

Prova 15
19-12-2020 - 16:00

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

CEJun_Fem 14 - 17: 4:23.44 / CEPL Abs: 4:13.31 / JO : 4:07.90

Pontos: FINA 2020

Lugar	Ano		Tempo final		Pts
1. CONCEICAO Ema Jeronimo	03	Fisica Torres Vedras	4:20.39	748	
50m: 30.45 30.45	150m: 1:35.74 32.77	250m: 2:41.11 32.43	350m: 3:47.81 33.73		
100m: 1:02.97 32.52	200m: 2:08.68 32.94	300m: 3:14.08 32.97	400m: 4:20.39 32.58		
2. MARTINS Francisca Soares	03	Foca Quinta da Lixa CNF	4:25.82	703	
50m: 30.33 30.33	150m: 1:36.46 33.38	250m: 2:44.30 34.20	350m: 3:53.30 34.68		
100m: 1:03.08 32.75	200m: 2:10.10 33.64	300m: 3:18.62 34.32	400m: 4:25.82 32.52		
3. RAMOS Ana Rita	02	Porto	4:26.22	700	
50m: 30.48 30.48	150m: 1:36.50 33.10	250m: 2:43.69 33.40	350m: 3:52.18 34.41		
100m: 1:03.40 32.92	200m: 2:10.29 33.79	300m: 3:17.77 34.08	400m: 4:26.22 34.04		
MONTEIRO Ana Catarina	93	Vilacondense	4:26.22	700	
50m: 31.09 31.09	150m: 1:37.53 33.75	250m: 2:45.62 34.30	350m: 3:53.46 33.87		
100m: 1:03.78 32.69	200m: 2:11.32 33.79	300m: 3:19.59 33.97	400m: 4:26.22 32.76		
5. PIRES Marta Joao	05	Alges	4:28.14	685	
50m: 31.03 31.03	150m: 1:38.39 33.85	250m: 2:46.50 34.02	350m: 3:54.75 33.99		
100m: 1:04.54 33.51	200m: 2:12.48 34.09	300m: 3:20.76 34.26	400m: 4:28.14 33.39		
6. LOPES Daniela Magalhaes	05	Famalicao	4:34.09	642	
50m: 30.63 30.63	150m: 1:38.14 34.06	250m: 2:48.16 35.23	350m: 3:59.40 35.65		
100m: 1:04.08 33.45	200m: 2:12.93 34.79	300m: 3:23.75 35.59	400m: 4:34.09 34.69		
7. ROSA Mariana Carmo	05	Louzan Natacao/EFAPEL	4:36.47	625	
50m: 31.13 31.13	150m: 1:38.67 34.39	250m: 2:48.81 35.38	350m: 4:01.37 36.64		
100m: 1:04.28 33.15	200m: 2:13.43 34.76	300m: 3:24.73 35.92	400m: 4:36.47 35.10		
8. CARDEAL Beatriz Nunes	04	Academico Viseu	4:36.73	623	
50m: 31.21 31.21	150m: 1:40.97 35.30	250m: 2:51.82 35.30	350m: 4:02.83 35.40		
100m: 1:05.67 34.46	200m: 2:16.52 35.55	300m: 3:27.43 35.61	400m: 4:36.73 33.90		
9. AMORIM Maria Leonor	03	Porto	4:38.27	613	
50m: 31.64 31.64	150m: 1:40.18 34.65	250m: 2:51.02 35.23	350m: 4:03.34 35.94		
100m: 1:05.53 33.89	200m: 2:15.79 35.61	300m: 3:27.40 36.38	400m: 4:38.27 34.93		