

Prova 35 Femin., 400m Livres Juvenis
28-07-2018 - 18:15 Resultados Final

Rec Nac Absoluto	4:09.49	DURAES Diana Margarida	POR	Tarragona (ESP)	25-06-2018
Rec Nac Juv A	4:20.78	HOLUB Tamila Hryhorivna	POR	Porto	07-06-2014
Rec Nac Juv B	4:26.20	CABRAL Maria Francisca	FCP	Oeiras	26-07-2014

Pontos: FINA 2018

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	MARTINS Francisca Soares	03	Foca	4:29.90	+0,69	672	
	50m: 30.45 30.45	150m: 1:37.97	34.29	250m: 2:47.06	34.65	350m: 3:56.92	35.01
	100m: 1:03.68 33.23	200m: 2:12.41	34.44	300m: 3:21.91	34.85	400m: 4:29.90	32.98
2.	SOARES Catarina Silva	03	Porto	4:34.94	+0,67	636	
	50m: 30.50 30.50	150m: 1:39.42	35.24	250m: 2:50.11	35.35	350m: 4:01.25	35.40
	100m: 1:04.18 33.68	200m: 2:14.76	35.34	300m: 3:25.85	35.74	400m: 4:34.94	33.69
3.	SOARES Carolina Silva	03	Natacao de Valongo	4:36.65	+0,74	624	
	50m: 30.93 30.93	150m: 1:39.97	35.13	250m: 2:51.34	36.01	350m: 4:02.21	35.37
	100m: 1:04.84 33.91	200m: 2:15.33	35.36	300m: 3:26.84	35.50	400m: 4:36.65	34.44
4.	PINHO Carolina Teixeira	04	Porto	4:37.51	+0,69	618	
	50m: 31.63 31.63	150m: 1:41.20	35.17	250m: 2:52.13	35.30	350m: 4:03.11	35.34
	100m: 1:06.03 34.40	200m: 2:16.83	35.63	300m: 3:27.77	35.64	400m: 4:37.51	34.40
5.	MARTINS Joana Ribeiro	03	Benfica	4:38.02	+0,79	615	
	50m: 31.63 31.63	150m: 1:42.14	35.97	250m: 2:53.25	35.01	350m: 4:04.27	35.61
	100m: 1:06.17 34.54	200m: 2:18.24	36.10	300m: 3:28.66	35.41	400m: 4:38.02	33.75
6.	CONCEICAO Ema Jeronimo	03	Fisica Torres Vedras	4:38.18	+0,79	614	
	50m: 31.35 31.35	150m: 1:41.29	35.42	250m: 2:52.93	35.81	350m: 4:04.04	35.47
	100m: 1:05.87 34.52	200m: 2:17.12	35.83	300m: 3:28.57	35.64	400m: 4:38.18	34.14
7.	GASPAR Beatriz Ferreira	04	Hoquei Mealhada/ CA	4:39.34	+0,80	606	
	50m: 31.88 31.88	150m: 1:42.24	35.83	250m: 2:53.45	35.27	350m: 4:05.24	36.16
	100m: 1:06.41 34.53	200m: 2:18.18	35.94	300m: 3:29.08	35.63	400m: 4:39.34	34.10
8.	SANTOS Leonor Esteves	04	Avancado EUL	4:44.12	+0,81	576	
	50m: 32.97 32.97	150m: 1:44.19	35.57	250m: 2:56.30	36.18	350m: 4:09.29	36.54
	100m: 1:08.62 35.65	200m: 2:20.12	35.93	300m: 3:32.75	36.45	400m: 4:44.12	34.83
9.	SILVA Camila Alexandra	03	Columbofila Cantanhedense	4:44.90	+0,83	571	
	50m: 32.59 32.59	150m: 1:44.38	36.38	250m: 2:56.71	36.01	350m: 4:09.84	36.29
	100m: 1:08.00 35.41	200m: 2:20.70	36.32	300m: 3:33.55	36.84	400m: 4:44.90	35.06
10.	AMORIM Maria Leonor	03	Porto	4:45.23	+0,68	569	
	50m: 31.86 31.86	150m: 1:44.45	36.85	250m: 2:57.61	36.64	350m: 4:10.77	36.41
	100m: 1:07.60 35.74	200m: 2:20.97	36.52	300m: 3:34.36	36.75	400m: 4:45.23	34.46

