

Prova 15
27-03-2021 - 17:05

Femin., 400m Estilos

Absolutos
Resultados

RN Absoluto	4:40.11	KAMINSKAYA Victoria	POR	Pontevedra (ESP)	09-04-2017
RN Sen	4:40.11	KAMINSKAYA Victoria	POR	Pontevedra (ESP)	09-04-2017
RN Jun 17	4:52.12	KAMINSKAYA Victoria	PIMP	Oeiras	27-07-2012
RN Jun 16	4:54.00	ROCHA Ines Neto	SANNP	Gijón (ESP)	20-05-2017
RN Juv A	4:58.08	DURAES Diana Margarida	FOCA	Povoa de Varzim	05-08-2011
RN Juv B	5:01.00	ROCHA Ines Neto	CAP	Coimbra	24-07-2015

TAC Juv 50m: 5:23.02 - 25m: 5:14.77; Jun 50m: 5:10.66 - 25m: 5:00.32; Sen 50m: 4:58.71 - 25m: 4:51.06 / JO Absoluto: 4:38.53 / CMJ_Fem 14 - 17: 4:50.07 / CEPL Abs: 4:44.49 / CEJun_Fem 14 - 17: 4:55.87 / PreJun_Fem Juv: 5:04.74

Pontos: FINA 2021

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	CABRAL Maria Francisca	00	Porto	4:57.64	+0,73	716	
	50m: 31.70 31.70	150m: 1:45.98	38.73	250m: 3:06.97	42.76	350m: 4:24.41	34.61
	100m: 1:07.25 35.55	200m: 2:24.21	38.23	300m: 3:49.80	42.83	400m: 4:57.64	33.23
2.	MENDES Mariana Amaral	02	Colegio Monte Maior	4:59.35	+0,81	704	
	50m: 31.59 31.59	150m: 1:48.63	40.69	250m: 3:10.51	42.39	350m: 4:26.32	34.29
	100m: 1:07.94 36.35	200m: 2:28.12	39.49	300m: 3:52.03	41.52	400m: 4:59.35	33.03
3.	CARDEAL Beatriz Nunes	04	Academico Viseu	5:09.10	+0,65	639	
	50m: 32.22 32.22	150m: 1:50.63	41.42	250m: 3:15.89	45.16	350m: 4:36.38	35.21
	100m: 1:09.21 36.99	200m: 2:30.73	40.10	300m: 4:01.17	45.28	400m: 5:09.10	32.72
4.	LOPES Daniela Magalhaes	05	Famalicao	5:09.39	+0,78	638	
	50m: 31.78 31.78	150m: 1:49.60	41.59	250m: 3:16.92	46.17	350m: 4:34.89	34.71
	100m: 1:08.01 36.23	200m: 2:30.75	41.15	300m: 4:00.18	43.26	400m: 5:09.39	34.50
5.	CARAPINHA Ariana Bento	06	Nautico Marinha Grande	5:18.45	+0,74	585	
	50m: 32.24 32.24	150m: 1:52.76	42.19	250m: 3:18.45	45.16	350m: 4:41.70	37.05
	100m: 1:10.57 38.33	200m: 2:33.29	40.53	300m: 4:04.65	46.20	400m: 5:18.45	36.75
6.	PINTO Leonor Filipa	06	Porto	5:24.57	+0,81	552	
	50m: 34.64 34.64	150m: 1:58.23	43.28	250m: 3:25.93	46.45	350m: 4:49.22	36.97
	100m: 1:14.95 40.31	200m: 2:39.48	41.25	300m: 4:12.25	46.32	400m: 5:24.57	35.35
7.	SIMÕES Dania Rodrigues	07	Louzan Natacao	5:31.24	+0,81	519	
	50m: 35.17 35.17	150m: 1:58.15	42.41	250m: 3:27.25	47.41	350m: 4:53.25	39.02
	100m: 1:15.74 40.57	200m: 2:39.84	41.69	300m: 4:14.23	46.98	400m: 5:31.24	37.99
DNS	HENRIQUES Ines Jacinto	00	Sporting				

ORGANIZAÇÃO



PARCEIROS INSTITUCIONAIS



FORNECEDOR OFICIAL



PARCEIRO OFICIAL DE NUTRIÇÃO DESPORTIVA E ALIMENTAÇÃO FUNCIONAL



PARCEIROS

