

Prova 1 Femin., 400m Livres Absoluto  
08-11-2014 - 9:30 Resultados Elimin

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	4:18.68	Joana Filipa Santos	VSC	Guimarães	07-12-2008
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 2014

Lugar	Ano		Tempo final							Pts
1. Victoria Kaminskaya	95	Pimpoes/Cimai	<b>4:23.02</b>							708 A
50m: 30.42 30.42	150m: 1:36.57	33.13	250m: 2:42.93	32.93	350m: 3:49.93	33.67	400m: 4:23.02	33.09		
100m: 1:03.44 33.02	200m: 2:10.00	33.43	300m: 3:16.26	33.33						
2. Carolina Mantua Guedes	98	Sporting	<b>4:23.40</b>							705 A
50m: 30.56 30.56	150m: 1:36.80	32.95	250m: 2:43.28	33.15	350m: 3:50.22	33.67	400m: 4:23.40	33.18		
100m: 1:03.85 33.29	200m: 2:10.13	33.33	300m: 3:16.55	33.27						
3. Diana Margarida Duraes	96	Porto	<b>4:24.94</b>							693 A
50m: 30.87 30.87	150m: 1:38.94	34.15	250m: 2:45.83	33.17	350m: 3:51.81	32.92	400m: 4:24.94	33.13		
100m: 1:04.79 33.92	200m: 2:12.66	33.72	300m: 3:18.89	33.06						
4. Francisca Gomes Azevedo	97	Alges	<b>4:26.60</b>							680 A
50m: 30.75 30.75	150m: 1:39.10	34.32	250m: 2:46.30	33.31	350m: 3:53.68	33.66	400m: 4:26.60	32.92		
100m: 1:04.78 34.03	200m: 2:12.99	33.89	300m: 3:20.02	33.72						
5. Beatriz Paulo Ranito	99	Sporting	<b>4:31.39</b>							645 A
50m: 31.17 31.17	150m: 1:39.39	34.48	250m: 2:48.63	34.57	350m: 3:58.18	34.87	400m: 4:31.39	33.21		
100m: 1:04.91 33.74	200m: 2:14.06	34.67	300m: 3:23.31	34.68						
6. Patricia Fuentes Estrada	99	C.N.Mairena Aljarafe	<b>4:31.66</b>							643 A
50m: 31.32 31.32	150m: 1:40.72	35.08	250m: 2:49.82	33.90	350m: 3:58.69	33.91	400m: 4:31.66	32.97		
100m: 1:05.64 34.32	200m: 2:15.92	35.20	300m: 3:24.78	34.96						
7. Mafalda Gomes Beleza	94	Sporting	<b>4:31.71</b>							643 A
50m: 31.28 31.28	150m: 1:40.03	34.68	250m: 2:49.46	34.58	350m: 3:58.46	34.53	400m: 4:31.71	33.25		
100m: 1:05.35 34.07	200m: 2:14.88	34.85	300m: 3:23.93	34.47						
8. Marina Micaela Sequeira	98	Uniao Piedense	<b>4:35.07</b>							619 A
50m: 31.20 31.20	150m: 1:39.51	34.29	250m: 2:48.32	34.54	350m: 4:00.12	35.94	400m: 4:35.07	34.95		
100m: 1:05.22 34.02	200m: 2:13.78	34.27	300m: 3:24.18	35.86						
9. Beatriz Barros Carmo	99	Colegio Vasco da Gama	<b>4:37.39</b>							604 B
50m: 31.64 31.64	150m: 1:41.56	35.19	250m: 2:51.94	35.17	350m: 4:02.50	35.30	400m: 4:37.39	34.89		
100m: 1:06.37 34.73	200m: 2:16.77	35.21	300m: 3:27.20	35.26						
10. Laura Sanchez Rodrigues	00	Belenenses	<b>4:39.77</b>							589 B
50m: 31.92 31.92	150m: 1:41.95	35.32	250m: 2:52.40	35.09	350m: 4:04.11	35.86	400m: 4:39.77	35.66		
100m: 1:06.63 34.71	200m: 2:17.31	35.36	300m: 3:28.25	35.85						
11. Carolina Santos Albuquerque	99	Colegio Vasco da Gama	<b>4:40.51</b>							584 B
50m: 31.79 31.79	150m: 1:41.69	35.71	250m: 2:53.09	35.31	350m: 4:04.97	36.10	400m: 4:40.51	35.54		
100m: 1:05.98 34.19	200m: 2:17.78	36.09	300m: 3:28.87	35.78						
12. Raquel Paulo Ranito	94	Colegio Vasco da Gama	<b>4:42.21</b>							573 B
50m: 31.48 31.48	150m: 1:41.39	35.52	250m: 2:53.56	35.93	350m: 4:05.97	35.88	400m: 4:42.21	36.24		
100m: 1:05.87 34.39	200m: 2:17.63	36.24	300m: 3:30.09	36.53						

