

Prova 10	Femin., 400m Estilos					Absolutos
26-11-2021 - 11:00						Resultados
RN25 Absoluto	4:36.19	KAMINSKAYA Victoria	POR	Copenhagen (DEN)		13-12-2017
RN25 Sen	4:36.19	KAMINSKAYA Victoria	POR	Copenhagen (DEN)		13-12-2017
RN25 Jun17	4:46.89	ROCHA Ines Neto	CAP	Felgueiras		15-04-2018
RN25 Jun16	4:50.85	DURAES Diana Margarida	FOCA	Silves		02-12-2011

Pontos: FINA 2021

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
Seniores							
1.	ANDRE Angelica Maria	94	Porto	4:40.82	+0,74	783	
	50m: 30.71 30.71	150m: 1:42.84	37.81	250m: 2:59.05	39.14	350m: 4:10.37	31.68
	100m: 1:05.03 34.32	200m: 2:19.91	37.07	300m: 3:38.69	39.64	400m: 4:40.82	30.45
2.	PEREIRA Raquel Gomes	00	Benfica	4:42.81	+0,72	767	
	50m: 30.57 30.57	150m: 1:42.18	37.31	250m: 2:57.07	38.20	350m: 4:09.87	33.96
	100m: 1:04.87 34.30	200m: 2:18.87	36.69	300m: 3:35.91	38.84	400m: 4:42.81	32.94
3.	CARDEAL Joana Nunes	02	Academico Viseu	4:50.47	+0,78	708	
	50m: 30.92 30.92	150m: 1:44.87	38.77	250m: 3:03.58	41.49	350m: 4:19.09	33.36
	100m: 1:06.10 35.18	200m: 2:22.09	37.22	300m: 3:45.73	42.15	400m: 4:50.47	31.38
4.	MONTEIRO Ana Catarina	93	Vilacondense	4:50.52	+0,69	708	
	50m: 30.17 30.17	150m: 1:42.08	38.42	250m: 3:01.82	42.26	350m: 4:18.60	34.43
	100m: 1:03.66 33.49	200m: 2:19.56	37.48	300m: 3:44.17	42.35	400m: 4:50.52	31.92
5.	MESQUITA Francisca Salvador	02	Sporting	4:51.50	+0,73	700	
	50m: 30.74 30.74	150m: 1:44.97	39.07	250m: 3:04.72	41.72	350m: 4:20.14	34.48
	100m: 1:05.90 35.16	200m: 2:23.00	38.03	300m: 3:45.66	40.94	400m: 4:51.50	31.36
6.	MENDES Mariana Amaral	02	Sporting	4:51.70	+0,80	699	
	50m: 31.85 31.85	150m: 1:46.36	38.81	250m: 3:05.50	41.54	350m: 4:20.29	33.25
	100m: 1:07.55 35.70	200m: 2:23.96	37.60	300m: 3:47.04	41.54	400m: 4:51.70	31.41
7.	REBELO Maria Carlota	03	Condeixa Clube	4:55.07	+0,62	675	
	50m: 31.11 31.11	150m: 1:45.46	38.86	250m: 3:04.95	41.35	350m: 4:21.33	34.76
	100m: 1:06.60 35.49	200m: 2:23.60	38.14	300m: 3:46.57	41.62	400m: 4:55.07	33.74
8.	CARDEAL Beatriz Nunes	04	Academico Viseu	4:55.64	+0,69	671	
	50m: 30.79 30.79	150m: 1:45.20	39.13	250m: 3:05.09	41.74	350m: 4:22.42	34.69
	100m: 1:06.07 35.28	200m: 2:23.35	38.15	300m: 3:47.73	42.64	400m: 4:55.64	33.22
9.	VEIGA Ana Filipa	01	Gafanha da Encarnacao	5:01.82	+0,78	631	
	50m: 32.05 32.05	150m: 1:48.69	40.15	250m: 3:10.10	41.75	350m: 4:27.27	35.49
	100m: 1:08.54 36.49	200m: 2:28.35	39.66	300m: 3:51.78	41.68	400m: 5:01.82	34.55
10.	MORGADO Alice Jesus	04	Sporting	5:10.35	+0,86	580	
	50m: 32.56 32.56	150m: 1:48.44	38.87	250m: 3:12.62	45.09	350m: 4:34.41	35.95
	100m: 1:09.57 37.01	200m: 2:27.53	39.09	300m: 3:58.46	45.84	400m: 5:10.35	35.94

