

Prova 23  
28/10/2017 - 18:15

Femin., 400m Livres

Absolutos  
Resultados

Rec Nac Absoluto	4:05.38	DURAES Diana Margarida	POR	Moscow (RUS)	02/08/2017
Rec Nac Inf B	4:38.40	RUIVO Filipa Vilas	DNMG	Alcobaça	13/06/2009
Rec Nac Inf A	4:25.30	SILVA Alexandra Maria	FCP	Porto	19/07/1980
Rec Nac Juv B	4:23.08	MIGUEL Susana Patricia	SFUAP	Alhandra	15/05/2004
Rec Nac Juv A	4:18.39	SANTOS Ana Claudia	SFUAP	Cantanhede	20/12/2004
Rec Nac Jun16	4:15.43	HOLUB Tamila Hryhorivna	SCB	Porto	20/12/2014
Rec Nac Jun17	4:10.52	HOLUB Tamila Hryhorivna	SCB	Porto	12/12/2015
Rec Nac Sen	4:05.38	DURAES Diana Margarida	POR	Moscow (RUS)	02/08/2017

Pontos: FINA 2017

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	FLORINDO Ana Sequeira	02	124198	Uniao Coimbra	<b>4:38.45</b>	+0,79	597	25,0(-)
	50m: 31.45 31.45			150m: 1:42.30 35.88	250m: 2:53.18 35.14	350m: 4:04.96 36.02		
	100m: 1:06.42 34.97			200m: 2:18.04 35.74	300m: 3:28.94 35.76	400m: 4:38.45 33.49		
2.	OLIVEIRA Ana Rita	04	124995	Naval Povoense	<b>4:44.12</b>	+0,78	562	23,0(-)
	50m: 31.79 31.79			150m: 1:43.16 36.15	250m: 2:55.74 36.26	350m: 4:08.24 36.25		
	100m: 1:07.01 35.22			200m: 2:19.48 36.32	300m: 3:31.99 36.25	400m: 4:44.12 35.88		
3.	FONSECA Laura Luz	03	122825	Naval de Ponta Delgada	<b>4:46.42</b>		548	22,0(-)
	50m: 32.52 32.52			150m: 1:43.83 36.08	250m: 2:56.98 36.57	350m: 4:10.61 36.86		
	100m: 1:07.75 35.23			200m: 2:20.41 36.58	300m: 3:33.75 36.77	400m: 4:46.42 35.81		
4.	MONTEIRO Ines Maria	04	126588	Naval Praia da Vitoria	<b>4:46.93</b>		546	21,0(-)
	50m: 32.68 32.68			150m: 1:44.40 36.22	250m: 2:57.75 36.78	350m: 4:11.32 36.50		
	100m: 1:08.18 35.50			200m: 2:20.97 36.57	300m: 3:34.82 37.07	400m: 4:46.93 35.61		
5.	FERREIRA Catarina Trigo	02	124523	Natacao de Lisboa	<b>4:47.49</b>	+0,75	542	20,0(-)
	50m: 31.39 31.39			150m: 1:42.37 36.13	250m: 2:56.40 37.28	350m: 4:11.70 37.51		
	100m: 1:06.24 34.85			200m: 2:19.12 36.75	300m: 3:34.19 37.79	400m: 4:47.49 35.79		
6.	FERREIRA Beatriz Marques	00	122579	Campinho	<b>4:48.79</b>	+0,74	535	19,0(-)
	50m: 31.72 31.72			150m: 1:43.58 36.69	250m: 2:56.70 36.60	350m: 4:08.35 34.82		
	100m: 1:06.89 35.17			200m: 2:20.10 36.52	300m: 3:33.53 36.83	400m: 4:48.79 40.44		
7.	DELGADO Soraia Alexandra	05	153438	CPCD-Povoa St Iria	<b>4:50.96</b>	+0,91	523	18,0(-)
	50m: 33.10 33.10			150m: 1:46.46 36.82	250m: 3:01.09 37.43	350m: 4:16.17 37.51		
	100m: 1:09.64 36.54			200m: 2:23.66 37.20	300m: 3:38.66 37.57	400m: 4:50.96 34.79		
8.	DIAS Ana Leonor	02	129302	Colegio Bernardette Romeir	<b>4:51.37</b>	+0,78	521	17,0(-)
	50m: 33.59 33.59			150m: 1:46.74 36.89	250m: 3:00.96 37.21	350m: 4:15.86 37.34		
	100m: 1:09.85 36.26			200m: 2:23.75 37.01	300m: 3:38.52 37.56	400m: 4:51.37 35.51		
9.	ALVES Ines Sofia	04	129192	Portinado	<b>4:58.87</b>	+0,90	483	16,0(-)
	50m: 32.03 32.03			150m: 1:45.50 37.03	250m: 3:02.42 38.70	350m: 4:20.51 39.08		
	100m: 1:08.47 36.44			200m: 2:23.72 38.22	300m: 3:41.43 39.01	400m: 4:58.87 38.36		
10.	SILVA Margarida Mota	03	122224	Palmela	<b>5:04.00</b>	+0,77	459	15,0(-)
	50m: 31.70 31.70			150m: 1:46.21 38.26	250m: 3:05.27 39.86	350m: 4:25.62 39.80		
	100m: 1:07.95 36.25			200m: 2:25.41 39.20	300m: 3:45.82 40.55	400m: 5:04.00 38.38		
11.	CARLOTA Catarina Isabel	05	132493	BUZIOS-Coruche	<b>5:05.65</b>	+0,85	451	14,0(-)
	50m: 35.10 35.10			150m: 1:52.80 39.12	250m: 3:11.16 38.86	350m: 4:28.97 38.78		
	100m: 1:13.68 38.58			200m: 2:32.30 39.50	300m: 3:50.19 39.03	400m: 5:05.65 36.68		
12.	CRUZ Rita Carrico	04	130059	Viver Santarem	<b>5:05.68</b>	+0,77	451	13,0(-)
	50m: 34.65 34.65			150m: 1:51.40 38.81	250m: 3:09.66 39.00	350m: 4:28.49 39.51		
	100m: 1:12.59 37.94			200m: 2:30.66 39.26	300m: 3:48.98 39.32	400m: 5:05.68 37.19		
13.	FERREIRA Carla Sandrina	04	131493	O Crasto	<b>5:05.79</b>	+1,03	451	12,0(-)
	50m: 33.57 33.57			150m: 1:50.48 39.48	250m: 3:09.34 39.49	350m: 4:27.81 39.01		
	100m: 1:11.00 37.43			200m: 2:29.85 39.37	300m: 3:48.80 39.46	400m: 5:05.79 37.98		
14.	GIL Constanca Basilio	03	125758	CLAC-Entroncamento	<b>5:06.67</b>	+0,96	447	11,0(-)
	50m: 34.05 34.05			150m: 1:50.55 38.72	250m: 3:09.50 39.56	350m: 4:29.10 39.70		
	100m: 1:11.83 37.78			200m: 2:29.94 39.39	300m: 3:49.40 39.90	400m: 5:06.67 37.57		

