

Prova 20
31/03/2023 - 18:03

Femin., 400m Estilos

Open
Resultados Final

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

JO Absoluto: 4:38.53 / CMPL 19 +: 4:43.06 / CESub23 19 - 23: 4:48.28 / CEJun_Fem 14 - 17: 4:55.87 / TAC Sen 50m: 5:21.47 - 25m: 5:12.08; Jun 50m: 5:29.51 - 25m: 5:19.88

Pontos: FINA 2023

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA
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Final A

1.	Angelica Maria ANDRE	94	Porto	4:52.38	+0,71	756	
	50m: 30.69 30.69	150m: 1:43.40	37.93	250m: 3:03.74	42.02	350m: 4:19.64	33.58
	100m: 1:05.47 34.78	200m: 2:21.72	38.32	300m: 3:46.06	42.32	400m: 4:52.38	32.74
2.	Ines Jacinto HENRIQUES	00	Louzan Natacao/EFAPEL	4:56.20	+0,70	727	
	50m: 29.69 29.69	150m: 1:41.98	38.66	250m: 3:04.47	44.27	350m: 4:22.90	34.42
	100m: 1:03.32 33.63	200m: 2:20.20	38.22	300m: 3:48.48	44.01	400m: 4:56.20	33.30
3.	Francisca Salvador MESQUITA	02	Sporting	4:57.09	+0,73	720	
	50m: 30.94 30.94	150m: 1:46.51	39.91	250m: 3:08.13	42.33	350m: 4:24.33	34.31
	100m: 1:06.60 35.66	200m: 2:25.80	39.29	300m: 3:50.02	41.89	400m: 4:57.09	32.76
4.	Beatriz Nunes CARDEAL	04	Academico Viseu	4:57.54	+0,62	717	
	50m: 29.81 29.81	150m: 1:45.01	40.72	250m: 3:07.44	43.02	350m: 4:25.22	33.94
	100m: 1:04.29 34.48	200m: 2:24.42	39.41	300m: 3:51.28	43.84	400m: 4:57.54	32.32
5.	Diana Margarida DURAES	96	Benfica	5:02.06	+0,76	685	
	50m: 32.04 32.04	150m: 1:47.88	39.08	250m: 3:10.07	44.15	350m: 4:28.62	34.02
	100m: 1:08.80 36.76	200m: 2:25.92	38.04	300m: 3:54.60	44.53	400m: 5:02.06	33.44
6.	Mariana Amaral MENDES	02	Sporting	5:02.62	+0,81	681	
	50m: 31.83 31.83	150m: 1:48.57	40.53	250m: 3:11.76	43.38	350m: 4:29.56	34.24
	100m: 1:08.04 36.21	200m: 2:28.38	39.81	300m: 3:55.32	43.56	400m: 5:02.62	33.06
7.	Joana Nunes CARDEAL	02	Academico Viseu	5:06.18	+0,73	658	
	50m: 30.80 30.80	150m: 1:46.56	40.09	250m: 3:11.09	45.28	350m: 4:32.36	35.42
	100m: 1:06.47 35.67	200m: 2:25.81	39.25	300m: 3:56.94	45.85	400m: 5:06.18	33.82
8.	Matilde Nunes LOPES	06	Benfica	5:11.82	+0,71	623	
	50m: 32.09 32.09	150m: 1:49.72	41.03	250m: 3:16.10	45.39	350m: 4:37.10	35.16
	100m: 1:08.69 36.60	200m: 2:30.71	40.99	300m: 4:01.94	45.84	400m: 5:11.82	34.72
9.	Ana Filipa VEIGA	01	Gafanha da Encarnacao	5:13.54	+0,77	613	
	50m: 32.53 32.53	150m: 1:52.81	42.66	250m: 3:18.44	42.92	350m: 4:38.05	36.48
	100m: 1:10.15 37.62	200m: 2:35.52	42.71	300m: 4:01.57	43.13	400m: 5:13.54	35.49
10.	Sofia Nunes FIAL	03	Porto	5:17.40	+0,76	590	
	50m: 33.11 33.11	150m: 1:54.78	42.87	250m: 3:19.30	42.83	350m: 4:41.18	37.80
	100m: 1:11.91 38.80	200m: 2:36.47	41.69	300m: 4:03.38	44.08	400m: 5:17.40	36.22

