

Prova 24 Femin., 400m Estilos Juniores  
02/04/2022 - 11:10 Resultados Elimin

Rec Nac Absoluto	4:40.11	KAMINSKAYA Victoria	POR	Pontevedra (ESP)	09/04/2017
Rec Nac Jun17	4:52.12	KAMINSKAYA Victoria	PIMP	Oeiras	27/07/2012
Rec Nac Jun16	4:54.00	ROCHA Ines Neto	SANNP	Gijón (ESP)	20/05/2017

CEJun\_Fem 14 - 17: 4:55.87 / CMJun\_Fem 14 - 17: 4:50.07

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	LOPES Daniela Magalhaes	05	Famalicao	<b>5:13.75</b>	+0,80	611	Q
	50m: 31.78 31.78	150m: 1:50.76 41.72	250m: 3:17.20 44.73	350m: 4:37.62 34.83			
	100m: 1:09.04 37.26	200m: 2:32.47 41.71	300m: 4:02.79 45.59	400m: 5:13.75 36.13			
2.	REIS Erica Cristina	05	Sporting	<b>5:16.21</b>	+0,65	597	R
	50m: 32.29 32.29	150m: 1:51.32 40.55	250m: 3:17.70 45.12	350m: 4:41.25 36.80			
	100m: 1:10.77 38.48	200m: 2:32.58 41.26	300m: 4:04.45 46.75	400m: 5:16.21 34.96			
3.	PINTO Leonor Filipa	06	Porto	<b>5:17.88</b>	+0,73	588	R
	50m: 33.57 33.57	150m: 1:53.45 40.67	250m: 3:18.77 45.34	350m: 4:41.10 36.94			
	100m: 1:12.78 39.21	200m: 2:33.43 39.98	300m: 4:04.16 45.39	400m: 5:17.88 36.78			
4.	ESTEVENES Laura Fabiana	05	Naval de Faro	<b>5:19.34</b>	+0,69	580	
	50m: 32.89 32.89	150m: 1:54.85 41.99	250m: 3:20.67 43.67	350m: 4:43.77 36.57			
	100m: 1:12.86 39.97	200m: 2:37.00 42.15	300m: 4:07.20 46.53	400m: 5:19.34 35.57			
5.	SILVA Ana Francisca	06	Alcobaca	<b>5:25.68</b>	+0,78	547	
	50m: 33.10 33.10	150m: 1:53.61 42.06	250m: 3:22.64 48.70	350m: 4:49.21 37.33			
	100m: 1:11.55 38.45	200m: 2:33.94 40.33	300m: 4:11.88 49.24	400m: 5:25.68 36.47			
6.	FROIS Maria Francisca	06	Ba-Leiria	<b>5:29.68</b>	+0,76	527	
	50m: 32.97 32.97	150m: 1:57.25 44.42	250m: 3:25.30 45.69	350m: 4:52.10 38.92			
	100m: 1:12.83 39.86	200m: 2:39.61 42.36	300m: 4:13.18 47.88	400m: 5:29.68 37.58			
DNS	CAMACHO Carolina Martins	06	Uniao Piedense				

Prova 24 Femin., 400m Estilos Seniores  
02/04/2022 - 11:10 Resultados Elimin

Rec Nac Absoluto	4:40.11	KAMINSKAYA Victoria	POR	Pontevedra (ESP)	09/04/2017
Rec Nac Sen	4:40.11	KAMINSKAYA Victoria	POR	Pontevedra (ESP)	09/04/2017

CEPL 19 +: 4:44.10 / CMPL 19 +: 4:43.06

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	CARDEAL Joana Nunes	02	Academico Viseu	<b>5:02.47</b>	+0,74	682	Q
	50m: 30.43 30.43	150m: 1:45.23 39.89	250m: 3:08.61 43.68	350m: 4:28.28 34.83			
	100m: 1:05.34 34.91	200m: 2:24.93 39.70	300m: 3:53.45 44.84	400m: 5:02.47 34.19			
2.	ANDRE Angelica Maria	94	Porto	<b>5:03.49</b>	+0,70	676	Q
	50m: 31.21 31.21	150m: 1:46.39 39.85	250m: 3:09.41 43.34	350m: 4:28.36 35.70			
	100m: 1:06.54 35.33	200m: 2:26.07 39.68	300m: 3:52.66 43.25	400m: 5:03.49 35.13			
3.	PEREIRA Raquel Gomes	00	Benfica	<b>5:04.28</b>	+0,66	670	Q
	50m: 30.79 30.79	150m: 1:47.54 40.42	250m: 3:08.26 41.75	350m: 4:27.62 36.90			
	100m: 1:07.12 36.33	200m: 2:26.51 38.97	300m: 3:50.72 42.46	400m: 5:04.28 36.66			
4.	MESQUITA Francisca Salvador	02	Sporting	<b>5:06.43</b>	+0,74	656	Q
	50m: 31.14 31.14	150m: 1:48.25 41.32	250m: 3:11.77 43.22	350m: 4:31.30 35.94			
	100m: 1:06.93 35.79	200m: 2:28.55 40.30	300m: 3:55.36 43.59	400m: 5:06.43 35.13			

