

Prova 35  
25-07-2015 - 11:00

Femin., 400m Livres  
SOMAGUE

Open  
Resultados Elimin

Rec Nac Open	4:19.40	Diana Margarida Duraes	FCP	Coimbra	31-05-2015
Rec Nac Inf B	4:43.70	Alexandra Maria Silva	FCP	Funchal	27-07-1979
Rec Nac Inf A	4:31.53	Alexandra Maria Silva	FPN	Skovde (SWE)	08-08-1980
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	4:19.40	Diana Margarida Duraes	FCP	Coimbra	31-05-2015

TAC-JuvBF Juv B: 4:56.91 / TAC-JuvAF Juv A: 4:48.67 / TAC-Jun16F Jun16: 4:43.17 / TAC-Jun17F Jun17: 4:40.42 / TAC-SenF Sen: 4:39.04

Pontos: FINA 2015

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Julie Aglund Lauridsen	96	Denmark	<b>4:23.35</b>	+0,77	746	
	50m: 31.20 31.20	150m: 1:38.30 33.46	250m: 2:44.92 33.23	350m: 3:50.82 32.83			
	100m: 1:04.84 33.64	200m: 2:11.69 33.39	300m: 3:17.99 33.07	400m: 4:23.35 32.53			
2.	Paula Alonso Lorenzo	95	C.N. Parquesol	<b>4:24.65</b>	+0,79	735	
	50m: 31.31 31.31	150m: 1:38.34 33.67	250m: 2:45.93 33.84	350m: 3:52.59 33.18			
	100m: 1:04.67 33.36	200m: 2:12.09 33.75	300m: 3:19.41 33.48	400m: 4:24.65 32.06			
3.	Diana Margarida Duraes	96	Porto	<b>4:27.52</b>	+0,70	711	
	50m: 31.26 31.26	150m: 1:38.72 33.78	250m: 2:45.91 33.44	350m: 3:53.36 33.91			
	100m: 1:04.94 33.68	200m: 2:12.47 33.75	300m: 3:19.45 33.54	400m: 4:27.52 34.16			
4.	Maj Howardsen	97	Denmark	<b>4:28.11</b>	+0,71	707	
	50m: 31.21 31.21	150m: 1:37.73 33.52	250m: 2:45.12 33.90	350m: 3:53.93 34.42			
	100m: 1:04.21 33.00	200m: 2:11.22 33.49	300m: 3:19.51 34.39	400m: 4:28.11 34.18			
5.	Tamila Hryhorivna Holub	99	Braga	<b>4:30.26</b>	+0,83	690	
	50m: 32.02 32.02	150m: 1:40.32 34.39	250m: 2:48.89 34.32	350m: 3:56.89 33.95			
	100m: 1:05.93 33.91	200m: 2:14.57 34.25	300m: 3:22.94 34.05	400m: 4:30.26 33.37			
6.	Victoria Kaminskaya	95	Pimpoes/Cimai	<b>4:30.39</b>	+0,76	689	
	50m: 31.64 31.64	150m: 1:39.66 34.33	250m: 2:48.59 34.41	350m: 3:57.06 34.00			
	100m: 1:05.33 33.69	200m: 2:14.18 34.52	300m: 3:23.06 34.47	400m: 4:30.39 33.33			
7.	Vania Soares Neves	90	Leixoes	<b>4:31.08</b>	+0,77	684	
	50m: 31.79 31.79	150m: 1:39.90 34.08	250m: 2:48.69 34.36	350m: 3:57.41 34.14			
	100m: 1:05.82 34.03	200m: 2:14.33 34.43	300m: 3:23.27 34.58	400m: 4:31.08 33.67			
8.	Maria Luis Amorim	95	Porto	<b>4:32.86</b>	+0,84	670	
	50m: 31.35 31.35	150m: 1:39.59 34.50	250m: 2:48.85 34.46	350m: 3:58.54 35.09			
	100m: 1:05.09 33.74	200m: 2:14.39 34.80	300m: 3:23.45 34.60	400m: 4:32.86 34.32			
9.	Var Erlingsdottir Eidesga	01	Havnar	<b>4:33.46</b>	+0,67	666	
	50m: 31.83 31.83	150m: 1:39.81 34.51	250m: 2:49.50 35.12	350m: 3:59.32 34.92			
	100m: 1:05.30 33.47	200m: 2:14.38 34.57	300m: 3:24.40 34.90	400m: 4:33.46 34.14			
10.	Madalena Gomes Azevedo	99	Alges	<b>4:33.59</b>	+0,72	665	
	50m: 30.27 30.27	150m: 1:38.82 35.07	250m: 2:49.39 35.84	350m: 3:59.86 35.35			
	100m: 1:03.75 33.48	200m: 2:13.55 34.73	300m: 3:24.51 35.12	400m: 4:33.59 33.73			
11.	Joana Costa Amador	01	Galitos	<b>4:34.21</b>	+0,74	660	
	50m: 32.06 32.06	150m: 1:41.66 34.82	250m: 2:51.26 34.44	350m: 4:00.67 34.66			
	100m: 1:06.84 34.78	200m: 2:16.82 35.16	300m: 3:26.01 34.75	400m: 4:34.21 33.54			

