

Prova 18  
21-12-2019 - 17:10

Femin., 400m Livres

Absoluto  
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	Clube	Tempo Final	TReac	FINA	PARA
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Seniores

1.	DURAES Diana Margarida <i>Minimos CMundo PC</i>	96	Benfica	<b>4:06.62</b>	+0,73	853	
	50m: 29.08 29.08	150m: 1:30.65	30.94	250m: 2:32.73	30.90	350m: 3:35.75	31.58
	100m: 59.71 30.63	200m: 2:01.83	31.18	300m: 3:04.17	31.44	400m: 4:06.62	30.87
2.	HOLUB Tamila Hryhorivna	99	Braga	<b>4:12.59</b>	+0,74	794	
	50m: 29.56 29.56	150m: 1:32.59	31.64	250m: 2:36.33	31.96	350m: 3:40.95	32.33
	100m: 1:00.95 31.39	200m: 2:04.37	31.78	300m: 3:08.62	32.29	400m: 4:12.59	31.64
3.	HENRIQUES Ines Jacinto	00	Sporting	<b>4:16.31</b>	+0,68	760	
	50m: 29.83 29.83	150m: 1:34.53	32.47	250m: 2:39.19	32.26	350m: 3:44.28	32.56
	100m: 1:02.06 32.23	200m: 2:06.93	32.40	300m: 3:11.72	32.53	400m: 4:16.31	32.03
4.	CARDEAL Joana Nunes	02	Academico Viseu	<b>4:18.05</b>	+0,82	744	
	50m: 29.46 29.46	150m: 1:33.78	32.56	250m: 2:39.44	32.85	350m: 3:46.05	33.20
	100m: 1:01.22 31.76	200m: 2:06.59	32.81	300m: 3:12.85	33.41	400m: 4:18.05	32.00
5.	RAMOS Ana Rita	02	Porto	<b>4:19.75</b>	+0,73	730	
	50m: 30.26 30.26	150m: 1:35.08	32.27	250m: 2:39.98	32.65	350m: 3:46.61	33.46
	100m: 1:02.81 32.55	200m: 2:07.33	32.25	300m: 3:13.15	33.17	400m: 4:19.75	33.14
6.	MONTEIRO Ana Catarina	93	Vilacondense	<b>4:20.69</b>	+0,69	722	
	50m: 30.45 30.45	150m: 1:36.00	32.80	250m: 2:41.41	32.41	350m: 3:47.83	33.25
	100m: 1:03.20 32.75	200m: 2:09.00	33.00	300m: 3:14.58	33.17	400m: 4:20.69	32.86
7.	FRAZAO Alexandra Couto	02	Sporting	<b>4:21.77</b>	+0,74	713	
	50m: 30.20 30.20	150m: 1:35.73	32.46	250m: 2:41.73	32.93	350m: 3:48.71	33.60
	100m: 1:03.27 33.07	200m: 2:08.80	33.07	300m: 3:15.11	33.38	400m: 4:21.77	33.06
8.	QUEIROZ Ana Rita	02	Condeixa Clube	<b>4:25.53</b>	+0,81	683	
	50m: 30.42 30.42	150m: 1:36.98	33.49	250m: 2:44.64	33.86	350m: 3:52.56	33.85
	100m: 1:03.49 33.07	200m: 2:10.78	33.80	300m: 3:18.71	34.07	400m: 4:25.53	32.97
9.	MENDES Mariana Amaral	02	Colegio Monte Maior	<b>4:26.04</b>		679	
	50m: 30.50 30.50	150m: 1:37.25	33.73	250m: 2:45.07	33.84	350m: 3:53.15	34.17
	100m: 1:03.52 33.02	200m: 2:11.23	33.98	300m: 3:18.98	33.91	400m: 4:26.04	32.89
10.	AMADOR Joana Costa	01	Galitos / Bresimar	<b>4:27.05</b>	+0,72	672	
	50m: 30.38 30.38	150m: 1:37.02	33.88	250m: 2:45.31	34.07	350m: 3:53.54	34.30
	100m: 1:03.14 32.76	200m: 2:11.24	34.22	300m: 3:19.24	33.93	400m: 4:27.05	33.51
11.	SOUSA Ana Reis	02	Alges	<b>4:27.17</b>	+0,72	671	
	50m: 29.47 29.47	150m: 1:34.73	33.06	250m: 2:42.63	34.23	350m: 3:52.37	35.05
	100m: 1:01.67 32.20	200m: 2:08.40	33.67	300m: 3:17.32	34.69	400m: 4:27.17	34.80
12.	PINA Ana Sofia	02	Benfica	<b>4:27.45</b>		669	
	50m: 30.39 30.39	150m: 1:36.38	33.12	250m: 2:44.52	34.29	350m: 3:53.46	34.39
	100m: 1:03.26 32.87	200m: 2:10.23	33.85	300m: 3:19.07	34.55	400m: 4:27.45	33.99

