

Prova 58 19-04-2014 - 16:15	Femin., 400m Estilos 1ª 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.	Diana Margarida Duraes	96	102992 Porto	4:58.26	+0,74	728	17
	50m: 30.73 30.73		150m: 1:45.84 38.85	250m: 3:06.73 42.93		350m: 4:24.63 34.66	
	100m: 1:06.99 36.26		200m: 2:23.80 37.96	300m: 3:49.97 43.24		400m: 4:58.26 33.63	
2.	Nadia Morais Vieira	90	13092 GesLoures	5:03.38	+0,70	692	15
	50m: 31.86 31.86		150m: 1:49.17 40.46	250m: 3:10.52 41.95		350m: 4:28.49 35.69	
	100m: 1:08.71 36.85		200m: 2:28.57 39.40	300m: 3:52.80 42.28		400m: 5:03.38 34.89	
3.	Madalena Gomes Azevedo	99	110160 Alges	5:11.52	+0,87	639	14
	50m: 32.62 32.62		150m: 1:53.13 40.91	250m: 3:17.06 44.66		350m: 4:37.01 34.85	
	100m: 1:12.22 39.60		200m: 2:32.40 39.27	300m: 4:02.16 45.10		400m: 5:11.52 34.51	
4.	Helena Paula Carvalho	95	107307 Uniao Piedense	5:13.51	+0,78	627	13
	50m: 32.61 32.61		150m: 1:51.52 41.08	250m: 3:17.84 45.53		350m: 4:40.28 35.22	
	100m: 1:10.44 37.83		200m: 2:32.31 40.79	300m: 4:05.06 47.22		400m: 5:13.51 33.23	
5.	Carolina Mantua Guedes	98	110539 Sporting	5:15.73	+0,78	614	12
	50m: 31.55 31.55		150m: 1:51.04 41.78	250m: 3:18.85 45.19		350m: 4:40.41 35.27	
	100m: 1:09.26 37.71		200m: 2:33.66 42.62	300m: 4:05.14 46.29		400m: 5:15.73 35.32	
6.	Ines Neto Rocha	01	111313 Gespacos	5:22.08	+0,86	578	11
	50m: 33.22 33.22		150m: 1:53.95 41.81	250m: 3:20.28 46.24		350m: 4:44.13 38.01	
	100m: 1:12.14 38.92		200m: 2:34.04 40.09	300m: 4:06.12 45.84		400m: 5:22.08 37.95	
7.	Lisa Marisa Soares	95	25381 Amadora	5:26.44	+0,81	556	10
	50m: 34.07 34.07		150m: 1:56.67 41.39	250m: 3:25.64 48.12		350m: 4:50.80 37.23	
	100m: 1:15.28 41.21		200m: 2:37.52 40.85	300m: 4:13.57 47.93		400m: 5:26.44 35.64	
8.	Ana Miguel Reis	00	108089 Columbofila Cantanhedense	5:31.41	+0,85	531	9
	50m: 35.09 35.09		150m: 1:58.60 42.43	250m: 3:28.15 48.42		350m: 4:54.74 37.98	
	100m: 1:16.17 41.08		200m: 2:39.73 41.13	300m: 4:16.76 48.61		400m: 5:31.41 36.67	