Prova 35, Femin., 400m Livres, Final

Prova 35
28-07-2018 - 18:15

Femin., 400m Livres

Open
Resultados Final

Rec Nac Absoluto	4:09.49	DURAES Diana Margarida	POR	Tarragona (ESP)	25-06-2018
Rec Nac Sen	4:09.49	DURAES Diana Margarida	POR	Tarragona (ESP)	25-06-2018
Rec Nac Jun17	4:14.67	HOLUB Tamila Hryhorivna	SCB	Oeiras	23-07-2016
Rec Nac Jun16	4:20.37	FERREIRA Marta Andreia	POR	Berlim (GER)	04-08-2002
Rec Nac Juv A	4:20.78	HOLUB Tamila Hryhorivna	POR	Porto	07-06-2014
Rec Nac Juv B	4:26.20	CABRAL Maria Francisca	FCP	Oeiras	26-07-2014
Rec Nac Inf A	4:31.53	SILVA Alexandra Maria	POR	Skovde (SWE)	08-08-1980
Rec Nac Inf B	4:43.70	SILVA Alexandra Maria	FCP	Funchal	27-07-1979

Pontos: FINA 2018

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
Final A							
1.	HOLUB Tamila Hryhorivna	99	Braga	4:15.16	+0,75	795	
	50m: 30.29 30.29	150m: 1:34.73 32.42	250m: 2:39.46 32.38	350m: 3:44.35 32.31			
	100m: 1:02.31 32.02	200m: 2:07.08 32.35	300m: 3:12.04 32.58	400m: 4:15.16 30.81			
2.	IBANEZ HERNANDEZ Nerea	99	Espana	4:15.92	+0,76	788	
	50m: 30.37 30.37	150m: 1:34.94 32.38	250m: 2:40.09 32.60	350m: 3:44.90 32.35			
	100m: 1:02.56 32.19	200m: 2:07.49 32.55	300m: 3:12.55 32.46	400m: 4:15.92 31.02			
3.	HENRIQUES Ines Jacinto	00	Pimpoes/Cimai	4:23.71	+0,77	720	
	50m: 31.17 31.17	150m: 1:38.51 33.82	250m: 2:45.58 33.44	350m: 3:52.28 33.39			
	100m: 1:04.69 33.52	200m: 2:12.14 33.63	300m: 3:18.89 33.31	400m: 4:23.71 31.43			
4.	SOUSA Ana Reis	02	Litoral Alentejano	4:24.66	+0,75	713	
	50m: 31.24 31.24	150m: 1:39.04 34.15	250m: 2:46.92 33.81	350m: 3:53.50 32.73			
	100m: 1:04.89 33.65	200m: 2:13.11 34.07	300m: 3:20.77 33.85	400m: 4:24.66 31.16			
5.	ANDRE Leticia Maia	02	Benfica	4:24.71	+0,70	712	
	50m: 31.01 31.01	150m: 1:37.94 33.59	250m: 2:44.93 33.00	350m: 3:52.55 33.69			
	100m: 1:04.35 33.34	200m: 2:11.93 33.99	300m: 3:18.86 33.93	400m: 4:24.71 32.16			
6.	BARBOSA Mariana Fernandes	02	Porto	4:28.18	+0,70	685	
	50m: 31.43 31.43	150m: 1:38.83 34.07	250m: 2:47.26 33.95	350m: 3:55.30 33.78			
	100m: 1:04.76 33.33	200m: 2:13.31 34.48	300m: 3:21.52 34.26	400m: 4:28.18 32.88			
7.	ALONSO LORENZO Paula	95	Castilla-Leon	4:28.62	+0,76	682	
	50m: 30.83 30.83	150m: 1:38.49 34.34	250m: 2:46.94 34.19	350m: 3:55.36 34.19			
	100m: 1:04.15 33.32	200m: 2:12.75 34.26	300m: 3:21.17 34.23	400m: 4:28.62 33.26			
8.	RAMOS Ana Rita	02	Porto	4:28.72	+0,65	681	
	50m: 31.49 31.49	150m: 1:39.02 33.98	250m: 2:47.64 34.28	350m: 3:55.88 33.91			
	100m: 1:05.04 33.55	200m: 2:13.36 34.34	300m: 3:21.97 34.33	400m: 4:28.72 32.84			
9.	AZEVEDO Madalena Gomes	99	Alges	4:30.33	+0,80	669	
	50m: 30.31 30.31	150m: 1:37.09 33.60	250m: 2:46.50 34.87	350m: 3:57.09 34.82			
	100m: 1:03.49 33.18	200m: 2:11.63 34.54	300m: 3:22.27 35.77	400m: 4:30.33 33.24			
10.	AMADOR Joana Costa	01	Galitos / Bresimar	4:38.75	+0,64	610	
	50m: 31.43 31.43	150m: 1:40.27 34.62	250m: 2:51.16 35.73	350m: 4:03.33 36.37			
	100m: 1:05.65 34.22	200m: 2:15.43 35.16	300m: 3:26.96 35.80	400m: 4:38.75 35.42			