Prova 35, Femin., 400m Livres, Elimin, Open

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
12.	Shona Hickey	99	Munster Squad	<b>4:36.18</b>	+0,68	646	
	50m: 31.72 31.72	150m: 1:41.70 34.95	250m: 2:51.98 35.06	350m: 4:02.32 35.02	400m: 4:36.18 33.86		
	100m: 1:06.75 35.03	200m: 2:16.92 35.22	300m: 3:27.30 35.32				
13.	Ana Rita Faria	00	Porto	<b>4:36.21</b>	+0,79	646	
	50m: 32.12 32.12	150m: 1:42.30 35.41	250m: 2:52.64 34.88	350m: 4:02.36 34.97	400m: 4:36.21 33.85		
	100m: 1:06.89 34.77	200m: 2:17.76 35.46	300m: 3:27.39 34.75				
14.	Beatriz Paulo Ranito	99	Sporting	<b>4:37.44</b>	+0,79	638	
	50m: 31.80 31.80	150m: 1:41.14 34.76	250m: 2:52.07 35.25	350m: 4:02.70 34.81	400m: 4:37.44 34.74		
	100m: 1:06.38 34.58	200m: 2:16.82 35.68	300m: 3:27.89 35.82				
15.	Teresa Miguel Veloso	00	Nautico /Urgicentro-Sanfil	<b>4:39.08</b>	+0,76	626	
	50m: 31.73 31.73	150m: 1:41.99 34.78	250m: 2:52.38 34.62	350m: 4:03.60 35.24	400m: 4:39.08 35.48		
	100m: 1:07.21 35.48	200m: 2:17.76 35.77	300m: 3:28.36 35.98				
16.	Ines Figueira Santos	00	Uniao Piedense	<b>4:39.11</b>	+0,88	626	
	50m: 31.87 31.87	150m: 1:41.59 35.39	250m: 2:52.91 35.69	350m: 4:04.27 35.52	400m: 4:39.11 34.84		
	100m: 1:06.20 34.33	200m: 2:17.22 35.63	300m: 3:28.75 35.84				
17.	Ines Jacinto Henriques	00	Pimpoes/Cimai	<b>4:39.53</b>	+0,78	623	
	50m: 31.78 31.78	150m: 1:41.65 35.36	250m: 2:53.30 36.25	350m: 4:04.93 35.91	400m: 4:39.53 34.60		
	100m: 1:06.29 34.51	200m: 2:17.05 35.40	300m: 3:29.02 35.72				
18.	Madalena Amaro Machado	98	Academico Viseu	<b>4:39.77</b>	+0,87	622	
	50m: 32.34 32.34	150m: 1:42.14 34.97	250m: 2:53.64 35.88	350m: 4:05.53 36.18	400m: 4:39.77 34.24		
	100m: 1:07.17 34.83	200m: 2:17.76 35.62	300m: 3:29.35 35.71				
19.	Luisa Maria Machado	01	Uniao Piedense	<b>4:40.91</b>		614	
	50m: 31.73 31.73	150m: 1:42.03 35.70	250m: 2:54.04 36.14	350m: 4:06.09 35.99	400m: 4:40.91 34.82		
	100m: 1:06.33 34.60	200m: 2:17.90 35.87	300m: 3:30.10 36.06				
20.	Sofia Isabel Gouveia	00	Uniao Piedense	<b>4:41.51</b>	+0,86	610	
	50m: 32.05 32.05	150m: 1:43.11 36.10	250m: 2:55.54 35.87	350m: 4:07.64 35.87	400m: 4:41.51 33.87		
	100m: 1:07.01 34.96	200m: 2:19.67 36.56	300m: 3:31.77 36.23				
21.	Filipa Serrano Rodrigues	01	Uniao Piedense	<b>4:41.85</b>	+0,79	608	
	50m: 32.74 32.74	150m: 1:44.32 36.30	250m: 2:56.42 36.10	350m: 4:07.90 35.71	400m: 4:41.85 33.95		
	100m: 1:08.02 35.28	200m: 2:20.32 36.00	300m: 3:32.19 35.77				
22.	Lena Rannvaardottir FTL	98	Havnar	<b>4:42.21</b>	+0,76	606	
	50m: 31.61 31.61	150m: 1:42.12 35.49	250m: 2:54.00 35.61	350m: 4:06.53 36.54	400m: 4:42.21 35.68		
	100m: 1:06.63 35.02	200m: 2:18.39 36.27	300m: 3:29.99 35.99				
23.	Margarida Valente Orrico	00	Uniao Piedense	<b>4:43.03</b>	+0,96	601	
	50m: 32.35 32.35	150m: 1:43.77 35.95	250m: 2:56.38 35.65	350m: 4:08.62 35.74	400m: 4:43.03 34.41		
	100m: 1:07.82 35.47	200m: 2:20.73 36.96	300m: 3:32.88 36.50				
24.	Ana Silva Costa FTL	98	Famalicao	<b>4:43.43</b>	+0,79	598	
	50m: 32.47 32.47	150m: 1:43.01 35.59	250m: 2:55.04 36.13	350m: 4:08.64 36.64	400m: 4:43.43 34.79		
	100m: 1:07.42 34.95	200m: 2:18.91 35.90	300m: 3:32.00 36.96				

