

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-12	4:38.40	Filipa Vilas Ruivo	DNMG	Alcobaça	13-06-2009
Recorde Nacional (25m) Inf A-13	4:25.30	Alexandra Maria Silva	FCP	Porto	19-07-1980
Recorde Nacional (25m) Juv B-14	4:23.08	Susana Patricia Miguel	SFUAP	Alhandra	15-05-2004
Recorde Nacional (25m) Juv A-15	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-18+	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.	Ana Raquel Ferreira	98	102755	Ginasio Figueirense	4:30.77	+0,96	652	25
	50m: 30.63 30.63			150m: 1:38.17 33.95	250m: 2:47.24 34.63	350m: 3:57.09 34.97		
	100m: 1:04.22 33.59			200m: 2:12.61 34.44	300m: 3:22.12 34.88	400m: 4:30.77 33.68		
2.	Isabel Pinto Abreu	96	26324	Belenenses	4:31.42	+0,72	647	23
	50m: 31.51 31.51			150m: 1:39.54 34.55	250m: 2:48.81 34.55	350m: 3:58.63 35.00		
	100m: 1:04.99 33.48			200m: 2:14.26 34.72	300m: 3:23.63 34.82	400m: 4:31.42 32.79		
3.	Ana Margarida Domingos	93	13416	Academico Viseu	4:32.26	+0,91	641	22
	50m: 31.31 31.31			150m: 1:39.24 34.32	250m: 2:48.36 34.37	350m: 3:58.51 35.12		
	100m: 1:04.92 33.61			200m: 2:13.99 34.75	300m: 3:23.39 35.03	400m: 4:32.26 33.75		
4.	Luana Raquel Alves	97	110022	Desportiva de Viana	4:37.26	+0,85	607	21
	50m: 31.10 31.10			150m: 1:39.69 34.81	250m: 2:50.32 35.23	350m: 4:02.11 36.12		
	100m: 1:04.88 33.78			200m: 2:15.09 35.40	300m: 3:25.99 35.67	400m: 4:37.26 35.15		
5.	Raquel Bartolo Vitor	93	10865	Academica de Coimbra	4:40.30	+0,95	588	20
	50m: 32.02 32.02			150m: 1:42.26 35.40	250m: 2:53.75 35.75	350m: 4:05.64 35.92		
	100m: 1:06.86 34.84			200m: 2:18.00 35.74	300m: 3:29.72 35.97	400m: 4:40.30 34.66		
6.	Beatriz Neves Cardoso	98	105741	Colegio SMLamas	4:41.12	+0,87	583	19
	50m: 31.76 31.76			150m: 1:42.05 35.69	250m: 2:54.21 36.11	350m: 4:06.41 35.87		
	100m: 1:06.36 34.60			200m: 2:18.10 36.05	300m: 3:30.54 36.33	400m: 4:41.12 34.71		
7.	Marta Filipa Vinagre	95	24660	CLAC-Entroncamento	4:43.36	+0,75	569	18
	50m: 30.60 30.60			150m: 1:39.86 35.17	250m: 2:52.92 36.79	350m: 4:07.47 37.01		
	100m: 1:04.69 34.09			200m: 2:16.13 36.27	300m: 3:30.46 37.54	400m: 4:43.36 35.89		
8.	Ana Pires Brito	99	117031	Colegio Monte Maior	4:45.46	+0,82	556	17
	50m: 31.81 31.81			150m: 1:42.79 35.97	250m: 2:55.95 36.45	350m: 4:09.51 36.68		
	100m: 1:06.82 35.01			200m: 2:19.50 36.71	300m: 3:32.83 36.88	400m: 4:45.46 35.95		
9.	Catarina Goncalves Leal	98	107296	Bairro dos Anjos/Bomcar	4:46.25	+0,86	552	16
	50m: 31.78 31.78			150m: 1:42.94 36.28	250m: 2:56.61 37.01	350m: 4:10.35 36.99		
	100m: 1:06.66 34.88			200m: 2:19.60 36.66	300m: 3:33.36 36.75	400m: 4:46.25 35.90		
10.	Sofia Cristina Grilo	97	112014	Aminata	4:47.97	+0,80	542	15
	50m: 32.18 32.18			150m: 1:43.77 36.31	250m: 2:57.35 36.71	350m: 4:11.82 37.59		
	100m: 1:07.46 35.28			200m: 2:20.64 36.87	300m: 3:34.23 36.88	400m: 4:47.97 36.15		
11.	Sofia Cunha Sousa	96	102996	Foca	4:48.97	+0,98	536	14
	50m: 31.48 31.48			150m: 1:42.17 36.04	250m: 2:55.45 36.76	350m: 4:11.28 38.07		
	100m: 1:06.13 34.65			200m: 2:18.69 36.52	300m: 3:33.21 37.76	400m: 4:48.97 37.69		
12.	Ana Margarida Salgueiro	99	116616	Nautico Abrantes	4:49.16	+0,89	535	13
