

Prova 24 Femin., 400m Estilos  
24-03-2018 - 17:30 Absolutos Resultados Final

RN Absoluto	4:40.11	KAMINSKAYA Victoria	POR	Pontevedra (ESP)	09-04-2017
RN Sen	4:40.11	KAMINSKAYA Victoria	POR	Pontevedra (ESP)	09-04-2017
RN Jun17	4:52.12	KAMINSKAYA Victoria	PIMP	Oeiras	27-07-2012
RN Jun16	4:54.00	ROCHA Ines Neto	SANNP	Gijón (ESP)	20-05-2017
RN Juv A	4:58.08	DURAES Diana Margarida	FOCA	Póvoa de Varzim	05-08-2011
RN Juv B	5:01.00	ROCHA Ines Neto	CAP	Coimbra	24-07-2015
RN Juv B	5:01.00	ROCHA Ines Neto	CAP	Coimbra	24-07-2015

Pre-Jun\_Fem Juv: 5:04.74 / CEJun\_Fem 14 - 17: 4:55.87 / CEPL Abs: 4:44.49

Pontos: FINA 2018

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
<b>Final A</b>							
1.	KAMINSKAYA Victoria <i>Minimos CEPL</i>	95	Estrelas S. Joao de Brito	<b>4:44.22</b>	+0,71	823	
	50m: 29.73 29.73	150m: 1:40.13	36.85	250m: 2:55.02	39.36	350m: 4:10.26	35.37
	100m: 1:03.28 33.55	200m: 2:15.66	35.53	300m: 3:34.89	39.87	400m: 4:44.22	33.96
2.	ANDRE Angelica Maria	94	Fluvial Portuense	<b>4:56.84</b>	+0,72	722	
	50m: 31.67 31.67	150m: 1:47.63	40.41	250m: 3:08.80	41.67	350m: 4:23.69	33.72
	100m: 1:07.22 35.55	200m: 2:27.13	39.50	300m: 3:49.97	41.17	400m: 4:56.84	33.15
3.	MACHADO Luisa Maria	01	Uniao Piedense	<b>5:00.16</b>	+0,81	698	
	50m: 31.26 31.26	150m: 1:47.52	39.33	250m: 3:08.92	41.74	350m: 4:26.41	35.26
	100m: 1:08.19 36.93	200m: 2:27.18	39.66	300m: 3:51.15	42.23	400m: 5:00.16	33.75
4.	ROCHA Ines Neto	01	Aquatico Pacense	<b>5:01.20</b>	+0,80	691	
	50m: 30.45 30.45	150m: 1:45.19	38.50	250m: 3:06.13	42.89	350m: 4:25.81	36.22
	100m: 1:06.69 36.24	200m: 2:23.24	38.05	300m: 3:49.59	43.46	400m: 5:01.20	35.39
5.	MARTINS Ana Beatriz	99	Famalicao	<b>5:02.62</b>	+0,77	681	
	50m: 31.29 31.29	150m: 1:48.10	40.13	250m: 3:11.31	43.62	350m: 4:29.53	34.09
	100m: 1:07.97 36.68	200m: 2:27.69	39.59	300m: 3:55.44	44.13	400m: 5:02.62	33.09
6.	VARGAS Giovanna Vaz	00	Nautico Marinha Grande	<b>5:03.01</b>	+0,75	679	
	50m: 31.04 31.04	150m: 1:46.82	40.66	250m: 3:10.21	43.88	350m: 4:29.19	35.28
	100m: 1:06.16 35.12	200m: 2:26.33	39.51	300m: 3:53.91	43.70	400m: 5:03.01	33.82
7.	CARDEAL Joana Nunes	02	Academico Viseu	<b>5:04.11</b>	+0,80	671	
	50m: 31.77 31.77	150m: 1:48.94	40.07	250m: 3:12.62	44.08	350m: 4:31.23	34.27
	100m: 1:08.87 37.10	200m: 2:28.54	39.60	300m: 3:56.96	44.34	400m: 5:04.11	32.88
8.	MESQUITA Francisca Salvador	02	Colegio Monte Maior	<b>5:04.22</b>	+0,73	671	
	50m: 31.26 31.26	150m: 1:48.56	40.87	250m: 3:11.69	42.58	350m: 4:30.37	34.48
	100m: 1:07.69 36.43	200m: 2:29.11	40.55	300m: 3:55.89	44.20	400m: 5:04.22	33.85
9.	AGOSTINHO Catia Jordan	02	Rio Maior	<b>5:10.12</b>	+0,85	633	
	50m: 32.14 32.14	150m: 1:50.87	40.41	250m: 3:14.09	43.89	350m: 4:35.00	35.50
	100m: 1:10.46 38.32	200m: 2:30.20	39.33	300m: 3:59.50	45.41	400m: 5:10.12	35.12
10.	MENDES Mariana Amaral	02	Colegio Monte Maior	<b>5:12.71</b>	+0,74	617	
	50m: 32.66 32.66	150m: 1:52.12	41.15	250m: 3:17.45	44.63	350m: 4:38.15	35.96
	100m: 1:10.97 38.31	200m: 2:32.82	40.70	300m: 4:02.19	44.74	400m: 5:12.71	34.56
<b>Final B</b>							
11.	SILVA Ines Rocha	00	Alcobaca	<b>5:06.41</b>	+0,70	656	
	50m: 32.75 32.75	150m: 1:51.25	40.73	250m: 3:12.78	41.35	350m: 4:31.25	35.28
	100m: 1:10.52 37.77	200m: 2:31.43	40.18	300m: 3:55.97	43.19	400m: 5:06.41	35.16

