

Campeonato Nacional Clubes 3ª Divisão
Guarda, 1-12-2017

Prova 23 Femin., 400m Livres Absolutos
01-12-2017 - 18:15 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.	ROSA Mafalda Sofia	03	127310	Rio Maior	4:30.32	+0,80	652	33,0(-)
	50m: 31.07 31.07			150m: 1:38.31 33.73	250m: 2:46.75 34.32	350m: 3:56.16 34.88		
	100m: 1:04.58 33.51			200m: 2:12.43 34.12	300m: 3:21.28 34.53	400m: 4:30.32 34.16		
2.	NEVES Carolina Marques	01	121422	Torres Novas	4:31.96	+0,80	641	31,0(-)
	50m: 30.89 30.89			150m: 1:39.10 34.13	250m: 2:48.53 34.80	350m: 3:58.44 34.69		
	100m: 1:04.97 34.08			200m: 2:13.73 34.63	300m: 3:23.75 35.22	400m: 4:31.96 33.52		
3.	RIBEIRO Soraia Vanessa	92	15857	Estrelas S. Joao de Brito	4:34.63	+1,04	622	30,0(-)
	50m: 31.06 31.06			150m: 1:39.33 34.25	250m: 2:48.88 34.86	350m: 4:00.33 35.92		
	100m: 1:05.08 34.02			200m: 2:14.02 34.69	300m: 3:24.41 35.53	400m: 4:34.63 34.30		
4.	FONSECA Laura Luz	03	122825	Naval de Ponta Delgada	4:39.90	+0,85	588	29,0(-)
	50m: 31.69 31.69			150m: 1:41.48 35.03	250m: 2:52.61 35.70	350m: 4:05.20 36.36		
	100m: 1:06.45 34.76			200m: 2:16.91 35.43	300m: 3:28.84 36.23	400m: 4:39.90 34.70		
5.	OLIVEIRA Ana Rita	04	124995	Naval Povoense	4:43.33	+0,82	567	28,0(-)
	50m: 31.51 31.51			150m: 1:42.64 36.26	250m: 2:55.58 36.43	350m: 4:08.47 36.53		
	100m: 1:06.38 34.87			200m: 2:19.15 36.51	300m: 3:31.94 36.36	400m: 4:43.33 34.86		
6.	FERREIRA Beatriz Marques	00	122579	Campinho	4:44.51	+0,73	560	27,0(-)
	50m: 31.98 31.98			150m: 1:42.78 35.78	250m: 2:56.10 36.56	350m: 4:09.48 36.40		
	100m: 1:07.00 35.02			200m: 2:19.54 36.76	300m: 3:33.08 36.98	400m: 4:44.51 35.03		
7.	FERREIRA Catarina Trigo	02	124523	Natacao de Lisboa	4:44.72	+0,74	558	26,0(-)
	50m: 31.64 31.64			150m: 1:42.85 36.32	250m: 2:55.92 36.91	350m: 4:09.48 36.70		
	100m: 1:06.53 34.89			200m: 2:19.01 36.16	300m: 3:32.78 36.86	400m: 4:44.72 35.24		
8.	MONTEIRO Ines Rosado	00	121817	Natacao de Vagos	4:47.46	+0,67	543	25,0(-)
	50m: 31.48 31.48			150m: 1:43.23 36.54	250m: 2:56.63 36.86	350m: 4:11.46 37.64		
	100m: 1:06.69 35.21			200m: 2:19.77 36.54	300m: 3:33.82 37.19	400m: 4:47.46 36.00		
9.	PIRES Beatriz Almeida	03	126036	Uniao Coimbra	4:50.53	+0,83	525	24,0(-)
	50m: 32.52 32.52			150m: 1:44.12 36.14	250m: 2:58.01 37.23	350m: 4:13.72 38.00		
	100m: 1:07.98 35.46			200m: 2:20.78 36.66	300m: 3:35.72 37.71	400m: 4:50.53 36.81		
10.	MONTEIRO Ines Maria	04	126588	Naval Praia da Vitoria	4:50.87	+0,80	524	23,0(-)
	50m: 33.31 33.31			150m: 1:46.06 36.75	250m: 3:00.53 37.15	350m: 4:14.93 37.04		
	100m: 1:09.31 36.00			200m: 2:23.38 37.32	300m: 3:37.89 37.36	400m: 4:50.87 35.94		
11.	MARQUES Maria Alexandra	04	128375	Albicastrense	4:52.67	+0,75	514	22,0(-)
