

Prova 18	Femin., 400m Livres					Absoluto
27-11-2021 - 9:15						Resultados
RN25 Absoluto	4:04.61	DURAES Diana Margarida	POR	Copenhagen (DEN)	17-12-2017	
RN25 Sen	4:04.61	DURAES Diana Margarida	POR	Copenhagen (DEN)	17-12-2017	
RN25 Jun17	4:10.52	HOLUB Tamila Hryhorivna	SCB	Porto	12-12-2015	
RN25 Jun16	4:13.53	SOUSA Ana Reis	CNLA	Porto	09-12-2017	
RN25 Juv A	4:18.39	SANTOS Ana Claudia	SFUAP	Cantanhede	20-12-2004	
RN25 Juv B	4:23.08	MIGUEL Susana Patricia	SFUAP	Alhandra	15-05-2004	
RN25 Inf A	4:25.30	SILVA Alexandra Maria	FCP	Porto	19-07-1980	
RN25 Inf B	4:38.40	RUIVO Filipa Vilas	DNMG	Alcobaça	13-06-2009	

Pontos: FINA 2021

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
<b>Seniores</b>							
1.	DURAES Diana Margarida	96	Benfica	<b>4:08.98</b>	+0,75	829	
	50m: 29.54 29.54	150m: 1:31.91	31.33	250m: 2:34.54	31.22	350m: 3:37.56	31.66
	100m: 1:00.58 31.04	200m: 2:03.32	31.41	300m: 3:05.90	31.36	400m: 4:08.98	31.42
2.	HOLUB Tamila Hryhorivna	99	Braga	<b>4:13.06</b>	+0,79	789	
	50m: 29.99 29.99	150m: 1:32.78	31.47	250m: 2:36.22	31.82	350m: 3:40.98	32.45
	100m: 1:01.31 31.32	200m: 2:04.40	31.62	300m: 3:08.53	32.31	400m: 4:13.06	32.08
3.	MARTINS Francisca Soares	03	Foca Quinta da Lixa CNF	<b>4:13.68</b>	+0,68	784	
	50m: 29.76 29.76	150m: 1:32.91	31.78	250m: 2:37.92	32.64	350m: 3:42.92	32.33
	100m: 1:01.13 31.37	200m: 2:05.28	32.37	300m: 3:10.59	32.67	400m: 4:13.68	30.76
4.	CONCEICAO Ema Jeronimo	03	Fisica Torres Vedras	<b>4:14.55</b>	+0,81	776	
	50m: 30.07 30.07	150m: 1:34.35	32.24	250m: 2:39.05	32.30	350m: 3:42.82	31.89
	100m: 1:02.11 32.04	200m: 2:06.75	32.40	300m: 3:10.93	31.88	400m: 4:14.55	31.73
5.	ANDRE Angelica Maria	94	Porto	<b>4:16.56</b>	+0,75	757	
	50m: 29.56 29.56	150m: 1:33.12	32.18	250m: 2:38.33	32.82	350m: 3:43.71	32.56
	100m: 1:00.94 31.38	200m: 2:05.51	32.39	300m: 3:11.15	32.82	400m: 4:16.56	32.85
6.	CARDEAL Joana Nunes	02	Academico Viseu	<b>4:18.25</b>	+0,73	743	
	50m: 30.13 30.13	150m: 1:35.43	32.66	250m: 2:40.66	32.51	350m: 3:46.07	32.66
	100m: 1:02.77 32.64	200m: 2:08.15	32.72	300m: 3:13.41	32.75	400m: 4:18.25	32.18
7.	MENDES Mariana Amaral	02	Sporting	<b>4:22.47</b>	+0,76	707	
	50m: 30.88 30.88	150m: 1:36.51	32.80	250m: 2:43.20	33.59	350m: 3:50.23	33.44
	100m: 1:03.71 32.83	200m: 2:09.61	33.10	300m: 3:16.79	33.59	400m: 4:22.47	32.24
8.	CARDEAL Beatriz Nunes	04	Academico Viseu	<b>4:23.76</b>	+0,70	697	
	50m: 30.53 30.53	150m: 1:36.73	33.37	250m: 2:44.29	33.70	350m: 3:51.45	33.50
	100m: 1:03.36 32.83	200m: 2:10.59	33.86	300m: 3:17.95	33.66	400m: 4:23.76	32.31
9.	HENRIQUES Ines Jacinto	00	Sporting	<b>4:23.97</b>	+0,71	695	
	50m: 29.87 29.87	150m: 1:34.50	32.54	250m: 2:41.20	33.54	350m: 3:49.61	34.47
	100m: 1:01.96 32.09	200m: 2:07.66	33.16	300m: 3:15.14	33.94	400m: 4:23.97	34.36
10.	MOURA Maria Ferreira	04	Sporting	<b>4:25.44</b>	+0,84	684	
	50m: 29.85 29.85	150m: 1:35.77	33.30	250m: 2:42.97	33.49	350m: 3:51.10	34.25
	100m: 1:02.47 32.62	200m: 2:09.48	33.71	300m: 3:16.85	33.88	400m: 4:25.44	34.34