Prova 35, Femin., 400m Livres, Elimin, Open

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
25.	Eva Guerreiro Carvalho <i>FTL</i>	99	Uniao Piedense	<b>4:44.37</b>	+0,88	592	
	50m: 32.01 32.01	150m: 1:42.66 35.91	250m: 2:56.18 36.73	350m: 4:09.21 36.21			
	100m: 1:06.75 34.74	200m: 2:19.45 36.79	300m: 3:33.00 36.82	400m: 4:44.37 35.16			
26.	Maria Carolina Costa	01	Porto	<b>4:44.62</b>	+0,81	591	
	50m: 31.44 31.44	150m: 1:42.11 35.68	250m: 2:54.97 36.58	350m: 4:08.78 36.58			
	100m: 1:06.43 34.99	200m: 2:18.39 36.28	300m: 3:32.20 37.23	400m: 4:44.62 35.84			
27.	Tatiana Raquel Pombo	01	Nautica do Seixal	<b>4:44.90</b>	+0,80	589	
	50m: 31.62 31.62	150m: 1:43.18 36.34	250m: 2:55.74 36.71	350m: 4:09.31 36.72			
	100m: 1:06.84 35.22	200m: 2:19.03 35.85	300m: 3:32.59 36.85	400m: 4:44.90 35.59			
28.	Tania Cristina Mendes <i>FTL</i>	99	Vieirense	<b>4:46.00</b>	+0,85	582	
	50m: 32.61 32.61	150m: 1:44.83 36.45	250m: 2:57.92 36.35	350m: 4:11.03 36.24			
	100m: 1:08.38 35.77	200m: 2:21.57 36.74	300m: 3:34.79 36.87	400m: 4:46.00 34.97			
29.	Beatriz Barros Carmo <i>FTL</i>	99	Colegio Vasco da Gama	<b>4:46.12</b>	+0,76	581	
	50m: 32.83 32.83	150m: 1:45.01 36.14	250m: 2:58.55 36.68	350m: 4:11.28 35.89			
	100m: 1:08.87 36.04	200m: 2:21.87 36.86	300m: 3:35.39 36.84	400m: 4:46.12 34.84			
30.	Maria Ines Ferreira	00	Miranda do Corvo	<b>4:46.30</b>	+0,83	580	
	50m: 31.81 31.81	150m: 1:43.65 35.37	250m: 2:56.62 35.73	350m: 4:09.72 36.13			
	100m: 1:08.28 36.47	200m: 2:20.89 37.24	300m: 3:33.59 36.97	400m: 4:46.30 36.58			
31.	Maria Joao Fernandes <i>FTL</i>	97	Vilacondense	<b>4:47.04</b>	+0,81	576	
	50m: 31.83 31.83	150m: 1:42.98 35.68	250m: 2:56.46 37.25	350m: 4:11.00 37.83			
	100m: 1:07.30 35.47	200m: 2:19.21 36.23	300m: 3:33.17 36.71	400m: 4:47.04 36.04			
32.	Ines Silva Oliveira <i>FTL</i>	00	Leixoes	<b>4:49.34</b>	+0,87	562	
	50m: 32.39 32.39	150m: 1:45.42 37.24	250m: 3:00.26 37.14	350m: 4:14.62 36.30			
	100m: 1:08.18 35.79	200m: 2:23.12 37.70	300m: 3:38.32 38.06	400m: 4:49.34 34.72			
33.	Maria Beatriz Dias <i>FTL</i>	99	Scalabiswim	<b>4:49.98</b>	+0,80	558	
	50m: 32.31 32.31	150m: 1:44.35 36.56	250m: 2:58.44 37.19	350m: 4:13.25 37.26			
	100m: 1:07.79 35.48	200m: 2:21.25 36.90	300m: 3:35.99 37.55	400m: 4:49.98 36.73			
34.	Eliana Dirce Lourenco <i>FTL</i>	00	Galitos	<b>4:50.45</b>	+0,77	556	
	50m: 32.65 32.65	150m: 1:45.97 37.20	250m: 3:00.51 37.21	350m: 4:14.58 36.65			
	100m: 1:08.77 36.12	200m: 2:23.30 37.33	300m: 3:37.93 37.42	400m: 4:50.45 35.87			
	Rafaela Araujo Silva <i>FTL</i>	00	Famalicao	<b>4:50.45</b>	+0,85	556	
	50m: 32.27 32.27	150m: 1:43.96 36.49	250m: 2:58.80 37.50	350m: 4:13.57 37.27			
	100m: 1:07.47 35.20	200m: 2:21.30 37.34	300m: 3:36.30 37.50	400m: 4:50.45 36.88			