	50m: 32.88 32.88			150m: 1:46.15 37.01	250m: 3:02.03 38.06	350m: 4:16.99 37.47		
	100m: 1:09.14 36.26			200m: 2:23.97 37.82	300m: 3:39.52 37.49	400m: 4:52.67 35.68		
12.	CARVALHO Maria Leitao	02	126850	Ba/Bomcar	4:53.00	+0,78	512	21,0(-)
	50m: 33.49 33.49			150m: 1:47.02 37.20	250m: 3:01.67 37.24	350m: 4:16.11 37.31		
	100m: 1:09.82 36.33			200m: 2:24.43 37.41	300m: 3:38.80 37.13	400m: 4:53.00 36.89		
13.	FERNANDES Ana Ines	00	119258	Vitoria Guimaraes	4:54.18	+0,83	506	20,0(-)
	50m: 31.63 31.63			150m: 1:43.95 37.25	250m: 2:59.85 38.66	350m: 4:17.59 39.01		
	100m: 1:06.70 35.07			200m: 2:21.19 37.24	300m: 3:38.58 38.73	400m: 4:54.18 36.59		
14.	CORREIA Rute Ferreira	03	126232	Clube de Vouzela	4:54.49	+0,83	505	19,0(-)
	50m: 31.26 31.26			150m: 1:43.97 37.12	250m: 2:59.39 38.00	350m: 4:16.26 38.44		
	100m: 1:06.85 35.59			200m: 2:21.39 37.42	300m: 3:37.82 38.43	400m: 4:54.49 38.23		

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Prova 23, Femin., 400m Livres, Absolutos

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
15.	BARBOSA Adriana Freixo	03	123710	Viana Natacao	4:54.85	+0,91	503	18,0(-)
	50m: 32.19 32.19		150m: 1:45.83 37.72	250m: 3:02.24 38.52	350m: 4:18.64 38.16			
	100m: 1:08.11 35.92		200m: 2:23.72 37.89	300m: 3:40.48 38.24	400m: 4:54.85 36.21			
16.	LEITE Ana Margarida	02	123141	Fafe	4:54.99	+0,81	502	17,0(-)
	50m: 32.04 32.04		150m: 1:46.39 37.67	250m: 3:02.46 38.00	350m: 4:18.70 38.18			
	100m: 1:08.72 36.68		200m: 2:24.46 38.07	300m: 3:40.52 38.06	400m: 4:54.99 36.29			
17.	SILVA Margarida Borges	04	123105	Bombeiros Ponta Delgada	4:55.06	+0,75	502	16,0(-)
	50m: 32.99 32.99		150m: 1:46.03 37.12	250m: 3:01.98 38.35	350m: 4:18.83 38.69			
	100m: 1:08.91 35.92		200m: 2:23.63 37.60	300m: 3:40.14 38.16	400m: 4:55.06 36.23			
18.	RODRIGUES Daniela Oliveira	02	118056	Natacao de Valongo	4:55.20	+0,76	501	15,0(-)
	50m: 33.06 33.06		150m: 1:47.56 37.98	250m: 3:03.08 37.59	350m: 4:18.94 37.98			
	100m: 1:09.58 36.52		200m: 2:25.49 37.93	300m: 3:40.96 37.88	400m: 4:55.20 36.26			
19.	SILVA Margarida Mota	03	122224	Palmela	4:55.62	+0,78	499	14,0(-)
	50m: 32.26 32.26		150m: 1:46.60 37.85	250m: 3:03.41 38.43	350m: 4:20.49 38.15			
	100m: 1:08.75 36.49		200m: 2:24.98 38.38	300m: 3:42.34 38.93	400m: 4:55.62 35.13			
20.	ALVES Ines Sofia	04	129192	Portinado	4:57.07	+0,94	491	13,0(-)
	50m: 32.79 32.79		150m: 1:47.32 37.99	250m: 3:04.51 38.67	350m: 4:21.56 38.20			
	100m: 1:09.33 36.54		200m: 2:25.84 38.52	300m: 3:43.36 38.85	400m: 4:57.07 35.51			
21.	VALENTE Beatriz Sousa	03	127077	Natacao Olhao	5:00.16	+0,86	476	12,0(-)
	50m: 34.27 34.27		150m: 1:48.89 37.79	250m: 3:05.19 38.27	350m: 4:21.91 38.35			
	100m: 1:11.10 36.83		200m: 2:26.92 38.03	300m: 3:43.56 38.37	400m: 5:00.16 38.25			