	50m: 32.57 32.57			150m: 1:45.46 36.80	250m: 2:59.36 37.07	350m: 4:13.52 36.57		
	100m: 1:08.66 36.09			200m: 2:22.29 36.83	300m: 3:36.95 37.59	400m: 4:49.16 35.64		
13.	Carolina Silva Moreira	99	118910	Natacao da Maia	4:50.28	+0,89	529	12
	50m: 32.44 32.44			150m: 1:45.39 37.37	250m: 2:59.40 36.93	350m: 4:14.02 37.29		
	100m: 1:08.02 35.58			200m: 2:22.47 37.08	300m: 3:36.73 37.33	400m: 4:50.28 36.26		
14.	Maria Anastacio Luis	96	101915	Benedita	4:52.25	+0,63	518	11
	50m: 32.38 32.38			150m: 1:45.68 37.23	250m: 3:00.78 37.44	350m: 4:15.95 37.65		
	100m: 1:08.45 36.07			200m: 2:23.34 37.66	300m: 3:38.30 37.52	400m: 4:52.25 36.30		

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Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
15.	Ana Rita Ribau	95	102808	Gafanha da Encarnacao	4:52.28	+0,85	518	10
	50m: 32.64 32.64		150m: 1:44.59 36.32	250m: 2:59.15 37.80	350m: 4:15.45 38.11			
	100m: 1:08.27 35.63		200m: 2:21.35 36.76	300m: 3:37.34 38.19	400m: 4:52.28 36.83			
16.	Barbara Sofia Lopes	98	110519	Estarreja	4:52.69	+0,82	516	9
	50m: 31.04 31.04		150m: 1:42.06 36.29	250m: 2:57.84 38.57	350m: 4:14.79 38.56			
	100m: 1:05.77 34.73		200m: 2:19.27 37.21	300m: 3:36.23 38.39	400m: 4:52.69 37.90			
17.	Rita Ferreira Couto	98	101726	Bombeiros Ponta Delgada	4:53.53	+0,74	512	8
	50m: 33.77 33.77		150m: 1:47.09 37.26	250m: 3:01.67 36.98	350m: 4:16.88 37.53			
	100m: 1:09.83 36.06		200m: 2:24.69 37.60	300m: 3:39.35 37.68	400m: 4:53.53 36.65			
18.	Ana Marta Resendes	80	12798	Naval Ponta Delgada	4:55.84	+0,95	500	7
	50m: 34.17 34.17		150m: 1:47.99 37.17	250m: 3:03.04 37.62	350m: 4:18.85 37.81			
	100m: 1:10.82 36.65		200m: 2:25.42 37.43	300m: 3:41.04 38.00	400m: 4:55.84 36.99			
19.	Sara Filipe Marcos	97	117251	Natacao de Olhao	5:00.56	+0,81	477	6
	50m: 32.87 32.87		150m: 1:47.13 37.80	250m: 3:04.95 39.23	350m: 4:23.12 38.67			
	100m: 1:09.33 36.46		200m: 2:25.72 38.59	300m: 3:44.45 39.50	400m: 5:00.56 37.44			
20.	Salome Pinto Monteiro	98	109388	Sporting Espinho	5:03.57	+0,93	463	5
	50m: 32.94 32.94		150m: 1:47.66 38.36	250m: 3:05.64 39.28	350m: 4:24.92 39.88			
	100m: 1:09.30 36.36		200m: 2:26.36 38.70	300m: 3:45.04 39.40	400m: 5:03.57 38.65			
21.	Luana Rafaela Resende	97	106443	Estamos Juntos	5:03.58	+0,91	462	4
	50m: 33.53 33.53		150m: 1:46.43 37.24	250m: 3:04.30 39.40	350m: 4:24.93 40.44			
	100m: 1:09.19 35.66		200m: 2:24.90 38.47	300m: 3:44.49 40.19	400m: 5:03.58 38.65			
22.	Maria Rasetar	97	117550	Portinado	5:10.36	+0,89	433	3
	50m: 33.30 33.30		150m: 1:49.85 39.19	250m: 3:09.87 40.39	350m: 4:30.86 40.71			
	100m: 1:10.66 37.36		200m: 2:29.48 39.63	300m: 3:50.15 40.28	400m: 5:10.36 39.50			
23.	Sara Mafra Rocha	99	112318	Alcobaca	5:10.90	+0,90	431	2
	50m: 33.27 33.27		150m: 1:49.12 39.20	250m: 3:09.65 40.59	350m: 4:31.60 40.82			
	100m: 1:09.92 36.65		200m: 2:29.06 39.94	300m: 3:50.78 41.13	400m: 5:10.90 39.30			
24.	Sara Tavares Baptista	00	123942	Feirense	5:37.11	+1,03	338	1
	50m: 37.09 37.09		150m: 2:03.71 43.64	250m: 3:30.09 43.07	350m: 4:57.56 43.35			
	100m: 1:20.07 42.98		200m: 2:47.02 43.31	300m: 4:14.21 44.12	400m: 5:37.11 39.55			