

Prova 16	Femin., 400m Estilos				Juvenis
24-07-2015 - 9:35	SOMAGUE				Resultados Elimin
Rec Nac Open	4:45.69	Victoria Kaminskaya	FPN	Malaga (ESP)	29-03-2015
Rec Nac Juv B	5:01.00	Ines Neto Rocha	CAP	Coimbra	24-07-2015
Rec Nac Juv A	4:58.08	Diana Margarida Duraes	FOCA	Póvoa de Varzim	05-08-2011

TAC-JuvBF Juv B: 5:36.91 / TAC-JuvAF Juv A: 5:27.55

Pontos: FINA 2015

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Ines Neto Rocha	01	Aquatico Pacense	5:05.06	+0,93	681	
	50m: 32.61 32.61	150m: 1:48.90 40.36	250m: 3:10.42 42.68	350m: 4:29.24 36.36			
	100m: 1:08.54 35.93	200m: 2:27.74 38.84	300m: 3:52.88 42.46	400m: 5:05.06 35.82			
2.	Giovanna Vaz Vargas	00	Nautico Marinha Grande	5:07.10	+0,81	667	
	50m: 32.03 32.03	150m: 1:47.99 40.55	250m: 3:11.32 44.56	350m: 4:32.10 36.04			
	100m: 1:07.44 35.41	200m: 2:26.76 38.77	300m: 3:56.06 44.74	400m: 5:07.10 35.00			
3.	Luisa Maria Machado	01	Uniao Piedense	5:19.41	+0,95	593	
	50m: 33.78 33.78	150m: 1:56.83 42.95	250m: 3:22.32 44.61	350m: 4:44.20 37.24			
	100m: 1:13.88 40.10	200m: 2:37.71 40.88	300m: 4:06.96 44.64	400m: 5:19.41 35.21			
4.	Carolina Rosa Marcelino	01	Alges	5:19.82	+0,74	591	
	50m: 32.99 32.99	150m: 1:53.10 42.52	250m: 3:20.96 46.82	350m: 4:44.21 37.48			
	100m: 1:10.58 37.59	200m: 2:34.14 41.04	300m: 4:06.73 45.77	400m: 5:19.82 35.61			
5.	Joana Victorino Henriques	01	Condeixa Clube	5:21.00	+0,68	584	
	50m: 33.05 33.05	150m: 1:52.44 41.55	250m: 3:20.29 46.91	350m: 4:44.01 38.48			
	100m: 1:10.89 37.84	200m: 2:33.38 40.94	300m: 4:05.53 45.24	400m: 5:21.00 36.99			
6.	Ines Rocha Silva	00	Alcobaca	5:22.74		575	
	50m: 34.04 34.04	150m: 1:57.51 42.26	250m: 3:21.76 43.27	350m: 4:45.71 38.55			
	100m: 1:15.25 41.21	200m: 2:38.49 40.98	300m: 4:07.16 45.40	400m: 5:22.74 37.03			
7.	Ines Silva Bernardo	00	Colegio Monte Maior	5:26.65	+0,80	554	
	50m: 34.96 34.96	150m: 2:00.08 44.88	250m: 3:25.55 42.96	350m: 4:48.78 38.58			
	100m: 1:15.20 40.24	200m: 2:42.59 42.51	300m: 4:10.20 44.65	400m: 5:26.65 37.87			
8.	Beatriz Santos Silva	01	Porto	5:26.90	+0,92	553	
	50m: 34.05 34.05	150m: 1:54.81 41.37	250m: 3:22.32 46.06	350m: 4:49.15 38.54			
	100m: 1:13.44 39.39	200m: 2:36.26 41.45	300m: 4:10.61 48.29	400m: 5:26.90 37.75			
9.	Mariana Sobral Galacha	01	Sporting	5:27.77	+0,73	549	
	50m: 34.22 34.22	150m: 1:59.71 43.20	250m: 3:27.73 45.97	350m: 4:51.94 36.55			
	100m: 1:16.51 42.29	200m: 2:41.76 42.05	300m: 4:15.39 47.66	400m: 5:27.77 35.83			
10.	Raquel Antunes Tremoco	01	Sporting	5:29.01	+0,79	543	
	50m: 34.14 34.14	150m: 1:57.23 43.55	250m: 3:26.58 46.82	350m: 4:52.08 37.89			
	100m: 1:13.68 39.54	200m: 2:39.76 42.53	300m: 4:14.19 47.61	400m: 5:29.01 36.93			
11.	Alice Maria Lopes	00	Uniao Piedense	5:29.64	+0,85	539	
	<i>FTL</i>						
	50m: 34.53 34.53	150m: 1:57.99 43.28	250m: 3:27.42 47.62	350m: 4:52.94 36.81			
	100m: 1:14.71 40.18	200m: 2:39.80 41.81	300m: 4:16.13 48.71	400m: 5:29.64 36.70			
12.	Mafalda Rato Monteiro	01	Naval Setubalense	5:30.67	+0,72	534	
	50m: 33.59 33.59	150m: 1:54.66 43.14	250m: 3:23.53 46.87	350m: 4:52.24 40.43			
	100m: 1:11.52 37.93	200m: 2:36.66 42.00	300m: 4:11.81 48.28	400m: 5:30.67 38.43			

