

Campeonato Nacional de Juvenis, Juniores e Absolutos PL
Coimbra, 04 - 07.4.2019



Prova 26 Femin., 400m Livres Absolutos
06-04-2019 - 18:25 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

PreJun_Fem Juv: 4:31.34 / CEJun_Fem 14 - 17: 4:23.44 / CMJ_Fem 14 - 17: 4:18.27 / CMPL 19 +: 4:10.57 / JO Absoluto: 4:07.90

Pontos: FINA 2019

Lugar Nome Ano Clube Tempo Final TReac Pts FINA Pts

Final A

1.	HENRIQUES Ines Jacinto	00	Sporting	4:20.21	+0,70	750	
	50m: 30.39 30.39	150m: 1:36.06 33.17	250m: 2:41.34 32.44	350m: 3:47.64 33.51			
	100m: 1:02.89 32.50	200m: 2:08.90 32.84	300m: 3:14.13 32.79	400m: 4:20.21 32.57			
2.	PINA Ana Sofia	02	O Crasto	4:24.25	+0,72	716	
	50m: 30.47 30.47	150m: 1:36.66 33.55	250m: 2:44.03 33.75	350m: 3:51.48 33.62			
	100m: 1:03.11 32.64	200m: 2:10.28 33.62	300m: 3:17.86 33.83	400m: 4:24.25 32.77			
3.	MARTINS Francisca Soares	03	Foca	4:25.36	+0,72	707	
	50m: 30.56 30.56	150m: 1:36.53 33.43	250m: 2:44.19 33.97	350m: 3:52.40 34.17			
	100m: 1:03.10 32.54	200m: 2:10.22 33.69	300m: 3:18.23 34.04	400m: 4:25.36 32.96			
4.	SOUSA Ana Reis	02	Alges	4:25.97	+0,70	702	
	50m: 29.66 29.66	150m: 1:35.68 33.59	250m: 2:44.66 34.67	350m: 3:53.12 34.15			
	100m: 1:02.09 32.43	200m: 2:09.99 34.31	300m: 3:18.97 34.31	400m: 4:25.97 32.85			
5.	AZEVEDO Madalena Gomes	99	Alges	4:26.87	+0,73	695	
	50m: 29.97 29.97	150m: 1:37.16 34.00	250m: 2:45.72 34.37	350m: 3:54.10 33.76			
	100m: 1:03.16 33.19	200m: 2:11.35 34.19	300m: 3:20.34 34.62	400m: 4:26.87 32.77			
6.	RAMOS Ana Rita	02	Porto	4:27.10	+0,79	693	
	50m: 30.43 30.43	150m: 1:36.54 33.28	250m: 2:44.66 34.09	350m: 3:53.55 34.15			
	100m: 1:03.26 32.83	200m: 2:10.57 34.03	300m: 3:19.40 34.74	400m: 4:27.10 33.55			
7.	FARIA Ana Rita	00	Porto	4:27.97	+0,76	687	
	50m: 30.31 30.31	150m: 1:37.16 33.79	250m: 2:45.26 34.14	350m: 3:53.92 34.49			
	100m: 1:03.37 33.06	200m: 2:11.12 33.96	300m: 3:19.43 34.17	400m: 4:27.97 34.05			
8.	ROSA Mafalda Sofia	03	Rio Maior	4:32.44	+0,79	653	
	50m: 31.46 31.46	150m: 1:39.95 34.38	250m: 2:49.03 34.18	350m: 3:58.14 34.35			
	100m: 1:05.57 34.11	200m: 2:14.85 34.90	300m: 3:23.79 34.76	400m: 4:32.44 34.30			
9.	AMORIM Maria Leonor	03	Porto	4:35.28	+0,76	633	
	50m: 31.08 31.08	150m: 1:40.07 34.83	250m: 2:50.52 34.95	350m: 4:01.10 35.24			
	100m: 1:05.24 34.16	200m: 2:15.57 35.50	300m: 3:25.86 35.34	400m: 4:35.28 34.18			
10.	QUEIROZ Ana Rita	02	Condeixa Clube	4:36.85	+0,75	623	
	50m: 30.16 30.16	150m: 1:38.14 34.56	250m: 2:48.83 35.25	350m: 4:00.91 36.11			
	100m: 1:03.58 33.42	200m: 2:13.58 35.44	300m: 3:24.80 35.97	400m: 4:36.85 35.94			

