

Prova 34 Femin., 400m Estilos 16 anos e mais velhos
22-12-2013 Resultados

Recordes Nacionais 25m Absoluto	4:41.02	Victoria Kaminskaya	PIMP	Porto	07-12-2012
Recordes Nacionais 25m Jun 16	4:50.85	Diana Margarida Duraes	FOCA	Silves	02-12-2011
Recordes Nacionais 25m Jun 17	4:48.80	Victoria Kaminskaya	PIMP	Silves	02-12-2011
Recordes Nacionais 25m Sen	4:41.02	Victoria Kaminskaya	PIMP	Porto	07-12-2012

TAC-JUN1F Jun 16 50m: 5:24.68 - 25m: 5:18.19 / TAC-JUN2F Jun 17: 5:15.07 / TAC-SENF Sen: 5:11.95

Pontos: FINA 2013

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
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Juniores

1.	Filipa Vilas Ruivo	97	103568	Nautico Marinha Grande	4:57.85	+0,88	673		
	50m: 31.95 31.95			150m: 1:47.98 39.44	250m: 3:08.57 41.95	350m: 4:25.09 34.32			
	100m: 1:08.54 36.59			200m: 2:26.62 38.64	300m: 3:50.77 42.20	400m: 4:57.85 32.76			
2.	Sofia Machado Dionisio	98	111263	Sporting	5:04.86	+0,86	627		
	50m: 32.63 32.63			150m: 1:50.27 39.72	250m: 3:11.08 42.37	350m: 4:29.79 35.28			
	100m: 1:10.55 37.92			200m: 2:28.71 38.44	300m: 3:54.51 43.43	400m: 5:04.86 35.07			
3.	Margarida Peixoto Pelaio	98	107967	Ginasio Figueirense	5:15.08	+0,72	568		
	50m: 33.27 33.27			150m: 1:51.16 40.17	250m: 3:16.81 45.92	350m: 4:39.80 36.49			
	100m: 1:10.99 37.72			200m: 2:30.89 39.73	300m: 4:03.31 46.50	400m: 5:15.08 35.28			
4.	Margarida Domingues Duarte	97	109035	Nautico Marinha Grande	5:16.28	+0,85	562		
	<i>FTL</i>								
	50m: 33.25 33.25			150m: 1:52.78 41.28	250m: 3:18.66 44.76	350m: 4:41.04 36.48			
	100m: 1:11.50 38.25			200m: 2:33.90 41.12	300m: 4:04.56 45.90	400m: 5:16.28 35.24			
5.	Ana Filipa Martins	97	104438	Foca	5:20.53	+0,81	540		
	<i>FTL</i>								
	50m: 32.11 32.11			150m: 1:51.37 41.16	250m: 3:17.18 46.19	350m: 4:43.62 37.60			
	100m: 1:10.21 38.10			200m: 2:30.99 39.62	300m: 4:06.02 48.84	400m: 5:20.53 36.91			
DSQ	Carolina Mantua Guedes	98	110539	Sporting					
	<i>609 - Não terminou percurso de costas na posição dorsal - SW 6.5</i>								

Seniores

1.	Diana Margarida Duraes	96	102992	Porto	4:50.88	+0,77	722		
	50m: 30.36 30.36			150m: 1:42.30 36.81	250m: 3:01.04 41.57	350m: 4:17.51 34.09			
	100m: 1:05.49 35.13			200m: 2:19.47 37.17	300m: 3:43.42 42.38	400m: 4:50.88 33.37			
2.	Ana Catarina Monteiro	93	24320	Vilacondense	4:57.05	+0,61	678		
	50m: 30.46 30.46			150m: 1:43.32 38.42	250m: 3:04.89 43.21	350m: 4:24.14 35.70			
	100m: 1:04.90 34.44			200m: 2:21.68 38.36	300m: 3:48.44 43.55	400m: 4:57.05 32.91			
3.	Ana Teresa Franco	91	11349	Sporting	5:00.93	+0,84	652		
	50m: 32.72 32.72			150m: 1:51.61 41.29	250m: 3:11.40 40.50	350m: 4:26.58 34.88			
	100m: 1:10.32 37.60			200m: 2:30.90 39.29	300m: 3:51.70 40.30	400m: 5:00.93 34.35			
4.	Ana Marta Miranda	96	100377	Uniao Piedense	5:03.07	+0,79	638		
	50m: 31.87 31.87			150m: 1:46.83 38.13	250m: 3:07.48 43.21	350m: 4:27.58 36.18			
	100m: 1:08.70 36.83			200m: 2:24.27 37.44	300m: 3:51.40 43.92	400m: 5:03.07 35.49			
5.	Ana Monica Eloi	96	107038	Nautico Marinha Grande	5:04.69	+0,90	628		
	50m: 32.12 32.12			150m: 1:49.02 39.10	250m: 3:10.73 43.76	350m: 4:29.89 35.55			
	100m: 1:09.92 37.80			200m: 2:26.97 37.95	300m: 3:54.34 43.61	400m: 5:04.69 34.80			
6.	Joana Dias Santos	96	100397	Uniao Piedense	5:07.28	+0,83	613		
	50m: 33.37 33.37			150m: 1:53.57 41.19	250m: 3:13.44 40.26	350m: 4:31.89 36.97			
	100m: 1:12.38 39.01			200m: 2:33.18 39.61	300m: 3:54.92 41.48	400m: 5:07.28 35.39			
7.	Florbela Cavaco Machado	96	103916	Columbofila Cantanhedense	5:11.42	+0,83	588		
	50m: 33.21 33.21			150m: 1:51.75 41.96	250m: 3:18.97 46.20	350m: 4:39.75 33.96			
	100m: 1:09.79 36.58			200m: 2:32.77 41.02	300m: 4:05.79 46.82	400m: 5:11.42 31.67			

Prova 34, Femin., 400m Estilos, Seniores

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
8.	Rute Margarida Marques	94	25359	Amadora	5:13.36	+0,76	578		
	<i>FTL</i>								
	50m: 33.48 33.48			150m: 1:52.34 39.59	250m: 3:14.91 43.35	350m: 4:36.90 37.66			
	100m: 1:12.75 39.27			200m: 2:31.56 39.22	300m: 3:59.24 44.33	400m: 5:13.36 36.46			
DSQ	Helena Paula Carvalho	95	107307	Uniao Piedense					
	<i>809 - Movimento alternado de pernas durante o percurso - SW 8.3</i>								
DSQ	Vania Soares Neves	90	12380	Leixoes					
	<i>724 - Não tocou com as mãos na parede separadas ou simultaneamente na viragem aos 300 m - SW 7.6</i>								