Prova 24, Femin., 400m Estilos, Final, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
12.	REBELO Maria Carlota	03	Uniao Coimbra	<b>5:11.62</b>	+0,77	624	
	50m: 31.40 31.40	150m: 1:47.98 40.06	250m: 3:13.46 45.17	350m: 4:36.09 37.14			
	100m: 1:07.92 36.52	200m: 2:28.29 40.31	300m: 3:58.95 45.49	400m: 5:11.62 35.53			
13.	AMORIM Maria Leonor	03	Porto	<b>5:16.90</b>	+0,68	593	
	50m: 33.58 33.58	150m: 1:54.97 40.23	250m: 3:19.22 44.27	350m: 4:41.49 35.39			
	100m: 1:14.74 41.16	200m: 2:34.95 39.98	300m: 4:06.10 46.88	400m: 5:16.90 35.41			
	GALACHA Mariana Sobral	01	Sporting	<b>5:16.90</b>	+0,72	593	
	50m: 32.53 32.53	150m: 1:52.75 41.74	250m: 3:17.79 44.69	350m: 4:40.42 37.06			
	100m: 1:11.01 38.48	200m: 2:32.10 40.35	300m: 4:03.36 45.57	400m: 5:16.90 36.48			
15.	SILVA Natacha Sofia	02	Benfica	<b>5:19.17</b>	+0,81	581	
	50m: 33.17 33.17	150m: 1:54.68 42.66	250m: 3:20.91 44.46	350m: 4:42.85 37.28			
	100m: 1:12.02 38.85	200m: 2:36.45 41.77	300m: 4:05.57 44.66	400m: 5:19.17 36.32			
16.	OLIVEIRA Mafalda Joana	02	Aquatico Pacense	<b>5:22.41</b>	+0,82	563	
	50m: 32.21 32.21	150m: 1:52.72 42.41	250m: 3:21.08 48.11	350m: 4:45.69 38.26			
	100m: 1:10.31 38.10	200m: 2:32.97 40.25	300m: 4:07.43 46.35	400m: 5:22.41 36.72			
17.	OLIVEIRA Ana Rita	04	Naval Povoense	<b>5:23.27</b>	+0,80	559	
	50m: 32.72 32.72	150m: 1:54.82 41.48	250m: 3:23.01 46.49	350m: 4:47.19 36.99			
	100m: 1:13.34 40.62	200m: 2:36.52 41.70	300m: 4:10.20 47.19	400m: 5:23.27 36.08			
18.	RODRIGUES Lidiana Correia	04	Belenenses	<b>5:24.16</b>	+0,76	554	
	50m: 33.33 33.33	150m: 1:57.02 43.67	250m: 3:24.19 44.00	350m: 4:48.01 38.36			
	100m: 1:13.35 40.02	200m: 2:40.19 43.17	300m: 4:09.65 45.46	400m: 5:24.16 36.15			
19.	CASTRO Maria Freitas	03	Fafe	<b>5:24.38</b>	+0,81	553	
	50m: 31.73 31.73	150m: 1:54.64 44.43	250m: 3:23.06 44.21	350m: 4:48.81 39.74			
	100m: 1:10.21 38.48	200m: 2:38.85 44.21	300m: 4:09.07 46.01	400m: 5:24.38 35.57			
20.	VEIGA Ana Filipa	01	Gafanha da Encarnacao	<b>5:27.46</b>	+0,72	538	
	50m: 34.03 34.03	150m: 2:00.07 44.79	250m: 3:27.41 43.42	350m: 4:49.62 38.61			
	100m: 1:15.28 41.25	200m: 2:43.99 43.92	300m: 4:11.01 43.60	400m: 5:27.46 37.84			