Prova 23, Femin., 400m Livres, Absolutos

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
15.	LOPES Raquel Raposo	04	153469	Desportivo Cova da Piedade	<b>5:06.69</b>	+0,86	447	10,0(-)
	50m: 34.93 34.93		150m: 1:52.60	39.24	250m: 3:10.52	38.73	350m: 4:28.94	39.23
	100m: 1:13.36 38.43		200m: 2:31.79	39.19	300m: 3:49.71	39.19	400m: 5:06.69	37.75
16.	MACEDO Luisa Mendes	03	127327	Sanjoanense/FEPSA	<b>5:07.05</b>	+0,89	445	9,0(-)
	50m: 34.92 34.92		150m: 1:51.18	38.04	250m: 3:09.53	39.35	350m: 4:29.92	40.15
	100m: 1:13.14 38.22		200m: 2:30.18	39.00	300m: 3:49.77	40.24	400m: 5:07.05	37.13
17.	RINO Maria Pedro	05	148594	Nucleo Sportinguista Terceir	<b>5:11.81</b>		425	8,0(-)
	50m: 35.84 35.84		150m: 1:53.04	39.11	250m: 3:12.22	39.64	350m: 4:32.48	40.14
	100m: 1:13.93 38.09		200m: 2:32.58	39.54	300m: 3:52.34	40.12	400m: 5:11.81	39.33
18.	MONTEIRO Ana Rita	01	124464	Sporting de Espinho	<b>5:18.18</b>	+0,97	400	7,0(-)
	50m: 35.34 35.34		150m: 1:54.33	40.14	250m: 3:15.55	41.12	350m: 4:37.75	41.33
	100m: 1:14.19 38.85		200m: 2:34.43	40.10	300m: 3:56.42	40.87	400m: 5:18.18	40.43
19.	GONCALVES Ana Rita	04	127577	Albicastrense	<b>5:21.88</b>	+0,88	386	6,0(-)
	50m: 34.28 34.28		150m: 1:55.04	40.99	250m: 3:18.14	41.70	350m: 4:41.47	41.81
	100m: 1:14.05 39.77		200m: 2:36.44	41.40	300m: 3:59.66	41.52	400m: 5:21.88	40.41
20.	FERREIRA Nícia Filipa	01	112459	Natacao Guarda	<b>5:24.00</b>	+1,02	379	5,0(-)
	50m: 35.30 35.30		150m: 1:55.17	40.94	250m: 3:19.13	42.20	350m: 4:44.55	43.08
	100m: 1:14.23 38.93		200m: 2:36.93	41.76	300m: 4:01.47	42.34	400m: 5:24.00	39.45
21.	NEVES Diana Patricia	06	130031	Naval da Horta	<b>5:38.75</b>		331	4,0(-)
	50m: 35.07 35.07		150m: 2:00.51	43.36	250m: 3:29.79	44.68	350m: 4:56.86	43.91
	100m: 1:17.15 42.08		200m: 2:45.11	44.60	300m: 4:12.95	43.16	400m: 5:38.75	41.89
22.	PINTO Jessica Sofia	00	127895	Amarantus	<b>5:39.40</b>	+0,89	329	3,0(-)
	50m: 34.58 34.58		150m: 1:56.25	42.37	250m: 3:25.19	45.12	350m: 4:56.56	45.64
	100m: 1:13.88 39.30		200m: 2:40.07	43.82	300m: 4:10.92	45.73	400m: 5:39.40	42.84
23.	SILVA Jessica Filipa	03	123095	Vila DEste/Gaia	<b>5:42.96</b>	+0,85	319	2,0(-)
	50m: 38.61 38.61		150m: 2:05.00	43.78	250m: 3:32.91	44.17	350m: 5:01.03	43.87
	100m: 1:21.22 42.61		200m: 2:48.74	43.74	300m: 4:17.16	44.25	400m: 5:42.96	41.93
24.	PACHECO Lara Borges	02	128934	Desporto de Tondela	<b>5:44.88</b>	+0,91	314	1,0(-)
	50m: 38.38 38.38		150m: 2:05.92	44.75	250m: 3:35.19	44.87	350m: 5:03.90	44.23
	100m: 1:21.17 42.79		200m: 2:50.32	44.40	300m: 4:19.67	44.48	400m: 5:44.88	40.98