Final B

11.	Daniela Magalhaes LOPES	05	Famalicao	5:09.07	+0,78	640	
	50m: 31.41 31.41	150m: 1:48.79	40.82	250m: 3:13.60	44.25	350m: 4:34.30	36.14
	100m: 1:07.97 36.56	200m: 2:29.35	40.56	300m: 3:58.16	44.56	400m: 5:09.07	34.77
12.	Rita Machita SANTOS	07	Naval Setubalense	5:15.00	+0,76	604	
	50m: 32.41 32.41	150m: 1:51.47	41.75	250m: 3:15.65	42.97	350m: 4:39.25	39.76
	100m: 1:09.72 37.31	200m: 2:32.68	41.21	300m: 3:59.49	43.84	400m: 5:15.00	35.75

Splash Meet Manager, 11.76418

Registered to Federacao Portuguesa De Natacao

02/04/2023 19:55 - Página 1

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Prova 20, Femin., 400m Estilos, Final, Open

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA
13.	Francisca Macedo LOPES	05	Vilacondense	5:16.77	+0,76	594
	50m: 33.42 33.42	150m: 1:54.69	42.60 250m: 3:21.84	45.72 350m: 4:42.97	35.08	
	100m: 1:12.09 38.67	200m: 2:36.12	41.43 300m: 4:07.89	46.05 400m: 5:16.77	33.80	
14.	Maria Emilia ALMEIDA	07	Colegio Efanor	5:16.81	+0,84	594
	50m: 32.29 32.29	150m: 1:49.46	40.70 250m: 3:18.14	48.38 350m: 4:41.58	36.11	
	100m: 1:08.76 36.47	200m: 2:29.76	40.30 300m: 4:05.47	47.33 400m: 5:16.81	35.23	
15.	Margarida Vieira PINTO	07	Braga	5:16.93	+0,81	593
	50m: 32.90 32.90	150m: 1:54.98	42.66 250m: 3:21.74	45.60 350m: 4:43.42	35.70	
	100m: 1:12.32 39.42	200m: 2:36.14	41.16 300m: 4:07.72	45.98 400m: 5:16.93	33.51	
16.	Alice Jesus MORGADO	04	Sporting	5:21.48	+0,75	568
	50m: 32.68 32.68	150m: 1:54.31	42.37 250m: 3:21.97	45.85 350m: 4:45.10	36.58	
	100m: 1:11.94 39.26	200m: 2:36.12	41.81 300m: 4:08.52	46.55 400m: 5:21.48	36.38	
17.	Margarida Cabral MONTEIRO	02	Galitos / Bresimar	5:22.35	+0,73	564
	50m: 32.92 32.92	150m: 1:54.52	42.57 250m: 3:22.20	46.11 350m: 4:45.73	36.24	
	100m: 1:11.95 39.03	200m: 2:36.09	41.57 300m: 4:09.49	47.29 400m: 5:22.35	36.62	
18.	Ines Cruz CAMARA	07	Desportivo Nacional	5:24.02	+0,76	555
	50m: 32.25 32.25	150m: 1:54.07	43.52 250m: 3:23.09	46.62 350m: 4:47.83	37.03	
	100m: 1:10.55 38.30	200m: 2:36.47	42.40 300m: 4:10.80	47.71 400m: 5:24.02	36.19	
19.	Erica Cristina REIS	05	Sporting	5:24.73	+0,66	551
	50m: 33.01 33.01	150m: 1:55.89	43.48 250m: 3:24.56	46.57 350m: 4:48.74	36.81	
	100m: 1:12.41 39.40	200m: 2:37.99	42.10 300m: 4:11.93	47.37 400m: 5:24.73	35.99	
20.	Maria Francisca FROIS	06	Nautico de Leiria	5:28.26	+0,78	534
	50m: 33.02 33.02	150m: 1:57.11	44.36 250m: 3:24.75	45.03 350m: 4:50.15	38.28	
	100m: 1:12.75 39.73	200m: 2:39.72	42.61 300m: 4:11.87	47.12 400m: 5:28.26	38.11	

Prova 20 31/03/2023 - 18:03

Femin., 400m Estilos

Juvenis Resultados Final

Rec Nac Absoluto	4:40.11	Victoria KAMINSKAYA	POR	Pontevedra (ESP)	09/04/2017
Rec Nac Juv A	4:58.08	Diana Margarida DURAES	FOCA	Povoa de Varzim	05/08/2011
Rec Nac Juv B	5:01.00	Ines Neto ROCHA	CAP	Coimbra	24/07/2015