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

Lugar			Ano					Tempo final	Pts		
13.	Eva Guerreiro Carvalho		99	Uniao Piedense				<b>4:43.61</b>	565 B		
	50m:	31.89 31.89	150m:	1:41.84	35.53	250m:	2:54.04	36.42	350m:	4:07.72	37.00
	100m:	1:06.31 34.42	200m:	2:17.62	35.78	300m:	3:30.72	36.68	400m:	4:43.61	35.89
14.	Joana Miguel Alexandre		99	Belenenses				<b>4:43.96</b>	563 B		
	50m:	32.22 32.22	150m:	1:43.05	35.97	250m:	2:55.33	36.24	350m:	4:08.69	36.67
	100m:	1:07.08 34.86	200m:	2:19.09	36.04	300m:	3:32.02	36.69	400m:	4:43.96	35.27
15.	Catarina Costa Fernandes		99	Colegio Bernardette Romeira				<b>4:45.57</b>	553 B		
	50m:	31.43 31.43	150m:	1:43.08	36.23	250m:	2:56.52	36.87	350m:	4:10.43	37.18
	100m:	1:06.85 35.42	200m:	2:19.65	36.57	300m:	3:33.25	36.73	400m:	4:45.57	35.14
16.	Sofia Cristina Grilo		97	Benfica				<b>4:47.21</b>	544 B		
	50m:	32.71 32.71	150m:	1:44.89	36.62	250m:	2:57.50	36.26	350m:	4:11.14	36.85
	100m:	1:08.27 35.56	200m:	2:21.24	36.35	300m:	3:34.29	36.79	400m:	4:47.21	36.07
17.	Alexandra Couto Frazao		02	Amadora				<b>4:49.56</b>	531 R		
	50m:	33.48 33.48	150m:	1:45.76	36.41	250m:	2:59.01	36.30	350m:	4:12.75	36.67
	100m:	1:09.35 35.87	200m:	2:22.71	36.95	300m:	3:36.08	37.07	400m:	4:49.56	36.81
18.	Rita Guedes Moreira		00	Louletano / Loule Concelho				<b>4:50.27</b>	527 R		
	50m:	32.78 32.78	150m:	1:45.56	36.81	250m:	2:59.87	36.93	350m:	4:14.17	37.39
	100m:	1:08.75 35.97	200m:	2:22.94	37.38	300m:	3:36.78	36.91	400m:	4:50.27	36.10
19.	Ana Carolina Gomes		97	Pimpoes/Cimai				<b>4:53.52</b>	510		
	50m:	33.75 33.75	150m:	1:47.30	36.85	250m:	3:01.90	37.20	350m:	4:17.02	37.81
	100m:	1:10.45 36.70	200m:	2:24.70	37.40	300m:	3:39.21	37.31	400m:	4:53.52	36.50
20.	Claudia Almeida Costa		95	Benfica				<b>4:54.32</b>	505		
	50m:	32.59 32.59	150m:	1:44.75	36.57	250m:	3:00.49	38.04	350m:	4:17.25	38.37
	100m:	1:08.18 35.59	200m:	2:22.45	37.70	300m:	3:38.88	38.39	400m:	4:54.32	37.07
21.	Elisa Sauval Goncalves		02	Natacao de Olhao				<b>4:58.58</b>	484		
	50m:	33.05 33.05	150m:	1:47.89	37.75	250m:	3:04.17	38.19	350m:	4:21.36	38.38
	100m:	1:10.14 37.09	200m:	2:25.98	38.09	300m:	3:42.98	38.81	400m:	4:58.58	37.22
22.	Catarina Miguel Silva		01	Natacao de Faro				<b>5:02.09</b>	467		
	50m:	33.58 33.58	150m:	1:48.70	38.10	250m:	3:05.49	38.70	350m:	4:23.92	38.92
	100m:	1:10.60 37.02	200m:	2:26.79	38.09	300m:	3:45.00	39.51	400m:	5:02.09	38.17