

Prova 1 Femin., 400m Livres Absoluto
13-02-2021 - 16:00 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

JO-Para S9: 5:04.07 / CEJun_Fem 14 - 17: 4:23.44 / CEPL Abs: 4:13.31 / JO : 4:07.90

Pontos: FINA 2021

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
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Absolutos

1.	CONCEICAO Ema Jeronimo	03	Fisica de Torres Vedras	4:21.27	+0,78	741	
	50m: 30.50 30.50	150m: 1:35.96	32.84	250m: 2:41.79	33.00	350m: 3:48.60	33.70
	100m: 1:03.12 32.62	200m: 2:08.79	32.83	300m: 3:14.90	33.11	400m: 4:21.27	32.67
2.	MARTINS Francisca Soares	03	Foca Quinta da Lixa CNF	4:23.37	+0,73	723	
	50m: 30.39 30.39	150m: 1:36.19	33.26	250m: 2:42.57	33.40	350m: 3:50.59	34.24
	100m: 1:02.93 32.54	200m: 2:09.17	32.98	300m: 3:16.35	33.78	400m: 4:23.37	32.78
3.	PIRES Marta Joao	05	Alges	4:27.40	+0,76	691	
	50m: 31.64 31.64	150m: 1:40.08	34.46	250m: 2:48.39	33.45	350m: 3:54.68	32.94
	100m: 1:05.62 33.98	200m: 2:14.94	34.86	300m: 3:21.74	33.35	400m: 4:27.40	32.72
4.	MENDES Mariana Amaral	02	Colegio Monte Maior	4:31.05	+0,86	663	
	50m: 32.12 32.12	150m: 1:40.00	34.04	250m: 2:48.85	34.60	350m: 3:57.87	34.58
	100m: 1:05.96 33.84	200m: 2:14.25	34.25	300m: 3:23.29	34.44	400m: 4:31.05	33.18
5.	RAMOS Ana Rita	02	Porto	4:31.54	+0,82	660	
	50m: 30.83 30.83	150m: 1:37.39	33.56	250m: 2:46.24	34.55	350m: 3:56.27	34.49
	100m: 1:03.83 33.00	200m: 2:11.69	34.30	300m: 3:21.78	35.54	400m: 4:31.54	35.27
6.	CARDEAL Beatriz Nunes	04	Academico Viseu	4:34.23	+0,78	641	
	50m: 31.01 31.01	150m: 1:39.63	34.88	250m: 2:49.81	35.12	350m: 4:00.37	35.23
	100m: 1:04.75 33.74	200m: 2:14.69	35.06	300m: 3:25.14	35.33	400m: 4:34.23	33.86
7.	ROSA Mariana Carmo	05	Louzan Natacao/EFAPEL	4:35.56	+0,58	631	
	50m: 31.20 31.20	150m: 1:39.35	34.65	250m: 2:49.47	35.01	350m: 4:00.48	35.88
	100m: 1:04.70 33.50	200m: 2:14.46	35.11	300m: 3:24.60	35.13	400m: 4:35.56	35.08
8.	ALVES Joana Silva	05	Benedita	4:36.64	+0,76	624	
	50m: 31.45 31.45	150m: 1:41.00	35.06	250m: 2:51.66	35.36	350m: 4:02.39	35.52
	100m: 1:05.94 34.49	200m: 2:16.30	35.30	300m: 3:26.87	35.21	400m: 4:36.64	34.25
9.	LOPES Daniela Magalhaes	05	Famalicao	4:37.60	+0,77	618	
	50m: 31.00 31.00	150m: 1:40.36	34.84	250m: 2:51.29	35.26	350m: 4:02.69	35.72
	100m: 1:05.52 34.52	200m: 2:16.03	35.67	300m: 3:26.97	35.68	400m: 4:37.60	34.91
10.	AMADO Maria Lopes	04	Nautico Marinha Grande	4:50.15	+0,71	541	
	50m: 32.01 32.01	150m: 1:43.47	36.63	250m: 2:58.22	37.76	350m: 4:13.38	37.65
	100m: 1:06.84 34.83	200m: 2:20.46	36.99	300m: 3:35.73	37.51	400m: 4:50.15	36.77

DNS MONTEIRO Ana Catarina 93 Vilacondense

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