Final B

11.	ALVES Sara Sofia	01	Columbifila Cantanhedense	4:29.93	+0,73	672	
	50m: 31.24 31.24	150m: 1:38.42 33.99	250m: 2:47.34 34.79	350m: 3:56.72 34.79			
	100m: 1:04.43 33.19	200m: 2:12.55 34.13	300m: 3:21.93 34.59	400m: 4:29.93 33.21			

Splash Meet Manager, 11.58908

Registered to Federacao Portuguesa de Natacao

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Prova 26, Femin., 400m Livres, Final, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
12.	AMADOR Joana Costa	01	Galitos / Bresimar	4:31.69	+0,67	659	
	50m: 30.96 30.96	150m: 1:38.88 34.29	250m: 2:48.08 34.74	350m: 3:58.12 35.31			
	100m: 1:04.59 33.63	200m: 2:13.34 34.46	300m: 3:22.81 34.73	400m: 4:31.69 33.57			
13.	NOBRE Marisa Isabel	05	Columbofila Cantanhedense	4:32.10	+0,74	656	
	50m: 31.55 31.55	150m: 1:39.66 34.31	250m: 2:49.98 35.16	350m: 3:59.33 34.48			
	100m: 1:05.35 33.80	200m: 2:14.82 35.16	300m: 3:24.85 34.87	400m: 4:32.10 32.77			
14.	LOPES Daniela Magalhaes	05	Famalicao	4:32.72	+0,76	651	
	50m: 31.12 31.12	150m: 1:39.89 34.72	250m: 2:49.97 35.25	350m: 3:59.55 34.27			
	100m: 1:05.17 34.05	200m: 2:14.72 34.83	300m: 3:25.28 35.31	400m: 4:32.72 33.17			
15.	CARDEAL Joana Nunes	02	Academico Viseu	4:32.96	+0,83	650	
	50m: 30.72 30.72	150m: 1:38.68 34.43	250m: 2:48.71 35.10	350m: 3:59.37 35.27			
	100m: 1:04.25 33.53	200m: 2:13.61 34.93	300m: 3:24.10 35.39	400m: 4:32.96 33.59			
16.	MOURA Maria Ferreira	04	Sporting	4:34.11	+0,74	641	
	50m: 30.34 30.34	150m: 1:38.54 34.64	250m: 2:49.14 35.25	350m: 3:59.90 35.05			
	100m: 1:03.90 33.56	200m: 2:13.89 35.35	300m: 3:24.85 35.71	400m: 4:34.11 34.21			
17.	GASPAR Beatriz Ferreira	04	Bombeiros Mealhada / CA	4:34.78	+0,72	637	
	50m: 31.53 31.53	150m: 1:40.89 34.77	250m: 2:50.46 34.65	350m: 4:00.22 34.77			
	100m: 1:06.12 34.59	200m: 2:15.81 34.92	300m: 3:25.45 34.99	400m: 4:34.78 34.56			
18.	PIRES Marta Joao	05	Alges	4:37.21	+0,72	620	
	50m: 31.77 31.77	150m: 1:41.60 35.36	250m: 2:52.13 35.11	350m: 4:03.23 35.45			
	100m: 1:06.24 34.47	200m: 2:17.02 35.42	300m: 3:27.78 35.65	400m: 4:37.21 33.98			
19.	SANTOS Leonor Esteves	04	Avancado EUL	4:39.96	+0,84	602	
	50m: 32.04 32.04	150m: 1:41.27 34.85	250m: 2:51.88 35.42	350m: 4:03.81 35.96			
	100m: 1:06.42 34.38	200m: 2:16.46 35.19	300m: 3:27.85 35.97	400m: 4:39.96 36.15			
20.	ROSA Mariana Carmo	05	Louzan Natacao/EFAPEL	4:40.82	+0,73	597	
	50m: 31.84 31.84	150m: 1:41.76 35.28	250m: 2:53.20 35.30	350m: 4:05.12 35.62			
	100m: 1:06.48 34.64	200m: 2:17.90 36.14	300m: 3:29.50 36.30	400m: 4:40.82 35.70			