## Prova 24, Femin., 400m Estilos, Elimin, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
5.	<b>CARDEAL Beatriz Nunes</b>	04	Academico Viseu	<b>5:08.24</b>	+0,57	645	Q
	50m: 31.55 31.55	150m: 1:49.04 41.09	250m: 3:13.82 44.40	350m: 4:34.23 35.15			
	100m: 1:07.95 36.40	200m: 2:29.42 40.38	300m: 3:59.08 45.26	400m: 5:08.24 34.01			
6.	<b>MENDES Mariana Amaral</b>	02	Sporting	<b>5:08.87</b>	+0,67	641	Q
	50m: 32.62 32.62	150m: 1:49.79 40.71	250m: 3:14.77 45.02	350m: 4:34.27 35.08			
	100m: 1:09.08 36.46	200m: 2:29.75 39.96	300m: 3:59.19 44.42	400m: 5:08.87 34.60			
7.	<b>VEIGA Ana Filipa</b>	01	Gafanha da Encarnacao	<b>5:09.28</b>	+0,76	638	Q
	50m: 32.17 32.17	150m: 1:50.79 41.72	250m: 3:15.22 43.51	350m: 4:34.60 36.29			
	100m: 1:09.07 36.90	200m: 2:31.71 40.92	300m: 3:58.31 43.09	400m: 5:09.28 34.68			
8.	<b>REBELO Maria Carlota</b>	03	Condeixa Clube	<b>5:11.55</b>	+0,71	624	Q
	50m: 31.40 31.40	150m: 1:49.19 40.89	250m: 3:14.43 44.58	350m: 4:35.36 36.52			
	100m: 1:08.30 36.90	200m: 2:29.85 40.66	300m: 3:58.84 44.41	400m: 5:11.55 36.19			
9.	<b>VARGAS Giovanna Vaz</b>	00	Nautico Marinha Grande	<b>5:13.39</b>	+0,76	613	Q
	50m: 32.15 32.15	150m: 1:50.10 40.14	250m: 3:15.34 44.94	350m: 4:37.68 36.78			
	100m: 1:09.96 37.81	200m: 2:30.40 40.30	300m: 4:00.90 45.56	400m: 5:13.39 35.71			

## Prova 24 02/04/2022 - 11:10

## Femin., 400m Estilos

## Absolutos Resultados Elimin

Rec Nac Absoluto	4:40.11	KAMINSKAYA Victoria	POR	Pontevedra (ESP)	09/04/2017
Rec Nac Sen	4:40.11	KAMINSKAYA Victoria	POR	Pontevedra (ESP)	09/04/2017
Rec Nac Jun17	4:52.12	KAMINSKAYA Victoria	PIMP	Oeiras	27/07/2012
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CEJun\_Fem 14 - 17: 4:55.87 / CMJun\_Fem 14 - 17: 4:50.07 / CEPL 19 +: 4:44.10 / CMPL 19 +: 4:43.06

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	<b>CARDEAL Joana Nunes</b>	02	Academico Viseu	<b>5:02.47</b>	+0,74	682	Q
	50m: 30.43 30.43	150m: 1:45.23 39.89	250m: 3:08.61 43.68	350m: 4:28.28 34.83			
	100m: 1:05.34 34.91	200m: 2:24.93 39.70	300m: 3:53.45 44.84	400m: 5:02.47 34.19			
2.	<b>ANDRE Angelica Maria</b>	94	Porto	<b>5:03.49</b>	+0,70	676	Q
	50m: 31.21 31.21	150m: 1:46.39 39.85	250m: 3:09.41 43.34	350m: 4:28.36 35.70			
	100m: 1:06.54 35.33	200m: 2:26.07 39.68	300m: 3:52.66 43.25	400m: 5:03.49 35.13			
3.	<b>PEREIRA Raquel Gomes</b>	00	Benfica	<b>5:04.28</b>	+0,66	670	Q
	50m: 30.79 30.79	150m: 1:47.54 40.42	250m: 3:08.26 41.75	350m: 4:27.62 36.90			
	100m: 1:07.12 36.33	200m: 2:26.51 38.97	300m: 3:50.72 42.46	400m: 5:04.28 36.66			
4.	<b>MESQUITA Francisca Salvador</b>	02	Sporting	<b>5:06.43</b>	+0,74	656	Q
	50m: 31.14 31.14	150m: 1:48.25 41.32	250m: 3:11.77 43.22	350m: 4:31.30 35.94			
	100m: 1:06.93 35.79	200m: 2:28.55 40.30	300m: 3:55.36 43.59	400m: 5:06.43 35.13			
5.	<b>CARDEAL Beatriz Nunes</b>	04	Academico Viseu	<b>5:08.24</b>	+0,57	645	Q
	50m: 31.55 31.55	150m: 1:49.04 41.09	250m: 3:13.82 44.40	350m: 4:34.23 35.15			
	100m: 1:07.95 36.40	200m: 2:29.42 40.38	300m: 3:59.08 45.26	400m: 5:08.24 34.01			
6.	<b>MENDES Mariana Amaral</b>	02	Sporting	<b>5:08.87</b>	+0,67	641	Q
	50m: 32.62 32.62	150m: 1:49.79 40.71	250m: 3:14.77 45.02	350m: 4:34.27 35.08			
	100m: 1:09.08 36.46	200m: 2:29.75 39.96	300m: 3:59.19 44.42	400m: 5:08.87 34.60			

