

Campeonato Nacional Clubes 2ª Divisão
Leiria, 14- - 15-12-2019



Prova 1

14-12-2019 - 9:30

Femin., 400m Livres

2ª Divisão FEM

Resultados

RN25 Absoluto	4:04.61	DURAES Diana Margarida	POR	Copenhagen (DEN)	17-12-2017
RN25 Sen	4:04.61	DURAES Diana Margarida	POR	Copenhagen (DEN)	17-12-2017
RN25 Jun17	4:10.52	HOLUB Tamila Hryhorivna	SCB	Porto	12-12-2015
RN25 Jun16	4:13.53	SOUSA Ana Reis	CNLA	Porto	09-12-2017
RN25 Juv A	4:18.39	SANTOS Ana Claudia	SFUAP	Cantanhede	20-12-2004
RN25 Juv B	4:23.08	MIGUEL Susana Patricia	SFUAP	Alhandra	15-05-2004
RN25 Inf A	4:25.30	SILVA Alexandra Maria	FCP	Porto	19-07-1980
RN25 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.	HOLUB Tamila Hryhorivna	99	116887	Braga	4:14.37	+0,80	777	25,0(-)
	50m: 29.66 29.66	150m: 1:33.45 32.18	250m: 2:37.96 32.14	350m: 3:42.61 32.50				
	100m: 1:01.27 31.61	200m: 2:05.82 32.37	300m: 3:10.11 32.15	400m: 4:14.37 31.76				
2.	CARDEAL Joana Nunes	02	124752	Academico Viseu	4:19.87	+0,83	729	23,0(-)
	50m: 29.95 29.95	150m: 1:35.13 32.82	250m: 2:41.04 33.13	350m: 3:47.25 33.06				
	100m: 1:02.31 32.36	200m: 2:07.91 32.78	300m: 3:14.19 33.15	400m: 4:19.87 32.62				
3.	ROSA Mafalda Sofia	03	127310	Rio Maior	4:20.47	+0,89	724	22,0(-)
	50m: 31.02 31.02	150m: 1:36.20 32.80	250m: 2:42.41 33.20	350m: 3:48.46 32.96				
	100m: 1:03.40 32.38	200m: 2:09.21 33.01	300m: 3:15.50 33.09	400m: 4:20.47 32.01				
4.	MARTINS Francisca Soares	03	126504	Foca Quinta da Lixa CNF	4:20.51	+0,71	723	21,0(-)
	50m: 30.54 30.54	150m: 1:35.24 32.38	250m: 2:41.41 32.93	350m: 3:48.45 33.60				
	100m: 1:02.86 32.32	200m: 2:08.48 33.24	300m: 3:14.85 33.44	400m: 4:20.51 32.06				
5.	SOARES Carolina Silva	03	123910	Natacao de Valongo	4:31.62	+0,81	638	20,0(-)
	50m: 29.89 29.89	150m: 1:36.42 33.71	250m: 2:46.12 35.02	350m: 3:57.18 35.61				
	100m: 1:02.71 32.82	200m: 2:11.10 34.68	300m: 3:21.57 35.45	400m: 4:31.62 34.44				
6.	RANITO Beatriz Paulo	99	116593	Geslours	4:32.93	+0,79	629	19,0(-)
	50m: 30.83 30.83	150m: 1:39.64 34.75	250m: 2:50.02 35.12	350m: 3:59.97 34.80				
	100m: 1:04.89 34.06	200m: 2:14.90 35.26	300m: 3:25.17 35.15	400m: 4:32.93 32.96				
7.	FERNANDES Ana Ines	00	119258	Vitoria Guimaraes	4:33.65	+0,81	624	18,0(-)
	50m: 31.18 31.18	150m: 1:40.02 34.75	250m: 2:49.84 34.81	350m: 4:01.01 35.70				
	100m: 1:05.27 34.09	200m: 2:15.03 35.01	300m: 3:25.31 35.47	400m: 4:33.65 32.64				
8.	PEREIRA Carolina Rei	05	128060	Natacao de Vagos	4:40.09	+0,71	582	17,0(-)
	50m: 31.08 31.08	150m: 1:40.00 35.10	250m: 2:50.79 35.40	350m: 4:03.40 36.65				
	100m: 1:04.90 33.82	200m: 2:15.39 35.39	300m: 3:26.75 35.96	400m: 4:40.09 36.69				
9.	LOPES Francisca Macedo	05	129982	Vilacondense	4:41.52	+0,82	573	16,0(-)
	50m: 30.99 30.99	150m: 1:40.69 35.42	250m: 2:52.63 36.13	350m: 4:05.63 36.51				
	100m: 1:05.27 34.28	200m: 2:16.50 35.81	300m: 3:29.12 36.49	400m: 4:41.52 35.89				
10.	CARAPINHA Ariana Bento	06	148277	Nautico Marinha Grande	4:42.86	+0,82	565	15,0(-)
	50m: 31.10 31.10	150m: 1:40.71 35.17	250m: 2:52.69 36.39	350m: 4:06.84 37.31				
	100m: 1:05.54 34.44	200m: 2:16.30 35.59	300m: 3:29.53 36.84	400m: 4:42.86 36.02				
11.	COSTA Mafalda Santos	05	132453	Colegio Monte Maior	4:43.52	+0,83	561	14,0(-)
	50m: 31.33 31.33	150m: 1:41.13 35.44	250m: 2:53.46 36.62	350m: 4:07.29 36.76				
	100m: 1:05.69 34.36	200m: 2:16.84 35.71	300m: 3:30.53 37.07	400m: 4:43.52 36.23				
12.	CABRAL Ana Matos	05	133943	Condeixa Clube	4:43.72	+0,77	560	13,0(-)
	50m: 31.52 31.52	150m: 1:41.96 35.69	250m: 2:54.95 36.41	350m: 4:08.74 36.96				
	100m: 1:06.27 34.75	200m: 2:18.54 36.58	300m: 3:31.78 36.83	400m: 4:43.72 34.98				
13.	SANTOS Ines Figueira	00	111277	Uniao Piedense	4:44.04	+0,91	558	12,0(-)
	50m: 31.75 31.75	150m: 1:42.01 35.76	250m: 2:54.36 36.05	350m: 4:07.76 36.75				
	100m: 1:06.25 34.50	200m: 2:18.31 36.30	300m: 3:31.01 36.65	400m: 4:44.04 36.28				
14.	SILVA Ana Catarina	04	130613	Fundacao Beatriz Santos	4:44.13	+0,97	558	11,0(-)
	50m: 32.11 32.11	150m: 1:43.65 36.08	250m: 2:56.08 36.26	350m: 4:09.15 36.43				
	100m: 1:07.57 35.46	200m: 2:19.82 36.17	300m: 3:32.72 36.64	400m: 4:44.13 34.98				

