

Campeonato Nacional Clubes 3ª Divisão - FQ
Guarda, 7-11-2020



Prova 11

Femin., 400m Livres

Absolutos

07-11-2020 - 12:10

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 2020

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	SOUSA Joana Francisca	04	130520	Sao Roque	4:45.21		551	23,00
2.	CANINHAS Maria Pinto	05	201665	Natacao do Fundao	4:50.48	+0,91	522	21,00
	50m: 31.77 31.77			150m: 1:44.55 36.99	250m: 3:00.32 37.93	350m: 4:16.08 37.75		
	100m: 1:07.56 35.79			200m: 2:22.39 37.84	300m: 3:38.33 38.01	400m: 4:50.48 34.40		
3.	NEVES Leonor Maria	03	131015	CPCD-Povoa St Iria	4:54.16	+0,73	502	20,00
	50m: 31.15 31.15			150m: 1:43.93 37.07	250m: 2:59.88 37.98	350m: 4:17.87 38.78		
	100m: 1:06.86 35.71			200m: 2:21.90 37.97	300m: 3:39.09 39.21	400m: 4:54.16 36.29		
4.	SANTOS Beatriz Rocha	02	129667	Campinho	4:55.44	+0,78	496	19,00
	50m: 32.77 32.77			150m: 1:46.23 37.44	250m: 3:00.67 37.40	350m: 4:18.49 39.45		
	100m: 1:08.79 36.02			200m: 2:23.27 37.04	300m: 3:39.04 38.37	400m: 4:55.44 36.95		
5.	PINHEIRO Ana Carmo	02	124856	Ginasio Santo Tirso	4:57.85	+0,76	484	18,00
	50m: 33.06 33.06			150m: 1:47.83 37.44	250m: 3:04.49 38.53	350m: 4:22.02 38.61		
	100m: 1:10.39 37.33			200m: 2:25.96 38.13	300m: 3:43.41 38.92	400m: 4:57.85 35.83		
6.	CARVALHO Beatriz Moreira	03	127313	Vikings	4:58.23	+0,81	482	17,00
	50m: 33.50 33.50			150m: 1:48.64 37.98	250m: 3:04.95 38.22	350m: 4:21.53 38.04		
	100m: 1:10.66 37.16			200m: 2:26.73 38.09	300m: 3:43.49 38.54	400m: 4:58.23 36.70		
7.	MONTEIRO Ines Maria	04	126588	Naval Praia Vitoria	5:01.02		469	16,00
8.	CASTRO Maria Joao	04	125702	Sporting de Aveiro	5:05.85	+0,74	447	15,00
	50m: 34.75 34.75			150m: 1:52.85 39.80	250m: 3:12.20 39.08	350m: 4:29.26 38.45		
	100m: 1:13.05 38.30			200m: 2:33.12 40.27	300m: 3:50.81 38.61	400m: 5:05.85 36.59		
9.	JESUS Beatriz Alexandra	03	123290	Peso da Regua	5:06.20	+0,84	445	14,00
	50m: 34.08 34.08			150m: 1:50.83 38.99	250m: 3:10.03 39.62	350m: 4:29.96 39.60		
	100m: 1:11.84 37.76			200m: 2:30.41 39.58	300m: 3:50.36 40.33	400m: 5:06.20 36.24		
10.	SOARES Ana Beatriz	03	205678	Feirense	5:12.63	+0,79	418	13,00
	50m: 32.83 32.83			150m: 1:51.52 40.07	250m: 3:13.08 40.59	350m: 4:33.68 40.02		
	100m: 1:11.45 38.62			200m: 2:32.49 40.97	300m: 3:53.66 40.58	400m: 5:12.63 38.95		
11.	RODRIGUES Maria Leonor	07	203917	Bombeiros Estoris	5:16.64	+0,84	403	12,00
	50m: 32.86 32.86			150m: 1:50.59 40.25	250m: 3:12.86 41.35	350m: 4:36.22 42.49		
	100m: 1:10.34 37.48			200m: 2:31.51 40.92	300m: 3:53.73 40.87	400m: 5:16.64 40.42		
12.	GONCALVES Ana Rita	04	127577	Albicastrense	5:19.08	+0,84	394	11,00
	50m: 34.03 34.03			150m: 1:52.70 40.17	250m: 3:15.69 41.81	350m: 4:39.85 41.23		
	100m: 1:12.53 38.50			200m: 2:33.88 41.18	300m: 3:58.62 42.93	400m: 5:19.08 39.23		
13.	NUNES Marcia Raquel	03	129372	CCDSerta	5:19.10	+0,74	393	10,00
	50m: 33.53 33.53			150m: 1:51.67 39.89	250m: 3:14.16 41.85	350m: 4:38.97 42.63		
	100m: 1:11.78 38.25			200m: 2:32.31 40.64	300m: 3:56.34 42.18	400m: 5:19.10 40.13		

