



Prova 17  
21-05-2017 - 9:30

Femin., 400m Livres

12 anos e mais velhos  
Resultados

Pontos: FINA 2016

| Lugar    | Ano                                  |         |       |       |         |                            |       |         |       |       | Tempo final    | Pts   |
|----------|--------------------------------------|---------|-------|-------|---------|----------------------------|-------|---------|-------|-------|----------------|-------|
| Infantis |                                      |         |       |       |         |                            |       |         |       |       |                |       |
| 1.       | Carlota Ferrando, GARCIA             |         |       |       | 04      | C.N. Huelva                |       |         |       |       | <b>4:58.78</b> | 483   |
|          | 50m:                                 | 33.43   | 33.43 | 150m: | 1:48.17 | 38.16                      | 250m: | 3:04.24 | 38.10 | 350m: | 4:20.38        | 38.03 |
|          | 100m:                                | 1:10.01 | 36.58 | 200m: | 2:26.14 | 37.97                      | 300m: | 3:42.35 | 38.11 | 400m: | 4:58.78        | 38.40 |
| 2.       | Matilde Fialho, CONCEICAO            |         |       |       | 04      | Louletano / Loule Concelho |       |         |       |       | <b>5:07.44</b> | 443   |
|          | 50m:                                 | 34.24   | 34.24 | 150m: | 1:50.60 | 38.96                      | 250m: | 3:10.36 | 39.73 | 350m: | 4:29.52        | 39.43 |
|          | 100m:                                | 1:11.64 | 37.40 | 200m: | 2:30.63 | 40.03                      | 300m: | 3:50.09 | 39.73 | 400m: | 5:07.44        | 37.92 |
| 3.       | Mariana Pereira, MENDES              |         |       |       | 04      | Louletano / Loule Concelho |       |         |       |       | <b>5:11.10</b> | 428   |
|          | 50m:                                 | 35.55   | 35.55 | 150m: | 1:54.14 | 39.69                      | 250m: | 3:13.74 | 39.93 | 350m: | 4:33.09        | 39.65 |
|          | 100m:                                | 1:14.45 | 38.90 | 200m: | 2:33.81 | 39.67                      | 300m: | 3:53.44 | 39.70 | 400m: | 5:11.10        | 38.01 |
| 4.       | Carolina Pereira, VIANA              |         |       |       | 04      | Armacenenses               |       |         |       |       | <b>5:14.27</b> | 415   |
|          | 50m:                                 | 35.24   | 35.24 | 150m: | 1:53.58 | 39.94                      | 250m: | 3:13.97 | 40.29 | 350m: | 4:34.35        | 39.89 |
|          | 100m:                                | 1:13.64 | 38.40 | 200m: | 2:33.68 | 40.10                      | 300m: | 3:54.46 | 40.49 | 400m: | 5:14.27        | 39.92 |
| 5.       | Mariana Ponte, MARTINS               |         |       |       | 04      | Louletano / Loule Concelho |       |         |       |       | <b>5:49.76</b> | 301   |
|          | 50m:                                 | 38.87   | 38.87 | 150m: | 2:08.16 | 45.41                      | 250m: | 3:38.85 | 45.67 | 350m: | 5:08.34        | 44.39 |
|          | 100m:                                | 1:22.75 | 43.88 | 200m: | 2:53.18 | 45.02                      | 300m: | 4:23.95 | 45.10 | 400m: | 5:49.76        | 41.42 |
| 6.       | Gloria Regina, GUERREIRO             |         |       |       | 04      | FC Ferreiras               |       |         |       |       | <b>6:07.82</b> | 259   |
|          | 50m:                                 | 37.89   | 37.89 | 150m: | 2:10.97 | 47.52                      | 250m: | 3:45.27 | 46.98 | 350m: | 5:18.90        | 46.16 |
|          | 100m:                                | 1:23.45 | 45.56 | 200m: | 2:58.29 | 47.32                      | 300m: | 4:32.74 | 47.47 | 400m: | 6:07.82        | 48.92 |
| 7.       | Beatriz Filipe, FELICIA              |         |       |       | 04      | FC Ferreiras               |       |         |       |       | <b>6:10.51</b> | 253   |
|          | 50m:                                 | 42.22   | 42.22 | 150m: | 2:17.43 | 47.92                      | 250m: | 3:53.07 | 48.23 | 350m: | 5:26.98        | 47.12 |
|          | 100m:                                | 1:29.51 | 47.29 | 200m: | 3:04.84 | 47.41                      | 300m: | 4:39.86 | 46.79 | 400m: | 6:10.51        | 43.53 |
