

Campeonato Nacional Clubes 1 e 2 Divisão
Oeiras, 11- - 12-4-2015

Prova 2 11-04-2015	Femin., 400m Livres 1ª Divisão				Absolutos 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	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Diana Margarida Duraes	96	102992	Porto	4:20.26	+0,68	773	9,00
	50m: 29.58 29.58			150m: 1:34.67 32.94	250m: 2:41.19 33.28	350m: 3:48.28 33.47		
	100m: 1:01.73 32.15			200m: 2:07.91 33.24	300m: 3:14.81 33.62	400m: 4:20.26 31.98		
2.	Tamila Hryhorivna Holub	99	116887	Braga	4:21.79	+0,84	759	7,00
	50m: 30.03 30.03			150m: 1:35.80 33.10	250m: 2:42.13 33.21	350m: 3:49.28 33.34		
	100m: 1:02.70 32.67			200m: 2:08.92 33.12	300m: 3:15.94 33.81	400m: 4:21.79 32.51		
3.	Francisca Gomes Azevedo	97	100356	Alges	4:24.55	+0,79	736	6,00
	50m: 30.06 30.06			150m: 1:35.63 33.22	250m: 2:43.14 33.90	350m: 3:51.32 34.30		
	100m: 1:02.41 32.35			200m: 2:09.24 33.61	300m: 3:17.02 33.88	400m: 4:24.55 33.23		
4.	Helena Paula Carvalho	95	107307	Uniao Piedense	4:32.25	+0,74	675	5,00
	50m: 31.01 31.01			150m: 1:39.02 34.35	250m: 2:48.57 34.55	350m: 3:58.38 34.58		
	100m: 1:04.67 33.66			200m: 2:14.02 35.00	300m: 3:23.80 35.23	400m: 4:32.25 33.87		
5.	Alexandra Couto Frazao	02	125426	Amadora	4:36.30	+0,86	646	4,00
	50m: 31.65 31.65			150m: 1:41.06 35.55	250m: 2:51.83 35.49	350m: 4:02.32 35.39		
	100m: 1:05.51 33.86			200m: 2:16.34 35.28	300m: 3:26.93 35.10	400m: 4:36.30 33.98		
6.	Beatriz Paulo Ranito	99	116593	Sporting	4:36.49	+0,75	644	3,00
	50m: 30.77 30.77			150m: 1:40.07 35.21	250m: 2:50.97 35.52	350m: 4:01.88 35.41		
	100m: 1:04.86 34.09			200m: 2:15.45 35.38	300m: 3:26.47 35.50	400m: 4:36.49 34.61		
7.	Ana Silva Costa	98	104446	Famalicao	4:36.60	+0,86	643	2,00
	50m: 31.41 31.41			150m: 1:40.94 35.55	250m: 2:52.08 35.63	350m: 4:03.46 35.96		
	100m: 1:05.39 33.98			200m: 2:16.45 35.51	300m: 3:27.50 35.42	400m: 4:36.60 33.14		
8.	Ana Sofia Nobrega	90	24785	Ginasio Vila Real	4:50.54	+0,83	555	1,00
	50m: 31.19 31.19			150m: 1:42.34 36.32	250m: 2:57.11 37.46	350m: 4:12.19 37.45		
	100m: 1:06.02 34.83			200m: 2:19.65 37.31	300m: 3:34.74 37.63	400m: 4:50.54 38.35		