

Prova 23 Femin., 400m Livres
26-10-2019 - 18:15 Absolutos Resultados

Rec Nac Absoluto	4:04.61	DURAES Diana Margarida	POR	Copenhagen (DEN)	17-12-2017
Rec Nac Sen	4:04.61	DURAES Diana Margarida	POR	Copenhagen (DEN)	17-12-2017
Rec Nac Jun17	4:10.52	HOLUB Tamila Hryhorivna	SCB	Porto	12-12-2015
Rec Nac Jun16	4:13.53	SOUSA Ana Reis	CNLA	Porto	09-12-2017
Rec Nac Juv A	4:18.39	SANTOS Ana Claudia	SFUAP	Cantanhede	20-12-2004
Rec Nac Juv B	4:23.08	MIGUEL Susana Patricia	SFUAP	Alhandra	15-05-2004
Rec Nac Inf A	4:25.30	SILVA Alexandra Maria	FCP	Porto	19-07-1980
Rec Nac Inf B	4:38.40	RUIVO Filipa Vilas	DNMG	Alcobaça	13-06-2009

Pontos: FINA 2019

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	SANTOS Leonor Esteves	04	130603	Avancado EUL	4:34.66	+0,87	617	-
	50m: 31.97 31.97		150m: 1:40.65 34.61	250m: 2:50.18 34.85	350m: 4:00.09 34.94			
	100m: 1:06.04 34.07		200m: 2:15.33 34.68	300m: 3:25.15 34.97	400m: 4:34.66 34.57			
2.	CARLOTA Catarina Isabel	05	132493	BUZIOS-Coruche	4:42.23	+0,85	569	-
	50m: 32.78 32.78		150m: 1:43.49 35.66	250m: 2:55.20 35.94	350m: 4:07.28 36.10			
	100m: 1:07.83 35.05		200m: 2:19.26 35.77	300m: 3:31.18 35.98	400m: 4:42.23 34.95			
3.	MONTEIRO Ines Maria	04	126588	Naval Praia da Vitoria	4:45.32		551	-
4.	FARIA Leonor Verissimo	06	143779	Nucleo de Pombal	4:48.48	+0,93	533	-
	50m: 33.11 33.11		150m: 1:45.09 36.29	250m: 2:58.58 36.83	350m: 4:12.56 36.93			
	100m: 1:08.80 35.69		200m: 2:21.75 36.66	300m: 3:35.63 37.05	400m: 4:48.48 35.92			
5.	SOUSA Joana Francisca	04	130520	Sao Roque	4:52.94		509	-
6.	JUNQUEIRA Manuela Paccola	05	204477	Naval de Peniche	4:54.79	+1,00	499	-
	50m: 32.99 32.99		150m: 1:45.66 36.72	250m: 3:00.53 37.91	350m: 4:17.82 38.65			
	100m: 1:08.94 35.95		200m: 2:22.62 36.96	300m: 3:39.17 38.64	400m: 4:54.79 36.97			
7.	NUNES Rita Sofia	05	129103	Colegio Efanor	4:56.40	+0,93	491	-
	50m: 32.24 32.24		150m: 1:46.34 37.86	250m: 3:02.87 38.18	350m: 4:19.19 38.01			
	100m: 1:08.48 36.24		200m: 2:24.69 38.35	300m: 3:41.18 38.31	400m: 4:56.40 37.21			
8.	DOMINGUEZ ZANOLETTY M.	03	211091	Nautico do Guadiana	4:57.91	+0,73	484	-
	50m: 32.88 32.88		150m: 1:46.97 37.82	250m: 3:03.36 38.26	350m: 4:20.34 38.64			
	100m: 1:09.15 36.27		200m: 2:25.10 38.13	300m: 3:41.70 38.34	400m: 4:57.91 37.57			
9.	BALL Marianna Thais	05	205698	Natacao de Lagos	5:00.71	+0,83	470	-
	50m: 33.87 33.87		150m: 1:49.54 37.94	250m: 3:07.18 38.94	350m: 4:24.27 38.32			
	100m: 1:11.60 37.73		200m: 2:28.24 38.70	300m: 3:45.95 38.77	400m: 5:00.71 36.44			
10.	RAMOS Barbara Emerick	04	148421	Juventude Atlantico	5:01.42		467	-
11.	NEVES Diana Patricia	06	130031	Naval da Horta	5:02.50		462	-
12.	MERCEDES Mariana Marques	03	129961	Olivais e Moscavide	5:04.25	+0,93	454	-
	50m: 33.12 33.12		150m: 1:47.52 38.09	250m: 3:05.73 39.47	350m: 4:25.24 39.58			
	100m: 1:09.43 36.31		200m: 2:26.26 38.74	300m: 3:45.66 39.93	400m: 5:04.25 39.01			
13.	GONCALVES Maria Albuquerque	04	130044	Natacao do Fundao	5:06.10	+0,82	446	-
	50m: 33.68 33.68		150m: 1:49.38 38.78	250m: 3:07.51 39.32	350m: 4:26.86 39.80			
	100m: 1:10.60 36.92		200m: 2:28.19 38.81	300m: 3:47.06 39.55	400m: 5:06.10 39.24			
14.	SOARES Ana Beatriz	03	205678	Feirense	5:07.54	+0,78	440	-
	50m: 31.80 31.80		150m: 1:48.20 39.28	250m: 3:08.78 40.30	350m: 4:29.25 39.57			
	100m: 1:08.92 37.12		200m: 2:28.48 40.28	300m: 3:49.68 40.90	400m: 5:07.54 38.29			
15.	GUERREIRO Gloria Regina	04	202132	FC Ferreiras/AlgarExperie	5:07.97	+0,78	438	-
	50m: 35.29 35.29		150m: 1:53.61 39.65	250m: 3:12.75 39.43	350m: 4:31.42 39.08			
	100m: 1:13.96 38.67		200m: 2:33.32 39.71	300m: 3:52.34 39.59	400m: 5:07.97 36.55			
16.	SILVA Francisca Gomes	06	129777	Sporting de Espinho	5:08.64	+0,97	435	-
	50m: 34.45 34.45		150m: 1:53.25 39.71	250m: 3:12.49 39.21	350m: 4:31.58 39.11			
	100m: 1:13.54 39.09		200m: 2:33.28 40.03	300m: 3:52.47 39.98	400m: 5:08.64 37.06			
17.	JESUS Beatriz Alexandra	03	123290	Peso da Regua	5:09.99	+0,89	429	-
	50m: 34.40 34.40		150m: 1:49.79 38.34	250m: 3:10.53 40.64	350m: 4:30.79 39.63			
	100m: 1:11.45 37.05		200m: 2:29.89 40.10	300m: 3:51.16 40.63	400m: 5:09.99 39.20			