Splash Meet Manager, 11.67210

Registered to Federacao Portuguesa De Natacao

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Prova 11, Femin., 400m Livres, Absolutos

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
14.	DUARTE Mariana Conceicao	03	129507	Fundacao Salesianos	5:19.13	+0,88	393	9,00
	50m: 36.14 36.14		150m: 1:55.92	40.41	250m: 3:18.65	41.61	350m: 4:40.58	40.31
	100m: 1:15.51 39.37		200m: 2:37.04	41.12	300m: 4:00.27	41.62	400m: 5:19.13	38.55
15.	SILVA Francisca Gomes	06	129777	Sporting de Espinho	5:20.67	+0,78	388	8,00
	50m: 33.72 33.72		150m: 1:51.87	39.77	250m: 3:13.94	41.48	350m: 4:38.43	42.81
	100m: 1:12.10 38.38		200m: 2:32.46	40.59	300m: 3:55.62	41.68	400m: 5:20.67	42.24
16.	ROCHA Bruna Fantasia	07	201843	Nucleo Sporting da Terceira	5:26.46		367	7,00
17.	JANUARIO Joana Silva	06	132544	Nautico Abrantes	5:27.33	+0,84	364	6,00
	50m: 36.07 36.07		150m: 1:58.03	41.79	250m: 3:22.93	42.60	350m: 4:47.75	42.14
	100m: 1:16.24 40.17		200m: 2:40.33	42.30	300m: 4:05.61	42.68	400m: 5:27.33	39.58
18.	CARICHAS Joana Medeiros	06	200965	Juventude Atlantico	5:31.86		350	5,00
19.	COUTO Matilde Rodrigues	06	132968	Agua de Pau	5:43.82		314	4,00
20.	SILVA Maria Teresa	07	207636	Aminata	5:44.17	+0,79	313	3,00
	50m: 36.29 36.29		150m: 2:00.25	42.89	250m: 3:29.73	45.27	350m: 5:00.31	45.55
	100m: 1:17.36 41.07		200m: 2:44.46	44.21	300m: 4:14.76	45.03	400m: 5:44.17	43.86
21.	GIL Constanca Basilio	03	125758	Natacao do Tejo	5:47.52	+0,72	304	2,00
	50m: 37.28 37.28		150m: 2:03.05	43.75	250m: 3:32.48	44.78	350m: 5:03.95	45.47
	100m: 1:19.30 42.02		200m: 2:47.70	44.65	300m: 4:18.48	46.00	400m: 5:47.52	43.57
22.	MONRAIA Matilde Nabeiro	06	206511	CLAC-Entroncamento	6:06.81	+0,90	259	1,00
	50m: 39.74 39.74		150m: 2:12.03	47.02	250m: 3:47.41	47.67	350m: 5:22.13	47.10
	100m: 1:25.01 45.27		200m: 2:59.74	47.71	300m: 4:35.03	47.62	400m: 6:06.81	44.68
EXH	NEVES Daniela Lourenco	05	132684	CCDSerta				-