

Prova 16 Femin., 400m Estilos Juvenis
28/07/2022 - 17:20 Resultados Final

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	Pova 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.	PINTO Margarida Vieira	07	Braga	5:14.14	+0,83	609	
	50m: 33.67 33.67	150m: 1:55.81	41.44	250m: 3:20.30	44.16	350m: 4:40.00	34.70
	100m: 1:14.37 40.70	200m: 2:36.14	40.33	300m: 4:05.30	45.00	400m: 5:14.14	34.14
2.	FERREIRA Constanca Santos	08	Alges	5:17.24	+0,80	591	
	50m: 32.17 32.17	150m: 1:51.59	41.92	250m: 3:18.75	46.12	350m: 4:41.10	36.22
	100m: 1:09.67 37.50	200m: 2:32.63	41.04	300m: 4:04.88	46.13	400m: 5:17.24	36.14
3.	ALMEIDA Maria Emilia	07	Galitos / Bresimar	5:18.06	+0,84	587	
	50m: 32.20 32.20	150m: 1:50.16	41.81	250m: 3:19.56	48.06	350m: 4:42.65	35.99
	100m: 1:08.35 36.15	200m: 2:31.50	41.34	300m: 4:06.66	47.10	400m: 5:18.06	35.41
4.	GOMES Francisca Martins	07	Porto	5:28.28	+0,87	534	
	50m: 34.91 34.91	150m: 1:59.46	43.91	250m: 3:26.86	45.04	350m: 4:51.00	38.59
	100m: 1:15.55 40.64	200m: 2:41.82	42.36	300m: 4:12.41	45.55	400m: 5:28.28	37.28
5.	CAMARA Ines Cruz	07	Desportivo Nacional	5:28.47	+0,68	533	
	50m: 32.71 32.71	150m: 1:56.16	45.05	250m: 3:26.40	47.21	350m: 4:52.58	38.55
	100m: 1:11.11 38.40	200m: 2:39.19	43.03	300m: 4:14.03	47.63	400m: 5:28.47	35.89
6.	SIMOES Dania Rodrigues	07	Louzan Natacao/EFAPEL	5:29.27	+0,86	529	
	50m: 34.74 34.74	150m: 1:57.60	42.42	250m: 3:27.04	48.29	350m: 4:52.18	38.71
	100m: 1:15.18 40.44	200m: 2:38.75	41.15	300m: 4:13.47	46.43	400m: 5:29.27	37.09
7.	BARROS Adriana Ribeiro	08	Braga	5:30.98	+0,84	521	
	50m: 34.54 34.54	150m: 1:57.62	42.94	250m: 3:28.75	49.00	350m: 4:54.94	37.49
	100m: 1:14.68 40.14	200m: 2:39.75	42.13	300m: 4:17.45	48.70	400m: 5:30.98	36.04
8.	ALVES Catarina Alexandra	07	Geslours	5:32.41	+0,76	514	
	50m: 33.82 33.82	150m: 1:56.58	43.18	250m: 3:27.55	49.43	350m: 4:56.09	39.04
	100m: 1:13.40 39.58	200m: 2:38.12	41.54	300m: 4:17.05	49.50	400m: 5:32.41	36.32
9.	LOPES Catarina Maria	08	BUZIOS - Coruche	5:35.47	+0,86	500	
	50m: 34.03 34.03	150m: 2:01.64	47.72	250m: 3:32.86	46.00	350m: 4:59.15	38.90
	100m: 1:13.92 39.89	200m: 2:46.86	45.22	300m: 4:20.25	47.39	400m: 5:35.47	36.32
10.	GOMES Rita Cunha	07	Viana Natacao	5:37.63	+0,87	491	
	50m: 34.06 34.06	150m: 1:59.49	44.79	250m: 3:32.73	49.91	350m: 5:00.72	37.73
	100m: 1:14.70 40.64	200m: 2:42.82	43.33	300m: 4:22.99	50.26	400m: 5:37.63	36.91