| DSQ      | Mariana Coelho, SANTOS               |         |       |       | 04      | Lagoa AC                   |       |         |       |       |                |       |
|          | G1 - Efectuou falsa partida (SW 4.4) |         |       |       |         |                            |       |         |       |       |                |       |
| Juvenis  |                                      |         |       |       |         |                            |       |         |       |       |                |       |
| 1.       | Alba Vezquez, RUIZ                   |         |       |       | 02      | C.N. Huelva                |       |         |       |       | <b>4:38.56</b> | 596   |
|          | 50m:                                 | 31.31   | 31.31 | 150m: | 1:40.89 | 35.01                      | 250m: | 2:51.99 | 35.51 | 350m: | 4:03.44        | 35.42 |
|          | 100m:                                | 1:05.88 | 34.57 | 200m: | 2:16.48 | 35.59                      | 300m: | 3:28.02 | 36.03 | 400m: | 4:38.56        | 35.12 |
| 2.       | Laura Sanchez, FERNANDEZ             |         |       |       | 03      | C.N. Huelva                |       |         |       |       | <b>4:48.78</b> | 535   |
|          | 50m:                                 | 31.95   | 31.95 | 150m: | 1:42.25 | 35.92                      | 250m: | 2:55.98 | 37.19 | 350m: | 4:11.35        | 38.06 |
|          | 100m:                                | 1:06.33 | 34.38 | 200m: | 2:18.79 | 36.54                      | 300m: | 3:33.29 | 37.31 | 400m: | 4:48.78        | 37.43 |
| 3.       | Maria Crista, JESUS                  |         |       |       | 03      | Louletano / Loule Concelho |       |         |       |       | <b>4:56.54</b> | 494   |
|          | 50m:                                 | 33.10   | 33.10 | 150m: | 1:46.25 | 37.69                      | 250m: | 3:02.97 | 38.15 | 350m: | 4:19.46        | 38.46 |
|          | 100m:                                | 1:08.56 | 35.46 | 200m: | 2:24.82 | 38.57                      | 300m: | 3:41.00 | 38.03 | 400m: | 4:56.54        | 37.08 |
| 4.       | Valeria Martinez, BUILES             |         |       |       | 03      | C.N. Huelva                |       |         |       |       | <b>4:57.06</b> | 492   |
|          | 50m:                                 | 32.16   | 32.16 | 150m: | 1:45.68 | 37.19                      | 250m: | 3:00.80 | 37.77 | 350m: | 4:18.79        | 39.25 |
|          | 100m:                                | 1:08.49 | 36.33 | 200m: | 2:23.03 | 37.35                      | 300m: | 3:39.54 | 38.74 | 400m: | 4:57.06        | 38.27 |
| 5.       | Arantxa Dominguez, ZANOLETTY         |         |       |       | 03      | C.N. Huelva                |       |         |       |       | <b>5:09.22</b> | 436   |
|          | 50m:                                 | 34.08   | 34.08 | 150m: |         |                            | 250m: | 3:10.30 | 40.25 | 350m: | 4:30.39        | 40.30 |
|          | 100m:                                | 1:11.90 | 37.82 | 200m: | 2:30.05 |                            | 300m: | 3:50.09 | 39.79 | 400m: | 5:09.22        | 38.83 |
| 6.       | Matilde Vieira, PEREIRA              |         |       |       | 03      | Lagoa AC                   |       |         |       |       | <b>5:14.86</b> | 413   |
|          | 50m:                                 | 35.44   | 35.44 | 150m: | 1:53.25 | 39.35                      | 250m: | 3:13.63 | 40.37 | 350m: | 4:34.26        | 40.46 |
|          | 100m:                                | 1:13.90 | 38.46 | 200m: | 2:33.26 | 40.01                      | 300m: | 3:53.80 | 40.17 | 400m: | 5:14.86        | 40.60 |
| 7.       | Laura Delgado, ASECIO                |         |       |       | 02      | C.N. Huelva                |       |         |       |       | <b>5:15.74</b> | 409   |
|          | 50m:                                 | 35.07   | 35.07 | 150m: | 1:54.48 | 40.41                      | 250m: | 3:16.39 | 41.00 | 350m: | 4:37.36        | 40.29 |
|          | 100m:                                | 1:14.07 | 39.00 | 200m: | 2:35.39 | 40.91                      | 300m: | 3:57.07 | 40.68 | 400m: | 5:15.74        | 38.38 |



