

Prova 38 Femin., 400m Livres 16 anos e mais velhos
22-12-2013 Resultados

Recordes Nacionais 25m Absoluto	4:13.97	Sara Beatriz Loureiro	FCP	Leiria	05-12-2009
Recordes Nacionais 25m Jun 16	4:18.68	Joana Filipa Santos	VSC	Guimarães	07-12-2008
Recordes Nacionais 25m Jun 17	4:14.95	Joana Aguiar Rodrigues	FCP	Leiria	05-12-2009
Recordes Nacionais 25m Sen	4:13.97	Sara Beatriz Loureiro	FCP	Leiria	05-12-2009

TAC-JUN1F Jun 16 50m: 4:46.14 - 25m: 4:40.42 / TAC-JUN2F Jun 17: 4:37.67 / TAC-SENF Sen: 4:34.92

Pontos: FINA 2013

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
Juniores									
1.	Filipa Vilas Ruivo	97	103568	Nautico Marinha Grande	4:22.85	+0,90	713		
	50m: 30.57 30.57			150m: 1:36.51 33.05	250m: 2:42.99 33.29		350m: 3:50.29 33.65		
	100m: 1:03.46 32.89			200m: 2:09.70 33.19	300m: 3:16.64 33.65		400m: 4:22.85 32.56		
2.	Maria Teresa Amorim	97	20104	Porto	4:24.21	+0,86	702		
	50m: 30.33 30.33			150m: 1:36.31 33.48	250m: 2:44.12 34.04		350m: 3:52.44 34.06		
	100m: 1:02.83 32.50			200m: 2:10.08 33.77	300m: 3:18.38 34.26		400m: 4:24.21 31.77		
3.	Barbara Marques Rodrigues	97	107039	Alges	4:27.32	+0,92	678		
	50m: 31.19 31.19			150m: 1:38.07 33.65	250m: 2:45.60 33.76		350m: 3:53.83 34.27		
	100m: 1:04.42 33.23			200m: 2:11.84 33.77	300m: 3:19.56 33.96		400m: 4:27.32 33.49		
4.	Carolina Mantua Guedes	98	110539	Sporting	4:29.44	+0,76	662		
	50m: 30.79 30.79			150m: 1:38.44 33.90	250m: 2:46.59 34.14		350m: 3:55.38 34.27		
	100m: 1:04.54 33.75			200m: 2:12.45 34.01	300m: 3:21.11 34.52		400m: 4:29.44 34.06		
5.	Maria Joao Fernandes	97	102092	Vilacondense	4:34.85	+0,75	623		
	50m: 31.57 31.57			150m: 1:41.93 35.35	250m: 2:52.03 34.76		350m: 4:02.27 35.02		
	100m: 1:06.58 35.01			200m: 2:17.27 35.34	300m: 3:27.25 35.22		400m: 4:34.85 32.58		
6.	Ana Raquel Ferreira	98	102755	Ginasio Figueirense	4:35.37	+0,85	620		
	50m: 31.34 31.34			150m: 1:39.72 34.40	250m: 2:49.35 34.94		350m: 4:00.58 35.71		
	100m: 1:05.32 33.98			200m: 2:14.41 34.69	300m: 3:24.87 35.52		400m: 4:35.37 34.79		
7.	Maria Carolina Ribeiro	98	106805	Porto	4:36.38	+0,78	613		
	50m: 30.91 30.91			150m: 1:39.71 34.52	250m: 2:50.35 35.25		350m: 4:01.44 35.64		
	100m: 1:05.19 34.28			200m: 2:15.10 35.39	300m: 3:25.80 35.45		400m: 4:36.38 34.94		
8.	Luana Raquel Alves	97	110022	Desportiva de Viana	4:37.32	+0,87	607		
	50m: 30.75 30.75			150m: 1:38.52 34.09	250m: 2:49.33 35.74		350m: 4:01.79 36.34		
	100m: 1:04.43 33.68			200m: 2:13.59 35.07	300m: 3:25.45 36.12		400m: 4:37.32 35.53		
9.	Ana Silva Costa	98	104446	Famalicao	4:39.73	+0,77	591		
	50m: 31.58 31.58			150m: 1:41.65 35.44	250m: 2:52.48 35.44		350m: 4:04.13 35.57		
	100m: 1:06.21 34.63			200m: 2:17.04 35.39	300m: 3:28.56 36.08		400m: 4:39.73 35.60		
10.	Catarina Alexandra Jardim FTL	98	104449	Famalicao	4:42.76	+0,80	572		
	50m: 30.93 30.93			150m: 1:40.38 35.31	250m: 2:53.05 36.42		350m: 4:06.45 36.71		
	100m: 1:05.07 34.14			200m: 2:16.63 36.25	300m: 3:29.74 36.69		400m: 4:42.76 36.31		
11.	Ana Rita Graca FTL	98	111321	Vilacondense	4:44.25	+0,87	563		
	50m: 31.83 31.83			150m: 1:41.84 35.41	250m: 2:54.75 36.65		350m: 4:08.18 36.88		
	100m: 1:06.43 34.60			200m: 2:18.10 36.26	300m: 3:31.30 36.55		400m: 4:44.25 36.07		
DNS	Marina Micaela Sequeira	98	112319	Uniao Piedense					