Prova 35, Femin., 400m Livres, Elimin, Open

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
36.	Sara Lopes Barbosa <i>FTL</i>	00	Aquatico Pacense	<b>4:52.19</b>	+0,92	546	
	50m: 33.26 33.26	150m: 1:45.82 36.69	250m: 3:00.68 37.81	350m: 4:16.33 38.06			
	100m: 1:09.13 35.87	200m: 2:22.87 37.05	300m: 3:38.27 37.59	400m: 4:52.19 35.86			
37.	Rita Alexandra Vital	01	Colegio Monte Maior	<b>4:52.25</b>		545	
	50m: 33.47 33.47	150m: 1:47.47 36.94	250m: 3:01.62 36.69	350m: 4:15.72 36.49			
	100m: 1:10.53 37.06	200m: 2:24.93 37.46	300m: 3:39.23 37.61	400m: 4:52.25 36.53			
38.	Sofia Alexandra Nunes <i>FTL</i>	00	Laranjeiro	<b>4:52.38</b>	+0,75	545	
	50m: 31.96 31.96	150m: 1:44.88 37.18	250m: 3:00.51 37.77	350m: 4:16.16 37.51			
	100m: 1:07.70 35.74	200m: 2:22.74 37.86	300m: 3:38.65 38.14	400m: 4:52.38 36.22			
39.	Lara Beatriz Matos	01	Famalicao	<b>4:52.91</b>	+0,87	542	
	50m: 32.75 32.75	150m: 1:46.32 37.06	250m: 3:01.50 37.54	350m: 4:16.70 37.50			
	100m: 1:09.26 36.51	200m: 2:23.96 37.64	300m: 3:39.20 37.70	400m: 4:52.91 36.21			
40.	Ines Alves Martins	01	Fluvial Portuense	<b>4:54.04</b>	+0,80	536	
	50m: 32.00 32.00	150m: 1:45.95 37.59	250m: 3:01.48 37.55	350m: 4:17.22 37.79			
	100m: 1:08.36 36.36	200m: 2:23.93 37.98	300m: 3:39.43 37.95	400m: 4:54.04 36.82			
41.	Ana Pimenta Silva	01	Desportiva de Viana	<b>4:54.64</b>	+0,78	532	
	50m: 33.32 33.32	150m: 1:46.46 36.95	250m: 3:02.13 37.97	350m: 4:18.32 37.93			
	100m: 1:09.51 36.19	200m: 2:24.16 37.70	300m: 3:40.39 38.26	400m: 4:54.64 36.32			
42.	Erika Almeida Marques	01	Braga	<b>4:54.72</b>	+0,87	532	
	50m: 33.20 33.20	150m: 1:47.32 37.80	250m: 3:02.96 37.90	350m: 4:18.81 37.88			
	100m: 1:09.52 36.32	200m: 2:25.06 37.74	300m: 3:40.93 37.97	400m: 4:54.72 35.91			
43.	Maria Esteves Martins <i>FTL</i>	01	Galitos	<b>4:57.77</b>	+0,76	516	
	50m: 33.39 33.39	150m: 1:47.80 37.51	250m: 3:04.58 38.73	350m: 4:19.95 36.90			
	100m: 1:10.29 36.90	200m: 2:25.85 38.05	300m: 3:43.05 38.47	400m: 4:57.77 37.82			
44.	Barbara Francisco Ferreira <i>FTL</i>	01	Gesloures	<b>4:58.96</b>	+0,84	510	
	50m: 33.84 33.84	150m: 1:48.07 37.95	250m: 3:04.83 38.37	350m: 4:21.90 38.76			
	100m: 1:10.12 36.28	200m: 2:26.46 38.39	300m: 3:43.14 38.31	400m: 4:58.96 37.06			
45.	Carolina Mota Correia <i>FTL</i>	01	Alcobaca	<b>5:13.73</b>	+0,91	441	
	50m: 33.79 33.79	150m: 1:52.05 39.99	250m: 3:14.30 40.08	350m: 4:34.62 39.91			
	100m: 1:12.06 38.27	200m: 2:34.22 42.17	300m: 3:54.71 40.41	400m: 5:13.73 39.11			
DNS	Ally Cunningham	99	Munster Squad				

Prova 35, Femin., 400m Livres, Elimin

Prova 35  
25-07-2015 - 11:00

Femin., 400m Livres  
SOMAGUE

Absolutos  
Resultados Elimin

Rec Nac Open	4:19.40	Diana Margarida Duraes	FCP	Coimbra	31-05-2015
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	4:19.40	Diana Margarida Duraes	FCP	Coimbra	31-05-2015