## Prova 18, Femin., 400m Livres, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
11.	RAMOS Ana Rita	02	Porto	<b>4:26.03</b>	+0,82	679	
	50m: 29.56 29.56	150m: 1:35.23	33.45	250m: 2:43.04	34.00	350m: 3:51.72	34.43
	100m: 1:01.78 32.22	200m: 2:09.04	33.81	300m: 3:17.29	34.25	400m: 4:26.03	34.31
12.	MONTEIRO Ana Catarina	93	Vilacondense	<b>4:29.17</b>	+0,67	656	
	50m: 30.88 30.88	150m: 1:38.20	33.74	250m: 2:45.47	33.16	350m: 3:54.88	35.24
	100m: 1:04.46 33.58	200m: 2:12.31	34.11	300m: 3:19.64	34.17	400m: 4:29.17	34.29
13.	MORGADO Alice Jesus	04	Sporting	<b>4:40.52</b>	+0,82	579	
	50m: 31.23 31.23	150m: 1:39.53	34.49	250m: 2:50.31	35.73	350m: 4:03.80	37.11
	100m: 1:05.04 33.81	200m: 2:14.58	35.05	300m: 3:26.69	36.38	400m: 4:40.52	36.72

## Juniores

1.	PIRES Marta Joao	05	Alges	<b>4:21.06</b>	+0,75	719	
	50m: 29.80 29.80	150m: 1:35.90	33.40	250m: 2:43.46	33.77	350m: 3:49.69	32.80
	100m: 1:02.50 32.70	200m: 2:09.69	33.79	300m: 3:16.89	33.43	400m: 4:21.06	31.37
2.	LOPES Daniela Magalhaes	05	Famalicao	<b>4:22.22</b>	+0,76	709	
	50m: 30.23 30.23	150m: 1:35.14	32.69	250m: 2:42.04	33.50	350m: 3:49.29	33.67
	100m: 1:02.45 32.22	200m: 2:08.54	33.40	300m: 3:15.62	33.58	400m: 4:22.22	32.93
3.	FARIA Leonor Verissimo	06	Nucleo de Pombal	<b>4:29.49</b>	+0,72	653	
	50m: 31.43 31.43	150m: 1:39.42	34.31	250m: 2:48.19	34.23	350m: 3:56.20	33.78
	100m: 1:05.11 33.68	200m: 2:13.96	34.54	300m: 3:22.42	34.23	400m: 4:29.49	33.29
4.	ALVES Joana Silva	05	Benedita	<b>4:32.53</b>	+0,79	632	
	50m: 30.78 30.78	150m: 1:39.01	34.43	250m: 2:48.74	34.85	350m: 3:58.48	34.69
	100m: 1:04.58 33.80	200m: 2:13.89	34.88	300m: 3:23.79	35.05	400m: 4:32.53	34.05
5.	LOPES Francisca Macedo	05	Vilacondense	<b>4:34.46</b>	+0,82	619	
	50m: 30.89 30.89	150m: 1:39.16	34.42	250m: 2:49.02	35.05	350m: 3:59.21	35.10
	100m: 1:04.74 33.85	200m: 2:13.97	34.81	300m: 3:24.11	35.09	400m: 4:34.46	35.25
6.	REIS Erica Cristina	05	Sporting	<b>4:34.59</b>	+0,68	618	
	50m: 30.98 30.98	150m: 1:39.47	34.42	250m: 2:49.32	35.01	350m: 3:59.94	35.41
	100m: 1:05.05 34.07	200m: 2:14.31	34.84	300m: 3:24.53	35.21	400m: 4:34.59	34.65
7.	COELHO Maria Leonor	06	Benfica	<b>4:35.08</b>	+0,81	614	
	50m: 31.24 31.24	150m: 1:39.49	34.55	250m: 2:49.38	35.01	350m: 4:00.11	35.64
	100m: 1:04.94 33.70	200m: 2:14.37	34.88	300m: 3:24.47	35.09	400m: 4:35.08	34.97
8.	AMORIM Ines Santos	06	Desportiva de Viana	<b>4:36.92</b>	+0,83	602	
	50m: 32.14 32.14	150m: 1:40.97	34.81	250m: 2:51.22	35.35	350m: 4:03.19	35.68
	100m: 1:06.16 34.02	200m: 2:15.87	34.90	300m: 3:27.51	36.29	400m: 4:36.92	33.73
9.	RAMOS Joana Barbas	06	Gafanha da Encarnacao	<b>4:36.93</b>	+0,79	602	
	50m: 31.81 31.81	150m: 1:40.82	34.90	250m: 2:51.16	35.38	350m: 4:02.18	35.33
	100m: 1:05.92 34.11	200m: 2:15.78	34.96	300m: 3:26.85	35.69	400m: 4:36.93	34.75
10.	SOARES Miriam Mortagua	06	Galitos / Bresimar	<b>4:37.25</b>	+0,79	600	
	50m: 31.81 31.81	150m: 1:41.82	35.28	250m: 2:52.57	35.31	350m: 4:03.39	35.38
	100m: 1:06.54 34.73	200m: 2:17.26	35.44	300m: 3:28.01	35.44	400m: 4:37.25	33.86



