

Prova 16 24-07-2015	Femin., 400m Estilos SOMAGUE				Juvenis Resultados Final
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
Final							
1.	Ines Neto Rocha <i>Recorde Nacional</i>	01	Aquatico Pacense	<b>5:01.00</b>	+0,97	709	
	50m: 31.50 31.50	150m: 1:47.04 39.51	250m: 3:07.45 42.36	350m: 4:26.69 36.52			
	100m: 1:07.53 36.03	200m: 2:25.09 38.05	300m: 3:50.17 42.72	400m: 5:01.00 34.31			
2.	Giovanna Vaz Vargas	00	Nautico Marinha Grande	<b>5:01.52</b>	+0,81	705	
	50m: 31.49 31.49	150m: 1:47.47 40.38	250m: 3:09.71 43.46	350m: 4:28.30 34.83			
	100m: 1:07.09 35.60	200m: 2:26.25 38.78	300m: 3:53.47 43.76	400m: 5:01.52 33.22			
3.	Carolina Rosa Marcelino	01	Alges	<b>5:07.93</b>	+0,77	662	
	50m: 31.84 31.84	150m: 1:49.46 40.67	250m: 3:12.87 43.87	350m: 4:32.88 35.41			
	100m: 1:08.79 36.95	200m: 2:29.00 39.54	300m: 3:57.47 44.60	400m: 5:07.93 35.05			
4.	Ines Rocha Silva	00	Alcobaca	<b>5:13.61</b>	+0,63	627	
	50m: 32.53 32.53	150m: 1:52.84 41.42	250m: 3:16.07 42.22	350m: 4:37.23 37.67			
	100m: 1:11.42 38.89	200m: 2:33.85 41.01	300m: 3:59.56 43.49	400m: 5:13.61 36.38			
5.	Luisa Maria Machado	01	Uniao Piedense	<b>5:14.16</b>	+0,96	623	
	50m: 33.30 33.30	150m: 1:55.27 42.29	250m: 3:18.95 43.70	350m: 4:39.70 36.39			
	100m: 1:12.98 39.68	200m: 2:35.25 39.98	300m: 4:03.31 44.36	400m: 5:14.16 34.46			
6.	Ines Silva Bernardo	00	Colegio Monte Maior	<b>5:20.08</b>	+0,80	589	
	50m: 33.75 33.75	150m: 1:56.36 42.94	250m: 3:22.79 44.24	350m: 4:44.57 36.67			
	100m: 1:13.42 39.67	200m: 2:38.55 42.19	300m: 4:07.90 45.11	400m: 5:20.08 35.51			
7.	Raquel Antunes Tremoco	01	Sporting	<b>5:23.17</b>	+0,82	573	
	50m: 32.90 32.90	150m: 1:53.16 41.91	250m: 3:21.22 46.48	350m: 4:45.24 36.67			
	100m: 1:11.25 38.35	200m: 2:34.74 41.58	300m: 4:08.57 47.35	400m: 5:23.17 37.93			
8.	Beatriz Santos Silva	01	Porto	<b>5:25.86</b>	+0,85	558	
	50m: 33.68 33.68	150m: 1:54.59 41.85	250m: 3:22.88 46.51	350m: 4:48.48 37.71			
	100m: 1:12.74 39.06	200m: 2:36.37 41.78	300m: 4:10.77 47.89	400m: 5:25.86 37.38			
9.	Joana Victorino Henriques	01	Condeixa Clube	<b>5:26.74</b>	+0,69	554	
	50m: 33.67 33.67	150m: 1:55.86 43.29	250m: 3:26.31 48.12	350m: 4:50.62 38.54			
	100m: 1:12.57 38.90	200m: 2:38.19 42.33	300m: 4:12.08 45.77	400m: 5:26.74 36.12			
10.	Mariana Sobral Galacha	01	Sporting	<b>5:27.26</b>	+0,74	551	
	50m: 34.30 34.30	150m: 1:57.35 42.60	250m: 3:25.44 47.50	350m: 4:51.00 37.83			
	100m: 1:14.75 40.45	200m: 2:37.94 40.59	300m: 4:13.17 47.73	400m: 5:27.26 36.26			

Prova 16, Femin., 400m Estilos, Final

Prova 16 24-07-2015	Femin., 400m Estilos SOMAGUE				Open Resultados Final
Rec Nac Open	4:45.69	Victoria Kaminskaya	FPN	Malaga (ESP)	29-03-2015
Rec Nac Jun16	4:57.84	Victoria Kaminskaya	PIMP	Oeiras	19-02-2011
Rec Nac Jun17	4:52.12	Victoria Kaminskaya	PIMP	Oeiras	27-07-2012
Rec Nac Sen	4:45.69	Victoria Kaminskaya	FPN	Malaga (ESP)	29-03-2015

TAC-Jun16F Jun16: 5:21.31 / TAC-Jun17F Jun17: 5:18.19 / TAC-SenF Sen: 5:16.63

Pontos: FINA 2015

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
<b>Final</b>							
1.	Victoria Kaminskaya	95	Pimpoes/Cimai	<b>4:46.33</b>	+0,72	823	
	50m: 30.29 30.29	150m: 1:40.86 36.48	250m: 2:56.50 39.89	350m: 4:12.18 35.56			
	100m: 1:04.38 34.09	200m: 2:16.61 35.75	300m: 3:36.62 40.12	400m: 4:46.33 34.15			
2.	Ana Catarina Monteiro	93	Vilacondense	<b>5:01.73</b>	+0,72	704	
	50m: 30.22 30.22	150m: 1:45.11 40.77	250m: 3:09.08 44.73	350m: 4:28.75 35.32			
	100m: 1:04.34 34.12	200m: 2:24.35 39.24	300m: 3:53.43 44.35	400m: 5:01.73 32.98			
3.	Ana Beatriz Martins	99	Famalicao	<b>5:02.73</b>	+0,84	697	
	50m: 32.13 32.13	150m: 1:49.69 40.40	250m: 3:12.43 43.02	350m: 4:29.69 33.78			
	100m: 1:09.29 37.16	200m: 2:29.41 39.72	300m: 3:55.91 43.48	400m: 5:02.73 33.04			
4.	Rita Costa Amador	99	Galitos	<b>5:04.72</b>	+0,72	683	
	50m: 31.80 31.80	150m: 1:48.52 39.37	250m: 3:11.07 43.92	350m: 4:30.35 34.99			
	100m: 1:09.15 37.35	200m: 2:27.15 38.63	300m: 3:55.36 44.29	400m: 5:04.72 34.37			
5.	Raquel Paulo Ranito	94	Colegio Vasco da Gama	<b>5:17.00</b>	+0,74	607	
	<i>FTL</i>						
	50m: 32.53 32.53	150m: 1:51.38 40.52	250m: 3:18.18 45.69	350m: 4:40.89 36.76			
	100m: 1:10.86 38.33	200m: 2:32.49 41.11	300m: 4:04.13 45.95	400m: 5:17.00 36.11			
6.	Sofia Machado Dionisio	98	Sporting	<b>5:30.39</b>	+0,91	536	
	<i>FTL</i>						
	50m: 33.29 33.29	150m: 1:58.69 44.01	250m: 3:27.52 45.97	350m: 4:52.96 38.77			
	100m: 1:14.68 41.39	200m: 2:41.55 42.86	300m: 4:14.19 46.67	400m: 5:30.39 37.43			
DNS	Julie Aglund Lauridsen	96	Denmark				