

Campeonato Nacional de Juvenis
Campeonato Nacional Absolutos de Portugal OPEN
Oeiras, 28 a 31 de Julho de 2022

Prova 35 Femin., 400m Livres Juvenis
29/07/2022 - 18:20 Resultados Final

Rec Nac Absoluto	4:09.49	DURAES Diana Margarida	POR	Tarragona (ESP)	25/06/2018
Rec Nac Juv A	4:20.78	HOLUB Tamila Hryhorivna	POR	Porto	07/06/2014
Rec Nac Juv B	4:26.20	CABRAL Maria Francisca	FCP	Oeiras	26/07/2014

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	PINTO Margarida Vieira	07	Braga	4:37.60	+0,90	618	
	50m: 30.90 30.90	150m: 1:38.96	34.39	250m: 2:49.69	35.61	350m: 4:01.99	36.44
	100m: 1:04.57 33.67	200m: 2:14.08	35.12	300m: 3:25.55	35.86	400m: 4:37.60	35.61
2.	CABRAL Carolina Vizinho	07	Natacao de Vagos	4:38.34	+0,80	613	
	50m: 31.53 31.53	150m: 1:41.27	35.55	250m: 2:53.01	35.86	350m: 4:05.06	36.07
	100m: 1:05.72 34.19	200m: 2:17.15	35.88	300m: 3:28.99	35.98	400m: 4:38.34	33.28
3.	MANO Leonor Mil	07	Nautico Academico	4:40.06	+0,80	601	
	50m: 32.05 32.05	150m: 1:42.72	36.02	250m: 2:55.20	36.12	350m: 4:06.64	35.33
	100m: 1:06.70 34.65	200m: 2:19.08	36.36	300m: 3:31.31	36.11	400m: 4:40.06	33.42
4.	ALMEIDA Bianca Filipa	07	Alges e Agueda XXI	4:40.63	+0,85	598	
	50m: 31.84 31.84	150m: 1:41.85	35.56	250m: 2:53.72	36.01	350m: 4:05.80	36.05
	100m: 1:06.29 34.45	200m: 2:17.71	35.86	300m: 3:29.75	36.03	400m: 4:40.63	34.83
5.	NEVES Maria Gomes	08	Braga	4:43.02	+0,79	583	
	50m: 31.52 31.52	150m: 1:41.60	35.77	250m: 2:53.90	36.15	350m: 4:07.02	36.41
	100m: 1:05.83 34.31	200m: 2:17.75	36.15	300m: 3:30.61	36.71	400m: 4:43.02	36.00
6.	FERREIRA Carolina Amadeu	08	Leixoes	4:44.89	+0,77	571	
	50m: 31.69 31.69	150m: 1:42.26	35.97	250m: 2:55.46	36.61	350m: 4:09.12	36.71
	100m: 1:06.29 34.60	200m: 2:18.85	36.59	300m: 3:32.41	36.95	400m: 4:44.89	35.77
7.	AGUILAR Marta Andre	07	Nautico Academico	4:45.31	+0,69	569	
	50m: 32.12 32.12	150m: 1:43.14	36.00	250m: 2:54.83	36.07	350m: 4:08.54	36.75
	100m: 1:07.14 35.02	200m: 2:18.76	35.62	300m: 3:31.79	36.96	400m: 4:45.31	36.77
8.	VIANA Matilde Violante	07	Ba-Leiria	4:46.96	+0,85	559	
	50m: 31.94 31.94	150m: 1:43.57	36.66	250m: 2:57.64	37.75	350m: 4:11.49	36.93
	100m: 1:06.91 34.97	200m: 2:19.89	36.32	300m: 3:34.56	36.92	400m: 4:46.96	35.47
9.	LOURO Beatriz Silva	07	Louletano / Loule Concelho	4:50.31	+0,73	540	
	50m: 32.11 32.11	150m: 1:43.80	36.35	250m: 2:57.97	37.20	350m: 4:12.80	37.28
	100m: 1:07.45 35.34	200m: 2:20.77	36.97	300m: 3:35.52	37.55	400m: 4:50.31	37.51
10.	BARBOSA Sofia Teixeira	08	Porto	4:54.37	+0,95	518	
	50m: 32.53 32.53	150m: 1:45.81	37.06	250m: 3:01.30	37.48	350m: 4:17.16	38.19
	100m: 1:08.75 36.22	200m: 2:23.82	38.01	300m: 3:38.97	37.67	400m: 4:54.37	37.21

