

Prova 1  
07-11-2015

Femin., 400m Livres

Absoluto  
Resultados Final

Rec Nacionais - 25m Absoluto	4:13.97	Sara Beatriz Loureiro	FCP	Leiria	05-12-2009
Rec Nacionais - 25m Inf B	4:38.40	Filipa Vilas Ruivo	DNMG	Alcobaça	13-06-2009
Rec Nacionais - 25m Inf A	4:25.30	Alexandra Maria Silva	FCP	Porto	19-07-1980
Rec Nacionais - 25m Juv B	4:23.08	Susana Patricia Miguel	SFUAP	Alhandra	15-05-2004
Rec Nacionais - 25m Juv A	4:18.39	Ana Claudia Santos	SFUAP	Cantanhede	20-12-2004
Rec Nacionais - 25m Jun16	4:15.43	Tamila Hryhorivna Holub	SCB	Porto	20-12-2014
Rec Nacionais - 25m Jun17	4:14.95	Joana Aguiar Rodrigues	FCP	Leiria	05-12-2009
Rec Nacionais - 25m Sen	4:13.97	Sara Beatriz Loureiro	FCP	Leiria	05-12-2009

TAC : 5:03.50

Pontos: FINA 2015

Lugar	Ano	Tempo final	FINA Pts	Pts
<b>Final A</b>				
1. Diana Margarida Duraes <i>Rec Nacional</i>	96 Porto	<b>4:11.62</b>	809	20,00
50m: 29.13 29.13 150m: 1:32.67 32.00 250m: 2:36.10 31.47 350m: 3:39.78 31.86				
100m: 1:00.67 31.54 200m: 2:04.63 31.96 300m: 3:07.92 31.82 400m: 4:11.62 31.84				
2. Francisca Gomes Azevedo	97 Alges	<b>4:20.40</b>	730	16,00
50m: 30.54 30.54 150m: 1:36.62 32.77 250m: 2:42.74 32.78 350m: 3:49.35 33.36				
100m: 1:03.85 33.31 200m: 2:09.96 33.34 300m: 3:15.99 33.25 400m: 4:20.40 31.05				
3. Palmira Chaparro Canela	96 C.N.Mairena Aljarafe	<b>4:20.43</b>	730	15,00
50m: 30.21 30.21 150m: 1:35.84 32.92 250m: 2:42.23 33.35 350m: 3:49.00 33.28				
100m: 1:02.92 32.71 200m: 2:08.88 33.04 300m: 3:15.72 33.49 400m: 4:20.43 31.43				
4. Victoria Kaminskaya	95 Estrelas S. Joao de Brito	<b>4:25.16</b>	691	14,00
50m: 30.67 30.67 150m: 1:37.02 33.58 250m: 2:44.25 33.71 350m: 3:52.04 33.82				
100m: 1:03.44 32.77 200m: 2:10.54 33.52 300m: 3:18.22 33.97 400m: 4:25.16 33.12				
5. Beatriz Paulo Ranito	99 Sporting	<b>4:25.34</b>	690	13,00
50m: 30.90 30.90 150m: 1:37.57 33.44 250m: 2:45.32 33.86 350m: 3:53.02 33.79				
100m: 1:04.13 33.23 200m: 2:11.46 33.89 300m: 3:19.23 33.91 400m: 4:25.34 32.32				
6. Ines Jacinto Henriques	00 Pimpoes/Cimai	<b>4:26.18</b>	683	12,00
50m: 30.50 30.50 150m: 1:37.26 33.78 250m: 2:44.69 33.85 350m: 3:53.04 34.21				
100m: 1:03.48 32.98 200m: 2:10.84 33.58 300m: 3:18.83 34.14 400m: 4:26.18 33.14				
7. Patricia Fuentes Estrada	99 C.N.Mairena Aljarafe	<b>4:28.12</b>	669	11,00
50m: 30.90 30.90 150m: 1:38.23 33.85 250m: 2:45.81 33.54 350m: 3:54.88 34.47				
100m: 1:04.38 33.48 200m: 2:12.27 34.04 300m: 3:20.41 34.60 400m: 4:28.12 33.24				
8. Barbara Marques Rodrigues	97 Alges	<b>4:37.52</b>	603	10,00
50m: 31.44 31.44 150m: 1:41.39 35.19 250m: 2:52.32 35.47 350m: 4:02.88 35.22				
100m: 1:06.20 34.76 200m: 2:16.85 35.46 300m: 3:27.66 35.34 400m: 4:37.52 34.64				
<b>Final B</b>				
9. Raquel Paulo Ranito	94 Sporting	<b>4:31.87</b>	641	9,00
50m: 31.36 31.36 150m: 1:39.94 34.46 250m: 2:49.25 34.58 350m: 3:58.95 34.62				
100m: 1:05.48 34.12 200m: 2:14.67 34.73 300m: 3:24.33 35.08 400m: 4:31.87 32.92				
10. Beatriz Barros Carmo	99 Alges	<b>4:32.17</b>	639	8,00
50m: 31.44 31.44 150m: 1:39.72 34.09 250m: 2:48.98 34.48 350m: 3:58.66 34.98				
100m: 1:05.63 34.19 200m: 2:14.50 34.78 300m: 3:23.68 34.70 400m: 4:32.17 33.51				
11. Alexandra Couto Frazao	02 Amadora	<b>4:32.29</b>	638	7,00
50m: 32.19 32.19 150m: 1:41.54 34.90 250m: 2:51.27 34.95 350m: 4:00.16 34.00				
100m: 1:06.64 34.45 200m: 2:16.32 34.78 300m: 3:26.16 34.89 400m: 4:32.29 32.13				

