

Prova 18 Femin., 400m Livres 16 anos e mais velhos
09-12-2017 - 16:10 Resultados

Rec Nac 25m Absoluto	4:05.38	DURAES Diana Margarida	POR	Moscow (RUS)	02-08-2017
Rec Nac 25m Jun16	4:15.43	HOLUB Tamila Hryhorivna	SCB	Porto	20-12-2014
Rec Nac 25m Jun17	4:10.52	HOLUB Tamila Hryhorivna	SCB	Porto	12-12-2015
Rec Nac 25m Sen	4:05.38	DURAES Diana Margarida	POR	Moscow (RUS)	02-08-2017

Lugar	Nome	Ano	Clube	Tempo Final	TReac
Seniores					
1.	ANDRE Angelica Maria	94	Fluvial Portuense	4:13.20	+0,75
	50m: 29.22 29.22	150m: 1:32.81 32.33	250m: 2:38.12 32.52	350m: 3:42.41 32.12	
	100m: 1:00.48 31.26	200m: 2:05.60 32.79	300m: 3:10.29 32.17	400m: 4:13.20 30.79	
2.	AZEVEDO Madalena Gomes	99	Alges	4:17.03	+0,71
	50m: 28.79 28.79	150m: 1:32.13 32.04	250m: 2:38.75 33.70	350m: 3:44.85 32.56	
	100m: 1:00.09 31.30	200m: 2:05.05 32.92	300m: 3:12.29 33.54	400m: 4:17.03 32.18	
3.	FRISCHKNECHT Rita Barros	98	Alges	4:17.94	+0,75
	50m: 28.82 28.82	150m: 1:33.35 32.56	250m: 2:39.59 32.99	350m: 3:45.80 33.14	
	100m: 1:00.79 31.97	200m: 2:06.60 33.25	300m: 3:12.66 33.07	400m: 4:17.94 32.14	
4.	FARIA Ana Rita	00	Porto	4:19.22	+0,71
	50m: 30.13 30.13	150m: 1:35.07 32.82	250m: 2:41.16 32.92	350m: 3:46.63 32.77	
	100m: 1:02.25 32.12	200m: 2:08.24 33.17	300m: 3:13.86 32.70	400m: 4:19.22 32.59	
5.	HENRIQUES Ines Jacinto	00	Pimpoes/Cimai	4:20.66	+0,76
	50m: 30.12 30.12	150m: 1:35.59 32.92	250m: 2:41.77 32.85	350m: 3:48.41 33.15	
	100m: 1:02.67 32.55	200m: 2:08.92 33.33	300m: 3:15.26 33.49	400m: 4:20.66 32.25	
6.	NEVES Vania Soares	90	Fluvial Portuense	4:24.44	+0,81
	50m: 31.17 31.17	150m: 1:37.65 33.68	250m: 2:44.53 33.32	350m: 3:51.58 33.46	
	100m: 1:03.97 32.80	200m: 2:11.21 33.56	300m: 3:18.12 33.59	400m: 4:24.44 32.86	
7.	VARGAS Giovanna Vaz	00	Nautico Marinha Grande	4:26.80	+0,85
	50m: 30.76 30.76	150m: 1:38.24 33.82	250m: 2:46.33 34.02	350m: 3:54.15 33.97	
	100m: 1:04.42 33.66	200m: 2:12.31 34.07	300m: 3:20.18 33.85	400m: 4:26.80 32.65	
8.	VELOSO Teresa Miguel	00	Nautico Academico	4:27.51	+0,76
	50m: 30.85 30.85	150m: 1:37.61 33.64	250m: 2:45.14 33.67	350m: 3:53.94 34.56	
	100m: 1:03.97 33.12	200m: 2:11.47 33.86	300m: 3:19.38 34.24	400m: 4:27.51 33.57	
9.	CARVALHO Eva Guerreiro	99	Benfica	4:29.15	+0,81
	50m: 30.71 30.71	150m: 1:38.29 34.11	250m: 2:46.64 33.85	350m: 3:55.08 34.38	
	100m: 1:04.18 33.47	200m: 2:12.79 34.50	300m: 3:20.70 34.06	400m: 4:29.15 34.07	
10.	CARMO Beatriz Barros	99	Alges	4:29.52	+0,77
	50m: 30.32 30.32	150m: 1:37.58 33.79	250m: 2:45.62 33.72	350m: 3:54.96 34.82	
	100m: 1:03.79 33.47	200m: 2:11.90 34.32	300m: 3:20.14 34.52	400m: 4:29.52 34.56	