TAC-Jun16F Jun16: 4:43.17 / TAC-Jun17F Jun17: 4:40.42 / TAC-SenF Sen: 4:39.04

Pontos: FINA 2015

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Diana Margarida Duraes	96	Porto	<b>4:27.52</b>	+0,70	711	
	50m: 31.26 31.26	150m: 1:38.72 33.78	250m: 2:45.91 33.44	350m: 3:53.36 33.91			
	100m: 1:04.94 33.68	200m: 2:12.47 33.75	300m: 3:19.45 33.54	400m: 4:27.52 34.16			
2.	Tamila Hryhorivna Holub	99	Braga	<b>4:30.26</b>	+0,83	690	
	50m: 32.02 32.02	150m: 1:40.32 34.39	250m: 2:48.89 34.32	350m: 3:56.89 33.95			
	100m: 1:05.93 33.91	200m: 2:14.57 34.25	300m: 3:22.94 34.05	400m: 4:30.26 33.37			
3.	Victoria Kaminskaya	95	Pimpoes/Cimai	<b>4:30.39</b>	+0,76	689	
	50m: 31.64 31.64	150m: 1:39.66 34.33	250m: 2:48.59 34.41	350m: 3:57.06 34.00			
	100m: 1:05.33 33.69	200m: 2:14.18 34.52	300m: 3:23.06 34.47	400m: 4:30.39 33.33			
4.	Vania Soares Neves	90	Leixoes	<b>4:31.08</b>	+0,77	684	
	50m: 31.79 31.79	150m: 1:39.90 34.08	250m: 2:48.69 34.36	350m: 3:57.41 34.14			
	100m: 1:05.82 34.03	200m: 2:14.33 34.43	300m: 3:23.27 34.58	400m: 4:31.08 33.67			
5.	Maria Luis Amorim	95	Porto	<b>4:32.86</b>	+0,84	670	
	50m: 31.35 31.35	150m: 1:39.59 34.50	250m: 2:48.85 34.46	350m: 3:58.54 35.09			
	100m: 1:05.09 33.74	200m: 2:14.39 34.80	300m: 3:23.45 34.60	400m: 4:32.86 34.32			
6.	Madalena Gomes Azevedo	99	Alges	<b>4:33.59</b>	+0,72	665	
	50m: 30.27 30.27	150m: 1:38.82 35.07	250m: 2:49.39 35.84	350m: 3:59.86 35.35			
	100m: 1:03.75 33.48	200m: 2:13.55 34.73	300m: 3:24.51 35.12	400m: 4:33.59 33.73			
7.	Beatriz Paulo Ranito	99	Sporting	<b>4:37.44</b>	+0,79	638	
	50m: 31.80 31.80	150m: 1:41.14 34.76	250m: 2:52.07 35.25	350m: 4:02.70 34.81			
	100m: 1:06.38 34.58	200m: 2:16.82 35.68	300m: 3:27.89 35.82	400m: 4:37.44 34.74			
8.	Madalena Amaro Machado	98	Academico Viseu	<b>4:39.77</b>	+0,87	622	
	50m: 32.34 32.34	150m: 1:42.14 34.97	250m: 2:53.64 35.88	350m: 4:05.53 36.18			
	100m: 1:07.17 34.83	200m: 2:17.76 35.62	300m: 3:29.35 35.71	400m: 4:39.77 34.24			
9.	Ana Silva Costa	98	Famalicao	<b>4:43.43</b>	+0,79	598	
	<i>FTL</i>						
	50m: 32.47 32.47	150m: 1:43.01 35.59	250m: 2:55.04 36.13	350m: 4:08.64 36.64			
	100m: 1:07.42 34.95	200m: 2:18.91 35.90	300m: 3:32.00 36.96	400m: 4:43.43 34.79			
10.	Eva Guerreiro Carvalho	99	Uniao Piedense	<b>4:44.37</b>	+0,88	592	
	<i>FTL</i>						
	50m: 32.01 32.01	150m: 1:42.66 35.91	250m: 2:56.18 36.73	350m: 4:09.21 36.21			
	100m: 1:06.75 34.74	200m: 2:19.45 36.79	300m: 3:33.00 36.82	400m: 4:44.37 35.16			
11.	Tania Cristina Mendes	99	Vieirense	<b>4:46.00</b>	+0,85	582	
	<i>FTL</i>						
	50m: 32.61 32.61	150m: 1:44.83 36.45	250m: 2:57.92 36.35	350m: 4:11.03 36.24			
	100m: 1:08.38 35.77	200m: 2:21.57 36.74	300m: 3:34.79 36.87	400m: 4:46.00 34.97			

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
12.	Beatriz Barros Carmo <i>FTL</i>	99	Colegio Vasco da Gama	<b>4:46.12</b>	+0,76	581	
	50m: 32.83 32.83	150m: 1:45.01 36.14	250m: 2:58.55 36.68	350m: 4:11.28 35.89			
	100m: 1:08.87 36.04	200m: 2:21.87 36.86	300m: 3:35.39 36.84	400m: 4:46.12 34.84			
13.	Maria Joao Fernandes <i>FTL</i>	97	Vilacondense	<b>4:47.04</b>	+0,81	576	
	50m: 31.83 31.83	150m: 1:42.98 35.68	250m: 2:56.46 37.25	350m: 4:11.00 37.83			
	100m: 1:07.30 35.47	200m: 2:19.21 36.23	300m: 3:33.17 36.71	400m: 4:47.04 36.04			
14.	Maria Beatriz Dias <i>FTL</i>	99	Scalabiswim	<b>4:49.98</b>	+0,80	558	
	50m: 32.31 32.31	150m: 1:44.35 36.56	250m: 2:58.44 37.19	350m: 4:13.25 37.26			
	100m: 1:07.79 35.48	200m: 2:21.25 36.90	300m: 3:35.99 37.55	400m: 4:49.98 36.73			

Prova 35  
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Femin., 400m Livres  
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Seniores  
Resultados Elimin

Rec Nac Open	4:19.40	Diana Margarida Duraes	FCP	Coimbra	31-05-2015
Rec Nac Sen	4:19.40	Diana Margarida Duraes	FCP	Coimbra	31-05-2015

TAC-SenF : 4:39.04

Pontos: FINA 2015

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Diana Margarida Duraes	96	Porto	<b>4:27.52</b>	+0,70	711	
	50m: 31.26 31.26	150m: 1:38.72 33.78	250m: 2:45.91 33.44	350m: 3:53.36 33.91			
	100m: 1:04.94 33.68	200m: 2:12.47 33.75	300m: 3:19.45 33.54	400m: 4:27.52 34.16			
2.	Victoria Kaminskaya	95	Pimpoes/Cimai	<b>4:30.39</b>	+0,76	689	
	50m: 31.64 31.64	150m: 1:39.66 34.33	250m: 2:48.59 34.41	350m: 3:57.06 34.00			
	100m: 1:05.33 33.69	200m: 2:14.18 34.52	300m: 3:23.06 34.47	400m: 4:30.39 33.33			
3.	Vania Soares Neves	90	Leixoes	<b>4:31.08</b>	+0,77	684	
	50m: 31.79 31.79	150m: 1:39.90 34.08	250m: 2:48.69 34.36	350m: 3:57.41 34.14			
	100m: 1:05.82 34.03	200m: 2:14.33 34.43	300m: 3:23.27 34.58	400m: 4:31.08 33.67			
4.	Maria Luis Amorim	95	Porto	<b>4:32.86</b>	+0,84	670	
	50m: 31.35 31.35	150m: 1:39.59 34.50	250m: 2:48.85 34.46	350m: 3:58.54 35.09			
	100m: 1:05.09 33.74	200m: 2:14.39 34.80	300m: 3:23.45 34.60	400m: 4:32.86 34.32			
5.	Maria Joao Fernandes <i>FTL</i>	97	Vilacondense	<b>4:47.04</b>	+0,81	576	
	50m: 31.83 31.83	150m: 1:42.98 35.68	250m: 2:56.46 37.25	350m: 4:11.00 37.83			
	100m: 1:07.30 35.47	200m: 2:19.21 36.23	300m: 3:33.17 36.71	400m: 4:47.04 36.04			