Final C

21.	MONTEIRO Margarida Cabral	02	Galitos / Bresimar	<b>5:21.01</b>	+0,70	571	
	50m: 33.45 33.45	150m: 1:54.57 42.53	250m: 3:21.87 45.61	350m: 4:45.44 36.55			
	100m: 1:12.04 38.59	200m: 2:36.26 41.69	300m: 4:08.89 47.02	400m: 5:21.01 35.57			
22.	MATOS Lara Beatriz	01	Famalicao	<b>5:24.42</b>	+0,86	553	
	50m: 32.89 32.89	150m: 1:54.98 42.67	250m: 3:22.85 46.84	350m: 4:47.97 37.45			
	100m: 1:12.31 39.42	200m: 2:36.01 41.03	300m: 4:10.52 47.67	400m: 5:24.42 36.45			
23.	FLORENCIO Matilde Alves	04	CASP AE	<b>5:24.60</b>	+0,76	552	
	50m: 33.41 33.41	150m: 1:55.74 43.56	250m: 3:25.87 47.97	350m: 4:49.81 36.62			
	100m: 1:12.18 38.77	200m: 2:37.90 42.16	300m: 4:13.19 47.32	400m: 5:24.60 34.79			
24.	MORGANHO Leonor Alves	04	Alges	<b>5:26.13</b>	+0,81	544	
	50m: 34.14 34.14	150m: 1:58.87 45.80	250m: 3:27.94 45.18	350m: 4:50.90 37.10			
	100m: 1:13.07 38.93	200m: 2:42.76 43.89	300m: 4:13.80 45.86	400m: 5:26.13 35.23			
25.	CARDEAL Beatriz Nunes	04	Academico Viseu	<b>5:26.44</b>	+0,70	543	
	50m: 34.49 34.49	150m: 1:57.45 42.88	250m: 3:26.24 46.84	350m: 4:50.94 36.95			
	100m: 1:14.57 40.08	200m: 2:39.40 41.95	300m: 4:13.99 47.75	400m: 5:26.44 35.50			

Prova 24, Femin., 400m Estilos, Final, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
26.	CORREIA Mariana Delicado	01	Sporting	<b>5:26.78</b>	+0,75	541	
	50m: 32.44 32.44	150m: 1:52.06	41.36	250m: 3:24.12	50.58	350m: 4:51.16	36.74
	100m: 1:10.70 38.26	200m: 2:33.54	41.48	300m: 4:14.42	50.30	400m: 5:26.78	35.62
27.	ROCHA Ines Freitas	03	Aquatico Pacense	<b>5:26.99</b>	+0,98	540	
	50m: 33.54 33.54	150m: 1:55.46	42.65	250m: 3:25.15	46.82	350m: 4:50.08	37.76
	100m: 1:12.81 39.27	200m: 2:38.33	42.87	300m: 4:12.32	47.17	400m: 5:26.99	36.91
28.	RAMOS Ines Asseiceira	03	Torres Novas	<b>5:33.04</b>	+0,75	511	
	50m: 33.98 33.98	150m: 1:57.05	42.03	250m: 3:28.60	49.14	350m: 4:55.88	37.61
	100m: 1:15.02 41.04	200m: 2:39.46	42.41	300m: 4:18.27	49.67	400m: 5:33.04	37.16
29.	NEVES Sara Dias	03	Miranda do Corvo	<b>5:34.46</b>	+0,78	505	
	50m: 34.60 34.60	150m: 1:58.91	43.80	250m: 3:29.29	47.30	350m: 4:56.74	39.34
	100m: 1:15.11 40.51	200m: 2:41.99	43.08	300m: 4:17.40	48.11	400m: 5:34.46	37.72
30.	SOARES Ines Apolinario	03	Pimpoes/Cimai	<b>5:35.72</b>	+0,78	499	
	50m: 34.78 34.78	150m: 1:58.52	43.33	250m: 3:30.40	48.77	350m: 4:58.49	39.50
	100m: 1:15.19 40.41	200m: 2:41.63	43.11	300m: 4:18.99	48.59	400m: 5:35.72	37.23