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Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
18.	OLIVEIRA Margarida Gomes	07	200856	O Crasto	5:10.36	+0,91	428	-
	50m: 34.00 34.00		150m: 1:51.83 39.47	250m: 3:11.60 39.84	350m: 4:32.68 39.93			
	100m: 1:12.36 38.36		200m: 2:31.76 39.93	300m: 3:52.75 41.15	400m: 5:10.36 37.68			
19.	ABREU Daniela Filipa	04	130906	Campinho	5:14.93	+0,79	409	-
	50m: 35.67 35.67		150m: 1:54.44 39.72	250m: 3:15.40 40.70	350m: 4:36.13 39.97			
	100m: 1:14.72 39.05		200m: 2:34.70 40.26	300m: 3:56.16 40.76	400m: 5:14.93 38.80			
20.	FERRAZ Maria Antonia	05	128378	Bombeiros Estoris	5:15.04	+0,79	409	-
	50m: 34.82 34.82		150m: 1:54.24 40.43	250m: 3:15.41 40.52	350m: 4:36.20 40.08			
	100m: 1:13.81 38.99		200m: 2:34.89 40.65	300m: 3:56.12 40.71	400m: 5:15.04 38.84			
21.	WATSON Leila Rosa	03	128103	Lagoa AC	5:18.37	+0,85	396	-
	50m: 34.83 34.83		150m: 1:53.80 40.47	250m: 3:16.08 41.23	350m: 4:39.34 41.76			
	100m: 1:13.33 38.50		200m: 2:34.85 41.05	300m: 3:57.58 41.50	400m: 5:18.37 39.03			
22.	TAVARES Ana Burguete	00	119951	Salesianos	5:23.79	+0,75	377	-
	50m: 34.72 34.72		150m: 1:55.88 41.40	250m: 3:19.83 42.29	350m: 4:44.33 42.04			
	100m: 1:14.48 39.76		200m: 2:37.54 41.66	300m: 4:02.29 42.46	400m: 5:23.79 39.46			
23.	COUTO Matilde Rodrigues	06	132968	Agua de Pau	5:47.79		304	-
24.	MONRAIA Matilde Nabeiro	06	206511	CLAC-Entroncamento	6:23.69	+0,91	226	-
	50m: 39.77 39.77		150m: 2:15.97 49.19	250m: 3:55.51 50.37	350m: 5:36.38 50.30			
	100m: 1:26.78 47.01		200m: 3:05.14 49.17	300m: 4:46.08 50.57	400m: 6:23.69 47.31			
DNS	FRANCA Maria Carolina	06	209919	Aquatico Silves		+0,72		-