

Abrantes, 26 de Janeiro de 2019

Prova 1	Femin., 400m Livres				Infantis
26-01-2019 - 10:00					Resultados
Rec Nac 25 m Absoluto	4:04.61	DURAES Diana Margarida	POR	Copenhagen (DEN)	17-12-2017
Rec Nac 25 m Inf A	4:25.30	SILVA Alexandra Maria	FCP	Porto	19-07-1980
Rec Nac 25 m Inf B	4:38.40	RUIVO Filipa Vilas	DNMG	Alcobaça	13-06-2009
Recorde Taça Vale do Tejo	4:35.75	ROCHA Diana Ramos	SANMIN	Abrantes	21-04-2007

Pontos: FINA 2018

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	Pts
1.	CARAPINHA Ariana Bento	06	Seleccao de Leiria	4:49.42	+0,85	532	14,00
	50m: 32.03 32.03	150m: 1:44.94 37.00	250m: 2:58.94 37.07	350m: 4:13.59 37.37			
	100m: 1:07.94 35.91	200m: 2:21.87 36.93	300m: 3:36.22 37.28	400m: 4:49.42 35.83			
2.	COELHO Maria Leonor	06	Seleccao de Lisboa	4:50.25	+0,80	527	12,00
	50m: 32.55 32.55	150m: 1:45.96 37.17	250m: 2:59.97 37.22	350m: 4:15.00 37.78			
	100m: 1:08.79 36.24	200m: 2:22.75 36.79	300m: 3:37.22 37.25	400m: 4:50.25 35.25			
3.	MESQUITA Carolina Mestre	06	Seleccao do Algarve	4:53.59	+0,91	509	11,00
	50m: 32.47 32.47	150m: 1:45.34 37.50	250m: 3:01.44 38.28	350m: 4:17.73 37.92			
	100m: 1:07.84 35.37	200m: 2:23.16 37.82	300m: 3:39.81 38.37	400m: 4:53.59 35.86			
4.	FLORINDO Helena Neto	06	Seleccao do Interior Centro	4:54.78	+0,80	503	10,00
	50m: 33.11 33.11	150m: 1:46.09 36.76	250m: 3:01.80 37.68	350m: 4:18.26 38.22			
	100m: 1:09.33 36.22	200m: 2:24.12 38.03	300m: 3:40.04 38.24	400m: 4:54.78 36.52			
5.	TINOCO Diana Silva	06	Seleccao de Coimbra	4:55.35	+0,71	500	9,00
	50m: 33.49 33.49	150m: 1:47.69 37.54	250m: 3:02.98 37.62	350m: 4:18.55 37.85			
	100m: 1:10.15 36.66	200m: 2:25.36 37.67	300m: 3:40.70 37.72	400m: 4:55.35 36.80			
6.	PINTO Leonor Filipa	06	Seleccao do Norte de Portugal	4:58.35	+1,02	485	8,00
	50m: 33.70 33.70	150m: 1:47.46 37.48	250m: 3:03.39 38.24	350m: 4:21.17 38.81			
	100m: 1:09.98 36.28	200m: 2:25.15 37.69	300m: 3:42.36 38.97	400m: 4:58.35 37.18			
7.	LIMA Carolina Pimenta	06	Seleccao do Minho	5:07.38	+0,97	444	7,00
	50m: 33.21 33.21	150m: 1:48.60 38.24	250m: 3:07.80 39.84	350m: 4:28.16 40.36			
	100m: 1:10.36 37.15	200m: 2:27.96 39.36	300m: 3:47.80 40.00	400m: 5:07.38 39.22			
8.	DEUS Ines Portugal	06	Seleccao da Madeira	5:09.98	+0,72	433	6,00
	50m: 35.12 35.12	150m: 1:53.04 39.64	250m: 3:12.32 39.69	350m: 4:31.57 39.53			
	100m: 1:13.40 38.28	200m: 2:32.63 39.59	300m: 3:52.04 39.72	400m: 5:09.98 38.41			
9.	DOMINGUES Vitoria Cruz	06	Seleccao Centro Norte Portugal	5:11.24	+0,80	427	5,00
	50m: 34.72 34.72	150m: 1:53.49 40.34	250m: 3:14.03 39.95	350m: 4:33.56 39.53			
	100m: 1:13.15 38.43	200m: 2:34.08 40.59	300m: 3:54.03 40.00	400m: 5:11.24 37.68			
10.	BUCHA Marta Filipa	06	Seleccao de Santarem	5:11.29	+0,86	427	4,00
	50m: 34.84 34.84	150m: 1:51.87 39.02	250m: 3:11.57 39.94	350m: 4:32.43 40.56			
	100m: 1:12.85 38.01	200m: 2:31.63 39.76	300m: 3:51.87 40.30	400m: 5:11.29 38.86			
11.	GOMES Maria Isabel	06	Seleccao dos Acores	5:21.76	+0,92	387	3,00
	50m: 34.99 34.99	150m: 1:56.34 41.50	250m: 3:20.32 42.34	350m: 4:43.53 41.10			
	100m: 1:14.84 39.85	200m: 2:37.98 41.64	300m: 4:02.43 42.11	400m: 5:21.76 38.23			
12.	BORGES Ana Beatriz	06	Seleccao do Nordeste	5:48.37	+1,04	305	2,00
	50m: 39.09 39.09	150m: 2:06.40 44.09	250m: 3:35.45 44.85	350m: 5:05.06 44.78			
	100m: 1:22.31 43.22	200m: 2:50.60 44.20	300m: 4:20.28 44.83	400m: 5:48.37 43.31			
13.	MOITA Ana Carolina	06	Seleccao do Alentejo	6:03.58	+0,94	268	1,00
	50m: 37.57 37.57	150m: 2:07.31 46.64	250m: 3:42.77 47.25	350m: 5:17.34 47.03			
	100m: 1:20.67 43.10	200m: 2:55.52 48.21	300m: 4:30.31 47.54	400m: 6:03.58 46.24			

