

Prova 17  
27-03-2021 - 17:25

Femin., 400m Livres

Absoluto  
Resultados

RN Absoluto	4:09.49	DURAES Diana Margarida	POR	Tarragona (ESP)	25-06-2018
RN Sen	4:09.49	DURAES Diana Margarida	POR	Tarragona (ESP)	25-06-2018
RN Jun 17	4:14.67	HOLUB Tamila Hryhorivna	SCB	Oeiras	23-07-2016
RN Jun 16	4:20.37	FERREIRA Marta Andreia	POR	Berlim (GER)	04-08-2002
RN Juv A	4:20.78	HOLUB Tamila Hryhorivna	POR	Porto	07-06-2014
RN Juv B	4:26.20	CABRAL Maria Francisca	FCP	Oeiras	26-07-2014
RN Inf A	4:31.53	SILVA Alexandra Maria	POR	Skovde (SWE)	08-08-1980
RN Inf B	4:43.70	SILVA Alexandra Maria	FCP	Funchal	27-07-1979
S8	5:42.76	CASTRO Ana Filipa	FVCD	Oeiras	11-05-2019

TAC Juv 50m: 4:47.62 - 25m: 4:45.37; Jun 50m: 4:36.61 - 25m: 4:32.17; Sen 50m: 4:25.97 - 25m: 4:23.83 / JO : 4:07.90 / CMJ\_Fem 14 - 17: 4:18.27 / CEPL Abs: 4:13.31 / CEJun\_Fem 14 - 17: 4:23.44 / PreJun\_Fem Juv: 4:31.34

Pontos: FINA 2021

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	DURAES Diana Margarida	96	Benfica	<b>4:14.91</b>	+0,73	798	
	50m: 30.38 30.38	150m: 1:34.59	32.28 250m: 2:38.65	31.93	350m: 3:43.00	32.26	
	100m: 1:02.31 31.93	200m: 2:06.72	32.13 300m: 3:10.74	32.09	400m: 4:14.91	31.91	
2.	CONCEICAO Ema Jeronimo	03	Fisica Torres Vedras	<b>4:19.73</b>	+0,80	754	
	50m: 30.65 30.65	150m: 1:35.12	32.46 250m: 2:41.09	33.13	350m: 3:47.61	33.29	
	100m: 1:02.66 32.01	200m: 2:07.96	32.84 300m: 3:14.32	33.23	400m: 4:19.73	32.12	
3.	MARTINS Francisca Soares	03	Foca Quinta da Lixa CNF	<b>4:20.10</b>	+0,68	751	
	50m: 30.14 30.14	150m: 1:34.56	32.50 250m: 2:40.67	33.13	350m: 3:47.92	33.62	
	100m: 1:02.06 31.92	200m: 2:07.54	32.98 300m: 3:14.30	33.63	400m: 4:20.10	32.18	
4.	PIRES Marta Joao	05	Alges	<b>4:27.70</b>	+0,77	689	
	50m: 31.57 31.57	150m: 1:39.79	34.23 250m: 2:48.06	33.82	350m: 3:55.59	33.44	
	100m: 1:05.56 33.99	200m: 2:14.24	34.45 300m: 3:22.15	34.09	400m: 4:27.70	32.11	
5.	CARDEAL Joana Nunes	02	Academico Viseu	<b>4:28.51</b>	+0,80	682	
	50m: 30.62 30.62	150m: 1:38.23	34.22 250m: 2:46.60	34.03	350m: 3:55.46	34.45	
	100m: 1:04.01 33.39	200m: 2:12.57	34.34 300m: 3:21.01	34.41	400m: 4:28.51	33.05	
6.	ROSA Mafalda Sofia	03	Rio Maior	<b>4:29.26</b>	+0,75	677	
	50m: 31.30 31.30	150m: 1:38.32	33.81 250m: 2:47.39	34.78	350m: 3:55.92	34.04	
	100m: 1:04.51 33.21	200m: 2:12.61	34.29 300m: 3:21.88	34.49	400m: 4:29.26	33.34	
7.	RAMOS Ana Rita	02	Porto	<b>4:29.78</b>	+0,76	673	
	50m: 31.20 31.20	150m: 1:37.31	33.24 250m: 2:45.70	34.65	350m: 3:55.64	34.52	
	100m: 1:04.07 32.87	200m: 2:11.05	33.74 300m: 3:21.12	35.42	400m: 4:29.78	34.14	
8.	MONTEIRO Ana Catarina	93	Vilacondense	<b>4:30.57</b>	+0,69	667	
	50m: 30.94 30.94	150m: 1:38.16	34.34 250m: 2:46.30	34.38	350m: 3:56.55	35.11	
	100m: 1:03.82 32.88	200m: 2:11.92	33.76 300m: 3:21.44	35.14	400m: 4:30.57	34.02	
9.	QUEIROZ Ana Rita	02	Condeixa Clube	<b>4:34.13</b>	+0,76	641	
	50m: 31.50 31.50	150m: 1:40.17	34.62 250m: 2:50.92	34.92	350m: 4:00.80	34.52	
	100m: 1:05.55 34.05	200m: 2:16.00	35.83 300m: 3:26.28	35.36	400m: 4:34.13	33.33	
10.	LOPES Daniela Magalhaes	05	Famalicao	<b>4:34.32</b>	+0,77	640	
	50m: 31.39 31.39	150m: 1:39.77	34.25 250m: 2:49.61	34.68	350m: 3:59.90	34.85	
	100m: 1:05.52 34.13	200m: 2:14.93	35.16 300m: 3:25.05	35.44	400m: 4:34.32	34.42	