Prova 16, Femin., 400m Estilos, Elimin, Juvenis

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
13.	Rita Alexandra Vital	01	Colegio Monte Maior	5:32.40	+0,71	526	
	50m: 35.75 35.75	150m: 1:58.74 42.31	250m: 3:29.33 49.22	350m: 4:56.22 36.77			
	100m: 1:16.43 40.68	200m: 2:40.11 41.37	300m: 4:19.45 50.12	400m: 5:32.40 36.18			
14.	Lara Beatriz Matos	01	Famalicao	5:32.44	+0,92	526	
	50m: 33.64 33.64	150m: 1:57.89 45.17	250m: 3:28.69 46.77	350m: 4:55.57 39.16			
	100m: 1:12.72 39.08	200m: 2:41.92 44.03	300m: 4:16.41 47.72	400m: 5:32.44 36.87			
15.	Maria Esteves Martins	01	Galitos	5:34.29	+0,78	517	
	50m: 34.88 34.88	150m: 1:58.24 42.74	250m: 3:30.54 51.48	350m: 4:58.41 36.62			
	100m: 1:15.50 40.62	200m: 2:39.06 40.82	300m: 4:21.79 51.25	400m: 5:34.29 35.88			
16.	Mariana Cardoso Costa	01	Natacao da Maia	5:37.99	+0,72	500	
	<i>FTL</i>						
	50m: 35.37 35.37	150m: 2:02.27 44.45	250m: 3:32.46 46.81	350m: 4:59.72 39.60			
	100m: 1:17.82 42.45	200m: 2:45.65 43.38	300m: 4:20.12 47.66	400m: 5:37.99 38.27			
17.	Ines Rodrigues Ferreira	01	Benfica	5:38.21	+0,88	499	
	<i>FTL</i>						
	50m: 34.48 34.48	150m: 2:02.44 47.03	250m: 3:34.74 48.12	350m: 5:00.37 38.51			
	100m: 1:15.41 40.93	200m: 2:46.62 44.18	300m: 4:21.86 47.12	400m: 5:38.21 37.84			
18.	Mariana Silva Ramos	00	Sporting	5:39.32	+0,90	495	
	<i>FTL</i>						
	50m: 34.40 34.40	150m: 2:00.00 46.05	250m: 3:33.81 49.41	350m: 5:02.40 38.49			
	100m: 1:13.95 39.55	200m: 2:44.40 44.40	300m: 4:23.91 50.10	400m: 5:39.32 36.92			
19.	Margarida Malheiro Neves	01	Braga	5:41.38	+0,83	486	
	<i>FTL</i>						
	50m: 32.76 32.76	150m: 1:55.95 44.49	250m: 3:30.92 52.16	350m: 5:01.90 38.78			
	100m: 1:11.46 38.70	200m: 2:38.76 42.81	300m: 4:23.12 52.20	400m: 5:41.38 39.48			
20.	Ana Margarida Branco	01	Sporting	5:42.49		481	
	<i>FTL</i>						
	50m: 33.33 33.33	150m: 1:56.16 44.17	250m: 3:31.20 52.27	350m: 5:04.35 39.48			
	100m: 1:11.99 38.66	200m: 2:38.93 42.77	300m: 4:24.87 53.67	400m: 5:42.49 38.14			
21.	Tatiana Alexandre Cardoso	01	Amadora	5:43.09	+0,80	478	
	<i>FTL</i>						
	50m: 35.17 35.17	150m: 2:01.70 44.98	250m: 3:33.65 49.42	350m: 5:03.56 40.57			
	100m: 1:16.72 41.55	200m: 2:44.23 42.53	300m: 4:22.99 49.34	400m: 5:43.09 39.53			