Juniores

1.	SOUSA Ana Reis	02	Litoral Alentejano	4:13.53	+0,79
	<i>Rec Nacional, Jun 16</i>				
	50m: 29.56 29.56	150m: 1:32.97 32.15	250m: 2:38.33 32.76	350m: 3:43.04 32.30	
	100m: 1:00.82 31.26	200m: 2:05.57 32.60	300m: 3:10.74 32.41	400m: 4:13.53 30.49	
2.	ANDRE Leticia Maia	02	Benfica	4:20.95	+0,84
	50m: 30.39 30.39	150m: 1:35.40 32.92	250m: 2:41.90 33.19	350m: 3:48.94 33.62	
	100m: 1:02.48 32.09	200m: 2:08.71 33.31	300m: 3:15.32 33.42	400m: 4:20.95 32.01	

Prova 18, Femin., 400m Livres, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac
3.	RODRIGUES Filipa Serrano	01	Benfica	4:21.09	+0,80
	50m: 30.03 30.03 150m: 1:35.51 33.09 250m: 2:42.02 33.40 350m: 3:48.23 33.05			33.40	
	100m: 1:02.42 32.39 200m: 2:08.62 33.11 300m: 3:15.18 33.16 400m: 4:21.09 32.86			33.16	
4.	MARCELINO Carolina Rosa	01	Alges	4:23.67	+0,79
	50m: 30.54 30.54 150m: 1:35.86 33.17 250m: 2:42.21 33.00 350m: 3:49.75 34.19			33.00	
	100m: 1:02.69 32.15 200m: 2:09.21 33.35 300m: 3:15.56 33.35 400m: 4:23.67 33.92			33.35	
5.	BARBOSA Mariana Fernandes	02	Porto	4:23.71	+0,77
	50m: 30.87 30.87 150m: 1:37.78 33.87 250m: 2:44.59 33.23 350m: 3:51.03 33.04			33.23	
	100m: 1:03.91 33.04 200m: 2:11.36 33.58 300m: 3:17.99 33.40 400m: 4:23.71 32.68			33.40	
6.	FRAZAO Alexandra Couto	02	Fundacao Beatriz Santos	4:25.19	+0,67
	50m: 30.10 30.10 150m: 1:35.44 33.07 250m: 2:42.66 33.93 350m: 3:51.25 34.38			33.93	
	100m: 1:02.37 32.27 200m: 2:08.73 33.29 300m: 3:16.87 34.21 400m: 4:25.19 33.94			34.21	
7.	AMADOR Joana Costa	01	Galitos / Bresimar	4:25.55	+0,74
	50m: 30.79 30.79 150m: 1:37.89 33.73 250m: 2:45.18 33.53 350m: 3:52.30 33.42			33.53	
	100m: 1:04.16 33.37 200m: 2:11.65 33.76 300m: 3:18.88 33.70 400m: 4:25.55 33.25			33.70	
8.	PINA Ana Sofia	02	O Crasto	4:26.69	+0,85
	50m: 30.82 30.82 150m: 1:38.35 34.08 250m: 2:46.48 34.16 350m: 3:54.47 33.85			34.16	
	100m: 1:04.27 33.45 200m: 2:12.32 33.97 300m: 3:20.62 34.14 400m: 4:26.69 32.22			34.14	
9.	QUEIROZ Ana Rita	02	Fundacao Beatriz Santos	4:26.84	+0,69
	50m: 31.23 31.23 150m: 1:38.38 33.74 250m: 2:46.00 33.66 350m: 3:53.40 33.63			33.66	
	100m: 1:04.64 33.41 200m: 2:12.34 33.96 300m: 3:19.77 33.77 400m: 4:26.84 33.44			33.77	
10.	CARDEAL Joana Nunes	02	Academico Viseu	4:27.10	+0,84
	50m: 31.29 31.29 150m: 1:38.68 33.76 250m: 2:45.95 33.47 350m: 3:53.60 33.77			33.47	
	100m: 1:04.92 33.63 200m: 2:12.48 33.80 300m: 3:19.83 33.88 400m: 4:27.10 33.50			33.88	
11.	NEVES Carolina Marques	01	Torres Novas	4:28.43	+0,81
	50m: 30.71 30.71 150m: 1:38.47 34.20 250m: 2:47.30 34.30 350m: 3:55.75 33.97			34.30	
	100m: 1:04.27 33.56 200m: 2:13.00 34.53 300m: 3:21.78 34.48 400m: 4:28.43 32.68			34.48	
12.	RAMOS Ana Rita	02	Porto	4:28.47	+0,79
	50m: 31.50 31.50 150m: 1:38.76 33.90 250m: 2:47.23 34.10 350m: 3:55.12 33.90			34.10	
	100m: 1:04.86 33.36 200m: 2:13.13 34.37 300m: 3:21.22 33.99 400m: 4:28.47 33.35			33.99	
13.	COSTA Maria Carolina	01	Porto	4:28.68	+0,81
	50m: 30.59 30.59 150m: 1:38.18 34.03 250m: 2:46.23 33.87 350m: 3:55.16 34.41			33.87	
	100m: 1:04.15 33.56 200m: 2:12.36 34.18 300m: 3:20.75 34.52 400m: 4:28.68 33.52			34.52	
14.	MENDES Mariana Amaral	02	Colegio Monte Maior	4:28.76	+0,79
	50m: 31.06 31.06 150m: 1:38.63 34.14 250m: 2:47.20 34.29 350m: 3:55.69 34.27			34.29	
	100m: 1:04.49 33.43 200m: 2:12.91 34.28 300m: 3:21.42 34.22 400m: 4:28.76 33.07			34.22	
15.	ALVES Sara Sofia	01	Columbifila Cantanhedense	4:29.09	+0,76
	50m: 31.43 31.43 150m: 1:38.03 33.65 250m: 2:46.41 34.04 350m: 3:55.30 34.59			34.04	
	100m: 1:04.38 32.95 200m: 2:12.37 34.34 300m: 3:20.71 34.30 400m: 4:29.09 33.79			34.30	
16.	FERNANDES Leonor Camacho	02	Sporting	4:36.96	+0,79
	50m: 31.65 31.65 150m: 1:39.89 34.58 250m: 2:49.86 35.17 350m: 4:01.50 36.07			35.17	
	100m: 1:05.31 33.66 200m: 2:14.69 34.80 300m: 3:25.43 35.57 400m: 4:36.96 35.46			35.57	
17.	CORREIA Mariana Delicado	01	Sporting	4:37.41	+0,79
	50m: 31.17 31.17 150m: 1:41.41 35.54 250m: 2:52.21 35.33 350m: 4:03.25 35.50			35.33	
	100m: 1:05.87 34.70 200m: 2:16.88 35.47 300m: 3:27.75 35.54 400m: 4:37.41 34.16			35.54	