Prova 16, Femin., 400m Estilos, Final

Prova 16 Femin., 400m Estilos Open
28/07/2022 - 17:20 Resultados Final

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
Rec Nac Jun16	4:54.00	ROCHA Ines Neto	SANNP	Gijón (ESP)	20/05/2017
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
Rec Nac Inf A	5:11.29	ROCHA Diana Ramos	EDV	Faro	20/07/2007
Rec Nac Inf B	5:14.05	RUIVO Filipa Vilas	DNMG	S. Joao da Madeira	24/07/2009

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
Final A							
1.	DURAES Diana Margarida	96	Benfica	4:50.57	+0,77	770	
	50m: 31.52 31.52	150m: 1:45.29 37.89	250m: 3:04.43 42.17	350m: 4:19.48 32.65			
	100m: 1:07.40 35.88	200m: 2:22.26 36.97	300m: 3:46.83 42.40	400m: 4:50.57 31.09			
2.	ANDRE Angelica Maria	94	Porto	4:51.41	+0,72	763	
	50m: 31.60 31.60	150m: 1:44.65 38.17	250m: 3:04.25 41.11	350m: 4:19.38 33.57			
	100m: 1:06.48 34.88	200m: 2:23.14 38.49	300m: 3:45.81 41.56	400m: 4:51.41 32.03			
3.	PORTELA Magdalena	05	Argentina	4:55.56	+0,64	731	
	50m: 31.18 31.18	150m: 1:44.32 37.55	250m: 3:05.15 43.74	350m: 4:22.37 33.52			
	100m: 1:06.77 35.59	200m: 2:21.41 37.09	300m: 3:48.85 43.70	400m: 4:55.56 33.19			
4.	CARDEAL Joana Nunes	02	Academico Viseu	4:57.60	+0,75	716	
	50m: 30.72 30.72	150m: 1:44.29 38.60	250m: 3:05.65 43.38	350m: 4:24.47 34.51			
	100m: 1:05.69 34.97	200m: 2:22.27 37.98	300m: 3:49.96 44.31	400m: 4:57.60 33.13			
5.	MENDES Mariana Amaral	02	Sporting	5:02.26	+0,76	684	
	50m: 31.78 31.78	150m: 1:48.76 40.68	250m: 3:11.99 43.33	350m: 4:29.47 34.05			
	100m: 1:08.08 36.30	200m: 2:28.66 39.90	300m: 3:55.42 43.43	400m: 5:02.26 32.79			
6.	CARDEAL Beatriz Nunes	04	Academico Viseu	5:02.67	+0,67	681	
	50m: 31.73 31.73	150m: 1:48.62 41.14	250m: 3:11.95 43.76	350m: 4:30.56 35.31			
	100m: 1:07.48 35.75	200m: 2:28.19 39.57	300m: 3:55.25 43.30	400m: 5:02.67 32.11			
7.	VEIGA Ana Filipa	01	Gafanha da Encarnacao	5:07.67	+0,80	648	
	50m: 32.47 32.47	150m: 1:52.40 42.29	250m: 3:16.16 41.82	350m: 4:33.42 35.48			
	100m: 1:10.11 37.64	200m: 2:34.34 41.94	300m: 3:57.94 41.78	400m: 5:07.67 34.25			
8.	PINTO Leonor Filipa	06	Porto	5:10.66	+0,80	630	
	50m: 33.31 33.31	150m: 1:52.25 40.52	250m: 3:15.97 44.22	350m: 4:35.71 35.32			
	100m: 1:11.73 38.42	200m: 2:31.75 39.50	300m: 4:00.39 44.42	400m: 5:10.66 34.95			
9.	LOPES Daniela Magalhaes	05	Famalicao	5:11.94	+0,85	622	
	50m: 32.04 32.04	150m: 1:51.36 42.21	250m: 3:17.36 44.92	350m: 4:37.43 35.46			
	100m: 1:09.15 37.11	200m: 2:32.44 41.08	300m: 4:01.97 44.61	400m: 5:11.94 34.51			
10.	LOPES Francisca Macedo	05	Vilacondense	5:13.30	+0,78	614	
	50m: 33.25 33.25	150m: 1:53.48 42.02	250m: 3:18.41 44.67	350m: 4:38.73 35.33			
	100m: 1:11.46 38.21	200m: 2:33.74 40.26	300m: 4:03.40 44.99	400m: 5:13.30 34.57			