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29/07/2022 - 18:20 Resultados Final

Rec Nac Absoluto	4:09.49	DURAES Diana Margarida	POR	Tarragona (ESP)	25/06/2018
Rec Nac Sen	4:09.49	DURAES Diana Margarida	POR	Tarragona (ESP)	25/06/2018
Rec Nac Jun17	4:14.67	HOLUB Tamila Hryhorivna	SCB	Oeiras	23/07/2016
Rec Nac Jun16	4:20.37	FERREIRA Marta Andreia	POR	Berlim (GER)	04/08/2002
Rec Nac Juv A	4:20.78	HOLUB Tamila Hryhorivna	POR	Porto	07/06/2014
Rec Nac Juv B	4:26.20	CABRAL Maria Francisca	FCP	Oeiras	26/07/2014
Rec Nac Inf A	4:31.53	SILVA Alexandra Maria	POR	Skovde (SWE)	08/08/1980
Rec Nac Inf B	4:43.70	SILVA Alexandra Maria	FCP	Funchal	27/07/1979

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
Final A							
1.	DURAES Diana Margarida	96	Benfica	4:13.17	+0,72	814	
	50m: 29.88 29.88	150m: 1:32.67 31.48	250m: 2:36.23 31.90	350m: 3:41.02 32.38			
	100m: 1:01.19 31.31	200m: 2:04.33 31.66	300m: 3:08.64 32.41	400m: 4:13.17 32.15			
2.	HOLUB Tamila Hryhorivna	99	Braga	4:16.31	+0,79	785	
	50m: 30.26 30.26	150m: 1:34.07 32.05	250m: 2:38.31 32.06	350m: 3:43.92 33.13			
	100m: 1:02.02 31.76	200m: 2:06.25 32.18	300m: 3:10.79 32.48	400m: 4:16.31 32.39			
3.	MARTINS Francisca Soares	03	Foca Quinta Da Lixa - Cnf	4:18.81	+0,68	762	
	50m: 29.35 29.35	150m: 1:33.42 32.46	250m: 2:39.18 33.15	350m: 3:46.49 33.78			
	100m: 1:00.96 31.61	200m: 2:06.03 32.61	300m: 3:12.71 33.53	400m: 4:18.81 32.32			
4.	PEREZ BLANCO Jimena	97	C.N. Barcelona	4:19.81	+0,70	753	
	50m: 30.82 30.82	150m: 1:36.85 32.87	250m: 2:42.70 32.83	350m: 3:47.98 32.62			
	100m: 1:03.98 33.16	200m: 2:09.87 33.02	300m: 3:15.36 32.66	400m: 4:19.81 31.83			
5.	HEIN Agostina	08	Argentina	4:20.87	+0,76	744	
	50m: 29.60 29.60	150m: 1:35.31 33.19	250m: 2:42.11 33.48	350m: 3:48.96 33.32			
	100m: 1:02.12 32.52	200m: 2:08.63 33.32	300m: 3:15.64 33.53	400m: 4:20.87 31.91			
6.	CARDEAL Joana Nunes	02	Academico Viseu	4:21.74	+0,78	737	
	50m: 30.19 30.19	150m: 1:36.12 33.42	250m: 2:43.39 33.59	350m: 3:49.53 32.91			
	100m: 1:02.70 32.51	200m: 2:09.80 33.68	300m: 3:16.62 33.23	400m: 4:21.74 32.21			
7.	CARDEAL Beatriz Nunes	04	Academico Viseu	4:23.93	+0,54	719	
	50m: 30.28 30.28	150m: 1:36.30 33.44	250m: 2:43.60 33.52	350m: 3:51.33 33.92			
	100m: 1:02.86 32.58	200m: 2:10.08 33.78	300m: 3:17.41 33.81	400m: 4:23.93 32.60			
8.	PIRES Marta Joao	05	Alges	4:26.86	+0,75	695	
	50m: 30.66 30.66	150m: 1:38.76 34.09	250m: 2:46.59 33.91	350m: 3:54.43 33.82			
	100m: 1:04.67 34.01	200m: 2:12.68 33.92	300m: 3:20.61 34.02	400m: 4:26.86 32.43			
9.	MOURA Maria Ferreira	04	Sporting	4:28.46	+0,79	683	
	50m: 30.51 30.51	150m: 1:37.42 33.76	250m: 2:45.02 33.93	350m: 3:53.78 34.57			
	100m: 1:03.66 33.15	200m: 2:11.09 33.67	300m: 3:19.21 34.19	400m: 4:28.46 34.68			
10.	RAMOS Ana Rita	02	Porto	4:29.51	+0,81	675	
	50m: 30.39 30.39	150m: 1:36.80 33.14	250m: 2:45.10 33.93	350m: 3:54.55 34.61			
	100m: 1:03.66 33.27	200m: 2:11.17 34.37	300m: 3:19.94 34.84	400m: 4:29.51 34.96			

