

Prova 10
20-12-2019 - 19:15

Femin., 400m Estilos

Absolutos
Resultados

RN25 Absoluto	4:36.19	KAMINSKAYA Victoria	POR	Copenhagen (DEN)	13-12-2017
RN25 Sen	4:36.19	KAMINSKAYA Victoria	POR	Copenhagen (DEN)	13-12-2017
RN25 Jun17	4:46.89	ROCHA Ines Neto	CAP	Felgueiras	15-04-2018
RN25 Jun16	4:50.85	DURAES Diana Margarida	FOCA	Silves	02-12-2011

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
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Seniores

1.	DURAES Diana Margarida			96	Benfica			4:38.79		+0,74	801	
	50m:	30.99	30.99	150m:	1:41.06	36.11	250m:	2:56.12	39.98	350m:	4:08.04	31.76
	100m:	1:04.95	33.96	200m:	2:16.14	35.08	300m:	3:36.28	40.16	400m:	4:38.79	30.75
2.	HENRIQUES Ines Jacinto			00	Sporting			4:45.80		+0,74	743	
	50m:	30.02	30.02	150m:	1:39.66	36.01	250m:	2:58.04	42.73	350m:	4:13.92	33.04
	100m:	1:03.65	33.63	200m:	2:15.31	35.65	300m:	3:40.88	42.84	400m:	4:45.80	31.88
3.	MONTEIRO Ana Catarina			93	Vilacondense			4:46.78		+0,72	736	
	50m:	29.80	29.80	150m:	1:41.29	38.17	250m:	3:00.17	41.51	350m:	4:14.93	33.16
	100m:	1:03.12	33.32	200m:	2:18.66	37.37	300m:	3:41.77	41.60	400m:	4:46.78	31.85
4.	MACHADO Luisa Maria			01	Uniao Piedense			4:49.96		+0,88	712	
	50m:	30.31	30.31	150m:	1:43.42	37.80	250m:	3:00.80	40.12	350m:	4:16.18	34.19
	100m:	1:05.62	35.31	200m:	2:20.68	37.26	300m:	3:41.99	41.19	400m:	4:49.96	33.78
5.	CARDEAL Joana Nunes			02	Academico Viseu			4:53.32		+0,76	687	
	50m:	30.37	30.37	150m:	1:43.63	38.13	250m:	3:03.10	41.85	350m:	4:20.52	34.55
	100m:	1:05.50	35.13	200m:	2:21.25	37.62	300m:	3:45.97	42.87	400m:	4:53.32	32.80
6.	MESQUITA Francisca Salvador			02	Colegio Monte Maior			4:55.85		+1,19	670	
	50m:	30.55	30.55	150m:	1:44.86	38.86	250m:	3:05.74	41.99	350m:	4:23.11	34.49
	100m:	1:06.00	35.45	200m:	2:23.75	38.89	300m:	3:48.62	42.88	400m:	4:55.85	32.74
7.	PINA Ana Sofia			02	Benfica			4:56.82			663	
	50m:	30.66	30.66	150m:	1:45.07	38.82	250m:	3:05.13	41.95	350m:	4:22.98	34.72
	100m:	1:06.25	35.59	200m:	2:23.18	38.11	300m:	3:48.26	43.13	400m:	4:56.82	33.84
8.	LIMA Lia Ana			01	Alges			5:01.12		+0,82	635	
	50m:	30.91	30.91	150m:	1:44.26	38.46	250m:	3:05.57	43.48	350m:	4:26.72	36.69
	100m:	1:05.80	34.89	200m:	2:22.09	37.83	300m:	3:50.03	44.46	400m:	5:01.12	34.40
9.	VEIGA Ana Filipa			01	Gafanha da Encarnacao			5:04.48		+0,70	615	
	50m:	32.24	32.24	150m:	1:50.22	41.01	250m:	3:12.81	41.80	350m:	4:30.12	35.58
	100m:	1:09.21	36.97	200m:	2:31.01	40.79	300m:	3:54.54	41.73	400m:	5:04.48	34.36
10.	MONTEIRO Margarida Cabral			02	Galitos / Bresimar			5:05.11		+0,72	611	
	50m:	32.94	32.94	150m:	1:49.84	40.07	250m:	3:12.70	43.41	350m:	4:30.78	34.52
	100m:	1:09.77	36.83	200m:	2:29.29	39.45	300m:	3:56.26	43.56	400m:	5:05.11	34.33
11.	VELOSO Teresa Miguel			00	Sporting			5:05.25		+0,71	610	
	50m:	31.31	31.31	150m:	1:47.49	39.72	250m:	3:09.87	43.04	350m:	4:30.23	35.81
	100m:	1:07.77	36.46	200m:	2:26.83	39.34	300m:	3:54.42	44.55	400m:	5:05.25	35.02
12.	RIBEIRO Margarida Messias			98	Geslours			5:06.76			601	
	50m:	33.21	33.21	150m:	1:51.89	39.58	250m:	3:13.33	43.05	350m:	4:32.63	35.05
	100m:	1:12.31	39.10	200m:	2:30.28	38.39	300m:	3:57.58	44.25	400m:	5:06.76	34.13