Prova 16, Femin., 400m Estilos, Final, Open

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
Final B							
11.	VARGAS Giovanna Vaz	00	Nautico Marinha Grande	5:11.58	+0,77	624	
	50m: 31.67 31.67	150m: 1:48.91 41.47	250m: 3:13.90	44.78	350m: 4:35.22	36.40	
	100m: 1:07.44 35.77	200m: 2:29.12 40.21	300m: 3:58.82	44.92	400m: 5:11.58	36.36	
12.	MORGADO Alice Jesus	04	Sporting	5:17.83	+0,87	588	
	50m: 32.94 32.94	150m: 1:52.58 42.16	250m: 3:19.47	45.75	350m: 4:41.98	36.48	
	100m: 1:10.42 37.48	200m: 2:33.72 41.14	300m: 4:05.50	46.03	400m: 5:17.83	35.85	
13.	LOPES Matilde Nunes	06	Benfica	5:18.08	+0,74	587	
	50m: 33.77 33.77	150m: 1:55.57 43.65	250m: 3:22.83	44.41	350m: 4:43.16	35.35	
	100m: 1:11.92 38.15	200m: 2:38.42 42.85	300m: 4:07.81	44.98	400m: 5:18.08	34.92	
14.	ESTEVEENS Laura Fabiana	05	Naval de Faro	5:19.69	+0,75	578	
	50m: 33.00 33.00	150m: 1:55.93 43.92	250m: 3:23.11	45.30	350m: 4:45.88	37.05	
	100m: 1:12.01 39.01	200m: 2:37.81 41.88	300m: 4:08.83	45.72	400m: 5:19.69	33.81	
15.	SILVA Ana Francisca	06	Alcobaca	5:21.91	+0,82	566	
	50m: 33.55 33.55	150m: 1:53.38 41.19	250m: 3:21.36	47.91	350m: 4:47.09	36.83	
	100m: 1:12.19 38.64	200m: 2:33.45 40.07	300m: 4:10.26	48.90	400m: 5:21.91	34.82	
16.	SILVA Joana Ferreira	05	Colegio Efanor	5:22.00	+0,74	566	
	50m: 33.16 33.16	150m: 1:54.89 43.51	250m: 3:21.23	44.86	350m: 4:45.30	37.40	
	100m: 1:11.38 38.22	200m: 2:36.37 41.48	300m: 4:07.90	46.67	400m: 5:22.00	36.70	
17.	RAMOS Joana Barbas	06	Gafanha da Encarnacao	5:24.59	+0,79	552	
	50m: 34.85 34.85	150m: 1:57.71 41.80	250m: 3:25.92	48.06	350m: 4:49.67	36.34	
	100m: 1:15.91 41.06	200m: 2:37.86 40.15	300m: 4:13.33	47.41	400m: 5:24.59	34.92	
18.	FERREIRA Joana Rosa	05	Naval de Peniche	5:25.65	+0,76	547	
	50m: 33.76 33.76	150m: 1:57.44 43.76	250m: 3:26.05	45.41	350m: 4:50.02	37.91	
	100m: 1:13.68 39.92	200m: 2:40.64 43.20	300m: 4:12.11	46.06	400m: 5:25.65	35.63	
19.	SA Madalena Correa	06	Benfica	5:32.57	+0,85	513	
	50m: 35.24 35.24	150m: 2:02.28 45.47	250m: 3:31.14	44.69	350m: 4:55.30	38.36	
	100m: 1:16.81 41.57	200m: 2:46.45 44.17	300m: 4:16.94	45.80	400m: 5:32.57	37.27	
20.	COSTA Daniela Alexandra	06	Leixoes	5:43.55	+0,93	466	
	50m: 36.63 36.63	150m: 2:05.09 43.71	250m: 3:35.96	49.10	350m: 5:04.35	39.53	
	100m: 1:21.38 44.75	200m: 2:46.86 41.77	300m: 4:24.82	48.86	400m: 5:43.55	39.20	