

Prova 1	Femin., 400m Livres				Absoluto
18-04-2014 - 9:30	2ª Divisão				Resultados
Recordes Nacionais 50m Absoluto	4:19.75	Ana Goncalves Neto	FPN	Luxembourg (LUX)	29-06-2013
Recordes Nacionais 50m Inf B	4:43.70	Alexandra Maria Silva	FCP	Funchal	27-07-1979
Recordes Nacionais 50m Inf A	4:31.53	Alexandra Maria Silva	FPN	Skovde (SWE)	08-08-1980
Recordes Nacionais 50m Juv B	4:28.67	Alexandra Maria Silva	FPN	Guadalupe (FRA)	24-04-1981
Recordes Nacionais 50m Juv A	4:24.42	Tamila Hryhorivna Holub	SCB	Coimbra	05-04-2014
Recordes Nacionais 50m Jun16	4:20.37	Marta Andreia Ferreira	FPN	Berlim (GER)	04-08-2002
Recordes Nacionais 50m Jun17	4:19.98	Florabela Cavaco Machado	ASSSCC	Coimbra	26-05-2013
Recordes Nacionais 50m Sen	4:19.75	Ana Goncalves Neto	FPN	Luxembourg (LUX)	29-06-2013

Pontos: FINA 2014

Lugar	Nome	AnNFed	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Tamila Hryhorivna Holub	99116887	Braga	<b>4:25.92</b>		727	17
	50m: 31.05 31.05	150m: 1:37.30 33.29	250m: 2:44.40 33.73	350m: 3:52.49 34.11			
	100m: 1:04.01 32.96	200m: 2:10.67 33.37	300m: 3:18.38 33.98	400m: 4:25.92 33.43			
2.	Filipa Vilas Ruivo	97103568	Nautico Marinha Grande	<b>4:29.07</b>	+0,93	702	15
	50m: 31.29 31.29	150m: 1:38.44 33.94	250m: 2:47.01 34.46	350m: 3:55.76 34.37			
	100m: 1:04.50 33.21	200m: 2:12.55 34.11	300m: 3:21.39 34.38	400m: 4:29.07 33.31			
3.	Vania Soares Neves	9012380	Leixoes	<b>4:30.54</b>	+0,82	690	14
	50m: 30.92 30.92	150m: 1:38.11 33.94	250m: 2:46.31 34.25	350m: 3:55.81 34.97			
	100m: 1:04.17 33.25	200m: 2:12.06 33.95	300m: 3:20.84 34.53	400m: 4:30.54 34.73			
4.	Julia Matos Lopes	9412490	Nautico /Urgicentro-Sanfil	<b>4:35.12</b>	+0,79	656	13
	50m: 31.42 31.42	150m: 1:39.83 34.43	250m: 2:49.88 35.06	350m: 4:00.04 35.17			
	100m: 1:05.40 33.98	200m: 2:14.82 34.99	300m: 3:24.87 34.99	400m: 4:35.12 35.08			
5.	Maria Joao Fernandes	97102092	Vilacondense	<b>4:40.69</b>	+0,79	618	12
	50m: 31.33 31.33	150m: 1:40.84 35.21	250m: 2:52.59 35.60	350m: 4:05.54 36.78			
	100m: 1:05.63 34.30	200m: 2:16.99 36.15	300m: 3:28.76 36.17	400m: 4:40.69 35.15			
6.	Carolina Madeira Santos	96104254	Naval Amorense	<b>4:41.19</b>	+0,90	615	11
	50m: 31.57 31.57	150m: 1:41.95 35.46	250m: 2:53.97 36.05	350m: 4:06.17 36.13			
	100m: 1:06.49 34.92	200m: 2:17.92 35.97	300m: 3:30.04 36.07	400m: 4:41.19 35.02			
7.	Ana Sofia Nobrega	9024785	Ginasio Vila Real	<b>4:43.18</b>	+0,74	602	10