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Prova 17, Femin., 400m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
11.	RODRIGUES Joana Francisca	04	Uniao Coimbra	<b>4:34.55</b>	+0,57	638	
	50m: 30.73 30.73	150m: 1:39.70	34.71 250m: 2:49.93	35.16	350m: 4:00.66	35.28	
	100m: 1:04.99 34.26	200m: 2:14.77	35.07 300m: 3:25.38	35.45	400m: 4:34.55	33.89	
12.	LOPES Francisca Macedo	05	Vilacondense	<b>4:39.25</b>	+0,81	607	
	50m: 31.26 31.26	150m: 1:41.88	35.44 250m: 2:52.88	35.60	350m: 4:04.01	35.62	
	100m: 1:06.44 35.18	200m: 2:17.28	35.40 300m: 3:28.39	35.51	400m: 4:39.25	35.24	
13.	ANDRE Leticia Maia	02	Benfica	<b>4:39.62</b>	+0,68	604	
	50m: 31.62 31.62	150m: 1:42.34	35.62 250m: 2:54.65	36.19	350m: 4:06.36	35.66	
	100m: 1:06.72 35.10	200m: 2:18.46	36.12 300m: 3:30.70	36.05	400m: 4:39.62	33.26	
14.	ALVES Joana Silva	05	Benedita	<b>4:39.87</b>	+0,71	603	
	50m: 31.73 31.73	150m: 1:42.56	35.66 250m: 2:54.29	35.82	350m: 4:06.05	36.16	
	100m: 1:06.90 35.17	200m: 2:18.47	35.91 300m: 3:29.89	35.60	400m: 4:39.87	33.82	
15.	AMADO Maria Lopes	04	Nautico Marinha Grande	<b>4:42.38</b>	+0,70	587	
	50m: 31.67 31.67	150m: 1:42.96	36.06 250m: 2:54.50	35.56	350m: 4:06.95	36.12	
	100m: 1:06.90 35.23	200m: 2:18.94	35.98 300m: 3:30.83	36.33	400m: 4:42.38	35.43	
16.	FARIA Leonor Verissimo	06	Nucleo de Pombal	<b>4:43.75</b>	+0,79	578	
	50m: 32.05 32.05	150m: 1:43.43	35.95 250m: 2:56.63	36.53	350m: 4:09.64	36.48	
	100m: 1:07.48 35.43	200m: 2:20.10	36.67 300m: 3:33.16	36.53	400m: 4:43.75	34.11	
17.	COELHO Maria Leonor	06	Benfica	<b>4:44.03</b>	+0,77	577	
	50m: 32.27 32.27	150m: 1:44.09	36.82 250m: 2:57.22	36.64	350m: 4:09.58	36.09	
	100m: 1:07.27 35.00	200m: 2:20.58	36.49 300m: 3:33.49	36.27	400m: 4:44.03	34.45	
18.	PIRES Catarina Gaspar	06	Porto	<b>4:45.34</b>	+0,74	569	
	50m: 32.68 32.68	150m: 1:44.41	36.27 250m: 2:57.01	36.25	350m: 4:10.38	36.49	
	100m: 1:08.14 35.46	200m: 2:20.76	36.35 300m: 3:33.89	36.88	400m: 4:45.34	34.96	
19.	FERREIRA Maria Joao	06	Foca Quinta da Lixa CNF	<b>4:45.58</b>	+0,71	567	
	50m: 32.58 32.58	150m: 1:44.69	36.52 250m: 2:57.69	36.76	350m: 4:11.02	36.93	
	100m: 1:08.17 35.59	200m: 2:20.93	36.24 300m: 3:34.09	36.40	400m: 4:45.58	34.56	
20.	PEIXOTO Carolina Esteves	06	Braga	<b>4:45.71</b>	+0,75	566	
	50m: 32.14 32.14	150m: 1:43.04	35.93 250m: 2:56.39	36.55	350m: 4:09.88	36.35	
	100m: 1:07.11 34.97	200m: 2:19.84	36.80 300m: 3:33.53	37.14	400m: 4:45.71	35.83	
21.	FROIS Maria Francisca	06	Ba-Leiria	<b>4:46.98</b>	+0,83	559	
	50m: 31.90 31.90	150m: 1:44.15	36.66 250m: 2:57.37	36.40	350m: 4:11.10	35.94	
	100m: 1:07.49 35.59	200m: 2:20.97	36.82 300m: 3:35.16	37.79	400m: 4:46.98	35.88	
22.	RAMOS Joana Barbas	06	Gafanha da Encarnacao	<b>4:47.58</b>	+0,79	555	
	50m: 33.02 33.02	150m: 1:45.89	36.59 250m: 2:59.44	36.85	350m: 4:12.64	35.98	
	100m: 1:09.30 36.28	200m: 2:22.59	36.70 300m: 3:36.66	37.22	400m: 4:47.58	34.94	
23.	COSTA Anita Gouveia	06	Condeixa Clube	<b>4:48.34</b>	+0,70	551	
	50m: 32.61 32.61	150m: 1:46.48	37.63 250m: 2:59.69	36.00	350m: 4:12.56	35.79	
	100m: 1:08.85 36.24	200m: 2:23.69	37.21 300m: 3:36.77	37.08	400m: 4:48.34	35.78	
24.	SOARES Miriam Mortagua	06	Galitos / Bresimar	<b>4:49.57</b>	+0,79	544	
	50m: 32.72 32.72	150m: 1:46.06	37.03 250m: 3:00.07	36.95	350m: 4:13.73	36.55	
	100m: 1:09.03 36.31	200m: 2:23.12	37.06 300m: 3:37.18	37.11	400m: 4:49.57	35.84	