## Prova 24, Femin., 400m Estilos, Elimin, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
7.	VEIGA Ana Filipa	01	Gafanha da Encarnacao	<b>5:09.28</b>	+0,76	638	Q
	50m: 32.17 32.17	150m: 1:50.79 41.72	250m: 3:15.22 43.51	350m: 4:34.60 36.29			
	100m: 1:09.07 36.90	200m: 2:31.71 40.92	300m: 3:58.31 43.09	400m: 5:09.28 34.68			
8.	REBELO Maria Carlota	03	Condeixa Clube	<b>5:11.55</b>	+0,71	624	Q
	50m: 31.40 31.40	150m: 1:49.19 40.89	250m: 3:14.43 44.58	350m: 4:35.36 36.52			
	100m: 1:08.30 36.90	200m: 2:29.85 40.66	300m: 3:58.84 44.41	400m: 5:11.55 36.19			
9.	VARGAS Giovanna Vaz	00	Nautico Marinha Grande	<b>5:13.39</b>	+0,76	613	Q
	50m: 32.15 32.15	150m: 1:50.10 40.14	250m: 3:15.34 44.94	350m: 4:37.68 36.78			
	100m: 1:09.96 37.81	200m: 2:30.40 40.30	300m: 4:00.90 45.56	400m: 5:13.39 35.71			
10.	LOPES Daniela Magalhaes	05	Famalicao	<b>5:13.75</b>	+0,80	611	Q
	50m: 31.78 31.78	150m: 1:50.76 41.72	250m: 3:17.20 44.73	350m: 4:37.62 34.83			
	100m: 1:09.04 37.26	200m: 2:32.47 41.71	300m: 4:02.79 45.59	400m: 5:13.75 36.13			
11.	REIS Erica Cristina	05	Sporting	<b>5:16.21</b>	+0,65	597	R
	50m: 32.29 32.29	150m: 1:51.32 40.55	250m: 3:17.70 45.12	350m: 4:41.25 36.80			
	100m: 1:10.77 38.48	200m: 2:32.58 41.26	300m: 4:04.45 46.75	400m: 5:16.21 34.96			
12.	PINTO Leonor Filipa	06	Porto	<b>5:17.88</b>	+0,73	588	R
	50m: 33.57 33.57	150m: 1:53.45 40.67	250m: 3:18.77 45.34	350m: 4:41.10 36.94			
	100m: 1:12.78 39.21	200m: 2:33.43 39.98	300m: 4:04.16 45.39	400m: 5:17.88 36.78			
13.	ESTEVEENS Laura Fabiana	05	Naval de Faro	<b>5:19.34</b>	+0,69	580	
	50m: 32.89 32.89	150m: 1:54.85 41.99	250m: 3:20.67 43.67	350m: 4:43.77 36.57			
	100m: 1:12.86 39.97	200m: 2:37.00 42.15	300m: 4:07.20 46.53	400m: 5:19.34 35.57			
14.	SILVA Ana Francisca	06	Alcobaca	<b>5:25.68</b>	+0,78	547	
	50m: 33.10 33.10	150m: 1:53.61 42.06	250m: 3:22.64 48.70	350m: 4:49.21 37.33			
	100m: 1:11.55 38.45	200m: 2:33.94 40.33	300m: 4:11.88 49.24	400m: 5:25.68 36.47			
15.	FROIS Maria Francisca	06	Ba-Leiria	<b>5:29.68</b>	+0,76	527	
	50m: 32.97 32.97	150m: 1:57.25 44.42	250m: 3:25.30 45.69	350m: 4:52.10 38.92			
	100m: 1:12.83 39.86	200m: 2:39.61 42.36	300m: 4:13.18 47.88	400m: 5:29.68 37.58			
DNS	CAMACHO Carolina Martins	06	Uniao Piedense				