I Open de Natação de Albufeira  
Albufeira, 20- - 21-5-2017



Prova 17, Femin., 400m Livres, Juvenis

| Lugar                    | Ano                           |                     |                     |  | Tempo final    |  |  |  | Pts |
|--------------------------|-------------------------------|---------------------|---------------------|--|----------------|--|--|--|-----|
| 8. Patricia Abreu, SEONG | 03 Louletano / Loule Concelho |                     |                     |  | <b>5:16.03</b> |  |  |  | 408 |
| 50m: 34.36 34.36         | 150m: 1:53.03 40.01           | 250m: 3:12.81 39.50 | 350m: 4:36.30 42.32 |  |                |  |  |  |     |
| 100m: 1:13.02 38.66      | 200m: 2:33.31 40.28           | 300m: 3:53.98 41.17 | 400m: 5:16.03 39.73 |  |                |  |  |  |     |
| 9. Carolina Sofia, SILVA | 02 Armacenenses               |                     |                     |  | <b>5:27.12</b> |  |  |  | 368 |
| 50m: 34.62 34.62         | 150m: 1:54.54 41.18           | 250m: 3:19.78 43.24 | 350m: 4:46.50 43.06 |  |                |  |  |  |     |
| 100m: 1:13.36 38.74      | 200m: 2:36.54 42.00           | 300m: 4:03.44 43.66 | 400m: 5:27.12 40.62 |  |                |  |  |  |     |
| 10. Sara Sousa, CANDEIAS | 03 Louletano / Loule Concelho |                     |                     |  | <b>6:06.53</b> |  |  |  | 261 |
| 50m: 41.38 41.38         | 150m: 2:15.04 46.93           | 250m: 3:48.62 46.47 | 350m: 5:21.39 46.02 |  |                |  |  |  |     |
| 100m: 1:28.11 46.73      | 200m: 3:02.15 47.11           | 300m: 4:35.37 46.75 | 400m: 6:06.53 45.14 |  |                |  |  |  |     |

Juniores

|                              |                                   |                     |                     |  |                |  |  |  |     |
|------------------------------|-----------------------------------|---------------------|---------------------|--|----------------|--|--|--|-----|
| 1. Mariana Sebastiao, MENDES | 01 Portinado                      |                     |                     |  | <b>4:52.30</b> |  |  |  | 516 |
| 50m: 33.22 33.22             | 150m: 250m: 3:00.71 37.62         | 350m: 4:15.33 37.11 |                     |  |                |  |  |  |     |
| 100m: 1:09.01 35.79          | 200m: 2:23.09 300m: 3:38.22 37.51 | 400m: 4:52.30 36.97 |                     |  |                |  |  |  |     |
| 2. Rita Guedes, MOREIRA      | 00 Louletano / Loule Concelho     |                     |                     |  | <b>4:54.67</b> |  |  |  | 504 |
| 50m: 32.63 32.63             | 150m: 1:45.68 36.88               | 250m: 3:01.01 37.85 | 350m: 4:16.89 37.98 |  |                |  |  |  |     |
| 100m: 1:08.80 36.17          | 200m: 2:23.16 37.48               | 300m: 3:38.91 37.90 | 400m: 4:54.67 37.78 |  |                |  |  |  |     |
| 3. Patricia Vazquez, PEREZ   | 01 C.N. Huelva                    |                     |                     |  | <b>5:05.38</b> |  |  |  | 452 |
| 50m: 32.57 32.57             | 150m: 1:46.77 37.69               | 250m: 3:05.46 40.05 | 350m: 4:25.59 40.34 |  |                |  |  |  |     |
| 100m: 1:09.08 36.51          | 200m: 2:25.41 38.64               | 300m: 3:45.25 39.79 | 400m: 5:05.38 39.79 |  |                |  |  |  |     |