Prova 38, Femin., 400m Livres

Seniores

1. Angelica Maria Andre	94 15497	Fluvial Portuense	4:18.21	+0,81	752
50m: 30.10 30.10	150m: 1:34.09 32.31	250m: 2:39.73 32.88	350m: 3:45.54 32.71	400m: 4:18.21 32.67	
100m: 1:01.78 31.68	200m: 2:06.85 32.76	300m: 3:12.83 33.10			
2. Joana Aguiar Rodrigues	93 15401	Porto	4:19.96	+0,88	737
50m: 30.11 30.11	150m: 1:35.30 32.87	250m: 2:40.94 32.71	350m: 3:47.23 33.11	400m: 4:19.96 32.73	
100m: 1:02.43 32.32	200m: 2:08.23 32.93	300m: 3:14.12 33.18			
3. Florbela Cavaco Machado	96 103916	Columbofila Cantanhedense	4:20.62	+0,75	731
50m: 30.90 30.90	150m: 1:36.35 32.87	250m: 2:42.50 33.10	350m: 3:48.87 33.11	400m: 4:20.62 31.75	
100m: 1:03.48 32.58	200m: 2:09.40 33.05	300m: 3:15.76 33.26			
4. Ines Alexandra Paiva	96 100378	Alges	4:23.09	+0,83	711
50m: 30.63 30.63	150m: 1:37.03 33.15	250m: 2:43.14 32.80	350m: 3:50.24 33.40	400m: 4:23.09 32.85	
100m: 1:03.88 33.25	200m: 2:10.34 33.31	300m: 3:16.84 33.70			
5. Julia Matos Lopes	94 12490	Nautico de Coimbra	4:24.10	+0,80	703
50m: 31.42 31.42	150m: 1:38.41 33.79	250m: 2:45.60 33.67	350m: 3:52.44 33.14	400m: 4:24.10 31.66	
100m: 1:04.62 33.20	200m: 2:11.93 33.52	300m: 3:19.30 33.70			
6. Mafalda Gomes Beleza	94 26890	Sporting	4:25.32	+0,79	693
50m: 30.05 30.05	150m: 1:36.33 33.37	250m: 2:43.36 33.33	350m: 3:52.20 34.45	400m: 4:25.32 33.12	
100m: 1:02.96 32.91	200m: 2:10.03 33.70	300m: 3:17.75 34.39			
7. Vania Soares Neves	90 12380	Leixoes	4:27.19	+0,90	679
50m: 31.02 31.02	150m: 1:37.73 33.61	250m: 2:45.02 33.66	350m: 3:53.63 34.23	400m: 4:27.19 33.56	
100m: 1:04.12 33.10	200m: 2:11.36 33.63	300m: 3:19.40 34.38			
8. Ana Goncalves Neto	95 101958	Porto	4:27.75	+0,97	674
50m: 30.74 30.74	150m: 1:37.96 33.63	250m: 2:45.50 33.66	350m: 3:54.02 34.11	400m: 4:27.75 33.73	
100m: 1:04.33 33.59	200m: 2:11.84 33.88	300m: 3:19.91 34.41			
9. Ana Monica Eloi	96 107038	Nautico Marinha Grande	4:28.31	+0,84	670
50m: 31.13 31.13	150m: 1:37.72 33.48	250m: 2:46.12 34.21	350m: 3:54.41 34.28	400m: 4:28.31 33.90	
100m: 1:04.24 33.11	200m: 2:11.91 34.19	300m: 3:20.13 34.01			
10. Maria Luis Amorim	95 102029	Porto	4:30.09	+0,93	657
50m: 30.44 30.44	150m: 1:37.85 34.15	250m: 2:46.63 34.23	350m: 3:56.10 34.81	400m: 4:30.09 33.99	
100m: 1:03.70 33.26	200m: 2:12.40 34.55	300m: 3:21.29 34.66			
11. Carolina Madeira Santos	96 104254	Naval Amorense	4:32.69	+0,86	638
50m: 31.19 31.19	150m: 1:39.07 34.21	250m: 2:48.41 34.82	350m: 3:58.37 34.91	400m: 4:32.69 34.32	
100m: 1:04.86 33.67	200m: 2:13.59 34.52	300m: 3:23.46 35.05			
12. Soraia Vanessa Ribeiro	92 15857	Gespacos	4:33.35	+0,90	634
50m: 31.30 31.30	150m: 1:38.99 34.03	250m: 2:48.12 34.41	350m: 3:58.30 35.26	400m: 4:33.35 35.05	
100m: 1:04.96 33.66	200m: 2:13.71 34.72	300m: 3:23.04 34.92			
13. Helena Paula Carvalho	95 107307	Uniao Piedense	4:34.81	+0,81	624
50m: 31.14 31.14	150m: 1:40.04 34.79	250m: 2:50.75 35.43	350m: 4:01.11 35.23	400m: 4:34.81 33.70	
100m: 1:05.25 34.11	200m: 2:15.32 35.28	300m: 3:25.88 35.13			
14. Marta Alexandra Saraiva FTL	93 14641	Uniao Piedense	4:38.36	+0,82	600
50m: 31.80 31.80	150m: 1:41.10 35.13	250m: 2:52.29 35.69	350m: 4:03.08 35.22	400m: 4:38.36 35.28	
100m: 1:05.97 34.17	200m: 2:16.60 35.50	300m: 3:27.86 35.57			
15. Ana Ribeiro Ferreira FTL	92 15634	Famalicao	4:39.42	+0,97	593
50m: 30.90 30.90	150m: 1:39.61 34.86	250m: 2:50.70 35.68	350m: 4:03.43 36.41	400m: 4:39.42 35.99	
100m: 1:04.75 33.85	200m: 2:15.02 35.41	300m: 3:27.02 36.32			