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Prova 1, Femin., 400m Livres

Prova 1

Femin., 400m Livres

Juvenis

26-01-2019 - 10:00

Resultados

Rec Nac 25 m Absoluto	4:04.61	DURAES Diana Margarida	POR	Copenhagen (DEN)	17-12-2017
Rec Nac 25 m Juv A	4:18.39	SANTOS Ana Claudia	SFUAP	Cantanhede	20-12-2004
Rec Nac 25 m Juv B	4:23.08	MIGUEL Susana Patricia	SFUAP	Alhandra	15-05-2004
Recorde Taça Vale do Tejo	4:25.47	HOLUD Tamila Hryhorivna	SANMIN	Abrantes	13-04-2013

Pontos: FINA 2018

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	Pts
1.	SANTOS Leonor Esteves	04	Seleccao de Lisboa	4:30.92	+0,92	648	14,00
	50m: 32.28 32.28	150m: 1:41.41 34.40	250m: 2:50.75 34.66	350m: 3:58.40 33.47	400m: 4:30.92 32.52		
	100m: 1:07.01 34.73	200m: 2:16.09 34.68	300m: 3:24.93 34.18				
2.	NOBRE Marisa Isabel	05	Seleccao de Coimbra	4:30.95	+0,76	648	12,00
	50m: 31.51 31.51	150m: 1:39.58 34.60	250m: 2:48.76 34.82	350m: 3:58.42 34.56	400m: 4:30.95 32.53		
	100m: 1:04.98 33.47	200m: 2:13.94 34.36	300m: 3:23.86 35.10				
3.	LOPES Daniela Magalhaes	05	Seleccao do Norte de Portugal	4:31.23	+0,75	646	11,00
	50m: 30.88 30.88	150m: 1:39.37 34.43	250m: 2:48.70 34.89	350m: 3:58.52 34.69	400m: 4:31.23 32.71		
	100m: 1:04.94 34.06	200m: 2:13.81 34.44	300m: 3:23.83 35.13				
4.	GASPAR Beatriz Ferreira	04	Seleccao Centro Norte Portugal	4:38.07	+0,79	599	10,00
	50m: 31.22 31.22	150m: 1:40.17 34.44	250m: 2:51.15 35.67	350m: 4:03.17 35.76	400m: 4:38.07 34.90		
	100m: 1:05.73 34.51	200m: 2:15.48 35.31	300m: 3:27.41 36.26				
5.	VIANA Margarida Violante	04	Seleccao de Leiria	4:42.21	+0,85	573	9,00
	50m: 32.53 32.53	150m: 1:43.26 35.67	250m: 2:55.27 36.09	350m: 4:07.40 35.80	400m: 4:42.21 34.81		
	100m: 1:07.59 35.06	200m: 2:19.18 35.92	300m: 3:31.60 36.33				
6.	MONTEIRO Ines Maria	04	Seleccao dos Acores	4:42.40	+0,84	572	8,00
	50m: 31.32 31.32	150m: 1:40.59 35.07	250m: 2:53.19 36.63	350m: 4:06.76 36.95	400m: 4:42.40 35.64		
	100m: 1:05.52 34.20	200m: 2:16.56 35.97	300m: 3:29.81 36.62				
7.	PIRES Laura Joao	05	Seleccao do Interior Centro	4:43.36	+0,95	566	7,00
	50m: 33.54 33.54	150m: 1:44.79 35.87	250m: 2:56.74 35.87	350m: 4:09.26 36.34	400m: 4:43.36 34.10		
	100m: 1:08.92 35.38	200m: 2:20.87 36.08	300m: 3:32.92 36.18				
