

Prova 38  
20-12-2020 - 10:20

Femin., 400m Estilos

Absoluto  
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
RN Inf A	5:11.29	ROCHA Diana Ramos	EDV	Faro	20-07-2007
RN Inf B	5:14.05	RUIVO Filipa Vilas	DNMG	S. Joao da Madeira	24-07-2009

CEJun\_Fem 14 - 17: 4:55.87 / CEPL Abs: 4:44.49 / JO : 4:38.53

Pontos: FINA 2020

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	ANDRE Angelica Maria	94	Fluvial Portuense	<b>4:55.41</b>	+0,70	733	
	50m: 31.27 31.27	150m: 1:44.71	38.73	250m: 3:04.87	41.54	350m: 4:21.33	34.81
	100m: 1:05.98 34.71	200m: 2:23.33	38.62	300m: 3:46.52	41.65	400m: 4:55.41	34.08
2.	CABRAL Maria Francisca	00	Porto	<b>4:57.98</b>	+0,81	714	
	50m: 31.85 31.85	150m: 1:46.49	38.92	250m: 3:07.37	43.06	350m: 4:24.55	35.11
	100m: 1:07.57 35.72	200m: 2:24.31	37.82	300m: 3:49.44	42.07	400m: 4:57.98	33.43
3.	CARDEAL Joana Nunes	02	Academico Viseu	<b>5:08.32</b>	+0,85	644	
	50m: 30.45 30.45	150m: 1:46.81	40.89	250m: 3:12.26	45.01	350m: 4:33.79	35.85
	100m: 1:05.92 35.47	200m: 2:27.25	40.44	300m: 3:57.94	45.68	400m: 5:08.32	34.53
4.	LOPES Daniela Magalhaes	05	Famalicao	<b>5:17.24</b>	+0,96	591	
	50m: 32.38 32.38	150m: 1:52.26	43.03	250m: 3:21.10	46.60	350m: 4:42.46	35.53
	100m: 1:09.23 36.85	200m: 2:34.50	42.24	300m: 4:06.93	45.83	400m: 5:17.24	34.78
5.	VEIGA Ana Filipa	01	Gafanha da Encarnacao	<b>5:23.29</b>	+0,86	559	
	50m: 33.62 33.62	150m: 1:57.40	44.27	250m: 3:24.83	43.86	350m: 4:46.41	38.20
	100m: 1:13.13 39.51	200m: 2:40.97	43.57	300m: 4:08.21	43.38	400m: 5:23.29	36.88
6.	MORGADO Alice Jesus	04	Sporting	<b>5:23.38</b>	+0,85	558	
	50m: 33.40 33.40	150m: 1:54.56	42.20	250m: 3:23.21	46.48	350m: 4:46.82	36.71
	100m: 1:12.36 38.96	200m: 2:36.73	42.17	300m: 4:10.11	46.90	400m: 5:23.38	36.56
7.	COELHO Maria Leonor	06	Benfica	<b>5:38.45</b>	+0,85	487	
	50m: 33.44 33.44	150m: 1:58.78	44.31	250m: 3:32.56	50.03	350m: 5:01.96	39.61
	100m: 1:14.47 41.03	200m: 2:42.53	43.75	300m: 4:22.35	49.79	400m: 5:38.45	36.49
8.	LOPES Francisca Macedo	05	Vilacondense	<b>5:42.89</b>	+0,80	468	
	50m: 35.26 35.26	150m: 2:02.79	44.56	250m: 3:35.62	49.00	350m: 5:04.57	39.53
	100m: 1:18.23 42.97	200m: 2:46.62	43.83	300m: 4:25.04	49.42	400m: 5:42.89	38.32
9.	VARANDAS Joana Filipa	02	Laranjeiro	<b>5:48.20</b>	+0,87	447	
	50m: 35.29 35.29	150m: 2:02.42	46.22	250m: 3:40.54	53.07	350m: 5:10.88	37.73
	100m: 1:16.20 40.91	200m: 2:47.47	45.05	300m: 4:33.15	52.61	400m: 5:48.20	37.32