Prova 1, Femin., 400m Livres, Final, Absoluto

Lugar	Ano	Tempo final	FINA Pts	Pts
12. Mariana Silva Ramos	00 Sporting	<b>4:35.74</b>	615	6,00
50m: 31.82 31.82	150m: 1:41.01 35.00	250m: 2:51.61 35.14	350m: 4:01.61 34.98	
100m: 1:06.01 34.19	200m: 2:16.47 35.46	300m: 3:26.63 35.02	400m: 4:35.74 34.13	
13. Catarina Costa Fernandes	99 Colegio Bernardette Romeira	<b>4:47.33</b>	543	5,00
50m: 32.22 32.22	150m: 1:44.18 36.33	250m: 2:57.69 36.75	350m: 4:11.56 37.04	
100m: 1:07.85 35.63	200m: 2:20.94 36.76	300m: 3:34.52 36.83	400m: 4:47.33 35.77	
14. Tatiana Alexandre Cardoso	01 Amadora	<b>4:49.74</b>	530	4,00
50m: 32.97 32.97	150m: 1:45.34 36.43	250m: 2:59.09 36.99	350m: 4:13.80 37.78	
100m: 1:08.91 35.94	200m: 2:22.10 36.76	300m: 3:36.02 36.93	400m: 4:49.74 35.94	
Catarina Miguel Silva	01 Natacao de Faro	<b>4:49.74</b>	530	4,00
50m: 33.13 33.13	150m: 1:46.26 36.63	250m: 2:59.95 37.09	350m: 4:14.13 37.05	
100m: 1:09.63 36.50	200m: 2:22.86 36.60	300m: 3:37.08 37.13	400m: 4:49.74 35.61	
16. Elisa Sauval Goncalves	02 Natacao de Olhao	<b>4:49.79</b>	530	2,00
50m: 32.74 32.74	150m: 1:45.15 36.45	250m: 2:59.12 37.03	350m: 4:13.60 37.31	
100m: 1:08.70 35.96	200m: 2:22.09 36.94	300m: 3:36.29 37.17	400m: 4:49.79 36.19	