

Prova 31 Femin., 400m Estilos Juvenis A
02/04/2022 - 17:00 Resultados

Rec Nac Absoluto	4:40.11	KAMINSKAYA Victoria	POR	Pontevedra (ESP)	09/04/2017
Rec Nac Juv A	4:58.08	DURAES Diana Margarida	FOCA	Povoa de Varzim	05/08/2011

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	SANTOS Rita Machita	07	Naval Setubalense	5:15.14	+0,86	603	
	50m: 33.45 33.45	150m: 1:54.81 42.41	250m: 3:18.96 42.46	350m: 4:40.50 38.74			
	100m: 1:12.40 38.95	200m: 2:36.50 41.69	300m: 4:01.76 42.80	400m: 5:15.14 34.64			
2.	ALMEIDA Maria Emilia	07	Galitos / Bresimar	5:16.14	+0,66	598	
	50m: 32.44 32.44	150m: 1:49.73 40.56	250m: 3:17.22 47.09	350m: 4:40.42 36.30			
	100m: 1:09.17 36.73	200m: 2:30.13 40.40	300m: 4:04.12 46.90	400m: 5:16.14 35.72			
3.	RODRIGUES Leonor Carreiro	07	Benfica	5:26.39	+0,60	543	
	50m: 33.79 33.79	150m: 1:59.60 45.94	250m: 3:28.02 45.84	350m: 4:51.59 37.48			
	100m: 1:13.66 39.87	200m: 2:42.18 42.58	300m: 4:14.11 46.09	400m: 5:26.39 34.80			
4.	PIRES Teresa Joao	07	Alges	5:28.56	+0,90	532	
	50m: 33.94 33.94	150m: 1:58.33 43.89	250m: 3:29.47 48.89	350m: 4:54.31 36.13			
	100m: 1:14.44 40.50	200m: 2:40.58 42.25	300m: 4:18.18 48.71	400m: 5:28.56 34.25			
5.	SIMOES Dania Rodrigues	07	Louzan Natacao/EFAPEL	5:29.91	+0,93	526	
	50m: 33.43 33.43	150m: 1:54.61 42.00	250m: 3:25.43 49.08	350m: 4:52.70 38.96			
	100m: 1:12.61 39.18	200m: 2:36.35 41.74	300m: 4:13.74 48.31	400m: 5:29.91 37.21			
6.	PINTO Margarida Vieira	07	Braga	5:33.11	+0,81	511	
	50m: 34.70 34.70	150m: 2:00.69 42.98	250m: 3:28.80 46.41	350m: 4:54.98 38.64			
	100m: 1:17.71 43.01	200m: 2:42.39 41.70	300m: 4:16.34 47.54	400m: 5:33.11 38.13			
7.	MAGALHAES Leticia Rodrigues	07	Naval Setubalense	5:33.97	+0,85	507	
	50m: 34.17 34.17	150m: 1:58.11 41.03	250m: 3:26.79 48.38	350m: 4:55.97 39.90			
	100m: 1:17.08 42.91	200m: 2:38.41 40.30	300m: 4:16.07 49.28	400m: 5:33.97 38.00			
8.	SOUSA Matilde Filipe	07	Nucleo Sporting da Terceira	5:46.77	+0,84	453	
	50m: 36.01 36.01	150m: 2:00.84 41.90	250m: 3:33.59 50.19	350m: 5:05.78 40.52			
	100m: 1:18.94 42.93	200m: 2:43.40 42.56	300m: 4:25.26 51.67	400m: 5:46.77 40.99			
DSQ	BERNAT Elena Del Rio	07	Alges				
	<i>SW 7.6 - O (a) atleta não tocou com as mãos na parede separadas e simultâneamente na viragem aos 250 metros</i>						

Prova 31, Femin., 400m Estilos

Prova 31 Femin., 400m Estilos Juvenis B
02/04/2022 - 17:00 Resultados

Rec Nac Absoluto	4:40.11	KAMINSKAYA Victoria	POR	Pontevedra (ESP)	09/04/2017
Rec Nac Juv B	5:01.00	ROCHA Ines Neto	CAP	Coimbra	24/07/2015