Prova 18, Femin., 400m Livres, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac		
18.	MARTINS Ines Alves	01	Fluvial Portuense	4:37.98	+0,79		
	50m: 31.62 31.62	150m: 1:41.29	35.28	250m: 2:52.51	35.56	350m: 4:03.54	35.59
	100m: 1:06.01 34.39	200m: 2:16.95	35.66	300m: 3:27.95	35.44	400m: 4:37.98	34.44
19.	GALACHA Mariana Sobral	01	Sporting	4:39.01	+0,73		
	50m: 31.23 31.23	150m: 1:40.86	35.03	250m: 2:51.22	35.03	350m: 4:03.07	35.94
	100m: 1:05.83 34.60	200m: 2:16.19	35.33	300m: 3:27.13	35.91	400m: 4:39.01	35.94
20.	FLORINDO Ana Sequeira	02	Uniao Coimbra	4:40.12	+0,80		
	50m: 31.14 31.14	150m: 1:41.45	35.80	250m: 2:52.88	35.60	350m: 4:05.02	36.08
	100m: 1:05.65 34.51	200m: 2:17.28	35.83	300m: 3:28.94	36.06	400m: 4:40.12	35.10
21.	VARANDAS Joana Filipa	02	Laranjeiro	4:45.13	+0,87		
	50m: 31.63 31.63	150m: 1:42.61	35.83	250m: 2:55.88	36.91	350m: 4:09.29	36.67
	100m: 1:06.78 35.15	200m: 2:18.97	36.36	300m: 3:32.62	36.74	400m: 4:45.13	35.84