Prova 35, Femin., 400m Livres, Elimin

Prova 35	Femin., 400m Livres				Junior 17
25-07-2015 - 11:00	SOMAGUE				Resultados Elimin
Rec Nac Open	4:19.40	Diana Margarida Duraes	FCP	Coimbra	31-05-2015
Rec Nac Jun17	4:19.98	Florbela Cavaco Machado	ASSSCC	Coimbra	26-05-2013
TAC-Jun17F : 4:40.42					
Pontos: FINA 2015					

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Madalena Amaro Machado	98	Academico Viseu	<b>4:39.77</b>	+0,87	622	
	50m: 32.34 32.34	150m: 1:42.14 34.97	250m: 2:53.64 35.88	350m: 4:05.53 36.18			
	100m: 1:07.17 34.83	200m: 2:17.76 35.62	300m: 3:29.35 35.71	400m: 4:39.77 34.24			
2.	Ana Silva Costa	98	Famalicao	<b>4:43.43</b>	+0,79	598	
	50m: 32.47 32.47	150m: 1:43.01 35.59	250m: 2:55.04 36.13	350m: 4:08.64 36.64			
	100m: 1:07.42 34.95	200m: 2:18.91 35.90	300m: 3:32.00 36.96	400m: 4:43.43 34.79			

Prova 35	Femin., 400m Livres				Junior 16
25-07-2015 - 11:00	SOMAGUE				Resultados Elimin
Rec Nac Open	4:19.40	Diana Margarida Duraes	FCP	Coimbra	31-05-2015
Rec Nac Jun16	4:20.37	Marta Andreia Ferreira	FPN	Berlim (GER)	04-08-2002
TAC-Jun16F : 4:43.17					
Pontos: FINA 2015					

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Tamila Hryhorivna Holub	99	Braga	<b>4:30.26</b>	+0,83	690	
	50m: 32.02 32.02	150m: 1:40.32 34.39	250m: 2:48.89 34.32	350m: 3:56.89 33.95			
	100m: 1:05.93 33.91	200m: 2:14.57 34.25	300m: 3:22.94 34.05	400m: 4:30.26 33.37			
2.	Madalena Gomes Azevedo	99	Alges	<b>4:33.59</b>	+0,72	665	
	50m: 30.27 30.27	150m: 1:38.82 35.07	250m: 2:49.39 35.84	350m: 3:59.86 35.35			
	100m: 1:03.75 33.48	200m: 2:13.55 34.73	300m: 3:24.51 35.12	400m: 4:33.59 33.73			
3.	Beatriz Paulo Ranito	99	Sporting	<b>4:37.44</b>	+0,79	638	
	50m: 31.80 31.80	150m: 1:41.14 34.76	250m: 2:52.07 35.25	350m: 4:02.70 34.81			
	100m: 1:06.38 34.58	200m: 2:16.82 35.68	300m: 3:27.89 35.82	400m: 4:37.44 34.74			
4.	Eva Guerreiro Carvalho	99	Uniao Piedense	<b>4:44.37</b>	+0,88	592	
	50m: 32.01 32.01	150m: 1:42.66 35.91	250m: 2:56.18 36.73	350m: 4:09.21 36.21			
	100m: 1:06.75 34.74	200m: 2:19.45 36.79	300m: 3:33.00 36.82	400m: 4:44.37 35.16			
5.	Tania Cristina Mendes	99	Vieirense	<b>4:46.00</b>	+0,85	582	
	50m: 32.61 32.61	150m: 1:44.83 36.45	250m: 2:57.92 36.35	350m: 4:11.03 36.24			
	100m: 1:08.38 35.77	200m: 2:21.57 36.74	300m: 3:34.79 36.87	400m: 4:46.00 34.97			
6.	Beatriz Barros Carmo	99	Colegio Vasco da Gama	<b>4:46.12</b>	+0,76	581	
	50m: 32.83 32.83	150m: 1:45.01 36.14	250m: 2:58.55 36.68	350m: 4:11.28 35.89			
	100m: 1:08.87 36.04	200m: 2:21.87 36.86	300m: 3:35.39 36.84	400m: 4:46.12 34.84			

Prova 35, Femin., 400m Livres, Elimin, Junior 16

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts					
7.	Maria Beatriz Dias	99	Scalabswim	<b>4:49.98</b>	+0,80	558						
	<i>FTL</i>											
	50m:	32.31	32.31	150m:	1:44.35	36.56	250m:	2:58.44	37.19	350m:	4:13.25	37.26
	100m:	1:07.79	35.48	200m:	2:21.25	36.90	300m:	3:35.99	37.55	400m:	4:49.98	36.73

Prova 35  
25-07-2015 - 11:00  
Femin., 400m Livres  
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Juvenis A  
Resultados Elimin