Prova 18, Femin., 400m Livres, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
13.	VELOSO Teresa Miguel	00	Sporting	<b>4:30.99</b>		643	
	50m: 31.11 31.11	150m: 1:38.16	33.88	250m: 2:46.56	34.07	350m: 3:55.87	34.86
	100m: 1:04.28 33.17	200m: 2:12.49	34.33	300m: 3:21.01	34.45	400m: 4:30.99	35.12
14.	VEIGA Susana Pereira <i>Rec Nacional S9</i>	00 S9	Colegio Vasco da Gama	<b>4:56.55</b>		490	908
	50m: 33.23 33.23	150m: 1:45.46	36.60	250m: 3:00.87	38.10	350m: 4:18.30	38.81
	100m: 1:08.86 35.63	200m: 2:22.77	37.31	300m: 3:39.49	38.62	400m: 4:56.55	38.25
DNS	CHEROUATI Souad Nefissa	89	Benfica				

Juniores

1.	MARTINS Francisca Soares	03	Foca Quinta da Lixa CNF	<b>4:15.49</b>	+0,69	767	
	50m: 29.53 29.53	150m: 1:32.79	31.96	250m: 2:37.55	32.36	350m: 3:43.28	32.93
	100m: 1:00.83 31.30	200m: 2:05.19	32.40	300m: 3:10.35	32.80	400m: 4:15.49	32.21
2.	CARDEAL Beatriz Nunes	04	Academico Viseu	<b>4:26.51</b>		676	
	50m: 30.25 30.25	150m: 1:36.28	33.40	250m: 2:44.19	34.04	350m: 3:52.85	34.41
	100m: 1:02.88 32.63	200m: 2:10.15	33.87	300m: 3:18.44	34.25	400m: 4:26.51	33.66
3.	CONCEICAO Ema Jeronimo	03	Fisica Torres Vedras	<b>4:31.20</b>	+0,80	641	
	50m: 30.23 30.23	150m: 1:37.11	34.10	250m: 2:46.35	34.65	350m: 3:57.03	35.51
	100m: 1:03.01 32.78	200m: 2:11.70	34.59	300m: 3:21.52	35.17	400m: 4:31.20	34.17
4.	AMORIM Maria Leonor	03	Porto	<b>4:32.45</b>	+0,79	632	
	50m: 30.68 30.68	150m: 1:38.60	34.75	250m: 2:48.43	34.53	350m: 3:58.34	34.69
	100m: 1:03.85 33.17	200m: 2:13.90	35.30	300m: 3:23.65	35.22	400m: 4:32.45	34.11
5.	PINHEIRO Ines Mariana	03	Academica de Coimbra	<b>4:32.79</b>	+0,73	630	
	50m: 31.48 31.48	150m: 1:40.38	34.79	250m: 2:50.95	35.13	350m: 4:00.93	34.94
	100m: 1:05.59 34.11	200m: 2:15.82	35.44	300m: 3:25.99	35.04	400m: 4:32.79	31.86
6.	SOARES Carolina Silva	03	Natacao de Valongo	<b>4:34.99</b>	+0,59	615	
	50m: 31.01 31.01	150m: 1:38.93	34.25	250m: 2:48.85	34.99	350m: 4:00.01	35.78
	100m: 1:04.68 33.67	200m: 2:13.86	34.93	300m: 3:24.23	35.38	400m: 4:34.99	34.98
7.	SILVA Camila Alexandra	03	Columbifila Cantanhedense	<b>4:35.45</b>	+0,75	612	