22.	COSTA Mafalda Magalhaes	03	124469	Gualdim Pais	5:01.31	+0,75	471	11,0(-)
	50m: 34.14 34.14		150m: 1:51.37 38.76	250m: 3:08.52 38.50	350m: 4:24.71 38.10			
	100m: 1:12.61 38.47		200m: 2:30.02 38.65	300m: 3:46.61 38.09	400m: 5:01.31 36.60			
23.	FERREIRA Mariana Banca	03	127071	Naval Setubalense	5:02.02	+0,95	468	10,0(-)
	50m: 34.09 34.09		150m: 1:50.42 38.47	250m: 3:08.53 39.32	350m: 4:25.80 38.79			
	100m: 1:11.95 37.86		200m: 2:29.21 38.79	300m: 3:47.01 38.48	400m: 5:02.02 36.22			
24.	BENTO Joana Viegas	99	121143	Natacao de Faro	5:03.01	+0,85	463	9,0(-)
	50m: 33.57 33.57		150m: 1:48.72 38.25	250m: 3:06.28 38.83	350m: 4:24.57 39.41			
	100m: 1:10.47 36.90		200m: 2:27.45 38.73	300m: 3:45.16 38.88	400m: 5:03.01 38.44			
25.	LOPES Raquel Raposo	04	153469	Cova da Piedade	5:03.63	+0,83	460	8,0(-)
	50m: 33.68 33.68		150m: 1:48.91 38.06	250m: 3:06.58 39.09	350m: 4:25.33 39.24			
	100m: 1:10.85 37.17		200m: 2:27.49 38.58	300m: 3:46.09 39.51	400m: 5:03.63 38.30			
26.	GARCIA Ines Marques	03	132415	Nautico Abrantes	5:04.10	+0,96	458	7,0(-)
	50m: 34.02 34.02		150m: 1:50.70 38.92	250m: 3:08.86 39.36	350m: 4:26.98 38.93			
	100m: 1:11.78 37.76		200m: 2:29.50 38.80	300m: 3:48.05 39.19	400m: 5:04.10 37.12			
27.	JACINTO Joana Daniela	01	111230	Propaganda da Natacao	5:05.67	+0,74	451	6,0(-)
	50m: 32.85 32.85		150m: 1:48.50 38.35	250m: 3:07.53 40.07	350m: 4:27.13 39.65			
	100m: 1:10.15 37.30		200m: 2:27.46 38.96	300m: 3:47.48 39.95	400m: 5:05.67 38.54			
28.	MACEDO Luisa Mendes	03	127327	Sanjoanense/FEPSA	5:10.25	+0,84	431	5,0(-)
	50m: 34.22 34.22		150m: 1:50.72 38.74	250m: 3:10.22 39.99	350m: 4:30.94 40.49			
	100m: 1:11.98 37.76		200m: 2:30.23 39.51	300m: 3:50.45 40.23	400m: 5:10.25 39.31			
29.	MACHADO Carolina Alexandra	03	130872	Beja	5:14.97	+0,82	412	4,0(-)
	50m: 35.01 35.01		150m: 1:53.45 39.77	250m: 3:14.13 40.36	350m: 4:35.52 40.56			
	100m: 1:13.68 38.67		200m: 2:33.77 40.32	300m: 3:54.96 40.83	400m: 5:14.97 39.45			
30.	BAPTISTA Sara Tavares	00	123942	Feirense	5:22.48	+0,84	384	3,0(-)
	50m: 34.72 34.72		150m: 1:55.87 41.65	250m: 3:20.10 42.20	350m: 4:44.08 41.59			
	100m: 1:14.22 39.50		200m: 2:37.90 42.03	300m: 4:02.49 42.39	400m: 5:22.48 38.40			
31.	CASTRO Sara Alexandra	04	126049	Natacao do Montijo	5:24.72	+0,78	376	2,0(-)
	50m: 33.82 33.82		150m: 1:52.66 40.43	250m: 3:17.56 42.89	350m: 4:43.48 43.02			
	100m: 1:12.23 38.41		200m: 2:34.67 42.01	300m: 4:00.46 42.90	400m: 5:24.72 41.24			
32.	RONDAO Beatriz Fernandes	06	202488	Natacao do Tejo	6:37.90		204	1,0(-)
	50m: 43.27 43.27		150m: 2:25.08 51.33	250m: 4:07.38 51.42	350m: 5:50.49 51.16			
	100m: 1:33.75 50.48		200m: 3:15.96 50.88	300m: 4:59.33 51.95	400m: 6:37.90 47.41			