

Prova 5

Femin., 400m Livres

Absoluto

08-11-2014 - 16:30

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	4:18.68	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	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	PPTs
Final A								
1.	Diana Margarida Duraes	96	102992	Porto	4:17.26	+0,68	757	20
	50m: 29.88 29.88			150m: 1:34.77 32.70	250m: 2:40.04 32.39	350m: 3:45.34 32.54		
	100m: 1:02.07 32.19			200m: 2:07.65 32.88	300m: 3:12.80 32.76	400m: 4:17.26 31.92		
2.	Victoria Kaminskaya	95	102313	Pimpoes/Cimai	4:18.70	+0,74	744	16
	50m: 29.84 29.84			150m: 1:34.83 32.67	250m: 2:40.22 32.48	350m: 3:45.73 32.92		
	100m: 1:02.16 32.32			200m: 2:07.74 32.91	300m: 3:12.81 32.59	400m: 4:18.70 32.97		
3.	Francisca Gomes Azevedo	97	100356	Alges	4:22.84	+0,80	710	15
	50m: 29.96 29.96			150m: 1:35.88 33.42	250m: 2:42.88 33.33	350m: 3:49.75 33.56		
	100m: 1:02.46 32.50			200m: 2:09.55 33.67	300m: 3:16.19 33.31	400m: 4:22.84 33.09		
4.	Carolina Mantua Guedes	98	110539	Sporting	4:26.44	+0,73	681	14
	50m: 30.01 30.01			150m: 1:36.25 33.54	250m: 2:44.17 33.98	350m: 3:52.56 34.22		
	100m: 1:02.71 32.70			200m: 2:10.19 33.94	300m: 3:18.34 34.17	400m: 4:26.44 33.88		
5.	Beatriz Paulo Ranito	99	116593	Sporting	4:28.81	+0,79	664	13
	50m: 30.74 30.74			150m: 1:37.94 33.77	250m: 2:46.31 34.10	350m: 3:54.70 34.27		
	100m: 1:04.17 33.43			200m: 2:12.21 34.27	300m: 3:20.43 34.12	400m: 4:28.81 34.11		
6.	Mafalda Gomes Beleza	94	26890	Sporting	4:29.59	+0,76	658	12
	50m: 30.84 30.84			150m: 1:37.98 33.72	250m: 2:46.50 34.58	350m: 3:56.16 34.80		
	100m: 1:04.26 33.42			200m: 2:11.92 33.94	300m: 3:21.36 34.86	400m: 4:29.59 33.43		
7.	Patricia Fuentes Estrada	99		C.N.Mairena Aljarafe	4:30.08	+0,80	654	11
	50m: 31.11 31.11			150m: 1:39.35 34.39	250m: 2:48.01 34.15	350m: 3:57.37 34.64		
	100m: 1:04.96 33.85			200m: 2:13.86 34.51	300m: 3:22.73 34.72	400m: 4:30.08 32.71		
8.	Marina Micaela Sequeira	98	112319	Uniao Piedense	4:38.89	+0,84	594	10
	50m: 31.08 31.08			150m: 1:39.82 34.92	250m: 2:50.82 35.67	350m: 4:03.33 36.42		
	100m: 1:04.90 33.82			200m: 2:15.15 35.33	300m: 3:26.91 36.09	400m: 4:38.89 35.56		
Final B								
9.	Laura Sanchez Rodrigues	00	111405	Belenenses	4:37.80	+0,72	601	9
	50m: 31.31 31.31			150m: 1:41.23 35.10	250m: 2:51.97 35.16	350m: 4:03.64 36.15		
	100m: 1:06.13 34.82			200m: 2:16.81 35.58	300m: 3:27.49 35.52	400m: 4:37.80 34.16		
10.	Carolina Santos Albuquerque	99	132456	Colegio Vasco da Gama	4:38.04	+0,78	600	8
	50m: 31.98 31.98			150m: 1:41.85 35.20	250m: 2:52.27 35.17	350m: 4:03.90 35.90		
	100m: 1:06.65 34.67			200m: 2:17.10 35.25	300m: 3:28.00 35.73	400m: 4:38.04 34.14		
11.	Eva Guerreiro Carvalho	99	111392	Uniao Piedense	4:38.08	+0,88	599	7
	50m: 31.78 31.78			150m: 1:41.34 35.05	250m: 2:50.79 34.69	350m: 3:59.78 34.20		
	100m: 1:06.29 34.51			200m: 2:16.10 34.76	300m: 3:25.58 34.79	400m: 4:38.08 38.30		
12.	Beatriz Barros Carmo	99	107625	Colegio Vasco da Gama	4:38.42	+0,72	597	6
	50m: 31.54 31.54			150m: 1:41.39 35.16	250m: 2:51.57 35.01	350m: 4:02.06 35.34		
	100m: 1:06.23 34.69			200m: 2:16.56 35.17	300m: 3:26.72 35.15	400m: 4:38.42 36.36		
13.	Raquel Paulo Ranito	94	25504	Colegio Vasco da Gama	4:38.85	+0,80	594	5
	50m: 31.78 31.78			150m: 1:41.60 35.13	250m: 2:52.79 35.57	350m: 4:04.28 35.58		
	100m: 1:06.47 34.69			200m: 2:17.22 35.62	300m: 3:28.70 35.91	400m: 4:38.85 34.57		

Prova 5, Femin., 400m Livres, Final, Absoluto

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	PPTs
14.	Joana Miguel Alexandre	99	111432	Belenenses	4:43.43	+0,85	566	4
	50m: 32.09 32.09		150m: 1:42.42 35.46	250m: 2:54.58 36.24		350m: 4:07.85 36.53		
	100m: 1:06.96 34.87		200m: 2:18.34 35.92	300m: 3:31.32 36.74		400m: 4:43.43 35.58		
15.	Sofia Cristina Grilo	97	112014	Benfica	4:47.10	+0,86	545	3
	50m: 32.25 32.25		150m: 1:42.74 35.49	250m: 2:55.86 36.75		350m: 4:10.18 37.39		
	100m: 1:07.25 35.00		200m: 2:19.11 36.37	300m: 3:32.79 36.93		400m: 4:47.10 36.92		
16.	Catarina Costa Fernandes	99	117253	Colegio Bernardette Romeira	4:51.41	+0,73	521	2
	50m: 31.61 31.61		150m: 1:44.03 36.53	250m: 2:58.82 37.77		350m: 4:14.81 38.13		
	100m: 1:07.50 35.89		200m: 2:21.05 37.02	300m: 3:36.68 37.86		400m: 4:51.41 36.60		