Prova 16, Femin., 400m Estilos, Elimin

Prova 16
24-07-2015 - 9:35

Femin., 400m Estilos
SOMAGUE

Juvenis A
Resultados Elimin

Rec Nac Open	4:45.69	Victoria Kaminskaya	FPN	Malaga (ESP)	29-03-2015
Rec Nac Juv A	4:58.08	Diana Margarida Duraes	FOCA	Póvoa de Varzim	05-08-2011

TAC-JuvAF : 5:27.55

Pontos: FINA 2015

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Giovanna Vaz Vargas	00	Nautico Marinha Grande	5:07.10	+0,81	667	
	50m: 32.03 32.03	150m: 1:47.99 40.55	250m: 3:11.32 44.56	350m: 4:32.10 36.04	400m: 5:07.10 35.00		
	100m: 1:07.44 35.41	200m: 2:26.76 38.77	300m: 3:56.06 44.74				
2.	Ines Rocha Silva	00	Alcobaca	5:22.74		575	
	50m: 34.04 34.04	150m: 1:57.51 42.26	250m: 3:21.76 43.27	350m: 4:45.71 38.55	400m: 5:22.74 37.03		
	100m: 1:15.25 41.21	200m: 2:38.49 40.98	300m: 4:07.16 45.40				
3.	Ines Silva Bernardo	00	Colegio Monte Maior	5:26.65	+0,80	554	
	50m: 34.96 34.96	150m: 2:00.08 44.88	250m: 3:25.55 42.96	350m: 4:48.78 38.58	400m: 5:26.65 37.87		
	100m: 1:15.20 40.24	200m: 2:42.59 42.51	300m: 4:10.20 44.65				
4.	Alice Maria Lopes FTL	00	Uniao Piedense	5:29.64	+0,85	539	
	50m: 34.53 34.53	150m: 1:57.99 43.28	250m: 3:27.42 47.62	350m: 4:52.94 36.81	400m: 5:29.64 36.70		
	100m: 1:14.71 40.18	200m: 2:39.80 41.81	300m: 4:16.13 48.71				
5.	Mariana Silva Ramos FTL	00	Sporting	5:39.32	+0,90	495	
	50m: 34.40 34.40	150m: 2:00.00 46.05	250m: 3:33.81 49.41	350m: 5:02.40 38.49	400m: 5:39.32 36.92		
	100m: 1:13.95 39.55	200m: 2:44.40 44.40	300m: 4:23.91 50.10				

Prova 16
24-07-2015 - 9:35

Femin., 400m Estilos
SOMAGUE

Juvenis B
Resultados Elimin

Rec Nac Open	4:45.69	Victoria Kaminskaya	FPN	Malaga (ESP)	29-03-2015
Rec Nac Juv B	5:01.00	Ines Neto Rocha	CAP	Coimbra	24-07-2015

TAC-JuvBF : 5:36.91

Pontos: FINA 2015

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Ines Neto Rocha	01	Aquatico Pacense	5:05.06	+0,93	681	
	50m: 32.61 32.61	150m: 1:48.90 40.36	250m: 3:10.42 42.68	350m: 4:29.24 36.36	400m: 5:05.06 35.82		
	100m: 1:08.54 35.93	200m: 2:27.74 38.84	300m: 3:52.88 42.46				
2.	Luisa Maria Machado	01	Uniao Piedense	5:19.41	+0,95	593	
	50m: 33.78 33.78	150m: 1:56.83 42.95	250m: 3:22.32 44.61	350m: 4:44.20 37.24	400m: 5:19.41 35.21		
	100m: 1:13.88 40.10	200m: 2:37.71 40.88	300m: 4:06.96 44.64				
3.	Carolina Rosa Marcelino	01	Alges	5:19.82	+0,74	591	
	50m: 32.99 32.99	150m: 1:53.10 42.52	250m: 3:20.96 46.82	350m: 4:44.21 37.48	400m: 5:19.82 35.61		
	100m: 1:10.58 37.59	200m: 2:34.14 41.04	300m: 4:06.73 45.77				
4.	Joana Victorino Henriques	01	Condeixa Clube	5:21.00	+0,68	584	
	50m: 33.05 33.05	150m: 1:52.44 41.55	250m: 3:20.29 46.91	350m: 4:44.01 38.48	400m: 5:21.00 36.99		
	100m: 1:10.89 37.84	200m: 2:33.38 40.94	300m: 4:05.53 45.24				