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Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
15.	NICOLAU Margarida Claudino	05	200214	Torres Novas	4:44.76	+0,79	554	10,0(-)
	50m: 30.59 30.59	150m: 1:40.69	35.57	250m: 2:54.43	37.05	350m: 4:09.06	37.19	
	100m: 1:05.12 34.53	200m: 2:17.38	36.69	300m: 3:31.87	37.44	400m: 4:44.76	35.70	
16.	GAMEIRO Maria Miguel	03	126480	Nautico Coimbra	4:44.82	+0,78	553	9,0(-)
	50m: 31.41 31.41	150m: 1:42.38	36.07	250m: 2:54.76	36.17	350m: 4:08.54	36.46	
	100m: 1:06.31 34.90	200m: 2:18.59	36.21	300m: 3:32.08	37.32	400m: 4:44.82	36.28	
17.	CARRAO Iris Pereira	05	201392	Laranjeiro	4:49.01	+0,78	530	8,0(-)
	50m: 31.53 31.53	150m: 1:42.65	36.14	250m: 2:56.16	36.82	350m: 4:11.68	38.03	
	100m: 1:06.51 34.98	200m: 2:19.34	36.69	300m: 3:33.65	37.49	400m: 4:49.01	37.33	
18.	COELHO Barbara Castro	04	123752	Colegio SMLamas	4:49.23	+0,81	529	7,0(-)
	50m: 31.47 31.47	150m: 1:42.86	36.28	250m: 2:56.46	36.83	350m: 4:12.55	38.36	
	100m: 1:06.58 35.11	200m: 2:19.63	36.77	300m: 3:34.19	37.73	400m: 4:49.23	36.68	
19.	MAGALHAES Ines Filipa	02	121786	Aquatico Pacense	4:49.79	+0,95	525	6,0(-)
	50m: 32.71 32.71	150m: 1:45.78	37.05	250m: 2:59.47	36.64	350m: 4:13.70	37.07	
	100m: 1:08.73 36.02	200m: 2:22.83	37.05	300m: 3:36.63	37.16	400m: 4:49.79	36.09	
20.	FERNANDES Maria Elias	04	130196	Desportiva de Viana	4:51.51	+0,91	516	5,0(-)
	50m: 32.02 32.02	150m: 1:44.66	36.85	250m: 2:59.81	37.72	350m: 4:15.63	37.95	
	100m: 1:07.81 35.79	200m: 2:22.09	37.43	300m: 3:37.68	37.87	400m: 4:51.51	35.88	
21.	LOPES Raquel Raposo	04	153469	Cova da Piedade	4:52.18	+0,82	513	4,0(-)
	50m: 32.73 32.73	150m: 1:44.75	36.52	250m: 2:59.33	37.50	350m: 4:15.04	37.72	
	100m: 1:08.23 35.50	200m: 2:21.83	37.08	300m: 3:37.32	37.99	400m: 4:52.18	37.14	
22.	TAVARES Mariana Silva	04	132128	Estarreja	4:53.00	+0,79	508	3,0(-)
	50m: 32.76 32.76	150m: 1:45.81	37.21	250m: 3:00.87	37.64	350m: 4:16.74	37.95	
	100m: 1:08.60 35.84	200m: 2:23.23	37.42	300m: 3:38.79	37.92	400m: 4:53.00	36.26	
23.	SILVA Maria Santos	06	202788	Naval Povoense	5:21.60	+0,93	384	2,0(-)
	50m: 37.02 37.02	150m: 1:59.15	41.20	250m: 3:20.47	40.41	350m: 4:41.73	40.43	
	100m: 1:17.95 40.93	200m: 2:40.06	40.91	300m: 4:01.30	40.83	400m: 5:21.60	39.87	
24.	LEANDRO Ana Margarida	04	132005	Ginasio de Vila Real	5:35.36	+0,97	339	1,0(-)
	50m: 35.71 35.71	150m: 1:57.87	41.64	250m: 3:23.67	43.69	350m: 4:52.12	44.41	
	100m: 1:16.23 40.52	200m: 2:39.98	42.11	300m: 4:07.71	44.04	400m: 5:35.36	43.24	