JO Absoluto: 4:38.53 / CEJun_Fem 14 - 17: 4:55.87 / TAC 50m: 5:43.97 - 25m: 5:33.93

Pontos: FINA 2023

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA
1.	Teresa Isabel RODRIGUES	09	Foca Quinta da Lixa CNF	5:24.08	+0,73	555
	50m: 34.86 34.86	150m: 1:59.80	43.81 250m: 3:27.39	45.65 350m: 4:48.85	36.39	
	100m: 1:15.99 41.13	200m: 2:41.74	41.94 300m: 4:12.46	45.07 400m: 5:24.08	35.23	
2.	Beatriz Alves AMBRUS	09	Porto	5:29.09	+0,70	530
	50m: 33.96 33.96	150m: 1:55.76	41.73 250m: 3:25.26	48.28 350m: 4:51.78	38.31	
	100m: 1:14.03 40.07	200m: 2:36.98	41.22 300m: 4:13.47	48.21 400m: 5:29.09	37.31	
3.	Maria Joao COSTA	08	Vilacondense	5:29.50	+0,76	528
	50m: 33.59 33.59	150m: 1:56.78	43.96 250m: 3:28.00	47.86 350m: 4:53.67	37.12	
	100m: 1:12.82 39.23	200m: 2:40.14	43.36 300m: 4:16.55	48.55 400m: 5:29.50	35.83	
4.	Constanca Baptista TOMAS	09	Alcobaca	5:33.02	+0,74	511
	50m: 34.50 34.50	150m: 1:59.55	44.21 250m: 3:31.28	48.59 350m: 4:57.39	37.15	
	100m: 1:15.34 40.84	200m: 2:42.69	43.14 300m: 4:20.24	48.96 400m: 5:33.02	35.63	

Prova 20, Femin., 400m Estilos, Final, Juvenis

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA
5.	Leonor Queiroz GONCALVES	09	Braga	5:33.08	+0,81	511
	50m: 34.99 34.99	150m: 2:00.95	44.88 250m: 3:31.96	47.73 350m: 4:57.35	37.39	
	100m: 1:16.07 41.08	200m: 2:44.23	43.28 300m: 4:19.96	48.00 400m: 5:33.08	35.73	
6.	Carolina Mendes NUNES	08	Estarreja/PROZINCO	5:35.14	+0,84	502
	50m: 35.28 35.28	150m: 2:01.96	44.55 250m: 3:32.47	47.65 350m: 4:58.07	36.88	
	100m: 1:17.41 42.13	200m: 2:44.82	42.86 300m: 4:21.19	48.72 400m: 5:35.14	37.07	
7.	Adriana Ribeiro BARROS	08	Braga	5:35.91	+0,80	498
	50m: 34.09 34.09	150m: 1:59.53	44.07 250m: 3:32.00	47.41 350m: 4:59.47	38.06	
	100m: 1:15.46 41.37	200m: 2:44.59	45.06 300m: 4:21.41	49.41 400m: 5:35.91	36.44	
8.	Filipa Carvalho GALANTE	09	Vilacondense	5:36.23	+0,78	497
	50m: 37.82 37.82	150m: 2:03.17	41.31 250m: 3:31.75	46.37 350m: 4:59.36	38.26	
	100m: 1:21.86 44.04	200m: 2:45.38	42.21 300m: 4:21.10	49.35 400m: 5:36.23	36.87	
9.	Laura Brites COSTA	09	Rio Maior	5:42.05	+0,66	472
	50m: 34.16 34.16	150m: 2:01.91	45.02 250m: 3:34.50	47.98 350m: 5:03.51	39.05	
	100m: 1:16.89 42.73	200m: 2:46.52	44.61 300m: 4:24.46	49.96 400m: 5:42.05	38.54	
10.	Francisca Lamas SILVA	08	Colegio Efanor	5:42.57	+0,72	470
	50m: 34.53 34.53	150m: 1:59.82	43.83 250m: 3:32.41	48.90 350m: 5:02.35	40.61	
	100m: 1:15.99 41.46	200m: 2:43.51	43.69 300m: 4:21.74	49.33 400m: 5:42.57	40.22	

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