8.	FREIXEIRO Beatriz Maria	04	Seleccao de Santarem	4:46.15	+0,77	550	6,00
	50m: 32.71 32.71	150m: 1:45.39 36.63	250m: 2:58.80 36.67	350m: 4:11.56 36.25	400m: 4:46.15 34.59		
	100m: 1:08.76 36.05	200m: 2:22.13 36.74	300m: 3:35.31 36.51				
9.	ESTEVENES Laura Fabiana	05	Seleccao do Algarve	4:47.16	+0,82	544	5,00
	50m: 32.36 32.36	150m: 1:44.51 36.28	250m: 2:58.08 37.22	350m: 4:12.25 37.01	400m: 4:47.16 34.91		
	100m: 1:08.23 35.87	200m: 2:20.86 36.35	300m: 3:35.24 37.16				
10.	LIGEIRO Daniela Silva	04	Seleccao do Minho	4:47.19	+0,74	544	4,00
	50m: 32.40 32.40	150m: 1:44.63 36.59	250m: 2:58.56 37.03	350m: 4:12.08 36.54	400m: 4:47.19 35.11		
	100m: 1:08.04 35.64	200m: 2:21.53 36.90	300m: 3:35.54 36.98				
11.	ARAUJO Maria Clara	05	Seleccao da Madeira	5:01.98	+0,80	468	3,00
	50m: 34.08 34.08	150m: 1:49.62 38.39	250m: 3:06.68 38.51	350m: 4:24.38 38.71	400m: 5:01.98 37.60		
	100m: 1:11.23 37.15	200m: 2:28.17 38.55	300m: 3:45.67 38.99				
12.	MARQUES Marta Hermenegildo	05	Seleccao do Alentejo	5:13.51	+1,00	418	2,00
	50m: 34.90 34.90	150m: 1:52.64 39.55	250m: 3:13.30 40.47	350m: 4:34.19 40.78	400m: 5:13.51 39.32		
	100m: 1:13.09 38.19	200m: 2:32.83 40.19	300m: 3:53.41 40.11				

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Prova 1, Femin., 400m Livres, Juvenis

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	Pts
13.	CARVALHO Neuza Cardoso	05	Seleccao do Nordeste	5:18.42	+0,95	399	1,00
	50m: 35.29 35.29	150m: 1:54.45	40.30	250m: 3:17.10	41.03	350m: 4:40.19	41.31
	100m: 1:14.15 38.86	200m: 2:36.07	41.62	300m: 3:58.88	41.78	400m: 5:18.42	38.23
EXH	MOITEIRO Bruna Silva	04	Seleccao de Leiria	4:46.91	+0,88	546	-
	50m: 32.75 32.75	150m: 1:45.81	37.06	250m: 2:59.63	36.89	350m: 4:12.20	36.47
	100m: 1:08.75 36.00	200m: 2:22.74	36.93	300m: 3:35.73	36.10	400m: 4:46.91	34.71
EXH	BENTO Maria Madalena	05	Seleccao de Santarem	4:48.65	+0,74	536	-
	50m: 32.68 32.68	150m: 1:45.15	36.70	250m: 2:59.21	37.08	350m: 4:13.14	36.84
	100m: 1:08.45 35.77	200m: 2:22.13	36.98	300m: 3:36.30	37.09	400m: 4:48.65	35.51
EXH	TOME Rita Bernardo	06	Seleccao de Santarem	5:18.38	+0,82	399	-
	50m: 35.20 35.20	150m: 1:54.49	40.46	250m: 3:17.07	41.21	350m: 4:39.37	40.96
	100m: 1:14.03 38.83	200m: 2:35.86	41.37	300m: 3:58.41	41.34	400m: 5:18.38	39.01