

Prova 35
03-04-2015

Femin., 400m Livres
SOMAGUE

Absolutos
Resultados Final

Rec Nac Absoluto	4:19.75	Ana Goncalves Neto	FPN	Luxembourg (LUX)	29-06-2013
Rec Nac Juv B	4:26.20	Maria Francisca Cabral	FCP	Oeiras	26-07-2014
Rec Nac Juv A	4:20.78	Tamila Hryhorivna Holub	POR	Porto	07-06-2014
Rec Nac Jun16	4:20.37	Marta Andreia Ferreira	FPN	Berlim (GER)	04-08-2002
Rec Nac Jun17	4:19.98	Florbela Cavaco Machado	ASSSCC	Coimbra	26-05-2013
Rec Nac Sen	4:19.75	Ana Goncalves Neto	FPN	Luxembourg (LUX)	29-06-2013

TAC JUN16 Fem Jun16: 4:43.17 / TAC JUV15 Fem Juv A: 4:48.67 / TAC JUV14 Fem Juv B: 4:56.91

Pontos: FINA 2015

Lugar	Nome do nadador	Ano	Classes	Clube	T.R.	Tempo final	Pts
Final A							
1.	Diana Margarida Duraes	96		Porto	+0,66	4:19.75	777
	<i>Recorde Nacional, Abs e Sen igualado</i>						
	50m: 29.56 29.56	150m: 1:35.01	33.11	250m: 2:41.30	33.00	350m: 3:47.36	32.96
	100m: 1:01.90 32.34	200m: 2:08.30	33.29	300m: 3:14.40	33.10	400m: 4:19.75	32.39
2.	Tamila Hryhorivna Holub	99		Braga	+0,74	4:22.05	757
	50m: 30.17 30.17	150m: 1:35.69	32.99	250m: 2:42.08	33.26	350m: 3:49.63	33.77
	100m: 1:02.70 32.53	200m: 2:08.82	33.13	300m: 3:15.86	33.78	400m: 4:22.05	32.42
3.	Angelica Maria Andre	94		Fluvial Portuense	+0,70	4:22.48	753
	50m: 30.74 30.74	150m: 1:37.81	33.98	250m: 2:45.90	33.97	350m: 3:51.79	32.02
	100m: 1:03.83 33.09	200m: 2:11.93	34.12	300m: 3:19.77	33.87	400m: 4:22.48	30.69
4.	Florbela Cavaco Machado	96		Columbofila Cantanhedense	+0,69	4:23.59	744
	50m: 31.53 31.53	150m: 1:38.08	33.56	250m: 2:45.53	33.52	350m: 3:52.03	32.69
	100m: 1:04.52 32.99	200m: 2:12.01	33.93	300m: 3:19.34	33.81	400m: 4:23.59	31.56
5.	Ana Goncalves Neto	95		Fluvial Portuense	+0,95	4:26.09	723
	50m: 30.58 30.58	150m: 1:37.45	34.08	250m: 2:45.52	34.05	350m: 3:53.21	33.84
	100m: 1:03.37 32.79	200m: 2:11.47	34.02	300m: 3:19.37	33.85	400m: 4:26.09	32.88
6.	Maria Francisca Cabral	00		Porto	+0,78	4:27.30	713
	50m: 30.32 30.32	150m: 1:36.43	33.24	250m: 2:44.88	34.15	350m: 3:53.78	34.30
	100m: 1:03.19 32.87	200m: 2:10.73	34.30	300m: 3:19.48	34.60	400m: 4:27.30	33.52
7.	Vania Soares Neves	90		Leixoes	+0,77	4:27.83	709
	50m: 31.02 31.02	150m: 1:38.53	34.10	250m: 2:46.72	33.94	350m: 3:54.74	33.95
	100m: 1:04.43 33.41	200m: 2:12.78	34.25	300m: 3:20.79	34.07	400m: 4:27.83	33.09
8.	Ana Rita Faria	00		Porto	+0,75	4:31.42	681
	50m: 31.06 31.06	150m: 1:39.27	34.20	250m: 2:48.47	34.22	350m: 3:57.60	34.06
	100m: 1:05.07 34.01	200m: 2:14.25	34.98	300m: 3:23.54	35.07	400m: 4:31.42	33.82
9.	Maria Teresa Amorim	97		Porto	+0,81	4:31.67	679
	50m: 30.77 30.77	150m: 1:37.72	34.13	250m: 2:46.81	34.69	350m: 3:57.12	35.23
	100m: 1:03.59 32.82	200m: 2:12.12	34.40	300m: 3:21.89	35.08	400m: 4:31.67	34.55
10.	Filipa Vilas Ruivo	97		Ba/Bomcar	+0,76	4:32.68	672
	50m: 30.82 30.82	150m: 1:38.29	34.02	250m: 2:47.59	34.75	350m: 3:57.94	35.15
	100m: 1:04.27 33.45	200m: 2:12.84	34.55	300m: 3:22.79	35.20	400m: 4:32.68	34.74
Final B							
11.	Maria Luis Amorim	95		Porto	+0,82	4:31.88	678
	50m: 30.52 30.52	150m: 1:38.35	34.54	250m: 2:47.76	34.61	350m: 3:57.64	34.78
	100m: 1:03.81 33.29	200m: 2:13.15	34.80	300m: 3:22.86	35.10	400m: 4:31.88	34.24
12.	Barbara Marques Rodrigues	97		Alges	+0,79	4:33.57	665
	50m: 30.39 30.39	150m: 1:38.30	34.67	250m: 2:48.25	35.14	350m: 3:58.56	35.33
	100m: 1:03.63 33.24	200m: 2:13.11	34.81	300m: 3:23.23	34.98	400m: 4:33.57	35.01