	50m: 30.75 30.75	150m: 1:42.12 36.48	250m: 2:55.43 36.32	350m: 4:08.96 36.01			
	100m: 1:05.64 34.89	200m: 2:19.11 36.99	300m: 3:32.95 37.52	400m: 4:43.18 34.22			
8.	Ines Jacinto Henriques	00120220	Pimpoes/Cimai	<b>4:43.19</b>	+0,80	602	9
	50m: 31.90 31.90	150m: 1:43.53 36.28	250m: 2:55.95 36.29	350m: 4:08.70 36.27			
	100m: 1:07.25 35.35	200m: 2:19.66 36.13	300m: 3:32.43 36.48	400m: 4:43.19 34.49			
9.	Ana Ribeiro Ferreira	9215634	Famalicao	<b>4:43.82</b>	+0,94	598	8
	50m: 31.58 31.58	150m: 1:40.36 35.06	250m: 2:54.03 37.52	350m: 4:09.12 37.06			
	100m: 1:05.30 33.72	200m: 2:16.51 36.15	300m: 3:32.06 38.03	400m: 4:43.82 34.70			
10.	Beatriz Barros Carmo	99107625	Colegio Vasco da Gama	<b>4:44.03</b>	+0,79	596	7
	50m: 31.80 31.80	150m: 1:42.89 36.30	250m: 2:56.16 36.03	350m: 4:09.40 36.16			
	100m: 1:06.59 34.79	200m: 2:20.13 37.24	300m: 3:33.24 37.08	400m: 4:44.03 34.63			
11.	Joana Filipa Capela	8912794	Benfica	<b>4:48.46</b>	+0,78	569	6
	50m: 32.97 32.97	150m: 1:44.67 36.13	250m: 2:57.97 36.83	350m: 4:12.46 37.28			
	100m: 1:08.54 35.57	200m: 2:21.14 36.47	300m: 3:35.18 37.21	400m: 4:48.46 36.00			
12.	Maria Beatriz Dias	99108045	Viver Santarem	<b>4:54.23</b>	+0,84	536	5
	50m: 33.98 33.98	150m: 1:47.78 37.02	250m: 3:02.79 37.38	350m: 4:17.62 37.18			
	100m: 1:10.76 36.78	200m: 2:25.41 37.63	300m: 3:40.44 37.65	400m: 4:54.23 36.61			
13.	Violante Pascoal Fontoura	97101153	Viana Natacao	<b>4:59.05</b>	+1,03	511	4
	50m: 33.28 33.28	150m: 1:49.23 38.46	250m: 3:06.02 38.36	350m: 4:22.63 38.17			
	100m: 1:10.77 37.49	200m: 2:27.66 38.43	300m: 3:44.46 38.44	400m: 4:59.05 36.42			
14.	Joana Costa Amador	01117714	Galitos	<b>4:59.45</b>	+1,08	509	3
	50m: 33.44 33.44	150m: 1:48.23 38.05	250m: 3:05.54 38.95	350m: 4:22.01 38.29			
	100m: 1:10.18 36.74	200m: 2:26.59 38.36	300m: 3:43.72 38.18	400m: 4:59.45 37.44			

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Lugar	Nome	AnNFed	Clube	Tempo Final	TReac	Pts FINA	Pts	
15.	Rita Guedes Moreira	00110881	Louletano / Loule Concelho	<b>5:07.07</b>	+0,85	472	2	
	50m: 32.86	32.86	150m: 1:47.39	38.05	250m: 3:07.13	39.84	350m: 4:28.18	40.14
	100m: 1:09.34	36.48	200m: 2:27.29	39.90	300m: 3:48.04	40.91	400m: 5:07.07	38.89
16.	Ana Ines Fernandes	00119258	Vitoria de Guimaraes/Olicargo	<b>5:13.44</b>	+0,98	444	1	
	50m: 33.26	33.26	150m: 1:50.92	39.88	250m: 3:12.44	41.09	350m: 4:34.05	40.24
	100m: 1:11.04	37.78	200m: 2:31.35	40.43	300m: 3:53.81	41.37	400m: 5:13.44	39.39