Final C

21.	PINHO Carolina Teixeira	04	Porto	4:34.29	+0,71	640	
	50m: 31.68 31.68	150m: 1:41.50 35.30	250m: 2:51.68 35.09	350m: 4:01.54 34.85			
	100m: 1:06.20 34.52	200m: 2:16.59 35.09	300m: 3:26.69 35.01	400m: 4:34.29 32.75			
22.	CONCEICAO Ema Jeronimo	03	Fisica Torres Vedras	4:35.06	+0,84	635	
	50m: 31.67 31.67	150m: 1:41.29 35.14	250m: 2:52.15 35.42	350m: 4:01.67 34.31			
	100m: 1:06.15 34.48	200m: 2:16.73 35.44	300m: 3:27.36 35.21	400m: 4:35.06 33.39			
23.	PRETO Filipa Manso	04	Porto	4:36.36	+0,76	626	
	50m: 31.88 31.88	150m: 1:41.51 35.14	250m: 2:51.98 35.31	350m: 4:02.46 35.32			
	100m: 1:06.37 34.49	200m: 2:16.67 35.16	300m: 3:27.14 35.16	400m: 4:36.36 33.90			
24.	RODRIGUES Joana Francisca	04	Uniao Coimbra	4:38.89	+0,75	609	
	50m: 31.41 31.41	150m: 1:41.12 35.45	250m: 2:52.48 35.89	350m: 4:04.27 35.83			
	100m: 1:05.67 34.26	200m: 2:16.59 35.47	300m: 3:28.44 35.96	400m: 4:38.89 34.62			
25.	RODRIGUES Helena Nunes	03	Alges e Agueda XXI	4:39.25	+0,75	607	
	50m: 31.60 31.60	150m: 1:41.67 35.37	250m: 2:52.52 35.61	350m: 4:04.83 36.42			
	100m: 1:06.30 34.70	200m: 2:16.91 35.24	300m: 3:28.41 35.89	400m: 4:39.25 34.42			

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Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
26.	SILVA Camila Alexandra	03	Columbofila Cantanhedense	4:41.25	+0,79	594	
	50m: 32.01 32.01	150m: 1:40.94 34.80	250m: 2:53.40 35.91	350m: 4:06.12 35.91			
	100m: 1:06.14 34.13	200m: 2:17.49 36.55	300m: 3:30.21 36.81	400m: 4:41.25 35.13			
27.	VIANA Margarida Violante	04	Bairro dos Anjos/ Leiria	4:41.80	+0,84	590	
	50m: 31.74 31.74	150m: 1:41.85 35.24	250m: 2:54.25 36.12	350m: 4:06.80 36.02			
	100m: 1:06.61 34.87	200m: 2:18.13 36.28	300m: 3:30.78 36.53	400m: 4:41.80 35.00			
28.	SIMÕES Ana Beatriz	05	Sporting	4:46.02	+0,82	565	
	50m: 31.87 31.87	150m: 1:42.73 35.91	250m: 2:56.32 37.03	350m: 4:10.44 37.01			
	100m: 1:06.82 34.95	200m: 2:19.29 36.56	300m: 3:33.43 37.11	400m: 4:46.02 35.58			
29.	INACIO Marta Macedo	04	Sporting	4:48.61	+0,84	549	
	50m: 31.40 31.40	150m: 1:42.45 35.88	250m: 2:55.92 36.60	350m: 4:11.05 37.45			
	100m: 1:06.57 35.17	200m: 2:19.32 36.87	300m: 3:33.60 37.68	400m: 4:48.61 37.56			
30.	MONTEIRO Ines Maria	04	Naval Praia da Vitoria	4:50.45	+0,90	539	
	50m: 32.52 32.52	150m: 1:43.90 36.21	250m: 2:58.17 37.31	350m: 4:13.87 38.00			
	100m: 1:07.69 35.17	200m: 2:20.86 36.96	300m: 3:35.87 37.70	400m: 4:50.45 36.58			

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