Prova 35, Femin., 400m Livres, Final, Absolutos

Lugar	Nome do nadador	Ano	Classes	Clube	T.R.	Tempo final	Pts
13.	Sara Sofia Alves	01		Columbofila Cantanhedense	+0,71	4:35.40	652
	50m: 31.97 31.97	150m: 1:41.38	34.87	250m: 2:52.25	35.17	350m: 4:02.08	34.71
	100m: 1:06.51 34.54	200m: 2:17.08	35.70	300m: 3:27.37	35.12	400m: 4:35.40	33.32
14.	Maria Joao Fernandes	97		Vilacondense	+0,79	4:36.61	643
	50m: 31.81 31.81	150m: 1:41.54	34.96	250m: 2:52.03	34.78	350m: 4:02.15	34.77
	100m: 1:06.58 34.77	200m: 2:17.25	35.71	300m: 3:27.38	35.35	400m: 4:36.61	34.46
15.	Beatriz Paulo Ranito	99		Sporting		4:38.56	630
	50m: 31.68 31.68	150m: 1:41.65	35.76	250m: 2:53.18	35.85	350m: 4:04.83	35.92
	100m: 1:05.89 34.21	200m: 2:17.33	35.68	300m: 3:28.91	35.73	400m: 4:38.56	33.73
16.	Helena Paula Carvalho	95		Uniao Piedense	+0,74	4:38.84	628
	50m: 32.09 32.09	150m: 1:41.83	35.09	250m: 2:52.91	35.53	350m: 4:04.55	35.60
	100m: 1:06.74 34.65	200m: 2:17.38	35.55	300m: 3:28.95	36.04	400m: 4:38.84	34.29
17.	Ines Figueira Santos	00		Uniao Piedense	+0,86	4:39.83	621
	50m: 32.06 32.06	150m: 1:42.30	35.56	250m: 2:53.88	36.15	350m: 4:05.82	35.90
	100m: 1:06.74 34.68	200m: 2:17.73	35.43	300m: 3:29.92	36.04	400m: 4:39.83	34.01
18.	Barbara Coimbra Teodosio	99		Nautico da Marinha Grande	+0,88	4:40.95	614
	50m: 31.13 31.13	150m: 1:40.56	35.62	250m: 2:53.36	36.60	350m: 4:06.23	36.89
	100m: 1:04.94 33.81	200m: 2:16.76	36.20	300m: 3:29.34	35.98	400m: 4:40.95	34.72
19.	Joana Costa Amador	01		Galitos	+0,74	4:41.43	611
	50m: 31.87 31.87	150m: 1:40.85	34.97	250m: 2:52.44	35.89	350m: 4:05.42	36.58
	100m: 1:05.88 34.01	200m: 2:16.55	35.70	300m: 3:28.84	36.40	400m: 4:41.43	36.01
20.	Madalena Amaro Machado	98		Academico Viseu	+0,82	4:45.70	584
	50m: 33.01 33.01	150m: 1:44.78	36.22	250m: 2:57.29	36.34	350m: 4:10.40	36.66
	100m: 1:08.56 35.55	200m: 2:20.95	36.17	300m: 3:33.74	36.45	400m: 4:45.70	35.30