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Juniores

1.	LOPES Daniela Magalhaes	05	Famalicao	4:56.60	+0,77	665
	50m: 31.20 31.20	150m: 1:45.89	39.43 250m: 3:07.05	42.69	350m: 4:23.62	33.82
	100m: 1:06.46 35.26	200m: 2:24.36	38.47 300m: 3:49.80	42.75	400m: 4:56.60	32.98
2.	REIS Erica Cristina	05	Sporting	5:05.15	+0,69	611
	50m: 32.45 32.45	150m: 1:49.13	39.32 250m: 3:12.35	43.94	350m: 4:31.45	34.76
	100m: 1:09.81 37.36	200m: 2:28.41	39.28 300m: 3:56.69	44.34	400m: 5:05.15	33.70
3.	ESTEVEENS Laura Fabiana	05	Naval de Faro	5:06.10	+0,75	605
	50m: 33.12 33.12	150m: 1:51.44	40.02 250m: 3:13.14	42.50	350m: 4:32.10	35.48
	100m: 1:11.42 38.30	200m: 2:30.64	39.20 300m: 3:56.62	43.48	400m: 5:06.10	34.00
4.	PINTO Leonor Filipa	06	Porto	5:07.32	+0,86	598
	50m: 33.06 33.06	150m: 1:49.38	38.85 250m: 3:11.53	43.67	350m: 4:32.19	36.44
	100m: 1:10.53 37.47	200m: 2:27.86	38.48 300m: 3:55.75	44.22	400m: 5:07.32	35.13
5.	FROIS Maria Francisca	06	Ba-Leiria	5:19.83	+0,76	530
	50m: 32.33 32.33	150m: 1:53.51	41.76 250m: 3:18.98	45.07	350m: 4:42.94	37.72
	100m: 1:11.75 39.42	200m: 2:33.91	40.40 300m: 4:05.22	46.24	400m: 5:19.83	36.89
6.	SILVA Ana Francisca	06	Alcobaca	5:21.43	+0,78	522
	50m: 33.09 33.09	150m: 1:53.53	41.92 250m: 3:22.24	48.02	350m: 4:46.75	36.48
	100m: 1:11.61 38.52	200m: 2:34.22	40.69 300m: 4:10.27	48.03	400m: 5:21.43	34.68
7.	LOPES Francisca Macedo	05	Vilacondense	5:22.63	+0,81	516
	50m: 33.81 33.81	150m: 1:53.50	40.43 250m: 3:19.28	46.03	350m: 4:45.08	38.28
	100m: 1:13.07 39.26	200m: 2:33.25	39.75 300m: 4:06.80	47.52	400m: 5:22.63	37.55
8.	COSTA Anita Gouveia	06	Condeixa Clube	5:23.96	+0,81	510
	50m: 33.62 33.62	150m: 1:54.38	41.97 250m: 3:22.66	47.56	350m: 4:48.15	36.63
	100m: 1:12.41 38.79	200m: 2:35.10	40.72 300m: 4:11.52	48.86	400m: 5:23.96	35.81
9.	FERREIRA Joana Rosa	05	Naval de Peniche	5:24.26	+0,82	509
	50m: 33.44 33.44	150m: 1:54.88	41.83 250m: 3:22.57	44.86	350m: 4:47.48	39.03
	100m: 1:13.05 39.61	200m: 2:37.71	42.83 300m: 4:08.45	45.88	400m: 5:24.26	36.78
DNS	RAMOS Joana Barbas	06	Gafanha da Encarnacao			