6:07.28 40.49		
8.	Ines do Carmo CRUZ	00	110204	Ginasio de Vila Real	6:19.69	+0,81	353	1,0(-)
	50m: 37.71 37.71			150m: 2:16.57 52.32	250m: 3:58.01 52.03	350m: 5:36.43 44.62		
	100m: 1:24.25 46.54			200m: 3:05.98 49.41	300m: 4:51.81 53.80	400m: 6:19.69 43.26		