

Prova 1

07-11-2015 - 9:30

Femin., 400m Livres

Absoluto

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	4:15.43	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	Pts	pts
1. Diana Margarida Duraes	96 Porto	4:18.14	749 A	-
50m: 30.19 30.19	150m: 1:35.34 32.68	250m: 2:40.11 32.09	350m: 3:45.36 32.94	
100m: 1:02.66 32.47	200m: 2:08.02 32.68	300m: 3:12.42 32.31	400m: 4:18.14 32.78	
2. Francisca Gomes Azevedo	97 Alges	4:21.84	718 A	-
50m: 30.45 30.45	150m: 1:37.84 33.98	250m: 2:44.55 32.55	350m: 3:49.65 32.03	
100m: 1:03.86 33.41	200m: 2:12.00 34.16	300m: 3:17.62 33.07	400m: 4:21.84 32.19	
3. Victoria Kaminskaya	95 Estrelas S. Joao de Brito	4:23.63	703 A	-
50m: 30.70 30.70	150m: 1:36.62 33.03	250m: 2:42.85 33.08	350m: 3:50.21 33.92	
100m: 1:03.59 32.89	200m: 2:09.77 33.15	300m: 3:16.29 33.44	400m: 4:23.63 33.42	
4. Palmira Chaparro Canela	96 C.N.Mairena Aljarafe	4:25.53	688 A	-
50m: 30.10 30.10	150m: 1:35.72 33.16	250m: 2:42.31 33.27	350m: 3:48.19 32.35	
100m: 1:02.56 32.46	200m: 2:09.04 33.32	300m: 3:15.84 33.53	400m: 4:25.53 37.34	
5. Beatriz Paulo Ranito	99 Sporting	4:26.54	681 A	-
50m: 30.89 30.89	150m: 1:37.37 33.26	250m: 2:44.71 33.72	350m: 3:53.00 34.16	
100m: 1:04.11 33.22	200m: 2:10.99 33.62	300m: 3:18.84 34.13	400m: 4:26.54 33.54	
6. Ines Jacinto Henriques	00 Pimpoes/Cimai	4:30.49	651 A	-
50m: 30.80 30.80	150m: 1:38.39 34.11	250m: 2:47.34 34.49	350m: 3:56.55 34.67	
100m: 1:04.28 33.48	200m: 2:12.85 34.46	300m: 3:21.88 34.54	400m: 4:30.49 33.94	
7. Patricia Fuentes Estrada	99 C.N.Mairena Aljarafe	4:32.59	636 A	-
50m: 30.48 30.48	150m: 1:38.52 34.44	250m: 2:48.20 34.94	350m: 3:58.55 35.03	
100m: 1:04.08 33.60	200m: 2:13.26 34.74	300m: 3:23.52 35.32	400m: 4:32.59 34.04	
8. Barbara Marques Rodrigues	97 Alges	4:32.92	634 A	-
50m: 31.75 31.75	150m: 1:41.07 34.79	250m: 2:50.56 34.59	350m: 3:59.23 34.13	
100m: 1:06.28 34.53	200m: 2:15.97 34.90	300m: 3:25.10 34.54	400m: 4:32.92 33.69	
9. Beatriz Barros Carmo	99 Alges	4:34.33	624 B	-
50m: 31.67 31.67	150m: 1:40.33 34.36	250m: 2:50.45 35.06	350m: 4:00.00 34.84	
100m: 1:05.97 34.30	200m: 2:15.39 35.06	300m: 3:25.16 34.71	400m: 4:34.33 34.33	
10. Mariana Silva Ramos	00 Sporting	4:35.77	615 B	-
50m: 31.60 31.60	150m: 1:40.74 34.72	250m: 2:50.64 34.90	350m: 4:01.11 35.20	
100m: 1:06.02 34.42	200m: 2:15.74 35.00	300m: 3:25.91 35.27	400m: 4:35.77 34.66	
11. Raquel Paulo Ranito	94 Sporting	4:38.35	598 B	-
50m: 32.09 32.09	150m: 1:41.93 35.14	250m: 2:52.64 35.43	350m: 4:03.57 35.58	
100m: 1:06.79 34.70	200m: 2:17.21 35.28	300m: 3:27.99 35.35	400m: 4:38.35 34.78	
12. Alexandra Couto Frazao	02 Amadora	4:41.60	577 B	-
50m: 32.08 32.08	150m: 1:41.68 35.06	250m: 2:53.42 35.99	350m: 4:05.95 36.36	
100m: 1:06.62 34.54	200m: 2:17.43 35.75	300m: 3:29.59 36.17	400m: 4:41.60 35.65	

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

Lugar	Ano	Tempo final	Pts	pts
13. Catarina Costa Fernandes	99	Colegio Bernardette Romeira	4:46.98	545 B -
50m: 32.14 32.14	150m: 1:43.90	36.34 250m: 2:57.08 36.77	350m: 4:11.15	37.06
100m: 1:07.56 35.42	200m: 2:20.31	36.41 300m: 3:34.09 37.01	400m: 4:46.98	35.83
14. Tatiana Alexandre Cardoso	01	Amadora	4:54.09	507 B -
50m: 33.26 33.26	150m: 1:45.84	36.64 250m: 3:00.86 37.70	350m: 4:17.09	38.32
100m: 1:09.20 35.94	200m: 2:23.16	37.32 300m: 3:38.77 37.91	400m: 4:54.09	37.00
15. Elisa Sauval Goncalves	02	Natacao de Olhao	4:54.34	505 B -
50m: 32.74 32.74	150m: 1:45.89	37.43 250m: 3:01.46 37.88	350m: 4:17.36	37.94
100m: 1:08.46 35.72	200m: 2:23.58	37.69 300m: 3:39.42 37.96	400m: 4:54.34	36.98
16. Catarina Miguel Silva	01	Natacao de Faro	4:54.89	502 B -
50m: 32.93 32.93	150m: 1:46.76	37.65 250m: 3:02.03 38.00	350m: 4:17.32	37.64
100m: 1:09.11 36.18	200m: 2:24.03	37.27 300m: 3:39.68 37.65	400m: 4:54.89	37.57
17. Carolina Costa Fernandes	99	Colegio Bernardette Romeira	5:02.89	464 R -
50m: 32.65 32.65	150m: 1:48.60	38.87 250m: 3:06.14 38.81	350m: 4:24.28	38.74
100m: 1:09.73 37.08	200m: 2:27.33	38.73 300m: 3:45.54 39.40	400m: 5:02.89	38.61
DNS Carolina Mantua Guedes	98	Sporting		-