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	FERREIRA Constanca Santos	08	Alges	5:24.61	+0,74	552	
	50m: 32.02 32.02	150m: 1:53.38 43.13	250m: 3:22.56 46.60	350m: 4:48.26 37.75			
	100m: 1:10.25 38.23	200m: 2:35.96 42.58	300m: 4:10.51 47.95	400m: 5:24.61 36.35			
2.	BARROS Adriana Ribeiro	08	Braga	5:35.55	+0,76	500	
	50m: 34.16 34.16	150m: 2:01.01 44.70	250m: 3:30.50 45.92	350m: 4:57.97 39.46			
	100m: 1:16.31 42.15	200m: 2:44.58 43.57	300m: 4:18.51 48.01	400m: 5:35.55 37.58			
3.	NUNES Carolina Mendes	08	Estarreja	5:37.35	+0,90	492	
	50m: 35.65 35.65	150m: 2:02.08 44.65	250m: 3:33.69 48.21	350m: 4:59.68 38.56			
	100m: 1:17.43 41.78	200m: 2:45.48 43.40	300m: 4:21.12 47.43	400m: 5:37.35 37.67			
4.	SILVA Francisca Lamas	08	Colegio Efanor	5:40.45	+0,77	478	
	50m: 34.90 34.90	150m: 2:00.77 44.72	250m: 3:33.26 48.67	350m: 5:01.88 39.08			
	100m: 1:16.05 41.15	200m: 2:44.59 43.82	300m: 4:22.80 49.54	400m: 5:40.45 38.57			
5.	COSTA Maria Joao	08	Vilacondense	5:42.02	+0,75	472	
	50m: 32.81 32.81	150m: 1:58.92 45.30	250m: 3:34.10 50.50	350m: 5:04.34 37.92			
	100m: 1:13.62 40.81	200m: 2:43.60 44.68	300m: 4:26.42 52.32	400m: 5:42.02 37.68			
6.	FREITAS Diana Gomes	08	Amigos da Montanha	5:43.00	+0,91	468	
	50m: 34.31 34.31	150m: 2:00.37 44.22	250m: 3:33.93 50.27	350m: 5:05.45 39.49			
	100m: 1:16.15 41.84	200m: 2:43.66 43.29	300m: 4:25.96 52.03	400m: 5:43.00 37.55			
7.	PINTO Lara Filipa	08	Porto	5:44.76	+0,78	461	
	50m: 35.23 35.23	150m: 2:02.33 44.55	250m: 3:36.12 50.00	350m: 5:05.93 39.06			
	100m: 1:17.78 42.55	200m: 2:46.12 43.79	300m: 4:26.87 50.75	400m: 5:44.76 38.83			
8.	SILVA Maria Ines	08	Gafanha da Encarnacao	5:49.94	+0,88	440	
	50m: 35.55 35.55	150m: 2:07.72 47.94	250m: 3:41.60 46.15	350m: 5:08.71 39.90			
	100m: 1:19.78 44.23	200m: 2:55.45 47.73	300m: 4:28.81 47.21	400m: 5:49.94 41.23			

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Rec Nac Juv A	4:58.08	DURAES Diana Margarida	FOCA	Povoa de Varzim	05/08/2011
Rec Nac Juv B	5:01.00	ROCHA Ines Neto	CAP	Coimbra	24/07/2015