DSQ SILVA Natacha Sofia 02 Benfica
611 - Perdeu posição dorsal antes da viragem aos ... metros SW 6.2

DNS CHEROUATI Souad Nefissa 89 Benfica

Prova 10, Femin., 400m Estilos

Juniores

1.	MARTINS Francisca Soares	03	Foca Quinta da Lixa CNF	4:51.54	+1,05	700
	50m: 30.80 30.80	150m: 1:42.41 37.23	250m: 3:01.76 42.91	350m: 4:19.23 33.25		
	100m: 1:05.18 34.38	200m: 2:18.85 36.44	300m: 3:45.98 44.22	400m: 4:51.54 32.31		
2.	REBELO Maria Carlota	03	Louzan Natacao/EFAPEL	4:56.38		666
	50m: 31.14 31.14	150m: 1:45.24 38.14	250m: 3:04.82 41.74	350m: 4:23.15 35.50		
	100m: 1:07.10 35.96	200m: 2:23.08 37.84	300m: 3:47.65 42.83	400m: 4:56.38 33.23		
3.	CARDEAL Beatriz Nunes	04	Academico Viseu	5:02.70	+0,72	625
	50m: 31.15 31.15	150m: 1:46.43 39.38	250m: 3:09.01 43.52	350m: 4:28.92 35.22		
	100m: 1:07.05 35.90	200m: 2:25.49 39.06	300m: 3:53.70 44.69	400m: 5:02.70 33.78		
4.	FIAL Sofia Nunes	03	Estamos Juntos	5:06.36	+0,74	603
	50m: 31.92 31.92	150m: 1:50.39 40.55	250m: 3:12.42 42.46	350m: 4:31.70 36.00		
	100m: 1:09.84 37.92	200m: 2:29.96 39.57	300m: 3:55.70 43.28	400m: 5:06.36 34.66		
5.	SANTOS Leonor Esteves	04	Avancado EUL	5:06.57		602
	50m: 32.51 32.51	150m: 1:50.30 41.30	250m: 3:11.79 41.56	350m: 4:31.08 36.80		
	100m: 1:09.00 36.49	200m: 2:30.23 39.93	300m: 3:54.28 42.49	400m: 5:06.57 35.49		
6.	RODRIGUES Lidiana Correia	04	Belenenses	5:12.81	+0,91	567
	50m: 33.35 33.35	150m: 1:52.96 40.90	250m: 3:15.29 42.90	350m: 4:36.34 37.41		
	100m: 1:12.06 38.71	200m: 2:32.39 39.43	300m: 3:58.93 43.64	400m: 5:12.81 36.47		
7.	FERREIRA Marta Oliveira	04	Ginasio Santo Tirso	5:19.09	+0,67	534
	50m: 34.03 34.03	150m: 1:53.79 40.45	250m: 3:19.11 44.68	350m: 4:42.49 37.89		
	100m: 1:13.34 39.31	200m: 2:34.43 40.64	300m: 4:04.60 45.49	400m: 5:19.09 36.60		
8.	DOMINGUES Luana Pinto	03	BA-Leiria	5:20.41	+0,46	527
	50m: 32.59 32.59	150m: 1:52.94 42.54	250m: 3:18.35 43.54	350m: 4:42.49 38.53		
	100m: 1:10.40 37.81	200m: 2:34.81 41.87	300m: 4:03.96 45.61	400m: 5:20.41 37.92		
9.	GASPAR Beatriz Ferreira	04	Uniao Coimbra	5:22.06	+0,76	519
	50m: 33.15 33.15	150m: 1:51.27 40.61	250m: 3:17.73 46.27	350m: 4:44.39 38.14		
	100m: 1:10.66 37.51	200m: 2:31.46 40.19	300m: 4:06.25 48.52	400m: 5:22.06 37.67		
10.	INACIO Marta Macedo	04	Sporting	5:23.36	+0,84	513
	50m: 33.04 33.04	150m: 1:51.39 40.28	250m: 3:19.23 47.98	350m: 4:46.29 37.79		
	100m: 1:11.11 38.07	200m: 2:31.25 39.86	300m: 4:08.50 49.27	400m: 5:23.36 37.07		
DSQ	NEVES Sara Dias	03	Miranda do Corvo			
	613 - Efectuou deslizamento após conclusão da braçada na viragem aos 125 m - SW 6.4					
DNS	CASTRO Maria Freitas	03	Fafe			
DNS	SANTOS Madalena Almeida	03	Fluvial Portuense			