Prova 17, Femin., 400m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
25.	DINIS Filipa Paiva	06	Ba-Leiria	<b>4:51.01</b>	+0,85	536	
	50m: 32.28 32.28	150m: 1:45.14	36.31	250m: 2:59.65	37.24	350m: 4:14.36	37.24
	100m: 1:08.83 36.55	200m: 2:22.41	37.27	300m: 3:37.12	37.47	400m: 4:51.01	36.65
26.	LOPES Matilde Nunes	06	Benfica	<b>4:51.42</b>	+0,80	534	
	50m: 32.10 32.10	150m: 1:44.15	36.39	250m: 2:57.48	36.45	350m: 4:13.27	37.75
	100m: 1:07.76 35.66	200m: 2:21.03	36.88	300m: 3:35.52	38.04	400m: 4:51.42	38.15
27.	FLORENCIO Matilde Alves	04	Condeixa Clube	<b>4:51.59</b>	+0,76	533	
	50m: 32.80 32.80	150m: 1:45.26	36.70	250m: 3:00.10	37.28	350m: 4:15.38	37.56
	100m: 1:08.56 35.76	200m: 2:22.82	37.56	300m: 3:37.82	37.72	400m: 4:51.59	36.21
28.	NUNES Rita Sofia	05	Colegio Efanor	<b>4:53.40</b>	+0,90	523	
	50m: 32.25 32.25	150m: 1:44.54	36.45	250m: 2:59.53	37.46	350m: 4:15.78	38.23
	100m: 1:08.09 35.84	200m: 2:22.07	37.53	300m: 3:37.55	38.02	400m: 4:53.40	37.62
29.	VIEIRA Ana Beatriz	07	Foca Quinta da Lixa CNF	<b>4:56.34</b>	+0,81	508	
	50m: 32.82 32.82	150m: 1:47.04	37.50	250m: 3:03.51	38.46	350m: 4:19.79	38.32
	100m: 1:09.54 36.72	200m: 2:25.05	38.01	300m: 3:41.47	37.96	400m: 4:56.34	36.55
30.	MARTINS Ana Rita	06	Foca Quinta da Lixa CNF	<b>4:59.65</b>	+0,61	491	
	50m: 32.88 32.88	150m: 1:48.58	39.18	250m: 3:05.51	38.94	350m: 4:22.58	38.66
	100m: 1:09.40 36.52	200m: 2:26.57	37.99	300m: 3:43.92	38.41	400m: 4:59.65	37.07
31.	CASTRO Ana Filipa	97 S8	Feira Viva	<b>5:48.86</b>	+0,76	311	
	50m: 39.96 39.96	150m: 2:08.71	44.23	250m: 3:37.67	44.69	350m: 5:06.60	44.28
	100m: 1:24.48 44.52	200m: 2:52.98	44.27	300m: 4:22.32	44.65	400m: 5:48.86	42.26

Paralimpicos

1.	CASTRO Ana Filipa	97 S8	Feira Viva	<b>5:48.86</b>	+0,76	311	
	50m: 39.96 39.96	150m: 2:08.71	44.23	250m: 3:37.67	44.69	350m: 5:06.60	44.28
	100m: 1:24.48 44.52	200m: 2:52.98	44.27	300m: 4:22.32	44.65	400m: 5:48.86	42.26

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