Rec Nac Open	4:19.40	Diana Margarida Duraes	FCP	Coimbra	31-05-2015
Rec Nac Juv A	4:20.78	Tamila Hryhorivna Holub	POR	Porto	07-06-2014

TAC-JuvAF : 4:48.67

Pontos: FINA 2015

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts					
1.	Ana Rita Faria	00	Porto	<b>4:36.21</b>	+0,79	646						
	50m:	32.12	32.12	150m:	1:42.30	35.41	250m:	2:52.64	34.88	350m:	4:02.36	34.97
	100m:	1:06.89	34.77	200m:	2:17.76	35.46	300m:	3:27.39	34.75	400m:	4:36.21	33.85
2.	Teresa Miguel Veloso	00	Nautico /Urgicentro-Sanfil	<b>4:39.08</b>	+0,76	626						
	50m:	31.73	31.73	150m:	1:41.99	34.78	250m:	2:52.38	34.62	350m:	4:03.60	35.24
	100m:	1:07.21	35.48	200m:	2:17.76	35.77	300m:	3:28.36	35.98	400m:	4:39.08	35.48
3.	Ines Figueira Santos	00	Uniao Piedense	<b>4:39.11</b>	+0,88	626						
	50m:	31.87	31.87	150m:	1:41.59	35.39	250m:	2:52.91	35.69	350m:	4:04.27	35.52
	100m:	1:06.20	34.33	200m:	2:17.22	35.63	300m:	3:28.75	35.84	400m:	4:39.11	34.84
4.	Ines Jacinto Henriques	00	Pimpoes/Cimai	<b>4:39.53</b>	+0,78	623						
	50m:	31.78	31.78	150m:	1:41.65	35.36	250m:	2:53.30	36.25	350m:	4:04.93	35.91
	100m:	1:06.29	34.51	200m:	2:17.05	35.40	300m:	3:29.02	35.72	400m:	4:39.53	34.60
5.	Sofia Isabel Gouveia	00	Uniao Piedense	<b>4:41.51</b>	+0,86	610						
	50m:	32.05	32.05	150m:	1:43.11	36.10	250m:	2:55.54	35.87	350m:	4:07.64	35.87
	100m:	1:07.01	34.96	200m:	2:19.67	36.56	300m:	3:31.77	36.23	400m:	4:41.51	33.87
6.	Margarida Valente Orrico	00	Uniao Piedense	<b>4:43.03</b>	+0,96	601						
	50m:	32.35	32.35	150m:	1:43.77	35.95	250m:	2:56.38	35.65	350m:	4:08.62	35.74
	100m:	1:07.82	35.47	200m:	2:20.73	36.96	300m:	3:32.88	36.50	400m:	4:43.03	34.41
7.	Maria Ines Ferreira	00	Miranda do Corvo	<b>4:46.30</b>	+0,83	580						
	50m:	31.81	31.81	150m:	1:43.65	35.37	250m:	2:56.62	35.73	350m:	4:09.72	36.13
	100m:	1:08.28	36.47	200m:	2:20.89	37.24	300m:	3:33.59	36.97	400m:	4:46.30	36.58
8.	Ines Silva Oliveira	00	Leixoes	<b>4:49.34</b>	+0,87	562						
	<i>FTL</i>											
	50m:	32.39	32.39	150m:	1:45.42	37.24	250m:	3:00.26	37.14	350m:	4:14.62	36.30
	100m:	1:08.18	35.79	200m:	2:23.12	37.70	300m:	3:38.32	38.06	400m:	4:49.34	34.72
9.	Eliana Dirce Lourenco	00	Galitos	<b>4:50.45</b>	+0,77	556						
	<i>FTL</i>											
	50m:	32.65	32.65	150m:	1:45.97	37.20	250m:	3:00.51	37.21	350m:	4:14.58	36.65
	100m:	1:08.77	36.12	200m:	2:23.30	37.33	300m:	3:37.93	37.42	400m:	4:50.45	35.87



Prova 35, Femin., 400m Livres, Elimin, Juvenis A

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
9.	Rafaela Araujo Silva <i>FTL</i>	00	Famalicao	<b>4:50.45</b>	+0,85	556	
	50m: 32.27 32.27	150m: 1:43.96 36.49	250m: 2:58.80 37.50	350m: 4:13.57 37.27			
	100m: 1:07.47 35.20	200m: 2:21.30 37.34	300m: 3:36.30 37.50	400m: 4:50.45 36.88			
11.	Sara Lopes Barbosa <i>FTL</i>	00	Aquatico Pacense	<b>4:52.19</b>	+0,92	546	
	50m: 33.26 33.26	150m: 1:45.82 36.69	250m: 3:00.68 37.81	350m: 4:16.33 38.06			
	100m: 1:09.13 35.87	200m: 2:22.87 37.05	300m: 3:38.27 37.59	400m: 4:52.19 35.86			
12.	Sofia Alexandra Nunes <i>FTL</i>	00	Laranjeiro	<b>4:52.38</b>	+0,75	545	
	50m: 31.96 31.96	150m: 1:44.88 37.18	250m: 3:00.51 37.77	350m: 4:16.16 37.51			
	100m: 1:07.70 35.74	200m: 2:22.74 37.86	300m: 3:38.65 38.14	400m: 4:52.38 36.22			

Prova 35  
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Femin., 400m Livres  
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Juvenis B  
Resultados Elimin

Rec Nac Open	4:19.40	Diana Margarida Duraes	FCP	Coimbra	31-05-2015
Rec Nac Juv B	4:26.20	Maria Francisca Cabral	FCP	Oeiras	26-07-2014

