

Prova 1	Femin., 400m Livres				Absolutos
11-04-2015 - 9:30	2ª Divisão				Resultados
Recordes Nacionais 50m Absoluto	4:19.75	Ana Goncalves Neto	FPN	Luxembourg (LUX)	29-06-2013
Recordes Nacionais 50m Absoluto	4:19.75	Diana Margarida Duraes	FCP	Coimbra	03-04-2015
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	4:26.20	Maria Francisca Cabral	FCP	Oeiras	26-07-2014
Recordes Nacionais 50m Juv A	4:20.78	Tamila Hryhorivna Holub	POR	Porto	07-06-2014
Recordes Nacionais 50m 16	4:20.37	Marta Andreia Ferreira	FPN	Berlim (GER)	04-08-2002
Recordes Nacionais 50m 17	4:19.98	Florbela Cavaco Machado	ASSSCC	Coimbra	26-05-2013
Recordes Nacionais 50m Sen	4:19.75	Ana Goncalves Neto	FPN	Luxembourg (LUX)	29-06-2013
Recordes Nacionais 50m Sen	4:19.75	Diana Margarida Duraes	FCP	Coimbra	03-04-2015

Pontos: FINA 2015

Lugar	Nome	AnNFed	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Vania Soares Neves	9012380	Leixoes	4:30.85	+0,75	685	17,00
	50m: 30.26 30.26	150m: 1:37.30 33.79	250m: 2:47.12 34.73	350m: 3:56.91 34.66			
	100m: 1:03.51 33.25	200m: 2:12.39 35.09	300m: 3:22.25 35.13	400m: 4:30.85 33.94			
2.	Maria Joao Fernandes	97102092	Vilacondense	4:36.71	+0,83	643	15,00
	50m: 31.50 31.50	150m: 1:41.61 35.66	250m: 2:52.23 34.98	350m: 4:02.64 34.91			
	100m: 1:05.95 34.45	200m: 2:17.25 35.64	300m: 3:27.73 35.50	400m: 4:36.71 34.07			
3.	Madalena Amaro Machado	98105916	Academico Viseu	4:38.38	+0,86	631	14,00
	50m: 31.26 31.26	150m: 1:41.55 35.37	250m: 2:53.22 35.47	350m: 4:04.45 34.99			
	100m: 1:06.18 34.92	200m: 2:17.75 36.20	300m: 3:29.46 36.24	400m: 4:38.38 33.93			
4.	Lara Gomez Cortes	99148729	Desportiva de Viana	4:38.63	+0,78	630	13,00
	50m: 31.00 31.00	150m: 1:40.58 34.94	250m: 2:52.24 35.72	350m: 4:04.33 35.77			
	100m: 1:05.64 34.64	200m: 2:16.52 35.94	300m: 3:28.56 36.32	400m: 4:38.63 34.30			
5.	Joana Costa Amador	01117714	Galitos	4:38.73	+0,74	629	12,00
	50m: 32.57 32.57	150m: 1:43.92 36.45	250m: 2:55.53 35.66	350m: 4:05.44 34.73			
	100m: 1:07.47 34.90	200m: 2:19.87 35.95	300m: 3:30.71 35.18	400m: 4:38.73 33.29			
6.	Barbara Coimbra Teodosio	99112716	Nautico Marinha Grande	4:39.24	+0,92	625	11,00
	50m: 31.54 31.54	150m: 1:41.73 35.71	250m: 2:53.21 35.50	350m: 4:04.77 35.57			
	100m: 1:06.02 34.48	200m: 2:17.71 35.98	300m: 3:29.20 35.99	400m: 4:39.24 34.47			
7.	Carolina Madeira Santos	96104254	Naval Amorense	4:40.27	+0,91	619	10,00
