

Prova 23
08-12-2013

Femin., 400m Livres

Absolutos
Resultados

Recorde Nacional (25m) Absoluto	4:13.97	Sara Beatriz Loureiro	FCP	Leiria	05-12-2009
Recorde Nacional (25m) Inf B	4:38.40	Filipa Vilas Ruivo	DNMG	Alcobaça	13-06-2009
Recorde Nacional (25m) Inf A	4:25.30	Alexandra Maria Silva	FCP	Porto	19-07-1980
Recorde Nacional (25m) Juv B	4:23.08	Susana Patricia Miguel	SFUAP	Alhandra	15-05-2004
Recorde Nacional (25m) Juv A	4:18.39	Ana Claudia Santos	SFUAP	Cantanhede	20-12-2004
Recorde Nacional (25m) Jun 16	4:18.68	Joana Filipa Santos	VSC	Guimarães	07-12-2008
Recorde Nacional (25m) Jun 17	4:14.95	Joana Aguiar Rodrigues	FCP	Leiria	05-12-2009
Recorde Nacional (25m) Sen	4:13.97	Sara Beatriz Loureiro	FCP	Leiria	05-12-2009

Pontos: FINA 2013

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Joana Beatriz Bernardo	99	112387	Fundacao Beatriz Santos	4:38.25	+0,91	601	25
	50m: 32.01 32.01			150m: 1:42.02 35.47	250m: 2:53.02 35.52	350m: 4:04.05 35.09		
	100m: 1:06.55 34.54			200m: 2:17.50 35.48	300m: 3:28.96 35.94	400m: 4:38.25 34.20		
2.	Mafalda Mendes Magalhaes	97	107706	Fluivial Portuense	4:45.00	+0,85	559	23
	50m: 32.07 32.07			150m: 1:44.04 36.54	250m: 2:57.08 36.42	350m: 4:10.22 36.64		
	100m: 1:07.50 35.43			200m: 2:20.66 36.62	300m: 3:33.58 36.50	400m: 4:45.00 34.78		
3.	Catarina Costa Fernandes	99	117253	Colegio Bernardette Romeira	4:45.60	+0,85	556	22
	50m: 32.66 32.66			150m: 1:44.92 36.61	250m: 2:57.61 36.44	350m: 4:11.24 37.11		
	100m: 1:08.31 35.65			200m: 2:21.17 36.25	300m: 3:34.13 36.52	400m: 4:45.60 34.36		
4.	Maria Ines Ferreira	00	116953	Miranda do Corvo	4:48.61	+0,86	538	21
	50m: 32.63 32.63			150m: 1:45.46 36.83	250m: 2:59.05 36.57	350m: 4:12.30 36.25		
	100m: 1:08.63 36.00			200m: 2:22.48 37.02	300m: 3:36.05 37.00	400m: 4:48.61 36.31		
5.	Bruna Martins Riesenberger	97	105541	Laranjeiro	4:49.23	+0,71	535	20
	50m: 32.76 32.76			150m: 1:45.26 36.71	250m: 2:58.86 36.53	350m: 4:13.12 36.84		
	100m: 1:08.55 35.79			200m: 2:22.33 37.07	300m: 3:36.28 37.42	400m: 4:49.23 36.11		
6.	Beatriz Mendes Viegas	00	110689	Tavira Natacao	4:49.77	+0,82	532	19
	50m: 32.57 32.57			150m: 1:45.76 37.17	250m: 3:00.41 37.46	350m: 4:15.37 37.30		
	100m: 1:08.59 36.02			200m: 2:22.95 37.19	300m: 3:38.07 37.66	400m: 4:49.77 34.40		
7.	Carla Laranjeira Marques	00	109363	Sporting de Aveiro	4:50.03	+0,88	530	18
	50m: 32.38 32.38			150m: 1:44.93 37.09	250m: 2:59.06 36.70	350m: 4:15.17 38.22		
	100m: 1:07.84 35.46			200m: 2:22.36 37.43	300m: 3:36.95 37.89	400m: 4:50.03 34.86		
8.	Ana Sofia Filipe	95	26887	Nacional de Natacao	4:52.48	+0,89	517	17
	50m: 33.29 33.29			150m: 1:45.79 36.51	250m: 2:59.16 36.66	350m: 4:15.08 38.22		
	100m: 1:09.28 35.99			200m: 2:22.50 36.71	300m: 3:36.86 37.70	400m: 4:52.48 37.40		
9.	Joana Margarida Sousa	97	104510	Natacao de Valongo	4:53.45	+0,90	512	16
	50m: 33.24 33.24			150m: 1:47.66 37.87	250m: 3:02.31 36.80	350m: 4:16.94 36.80		
	100m: 1:09.79 36.55			200m: 2:25.51 37.85	300m: 3:40.14 37.83	400m: 4:53.45 36.51		
10.	Maria Ornelas Armas	98	106961	Terceira Auto Clube	4:53.92	+1,03	510	15
	50m: 32.70 32.70			150m: 1:45.24 36.66	250m: 3:00.38 37.69	350m: 4:16.30 38.13		
	100m: 1:08.58 35.88			200m: 2:22.69 37.45	300m: 3:38.17 37.79	400m: 4:53.92 37.62		
11.	Ana Sofia Ramos	97	102593	Fafe	4:54.58	+0,91	506	14
	50m: 33.07 33.07			150m: 1:45.92 36.92	250m: 3:00.95 37.60	350m: 4:16.85 38.13		
	100m: 1:09.00 35.93			200m: 2:23.35 37.43	300m: 3:38.72 37.77	400m: 4:54.58 37.73		
12.	Rute Sofia Teixeira	90	15202	Ginasio Santo Tirso	4:57.24	+0,89	493	13
	50m: 33.31 33.31			150m: 1:46.53 37.27	250m: 3:01.79 37.69	350m: 4:18.82 39.02		
	100m: 1:09.26 35.95			200m: 2:24.10 37.57	300m: 3:39.80 38.01	400m: 4:57.24 38.42		
13.	Marta Sousa Oliveira	01	120775	Torres Novas	4:58.18	+0,95	488	12
	50m: 33.59 33.59			150m: 1:47.15 37.04	250m: 3:03.07 37.90	350m: 4:19.74 38.48		
	100m: 1:10.11 36.52			200m: 2:25.17 38.02	300m: 3:41.26 38.19	400m: 4:58.18 38.44		
14.	Barbara Rodrigues Pereira	98	117770	Natacao do Montijo	4:58.56	+0,81	486	11
	50m: 31.94 31.94			150m: 1:45.35 37.64	250m: 3:02.43 38.63	350m: 4:21.77 39.60		
	100m: 1:07.71 35.77			200m: 2:23.80 38.45	300m: 3:42.17 39.74	400m: 4:58.56 36.79		

