

Prova 1  
02-12-2017 - 9:30

Femin., 400m Livres  
2ª Divisão

2ª Divisão FEM  
Resultados

Rec Nac 25 metros Absoluto	4:05.38	DURAES Diana Margarida	POR	Moscow (RUS)	02-08-2017
Rec Nac 25 metros Inf B	4:38.40	RUIVO Filipa Vilas	DNMG	Alcobaça	13-06-2009
Rec Nac 25 metros Inf A	4:25.30	SILVA Alexandra Maria	FCP	Porto	19-07-1980
Rec Nac 25 metros Juv B	4:23.08	MIGUEL Susana Patricia	SFUAP	Alhandra	15-05-2004
Rec Nac 25 metros Juv A	4:18.39	SANTOS Ana Claudia	SFUAP	Cantanhede	20-12-2004
Rec Nac 25 metros Jun16	4:15.43	HOLUB Tamila Hryhorivna	SCB	Porto	20-12-2014
Rec Nac 25 metros Jun17	4:10.52	HOLUB Tamila Hryhorivna	SCB	Porto	12-12-2015
Rec Nac 25 metros 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.	SOUSA Ana Reis	02	122440	Litoral Alentejano	<b>4:16.70</b>	+0,72	762	25,0(-)
	50m: 29.67 29.67		150m: 1:33.63 32.32	250m: 2:38.74 32.64	350m: 3:44.34 32.91			
	100m: 1:01.31 31.64		200m: 2:06.10 32.47	300m: 3:11.43 32.69	400m: 4:16.70 32.36			
2.	HENRIQUES Ines Jacinto	00	120220	Pimpoes/Cimai	<b>4:20.63</b>	+0,82	728	23,0(-)
	50m: 29.83 29.83		150m: 1:34.83 32.79	250m: 2:40.59 32.92	350m: 3:47.44 33.68			
	100m: 1:02.04 32.21		200m: 2:07.67 32.84	300m: 3:13.76 33.17	400m: 4:20.63 33.19			
3.	MENDES Mariana Amaral	02	123959	Colegio Monte Maior	<b>4:25.52</b>	+0,82	689	22,0(-)
	50m: 30.73 30.73		150m: 1:37.11 33.21	250m: 2:44.81 33.93	350m: 3:52.70 34.07			
	100m: 1:03.90 33.17		200m: 2:10.88 33.77	300m: 3:18.63 33.82	400m: 4:25.52 32.82			
4.	QUEIROZ Ana Rita	02	124441	Fundacao Beatriz Santos	<b>4:26.18</b>	+0,71	683	21,0(-)
	50m: 30.94 30.94		150m: 1:37.83 33.51	250m: 2:45.75 33.80	350m: 3:53.80 34.36			
	100m: 1:04.32 33.38		200m: 2:11.95 34.12	300m: 3:19.44 33.69	400m: 4:26.18 32.38			
5.	BLANCO Silvia Medina	01	202609	Leixoes	<b>4:26.25</b>	+0,96	683	20,0(-)
	50m: 31.27 31.27		150m: 1:38.11 33.65	250m: 2:45.09 33.13	350m: 3:53.24 34.15			
	100m: 1:04.46 33.19		200m: 2:11.96 33.85	300m: 3:19.09 34.00	400m: 4:26.25 33.01			
6.	MARTINS Francisca Soares	03	126504	Foca	<b>4:30.14</b>	+0,75	654	19,0(-)
	50m: 30.82 30.82		150m: 1:38.78 34.15	250m: 2:47.63 34.37	350m: 3:57.17 34.55			
	100m: 1:04.63 33.81		200m: 2:13.26 34.48	300m: 3:22.62 34.99	400m: 4:30.14 32.97			
7.	CARDEAL Joana Nunes	02	124752	Academico Viseu	<b>4:32.34</b>	+0,80	638	18,0(-)
	50m: 31.20 31.20		150m: 1:38.46 33.77	250m: 2:47.60 34.93	350m: 3:58.16 35.22			
	100m: 1:04.69 33.49		200m: 2:12.67 34.21	300m: 3:22.94 35.34	400m: 4:32.34 34.18			
8.	MAIA Mariana Sousa	02	118219	Famalicao	<b>4:34.46</b>	+0,88	623	17,0(-)
	50m: 31.15 31.15		150m: 1:39.78 34.85	250m: 2:50.17 35.10	350m: 4:00.55 35.04			
	100m: 1:04.93 33.78		200m: 2:15.07 35.29	300m: 3:25.51 35.34	400m: 4:34.46 33.91			
9.	LEMONS Leila Tavarina	00	127860	Vilacondense	<b>4:37.64</b>	+0,95	602	16,0(-)
	50m: 31.15 31.15		150m: 1:39.11 34.41	250m: 2:49.14 35.04	350m: 4:01.66 36.54			
	100m: 1:04.70 33.55		200m: 2:14.10 34.99	300m: 3:25.12 35.98	400m: 4:37.64 35.98			
10.	VARANDAS Joana Filipa	02	124305	Laranjeiro	<b>4:39.22</b>	+0,91	592	15,0(-)
	50m: 31.32 31.32		150m: 1:40.78 35.20	250m: 2:52.52 35.90	350m: 4:05.04 36.21			
	100m: 1:05.58 34.26		200m: 2:16.62 35.84	300m: 3:28.83 36.31	400m: 4:39.22 34.18			
11.	BARBOSA Sara Lopes	00	118181	Aquatico Pacense	<b>4:40.13</b>	+0,85	586	14,0(-)
	50m: 31.52 31.52		150m: 1:41.13 35.06	250m: 2:52.21 35.58	350m: 4:04.25 36.21			
	100m: 1:06.07 34.55		200m: 2:16.63 35.50	300m: 3:28.04 35.83	400m: 4:40.13 35.88			
12.	TOME Maria de Castro	02	122200	Sporting de Aveiro	<b>4:40.62</b>	+0,84	583	13,0(-)
	50m: 31.90 31.90		150m: 1:41.34 34.92	250m: 2:52.26 35.55	350m: 4:04.33 36.39			
	100m: 1:06.42 34.52		200m: 2:16.71 35.37	300m: 3:27.94 35.68	400m: 4:40.62 36.29			
13.	CARDOSO Beatriz Neves	98	105741	Colegio SMLamas	<b>4:42.80</b>	+0,80	570	12,0(-)
	50m: 31.79 31.79		150m: 1:41.65 35.47	250m: 2:54.24 36.33	350m: 4:06.96 36.45			
	100m: 1:06.18 34.39		200m: 2:17.91 36.26	300m: 3:30.51 36.27	400m: 4:42.80 35.84			
14.	FERRO Carolina Ganhao	02	126267	Geslourses	<b>4:44.69</b>	+0,75	559	11,0(-)
	50m: 31.92 31.92		150m: 1:42.49 35.83	250m: 2:55.58 36.57	350m: 4:09.12 36.78			
	100m: 1:06.66 34.74		200m: 2:19.01 36.52	300m: 3:32.34 36.76	400m: 4:44.69 35.57			

