

Prova 57 19-04-2014 - 16:00	Femin., 400m Estilos 2ª Divisão				Absoluto Resultados
Recordes Nacionais 50m Absoluto	4:49.44	Victoria Kaminskaya	FPN	Palma de Mallorca (ESP)	11-04-2014
Recordes Nacionais 50m Inf B	5:14.05	Filipa Vilas Ruivo	DNMG	S. João da Madeira	24-07-2009
Recordes Nacionais 50m Inf A	5:11.29	Diana Ramos Rocha	EDV	Faro	20-07-2007
Recordes Nacionais 50m Juv B	5:01.04	Susana Patricia Miguel	SFUAP	Lisboa	08-07-2004
Recordes Nacionais 50m Juv A	4:58.08	Diana Margarida Duraes	FOCA	Póvoa de Varzim	05-08-2011
Recordes Nacionais 50m Jun16	4:57.84	Victoria Kaminskaya	PIMP	Oeiras	19-02-2011
Recordes Nacionais 50m Jun17	4:52.12	Victoria Kaminskaya	PIMP	Oeiras	27-07-2012
Recordes Nacionais 50m Sen	4:49.44	Victoria Kaminskaya	FPN	Palma de Mallorca (ESP)	11-04-2014

Pontos: FINA 2014

Lugar	Nome	Ano NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Victoria Kaminskaya 50m: 30.63 30.63 100m: 1:05.72 35.09	95	102313 Pimpoes/Cimai	<b>4:52.56</b> 150m: 1:43.95 38.23 250m: 3:02.78 41.63 200m: 2:21.15 37.20 300m: 3:44.82 42.04	+0,72	772	17
2.	Ana Catarina Monteiro 50m: 31.10 31.10 100m: 1:05.80 34.70	93	24320 Vilacondense	<b>5:02.99</b> 150m: 1:47.20 41.40 250m: 3:10.84 44.57 200m: 2:26.27 39.07 300m: 3:55.11 44.27	+0,87	695	15
3.	Filipa Vilas Ruivo 50m: 32.72 32.72 100m: 1:10.27 37.55	97	103568 Nautico Marinha Grande	<b>5:08.69</b> 150m: 1:50.89 40.62 250m: 3:14.55 44.00 200m: 2:30.55 39.66 300m: 3:59.22 44.67	+0,89	657	14
4.	Rita Costa Amador 50m: 32.89 32.89 100m: 1:11.66 38.77	99	105665 Galitos	<b>5:11.98</b> 150m: 1:52.36 40.70 250m: 3:17.03 44.62 200m: 2:32.41 40.05 300m: 4:02.82 45.79	+0,80	636	13
5.	Ana Beatriz Martins 50m: 33.29 33.29 100m: 1:11.47 38.18	99	108375 Famalicao	<b>5:12.92</b> 150m: 1:54.16 42.69 250m: 3:19.67 44.42 200m: 2:35.25 41.09 300m: 4:04.21 44.54	+0,95	631	12
6.	Rita Silva Fernandes 50m: 32.90 32.90 100m: 1:10.29 37.39	96	111206 Colegio Vasco da Gama	<b>5:16.74</b> 150m: 1:53.55 43.26 250m: 3:22.01 46.66 200m: 2:35.35 41.80 300m: 4:08.92 46.91	+0,87	608	11
7.	Julia Matos Lopes 50m: 34.27 34.27 100m: 1:12.04 37.77	94	12490 Nautico /Urgicentro-Sanfil	<b>5:18.43</b> 150m: 1:54.59 42.55 250m: 3:23.64 47.65 200m: 2:35.99 41.40 300m: 4:10.33 46.69	+0,83	599	10
8.	Sofia Prates Silvestre 50m: 31.92 31.92 100m: 1:11.04 39.12	95	121320 Naval Amorense	<b>5:19.08</b> 150m: 1:52.03 40.99 250m: 3:19.87 47.05 200m: 2:32.82 40.79 300m: 4:07.35 47.48	+0,79	595	9
9.	Diana Sofia Silva 50m: 33.83 33.83 100m: 1:13.20 39.37	97	104679 Braga	<b>5:31.24</b> 150m: 1:55.41 42.21 250m: 3:24.24 46.03 200m: 2:38.21 42.80 300m: 4:12.53 48.29	+0,91	532	8
10.	Ines Maria Pereira 50m: 33.97 33.97 100m: 1:12.35 38.38	99	105607 Leixoes	<b>5:32.84</b> 150m: 1:56.94 44.59 250m: 3:27.38 48.21 200m: 2:39.17 42.23 300m: 4:16.26 48.88	+0,92	524	7
11.	Claudia Ferreira Borges 50m: 34.47 34.47 100m: 1:17.11 42.64	99	116591 Benfica	<b>5:34.11</b> 150m: 2:02.43 45.32 250m: 3:31.28 45.34 200m: 2:45.94 43.51 300m: 4:17.17 45.89	+0,77	518	6
12.	Maria Beatriz Dias 50m: 37.49 37.49 100m: 1:20.74 43.25	99	108045 Viver Santarem	<b>5:37.11</b> 150m: 2:04.17 43.43 250m: 3:34.84 48.73 200m: 2:46.11 41.94 300m: 4:23.91 49.07	+0,96	504	5
13.	Ana Margarida Guedes 50m: 31.87 31.87 100m: 1:10.03 38.16	01	109087 Ginasio Vila Real	<b>5:39.62</b> 150m: 1:55.97 45.94 250m: 3:30.09 48.89 200m: 2:41.20 45.23 300m: 4:20.98 50.89	+0,93	493	4
14.	Joana Barros Soares 50m: 35.75 35.75 100m: 1:19.81 44.06	00	120201 Viana Natacao	<b>5:48.46</b> 150m: 2:05.79 45.98 250m: 3:39.31 49.80 200m: 2:49.51 43.72 300m: 4:29.05 49.74	+0,91	457	3

Prova 57, Femin., 400m Estilos, Absoluto

Lugar	Nome	Ano NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
15.	Telma Machado Silva	00 110882	Louletano / Loule Concelho	<b>6:04.58</b>	+0,79	399	2
	50m: 36.83 36.83	150m: 2:07.52	46.69	250m: 3:46.80	53.15	350m: 5:22.53	41.13
	100m: 1:20.83 44.00	200m: 2:53.65	46.13	300m: 4:41.40	54.60	400m: 6:04.58	42.05
16.	Maria Carolina Rodrigues	01 121473	Vitoria de Guimaraes/Olicargo	<b>6:05.20</b>	+0,99	397	1
	50m: 37.89 37.89	150m: 2:11.79	47.77	250m: 3:50.42	50.59	350m: 5:25.11	42.21
	100m: 1:24.02 46.13	200m: 2:59.83	48.04	300m: 4:42.90	52.48	400m: 6:05.20	40.09