Prova 16, Femin., 400m Estilos, Elimín, Juvenis B

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
5.	Beatriz Santos Silva	01	Porto	5:26.90	+0,92	553	
	50m: 34.05 34.05	150m: 1:54.81 41.37	250m: 3:22.32 46.06	350m: 4:49.15 38.54			
	100m: 1:13.44 39.39	200m: 2:36.26 41.45	300m: 4:10.61 48.29	400m: 5:26.90 37.75			
6.	Mariana Sobral Galacha	01	Sporting	5:27.77	+0,73	549	
	50m: 34.22 34.22	150m: 1:59.71 43.20	250m: 3:27.73 45.97	350m: 4:51.94 36.55			
	100m: 1:16.51 42.29	200m: 2:41.76 42.05	300m: 4:15.39 47.66	400m: 5:27.77 35.83			
7.	Raquel Antunes Tremoco	01	Sporting	5:29.01	+0,79	543	
	50m: 34.14 34.14	150m: 1:57.23 43.55	250m: 3:26.58 46.82	350m: 4:52.08 37.89			
	100m: 1:13.68 39.54	200m: 2:39.76 42.53	300m: 4:14.19 47.61	400m: 5:29.01 36.93			
8.	Mafalda Rato Monteiro	01	Naval Setubalense	5:30.67	+0,72	534	
	50m: 33.59 33.59	150m: 1:54.66 43.14	250m: 3:23.53 46.87	350m: 4:52.24 40.43			
	100m: 1:11.52 37.93	200m: 2:36.66 42.00	300m: 4:11.81 48.28	400m: 5:30.67 38.43			
9.	Rita Alexandra Vital	01	Colegio Monte Maior	5:32.40	+0,71	526	
	50m: 35.75 35.75	150m: 1:58.74 42.31	250m: 3:29.33 49.22	350m: 4:56.22 36.77			
	100m: 1:16.43 40.68	200m: 2:40.11 41.37	300m: 4:19.45 50.12	400m: 5:32.40 36.18			
10.	Lara Beatriz Matos	01	Famalicao	5:32.44	+0,92	526	
	50m: 33.64 33.64	150m: 1:57.89 45.17	250m: 3:28.69 46.77	350m: 4:55.57 39.16			
	100m: 1:12.72 39.08	200m: 2:41.92 44.03	300m: 4:16.41 47.72	400m: 5:32.44 36.87			
11.	Maria Esteves Martins	01	Galitos	5:34.29	+0,78	517	
	50m: 34.88 34.88	150m: 1:58.24 42.74	250m: 3:30.54 51.48	350m: 4:58.41 36.62			
	100m: 1:15.50 40.62	200m: 2:39.06 40.82	300m: 4:21.79 51.25	400m: 5:34.29 35.88			
12.	Mariana Cardoso Costa	01	Natacao da Maia	5:37.99	+0,72	500	
	<i>FTL</i>						
	50m: 35.37 35.37	150m: 2:02.27 44.45	250m: 3:32.46 46.81	350m: 4:59.72 39.60			
	100m: 1:17.82 42.45	200m: 2:45.65 43.38	300m: 4:20.12 47.66	400m: 5:37.99 38.27			
13.	Ines Rodrigues Ferreira	01	Benfica	5:38.21	+0,88	499	
	<i>FTL</i>						
	50m: 34.48 34.48	150m: 2:02.44 47.03	250m: 3:34.74 48.12	350m: 5:00.37 38.51			
	100m: 1:15.41 40.93	200m: 2:46.62 44.18	300m: 4:21.86 47.12	400m: 5:38.21 37.84			
14.	Margarida Malheiro Neves	01	Braga	5:41.38	+0,83	486	
	<i>FTL</i>						
	50m: 32.76 32.76	150m: 1:55.95 44.49	250m: 3:30.92 52.16	350m: 5:01.90 38.78			
	100m: 1:11.46 38.70	200m: 2:38.76 42.81	300m: 4:23.12 52.20	400m: 5:41.38 39.48			
15.	Ana Margarida Branco	01	Sporting	5:42.49		481	
	<i>FTL</i>						
	50m: 33.33 33.33	150m: 1:56.16 44.17	250m: 3:31.20 52.27	350m: 5:04.35 39.48			
	100m: 1:11.99 38.66	200m: 2:38.93 42.77	300m: 4:24.87 53.67	400m: 5:42.49 38.14			
16.	Tatiana Alexandre Cardoso	01	Amadora	5:43.09	+0,80	478	
	<i>FTL</i>						
	50m: 35.17 35.17	150m: 2:01.70 44.98	250m: 3:33.65 49.42	350m: 5:03.56 40.57			
	100m: 1:16.72 41.55	200m: 2:44.23 42.53	300m: 4:22.99 49.34	400m: 5:43.09 39.53			