	50m: 31.63 31.63	150m: 1:40.02	34.32	250m: 2:49.68	35.20	350m: 4:00.86	35.27
	100m: 1:05.70 34.07	200m: 2:14.48	34.46	300m: 3:25.59	35.91	400m: 4:35.45	34.59
8.	SANTOS Leonor Esteves	04	Avancado EUL	<b>4:37.30</b>	+0,85	600	
	50m: 31.76 31.76	150m: 1:40.65	34.66	250m: 2:50.78	35.15	350m: 4:01.92	35.58
	100m: 1:05.99 34.23	200m: 2:15.63	34.98	300m: 3:26.34	35.56	400m: 4:37.30	35.38
9.	RODRIGUES Joana Francisca	04	Uniao Coimbra	<b>4:39.32</b>	+0,92	587	
	50m: 31.42 31.42	150m: 1:40.95	35.20	250m: 2:52.59	36.06	350m: 4:04.66	35.88
	100m: 1:05.75 34.33	200m: 2:16.53	35.58	300m: 3:28.78	36.19	400m: 4:39.32	34.66
10.	VIANA Margarida Violante	04	BA-Leiria	<b>4:39.52</b>		586	
	50m: 32.09 32.09	150m: 1:42.13	35.36	250m: 2:53.31	35.57	350m: 4:04.42	35.53
	100m: 1:06.77 34.68	200m: 2:17.74	35.61	300m: 3:28.89	35.58	400m: 4:39.52	35.10
11.	GASPAR Beatriz Ferreira	04	Uniao Coimbra	<b>4:40.59</b>	+0,71	579	
	50m: 31.39 31.39	150m: 1:41.58	35.19	250m: 2:52.38	35.41	350m: 4:04.73	36.40
	100m: 1:06.39 35.00	200m: 2:16.97	35.39	300m: 3:28.33	35.95	400m: 4:40.59	35.86
12.	LIGEIRO Daniela Silva	04	Viana Natacao	<b>4:41.31</b>		574	
	50m: 31.71 31.71	150m: 1:42.29	35.73	250m: 2:54.64	36.30	350m: 4:07.04	36.03
	100m: 1:06.56 34.85	200m: 2:18.34	36.05	300m: 3:31.01	36.37	400m: 4:41.31	34.27

Prova 18, Femin., 400m Livres, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
13.	PIMENTEL Marta Lima	04	Fluvial Portuense	<b>4:41.43</b>	+0,87	574	
	50m: 32.00 32.00	150m: 1:42.08	35.39	250m: 2:53.75	35.91	350m: 4:06.32	36.42
	100m: 1:06.69 34.69	200m: 2:17.84	35.76	300m: 3:29.90	36.15	400m: 4:41.43	35.11
14.	INACIO Marta Macedo	04	Sporting	<b>4:48.19</b>	+0,78	534	
	50m: 32.71 32.71	150m: 1:44.30	36.27	250m: 2:57.18	36.61	350m: 4:11.02	37.19
	100m: 1:08.03 35.32	200m: 2:20.57	36.27	300m: 3:33.83	36.65	400m: 4:48.19	37.17
DNS	MONTEIRO Ines Maria	04	Naval Praia da Vitoria				

Paralimpicos

1.	VEIGA Susana Pereira <i>Rec Nacional S9</i>	00 S9	Colegio Vasco da Gama	<b>4:56.55</b>		490	908
	50m: 33.23 33.23	150m: 1:45.46	36.60	250m: 3:00.87	38.10	350m: 4:18.30	38.81
	100m: 1:08.86 35.63	200m: 2:22.77	37.31	300m: 3:39.49	38.62	400m: 4:56.55	38.25