Prova 35, Femin., 400m Livres, Final, Open

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
Final B							
11.	QUEIROZ Ana Rita	02	CASP AE	4:26.93	+0,68	695	
	50m: 31.40 31.40	150m: 1:39.33 34.30	250m: 2:46.96 33.64	350m: 3:53.86 33.26			
	100m: 1:05.03 33.63	200m: 2:13.32 33.99	300m: 3:20.60 33.64	400m: 4:26.93 33.07			
12.	ALVES Sara Sofia	01	Columbofila Cantanhedense	4:29.48	+0,70	675	
	50m: 31.63 31.63	150m: 1:39.50 34.08	250m: 2:47.71 33.97	350m: 3:56.28 34.16			
	100m: 1:05.42 33.79	200m: 2:13.74 34.24	300m: 3:22.12 34.41	400m: 4:29.48 33.20			
13.	FARIA Ana Rita	00	Porto	4:30.69	+0,71	666	
	50m: 31.47 31.47	150m: 1:39.70 34.21	250m: 2:48.41 34.17	350m: 3:56.86 34.29			
	100m: 1:05.49 34.02	200m: 2:14.24 34.54	300m: 3:22.57 34.16	400m: 4:30.69 33.83			
14.	VELOSO Teresa Miguel	00	Nautico Academico	4:32.10	+0,73	656	
	50m: 31.36 31.36	150m: 1:39.82 34.51	250m: 2:49.32 34.65	350m: 3:58.65 34.55			
	100m: 1:05.31 33.95	200m: 2:14.67 34.85	300m: 3:24.10 34.78	400m: 4:32.10 33.45			
15.	MENDES Mariana Amaral	02	Colegio Monte Maior	4:32.15	+0,75	655	
	50m: 32.04 32.04	150m: 1:40.31 34.17	250m: 2:49.35 34.60	350m: 3:58.25 34.36			
	100m: 1:06.14 34.10	200m: 2:14.75 34.44	300m: 3:23.89 34.54	400m: 4:32.15 33.90			
16.	MARCELINO Carolina Rosa	01	Alges	4:32.85	+0,74	650	
	50m: 31.82 31.82	150m: 1:40.52 34.05	250m: 2:49.45 34.31	350m: 3:59.46 34.96			
	100m: 1:06.47 34.65	200m: 2:15.14 34.62	300m: 3:24.50 35.05	400m: 4:32.85 33.39			
17.	RODRIGUES Filipa Serrano	01	Benfica	4:33.51	+0,79	646	
	50m: 31.41 31.41	150m: 1:39.74 34.54	250m: 2:48.93 34.60	350m: 3:58.99 35.20			
	100m: 1:05.20 33.79	200m: 2:14.33 34.59	300m: 3:23.79 34.86	400m: 4:33.51 34.52			
18.	CARVALHO Eva Guerreiro	99	Benfica	4:35.19	+0,74	634	
	50m: 31.97 31.97	150m: 1:40.92 34.69	250m: 2:50.61 34.52	350m: 4:00.48 34.94			
	100m: 1:06.23 34.26	200m: 2:16.09 35.17	300m: 3:25.54 34.93	400m: 4:35.19 34.71			
19.	PINA Ana Sofia	02	O Crasto	4:35.62	+0,88	631	
	50m: 31.55 31.55	150m: 1:39.95 34.27	250m: 2:49.76 35.15	350m: 4:00.69 35.51			
	100m: 1:05.68 34.13	200m: 2:14.61 34.66	300m: 3:25.18 35.42	400m: 4:35.62 34.93			
20.	VARANDAS Joana Filipa	02	Laranjeiro	4:41.74	+0,72	591	
	50m: 31.16 31.16	150m: 1:41.65 35.17	250m: 2:53.52 36.07	350m: 4:06.15 36.27			
	100m: 1:06.48 35.32	200m: 2:17.45 35.80	300m: 3:29.88 36.36	400m: 4:41.74 35.59			