	50m: 30.89 30.89	150m: 1:41.04 35.36	250m: 2:53.18 36.05	350m: 4:05.07 35.52			
	100m: 1:05.68 34.79	200m: 2:17.13 36.09	300m: 3:29.55 36.37	400m: 4:40.27 35.20			
8.	Mariana Pinto Angelo	99116788	Academica de Coimbra	4:45.34	+0,75	586	9,00
	50m: 32.48 32.48	150m: 1:44.13 36.12	250m: 2:57.00 36.08	350m: 4:09.95 36.07			
	100m: 1:08.01 35.53	200m: 2:20.92 36.79	300m: 3:33.88 36.88	400m: 4:45.34 35.39			
9.	Beatriz Barros Carmo	99107625	Colegio Vasco da Gama	4:45.71	+0,72	584	8,00
	50m: 31.78 31.78	150m: 1:44.33 36.68	250m: 2:57.26 36.47	350m: 4:10.38 35.94			
	100m: 1:07.65 35.87	200m: 2:20.79 36.46	300m: 3:34.44 37.18	400m: 4:45.71 35.33			
10.	Carolina Mota Correia	01122688	Alcobaca	4:50.25	+0,89	557	7,00
	50m: 32.43 32.43	150m: 1:44.97 36.83	250m: 2:59.63 37.67	350m: 4:13.94 37.19			
	100m: 1:08.14 35.71	200m: 2:21.96 36.99	300m: 3:36.75 37.12	400m: 4:50.25 36.31			
11.	Rita Verissimo Damasceno	98105071	Nautico /Urgicentro-Sanfil	4:50.56	+0,87	555	6,00
	50m: 32.59 32.59	150m: 1:45.63 37.09	250m: 3:00.21 37.45	350m: 4:14.85 37.34			
	100m: 1:08.54 35.95	200m: 2:22.76 37.13	300m: 3:37.51 37.30	400m: 4:50.56 35.71			
12.	Cecilia Branco Almeida	97105386	Gesloures	4:50.75	+0,72	554	5,00
	50m: 32.07 32.07	150m: 1:45.23 37.41	250m: 3:00.71 37.46	350m: 4:15.41 36.91			
	100m: 1:07.82 35.75	200m: 2:23.25 38.02	300m: 3:38.50 37.79	400m: 4:50.75 35.34			
13.	Sara Lopes Barbosa	00118181	Aquatico Pacense	4:52.32	+0,94	545	4,00
	50m: 32.34 32.34	150m: 1:44.81 37.20	250m: 3:00.16 37.82	350m: 4:16.23 38.04			
	100m: 1:07.61 35.27	200m: 2:22.34 37.53	300m: 3:38.19 38.03	400m: 4:52.32 36.09			
14.	Ana Luisa Santo	95117843	Benfica	4:52.70	+0,79	543	3,00
	50m: 32.27 32.27	150m: 1:44.33 36.69	250m: 2:58.37 37.18	350m: 4:14.54 38.17			
	100m: 1:07.64 35.37	200m: 2:21.19 36.86	300m: 3:36.37 38.00	400m: 4:52.70 38.16			

Prova 1, Femin., 400m Livres, Absolutos

Lugar	Nome	AnNFed	Clube	Tempo Final	TReac	Pts FINA	Pts
15.	Ana Margarida Salgueiro	99116616	Nautico Abrantes	4:54.86	+0,96	531	2,00
	50m: 33.27 33.27	150m: 1:46.45 37.14	250m: 3:02.05 38.17	350m: 4:18.38 37.93			
	100m: 1:09.31 36.04	200m: 2:23.88 37.43	300m: 3:40.45 38.40	400m: 4:54.86 36.48			
16.	Rita Guedes Moreira	00110881	Louletano / Loule Concelho	5:03.55	+0,83	487	1,00
	50m: 32.21 32.21	150m: 1:45.89 37.85	250m: 3:04.12 39.88	350m: 4:24.80 40.58			
	100m: 1:08.04 35.83	200m: 2:24.24 38.35	300m: 3:44.22 40.10	400m: 5:03.55 38.75			