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	SANTOS Rita Machita	07	Naval Setubalense	5:15.14	+0,86	603	
	50m: 33.45 33.45	150m: 1:54.81 42.41	250m: 3:18.96 42.46	350m: 4:40.50 38.74			
	100m: 1:12.40 38.95	200m: 2:36.50 41.69	300m: 4:01.76 42.80	400m: 5:15.14 34.64			
2.	ALMEIDA Maria Emilia	07	Galitos / Bresimar	5:16.14	+0,66	598	
	50m: 32.44 32.44	150m: 1:49.73 40.56	250m: 3:17.22 47.09	350m: 4:40.42 36.30			
	100m: 1:09.17 36.73	200m: 2:30.13 40.40	300m: 4:04.12 46.90	400m: 5:16.14 35.72			
3.	FERREIRA Constanca Santos	08	Alges	5:24.61	+0,74	552	
	50m: 32.02 32.02	150m: 1:53.38 43.13	250m: 3:22.56 46.60	350m: 4:48.26 37.75			
	100m: 1:10.25 38.23	200m: 2:35.96 42.58	300m: 4:10.51 47.95	400m: 5:24.61 36.35			
4.	RODRIGUES Leonor Carreiro	07	Benfica	5:26.39	+0,60	543	
	50m: 33.79 33.79	150m: 1:59.60 45.94	250m: 3:28.02 45.84	350m: 4:51.59 37.48			
	100m: 1:13.66 39.87	200m: 2:42.18 42.58	300m: 4:14.11 46.09	400m: 5:26.39 34.80			
5.	PIRES Teresa Joao	07	Alges	5:28.56	+0,90	532	
	50m: 33.94 33.94	150m: 1:58.33 43.89	250m: 3:29.47 48.89	350m: 4:54.31 36.13			
	100m: 1:14.44 40.50	200m: 2:40.58 42.25	300m: 4:18.18 48.71	400m: 5:28.56 34.25			
6.	SIMOES Dania Rodrigues	07	Louzan Natacao/EFAPEL	5:29.91	+0,93	526	
	50m: 33.43 33.43	150m: 1:54.61 42.00	250m: 3:25.43 49.08	350m: 4:52.70 38.96			
	100m: 1:12.61 39.18	200m: 2:36.35 41.74	300m: 4:13.74 48.31	400m: 5:29.91 37.21			
7.	PINTO Margarida Vieira	07	Braga	5:33.11	+0,81	511	
	50m: 34.70 34.70	150m: 2:00.69 42.98	250m: 3:28.80 46.41	350m: 4:54.98 38.64			
	100m: 1:17.71 43.01	200m: 2:42.39 41.70	300m: 4:16.34 47.54	400m: 5:33.11 38.13			
8.	MAGALHAES Leticia Rodrigues	07	Naval Setubalense	5:33.97	+0,85	507	
	50m: 34.17 34.17	150m: 1:58.11 41.03	250m: 3:26.79 48.38	350m: 4:55.97 39.90			
	100m: 1:17.08 42.91	200m: 2:38.41 40.30	300m: 4:16.07 49.28	400m: 5:33.97 38.00			
9.	BARROS Adriana Ribeiro	08	Braga	5:35.55	+0,76	500	
	50m: 34.16 34.16	150m: 2:01.01 44.70	250m: 3:30.50 45.92	350m: 4:57.97 39.46			
	100m: 1:16.31 42.15	200m: 2:44.58 43.57	300m: 4:18.51 48.01	400m: 5:35.55 37.58			
10.	NUNES Carolina Mendes	08	Estarreja	5:37.35	+0,90	492	
	50m: 35.65 35.65	150m: 2:02.08 44.65	250m: 3:33.69 48.21	350m: 4:59.68 38.56			
	100m: 1:17.43 41.78	200m: 2:45.48 43.40	300m: 4:21.12 47.43	400m: 5:37.35 37.67			
11.	SILVA Francisca Lamas	08	Colegio Efanor	5:40.45	+0,77	478	
	50m: 34.90 34.90	150m: 2:00.77 44.72	250m: 3:33.26 48.67	350m: 5:01.88 39.08			
	100m: 1:16.05 41.15	200m: 2:44.59 43.82	300m: 4:22.80 49.54	400m: 5:40.45 38.57			
12.	COSTA Maria Joao	08	Vilacondense	5:42.02	+0,75	472	
	50m: 32.81 32.81	150m: 1:58.92 45.30	250m: 3:34.10 50.50	350m: 5:04.34 37.92			
	100m: 1:13.62 40.81	200m: 2:43.60 44.68	300m: 4:26.42 52.32	400m: 5:42.02 37.68			
13.	FREITAS Diana Gomes	08	Amigos da Montanha	5:43.00	+0,91	468	
	50m: 34.31 34.31	150m: 2:00.37 44.22	250m: 3:33.93 50.27	350m: 5:05.45 39.49			
	100m: 1:16.15 41.84	200m: 2:43.66 43.29	300m: 4:25.96 52.03	400m: 5:43.00 37.55			

Prova 31, Femin., 400m Estilos, Juvenis

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
14.	PINTO Lara Filipa	08	Porto	5:44.76	+0,78	461	
	50m: 35.23 35.23	150m: 2:02.33	44.55	250m: 3:36.12	50.00	350m: 5:05.93	39.06
	100m: 1:17.78 42.55	200m: 2:46.12	43.79	300m: 4:26.87	50.75	400m: 5:44.76	38.83
15.	SOUSA Matilde Filipe	07	Nucleo Sporting da Terceira	5:46.77	+0,84	453	
	50m: 36.01 36.01	150m: 2:00.84	41.90	250m: 3:33.59	50.19	350m: 5:05.78	40.52
	100m: 1:18.94 42.93	200m: 2:43.40	42.56	300m: 4:25.26	51.67	400m: 5:46.77	40.99
16.	SILVA Maria Ines	08	Gafanha da Encarnacao	5:49.94	+0,88	440	
	50m: 35.55 35.55	150m: 2:07.72	47.94	250m: 3:41.60	46.15	350m: 5:08.71	39.90
	100m: 1:19.78 44.23	200m: 2:55.45	47.73	300m: 4:28.81	47.21	400m: 5:49.94	41.23
DSQ	BERNAT Elena Del Rio	07	Alges				
	<i>SW 7.6 - O (a) atleta não tocou com as mãos na parede separadas e simultâneamente na viragem aos 250 metros</i>						

ORGANIZAÇÃO



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