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Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
15.	Laura Afonso Dias	98	107608	Natacao de Faro	5:01.05	+0,82	474	10
	50m: 33.34 33.34		150m: 1:48.94 38.28	250m: 3:06.01 38.63	350m: 4:23.18 38.66		400m: 5:01.05 37.87	
	100m: 1:10.66 37.32		200m: 2:27.38 38.44	300m: 3:44.52				
16.	Mafalda Cristina Pita	97	106066	Electrico Clube	5:01.58	+0,89	472	9
	50m: 33.15 33.15		150m: 1:47.15 37.69	250m: 3:05.26 39.24	350m: 4:23.61 38.85		400m: 5:01.58 37.97	
	100m: 1:09.46 36.31		200m: 2:26.02 38.87	300m: 3:44.76	39.50			
17.	Raquel Sofia Jorge	98	108751	Salvaterra de Magos	5:03.94	+0,84	461	8
	50m: 33.37 33.37		150m: 1:48.13 37.84	250m: 3:05.82 39.09	350m: 4:25.20 39.81		400m: 5:03.94 38.74	
	100m: 1:10.29 36.92		200m: 2:26.73 38.60	300m: 3:45.39	39.57			
18.	Rita Filipa Paulino	00	118462	Naval Setubalense	5:04.28	+0,83	459	7
	50m: 34.42 34.42		150m: 1:52.62 39.12	250m: 3:10.38 38.43	350m: 4:27.87 38.32		400m: 5:04.28 36.41	
	100m: 1:13.50 39.08		200m: 2:31.95 39.33	300m: 3:49.55	39.17			
19.	Mariana Jorge Duarte	97	110919	Nucleo de Pombal	5:05.35	+0,89	454	6
	50m: 33.50 33.50		150m: 1:48.78 37.92	250m: 3:06.19 38.91	350m: 4:26.04 40.10		400m: 5:05.35 39.31	
	100m: 1:10.86 37.36		200m: 2:27.28 38.50	300m: 3:45.94	39.75			
20.	Maria Migueis Teixeira	99	107574	Interior Norte	5:06.09	+0,83	451	5
	50m: 33.69 33.69		150m: 1:51.26 39.44	250m: 3:09.53 38.66	350m: 4:29.03 39.84		400m: 5:06.09 37.06	
	100m: 1:11.82 38.13		200m: 2:30.87 39.61	300m: 3:49.19	39.66			
21.	Catarina Goncalves Trezentos	98	116639	Gualdim Pais	5:16.68	+0,91	407	4
	50m: 34.83 34.83		150m: 1:53.52 40.03	250m: 3:14.22 40.21	350m: 4:37.45 41.20		400m: 5:16.68 39.23	
	100m: 1:13.49 38.66		200m: 2:34.01 40.49	300m: 3:56.25	42.03			
22.	Mara Borba Gravato	99	112767	Natacao de Vagos	5:17.25	+0,84	405	3
	50m: 35.63 35.63		150m: 1:56.32 40.49	250m: 3:17.72 40.63	350m: 4:38.61 40.45		400m: 5:17.25 38.64	
	100m: 1:15.83 40.20		200m: 2:37.09 40.77	300m: 3:58.16	40.44			
23.	Carolina Marques Mendes	97	106519	Nucleo Sportinguista Terceira	5:17.45		404	2
	50m: 34.18 34.18		150m: 1:53.38 40.47	250m: 3:16.02 41.34	350m: 4:38.89 41.58		400m: 5:17.45 38.56	
	100m: 1:12.91 38.73		200m: 2:34.68 41.30	300m: 3:57.31	41.29			
24.	Beatriz Gregorio Fradique	00	118929	Albicastrense	5:43.14	+0,98	320	1
	50m: 37.60 37.60		150m: 2:03.63 43.77	250m: 3:32.89 44.45	350m: 5:00.47 44.06		400m: 5:43.14 42.67	
	100m: 1:19.86 42.26		200m: 2:48.44 44.81	300m: 4:16.41	43.52			