TAC-JuvBF : 4:56.91

Pontos: FINA 2015

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Joana Costa Amador	01	Galitos	<b>4:34.21</b>	+0,74	660	
	50m: 32.06 32.06	150m: 1:41.66 34.82	250m: 2:51.26 34.44	350m: 4:00.67 34.66			
	100m: 1:06.84 34.78	200m: 2:16.82 35.16	300m: 3:26.01 34.75	400m: 4:34.21 33.54			
2.	Luisa Maria Machado	01	Uniao Piedense	<b>4:40.91</b>		614	
	50m: 31.73 31.73	150m: 1:42.03 35.70	250m: 2:54.04 36.14	350m: 4:06.09 35.99			
	100m: 1:06.33 34.60	200m: 2:17.90 35.87	300m: 3:30.10 36.06	400m: 4:40.91 34.82			
3.	Filipa Serrano Rodrigues	01	Uniao Piedense	<b>4:41.85</b>	+0,79	608	
	50m: 32.74 32.74	150m: 1:44.32 36.30	250m: 2:56.42 36.10	350m: 4:07.90 35.71			
	100m: 1:08.02 35.28	200m: 2:20.32 36.00	300m: 3:32.19 35.77	400m: 4:41.85 33.95			
4.	Maria Carolina Costa	01	Porto	<b>4:44.62</b>	+0,81	591	
	50m: 31.44 31.44	150m: 1:42.11 35.68	250m: 2:54.97 36.58	350m: 4:08.78 36.58			
	100m: 1:06.43 34.99	200m: 2:18.39 36.28	300m: 3:32.20 37.23	400m: 4:44.62 35.84			
5.	Tatiana Raquel Pombo	01	Nautica do Seixal	<b>4:44.90</b>	+0,80	589	
	50m: 31.62 31.62	150m: 1:43.18 36.34	250m: 2:55.74 36.71	350m: 4:09.31 36.72			
	100m: 1:06.84 35.22	200m: 2:19.03 35.85	300m: 3:32.59 36.85	400m: 4:44.90 35.59			
6.	Rita Alexandra Vital	01	Colegio Monte Maior	<b>4:52.25</b>		545	
	50m: 33.47 33.47	150m: 1:47.47 36.94	250m: 3:01.62 36.69	350m: 4:15.72 36.49			
	100m: 1:10.53 37.06	200m: 2:24.93 37.46	300m: 3:39.23 37.61	400m: 4:52.25 36.53			
7.	Lara Beatriz Matos	01	Famalicao	<b>4:52.91</b>	+0,87	542	
	50m: 32.75 32.75	150m: 1:46.32 37.06	250m: 3:01.50 37.54	350m: 4:16.70 37.50			
	100m: 1:09.26 36.51	200m: 2:23.96 37.64	300m: 3:39.20 37.70	400m: 4:52.91 36.21			
8.	Ines Alves Martins	01	Fluvial Portuense	<b>4:54.04</b>	+0,80	536	
	50m: 32.00 32.00	150m: 1:45.95 37.59	250m: 3:01.48 37.55	350m: 4:17.22 37.79			
	100m: 1:08.36 36.36	200m: 2:23.93 37.98	300m: 3:39.43 37.95	400m: 4:54.04 36.82			

Prova 35, Femin., 400m Livres, Elimin, Juvenis B

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
9.	Ana Pimenta Silva	01	Desportiva de Viana	<b>4:54.64</b>	+0,78	532	
	50m: 33.32 33.32	150m: 1:46.46 36.95	250m: 3:02.13 37.97	350m: 4:18.32 37.93			
	100m: 1:09.51 36.19	200m: 2:24.16 37.70	300m: 3:40.39 38.26	400m: 4:54.64 36.32			
10.	Erika Almeida Marques	01	Braga	<b>4:54.72</b>	+0,87	532	
	50m: 33.20 33.20	150m: 1:47.32 37.80	250m: 3:02.96 37.90	350m: 4:18.81 37.88			
	100m: 1:09.52 36.32	200m: 2:25.06 37.74	300m: 3:40.93 37.97	400m: 4:54.72 35.91			
11.	Maria Esteves Martins	01	Galitos	<b>4:57.77</b>	+0,76	516	
	<i>FTL</i>						
	50m: 33.39 33.39	150m: 1:47.80 37.51	250m: 3:04.58 38.73	350m: 4:19.95 36.90			
	100m: 1:10.29 36.90	200m: 2:25.85 38.05	300m: 3:43.05 38.47	400m: 4:57.77 37.82			
12.	Barbara Francisco Ferreira	01	Geslours	<b>4:58.96</b>	+0,84	510	
	<i>FTL</i>						
	50m: 33.84 33.84	150m: 1:48.07 37.95	250m: 3:04.83 38.37	350m: 4:21.90 38.76			
	100m: 1:10.12 36.28	200m: 2:26.46 38.39	300m: 3:43.14 38.31	400m: 4:58.96 37.06			
13.	Carolina Mota Correia	01	Alcobaca	<b>5:13.73</b>	+0,91	441	
	<i>FTL</i>						
	50m: 33.79 33.79	150m: 1:52.05 39.99	250m: 3:14.30 40.08	350m: 4:34.62 39.91			
	100m: 1:12.06 38.27	200m: 2:34.22 42.17	300m: 3:54.71 40.41	400m: 5:13.73 39.11			