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Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
Final B							
11.	MENDES Mariana Amaral	02	Sporting	4:26.51	+0,92	698	
	50m: 31.15 31.15	150m: 1:38.15 33.71	250m: 2:45.96 33.73	350m: 3:53.67 33.91			
	100m: 1:04.44 33.29	200m: 2:12.23 34.08	300m: 3:19.76 33.80	400m: 4:26.51 32.84			
12.	FOMINA Anna	02	Sporting	4:27.79	+0,78	688	
	50m: 31.08 31.08	150m: 1:38.57 34.07	250m: 2:46.91 33.90	350m: 3:55.06 33.79			
	100m: 1:04.50 33.42	200m: 2:13.01 34.44	300m: 3:21.27 34.36	400m: 4:27.79 32.73			
13.	FARIA Leonor Verissimo	06	Nucleo de Pombal	4:28.71	+0,74	681	
	50m: 31.02 31.02	150m: 1:38.50 34.10	250m: 2:47.49 34.68	350m: 3:56.11 34.27			
	100m: 1:04.40 33.38	200m: 2:12.81 34.31	300m: 3:21.84 34.35	400m: 4:28.71 32.60			
14.	LOPES Francisca Macedo	05	Vilacondense	4:36.24	+0,75	627	
	50m: 31.06 31.06	150m: 1:39.91 34.58	250m: 2:49.77 35.13	350m: 4:00.91 35.67			
	100m: 1:05.33 34.27	200m: 2:14.64 34.73	300m: 3:25.24 35.47	400m: 4:36.24 35.33			
15.	PEIXOTO Carolina Esteves	06	Braga	4:37.69	+0,82	617	
	50m: 31.11 31.11	150m: 1:39.08 34.62	250m: 2:50.83 35.78	350m: 4:03.01 36.32			
	100m: 1:04.46 33.35	200m: 2:15.05 35.97	300m: 3:26.69 35.86	400m: 4:37.69 34.68			
16.	NUNES Rita Sofia	05	Colegio Efanor	4:38.87	+0,80	609	
	50m: 31.45 31.45	150m: 1:40.70 35.21	250m: 2:52.19 35.83	350m: 4:03.77 35.70			
	100m: 1:05.49 34.04	200m: 2:16.36 35.66	300m: 3:28.07 35.88	400m: 4:38.87 35.10			
17.	RAMOS Joana Barbas	06	Gafanha da Encarnacao	4:41.88	+0,79	590	
	50m: 32.12 32.12	150m: 1:42.55 35.75	250m: 2:55.31 36.40	350m: 4:07.21 35.52			
	100m: 1:06.80 34.68	200m: 2:18.91 36.36	300m: 3:31.69 36.38	400m: 4:41.88 34.67			
18.	SOARES Miriam Mortagua	06	Galitos / Bresimar	4:42.15	+0,76	588	
	50m: 31.71 31.71	150m: 1:42.30 35.66	250m: 2:54.38 36.06	350m: 4:07.32 36.55			
	100m: 1:06.64 34.93	200m: 2:18.32 36.02	300m: 3:30.77 36.39	400m: 4:42.15 34.83			
19.	ALVES Joana Silva	05	Benedita	4:42.25	+0,72	587	
	50m: 31.87 31.87	150m: 1:43.08 35.92	250m: 2:55.43 36.26	350m: 4:07.77 36.23			
	100m: 1:07.16 35.29	200m: 2:19.17 36.09	300m: 3:31.54 36.11	400m: 4:42.25 34.48			
20.	PIRES Catarina Gaspar	06	Porto	4:43.66	+0,83	579	
	50m: 31.51 31.51	150m: 1:40.90 35.34	250m: 2:54.11 37.01	350m: 4:07.79 36.71			
	100m: 1:05.56 34.05	200m: 2:17.10 36.20	300m: 3:31.08 36.97	400m: 4:43.66 35.87			