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Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
15.	ANGELO Mariana Pinto	99	116788	Academica de Coimbra	<b>4:45.01</b>	+0,75	557	10,0(-)
	50m: 31.68 31.68		150m: 1:41.97 35.70	250m: 2:54.53 36.47	350m: 4:08.85 37.46			
	100m: 1:06.27 34.59		200m: 2:18.06 36.09	300m: 3:31.39 36.86	400m: 4:45.01 36.16			
16.	LOPES Ariana Santos	00	122846	Estarreja	<b>4:46.20</b>	+0,80	550	9,0(-)
	50m: 32.15 32.15		150m: 1:42.96 35.88	250m: 2:56.41 36.84	350m: 4:07.54 35.20			
	100m: 1:07.08 34.93		200m: 2:19.57 36.61	300m: 3:32.34 35.93	400m: 4:46.20 38.66			
17.	JORGE Maria Beatriz	00	117482	Nautico Academico	<b>4:50.37</b>	+0,77	526	8,0(-)
	50m: 32.78 32.78		150m: 1:45.24 36.34	250m: 2:59.50 37.06	350m: 4:14.15 37.27			
	100m: 1:08.90 36.12		200m: 2:22.44 37.20	300m: 3:36.88 37.38	400m: 4:50.37 36.22			
18.	MOREIRA Rita Guedes	00	110881	Louletano / Loule Concelho	<b>4:53.90</b>	+0,83	508	7,0(-)
	50m: 32.28 32.28		150m: 1:44.57 37.09	250m: 2:58.52 37.59	350m: 4:15.50 39.07			
	100m: 1:07.48 35.20		200m: 2:20.93 36.36	300m: 3:36.43 37.91	400m: 4:53.90 38.40			
19.	SILVA Alexandra Cordeiro	04	128723	Alcobaca	<b>4:56.92</b>	+0,90	492	6,0(-)
	50m: 32.66 32.66		150m: 1:46.66 37.27	250m: 3:02.59 38.47	350m: 4:18.77 38.38			
	100m: 1:09.39 36.73		200m: 2:24.12 37.46	300m: 3:40.39 37.80	400m: 4:56.92 38.15			
20.	PEREIRA Andreia Brito	00	120002	Condeixa Clube	<b>4:57.40</b>	+0,75	490	5,0(-)
	50m: 31.60 31.60		150m: 1:44.21 37.21	250m: 3:00.84 38.45	350m: 4:19.26 39.39			
	100m: 1:07.00 35.40		200m: 2:22.39 38.18	300m: 3:39.87 39.03	400m: 4:57.40 38.14			
21.	NARRA Vera Figueiredo	04	131121	Amadora	<b>5:03.41</b>	+0,82	461	4,0(-)
	50m: 34.30 34.30		150m: 1:49.70 38.33	250m: 3:06.87 37.64	350m: 4:25.09 38.78			
	100m: 1:11.37 37.07		200m: 2:29.23 39.53	300m: 3:46.31 39.44	400m: 5:03.41 38.32			
22.	OLIVEIRA Ana Mafalda	81	23193	Natacao da Maia	<b>5:13.04</b>	+0,94	420	3,0(-)
	50m: 34.85 34.85		150m: 1:53.02 39.91	250m: 3:13.96 40.41	350m: 4:34.33 39.38			
	100m: 1:13.11 38.26		200m: 2:33.55 40.53	300m: 3:54.95 40.99	400m: 5:13.04 38.71			
23.	ESTEVES Ana Jorge	01	201419	Gafanha da Encarnacao	<b>5:14.28</b>	+0,85	415	2,0(-)
	50m: 34.46 34.46		150m: 1:52.49 39.83	250m: 3:13.74 40.64	350m: 4:35.16 40.50			
	100m: 1:12.66 38.20		200m: 2:33.10 40.61	300m: 3:54.66 40.92	400m: 5:14.28 39.12			
24.	COSTA Erica Regina	02	200428	Estamos Juntos	<b>5:25.44</b>	+1,01	374	1,0(-)
	50m: 35.17 35.17		150m: 1:55.61 41.49	250m: 3:20.03 42.07	350m: 4:44.67 42.27			
	100m: 1:14.12 38.95		200m: 2:37.96 42.35	300m: 4:02.40 42.37	400m: 5:25.44 40.77			