Prova 18, Femin., 400m Livres, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
11.	PEIXOTO Carolina Esteves	06	Braga	<b>4:38.38</b>	+0,92	593	
	50m: 31.59 31.59	150m: 1:40.28	34.81 250m: 2:51.30	35.73	350m: 4:03.35	36.05	
	100m: 1:05.47 33.88	200m: 2:15.57	35.29 300m: 3:27.30	36.00	400m: 4:38.38	35.03	
12.	SILVA Ana Francisca	06	Alcobaca	<b>4:40.33</b>	+0,77	581	
	50m: 32.29 32.29	150m: 1:43.25	35.97 250m: 2:54.03	35.16	350m: 4:05.96	35.81	
	100m: 1:07.28 34.99	200m: 2:18.87	35.62 300m: 3:30.15	36.12	400m: 4:40.33	34.37	
13.	PIRES Catarina Gaspar	06	Porto	<b>4:41.40</b>	+0,84	574	
	50m: 32.10 32.10	150m: 1:42.41	35.64 250m: 2:54.06	35.59	350m: 4:06.25	36.12	
	100m: 1:06.77 34.67	200m: 2:18.47	36.06 300m: 3:30.13	36.07	400m: 4:41.40	35.15	
14.	LOPES Matilde Nunes	06	Benfica	<b>4:41.58</b>	+0,76	573	
	50m: 33.02 33.02	150m: 1:44.00	35.76 250m: 2:55.97	35.51	350m: 4:07.27	35.77	
	100m: 1:08.24 35.22	200m: 2:20.46	36.46 300m: 3:31.50	35.53	400m: 4:41.58	34.31	
15.	NOBRE Marisa Isabel	05	Columbofila Cantanhedense	<b>4:43.61</b>	+0,69	561	
	50m: 31.34 31.34	150m: 1:40.79	35.46 250m: 2:53.41	36.68	350m: 4:07.59	37.09	
	100m: 1:05.33 33.99	200m: 2:16.73	35.94 300m: 3:30.50	37.09	400m: 4:43.61	36.02	
16.	DINIS Filipa Paiva	06	Ba-Leiria	<b>4:48.19</b>	+0,88	534	
	50m: 33.35 33.35	150m: 1:45.40	36.07 250m: 2:57.95	36.28	350m: 4:11.25	36.94	
	100m: 1:09.33 35.98	200m: 2:21.67	36.27 300m: 3:34.31	36.36	400m: 4:48.19	36.94	
17.	CARLOTA Catarina Isabel	05	BUZIOS - Coruche	<b>4:48.22</b>	+0,76	534	
	50m: 32.05 32.05	150m: 1:43.32	36.16 250m: 2:56.89	36.78	350m: 4:11.46	37.25	
	100m: 1:07.16 35.11	200m: 2:20.11	36.79 300m: 3:34.21	37.32	400m: 4:48.22	36.76	
DNS	FERREIRA Maria Joao	06	Foca Quinta da Lixa CNF				
EXH	FOMINA Anna	02	Louletano / Loule Concelho	<b>4:30.91</b>	+0,75	643	
	50m: 30.54 30.54	150m: 1:36.97	33.47 250m: 2:45.53	34.34	350m: 3:56.15	35.52	
	100m: 1:03.50 32.96	200m: 2:11.19	34.22 300m: 3:20.63	35.10	400m: 4:30.91	34.76	