Senior

|                           |                       |                       |                       |  |                |  |  |  |     |
|---------------------------|-----------------------|-----------------------|-----------------------|--|----------------|--|--|--|-----|
| 1. Marina, ZABORSKAYA     | 85 FC Ferreiras       |                       |                       |  | <b>5:33.99</b> |  |  |  | 346 |
| 50m: 38.05 38.05          | 150m: 2:00.95 42.11   | 250m: 3:26.57 43.27   | 350m: 4:52.65 43.29   |  |                |  |  |  |     |
| 100m: 1:18.84 40.79       | 200m: 2:43.30 42.35   | 300m: 4:09.36 42.79   | 400m: 5:33.99 41.34   |  |                |  |  |  |     |
| 2. Joana Silva, CRISTOVÃO | 81 FC Ferreiras       |                       |                       |  | <b>6:29.66</b> |  |  |  | 218 |
| 50m: 44.55 44.55          | 150m: 2:22.57 49.47   | 250m: 4:02.20 49.78   | 350m: 5:41.66 49.38   |  |                |  |  |  |     |
| 100m: 1:33.10 48.55       | 200m: 3:12.42 49.85   | 300m: 4:52.28 50.08   | 400m: 6:29.66 48.00   |  |                |  |  |  |     |
| 3. Adriana Godinho, REIS  | 95 Feira Viva         |                       |                       |  | <b>8:21.95</b> |  |  |  | 101 |
| 50m: 55.56 55.56          | 150m: 3:01.93 1:04.29 | 250m: 5:11.30 1:04.88 | 350m: 7:19.43 1:03.40 |  |                |  |  |  |     |
| 100m: 1:57.64 1:02.08     | 200m: 4:06.42 1:04.49 | 300m: 6:16.03 1:04.73 | 400m: 8:21.95 1:02.52 |  |                |  |  |  |     |

Master

|                           |                     |                     |                     |  |                |  |  |  |     |
|---------------------------|---------------------|---------------------|---------------------|--|----------------|--|--|--|-----|
| 1. Marina, ZABORSKAYA     | 85 FC Ferreiras     |                     |                     |  | <b>5:33.99</b> |  |  |  | 346 |
| 50m: 38.05 38.05          | 150m: 2:00.95 42.11 | 250m: 3:26.57 43.27 | 350m: 4:52.65 43.29 |  |                |  |  |  |     |
| 100m: 1:18.84 40.79       | 200m: 2:43.30 42.35 | 300m: 4:09.36 42.79 | 400m: 5:33.99 41.34 |  |                |  |  |  |     |
| 2. Joana Silva, CRISTOVÃO | 81 FC Ferreiras     |                     |                     |  | <b>6:29.66</b> |  |  |  | 218 |
| 50m: 44.55 44.55          | 150m: 2:22.57 49.47 | 250m: 4:02.20 49.78 | 350m: 5:41.66 49.38 |  |                |  |  |  |     |
| 100m: 1:33.10 48.55       | 200m: 3:12.42 49.85 | 300m: 4:52.28 50.08 | 400m: 6:29.66 48.00 |  |                |  |  |  |     |

S21

|                          |                       |                       |                       |  |                |  |  |  |     |
|--------------------------|-----------------------|-----------------------|-----------------------|--|----------------|--|--|--|-----|
| 1. Adriana Godinho, REIS | 95 Feira Viva         |                       |                       |  | <b>8:21.95</b> |  |  |  | 101 |
| 50m: 55.56 55.56         | 150m: 3:01.93 1:04.29 | 250m: 5:11.30 1:04.88 | 350m: 7:19.43 1:03.40 |  |                |  |  |  |     |
| 100m: 1:57.64 1:02.08    | 200m: 4:06.42 1:04.49 | 300m: 6:16.03 1:04.73 | 400m: 8:21.95 1:02.52 |  |                |  |  |  |     |