

Prova 35	Femin., 400m Livres				Juvenis
25-07-2015 - 18:10	SOMAGUE				Resultados Final
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
Rec Nac Juv A	4:20.78	Tamila Hryhorivna Holub	POR	Porto	07-06-2014

Pontos: FINA 2015

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
Final							
1.	Ines Jacinto Henriques	00	Pimpoes/Cimai	4:28.66	+0,77	702	
	50m: 31.38 31.38	150m: 1:39.39 34.31	250m: 2:47.82 33.92	350m: 3:55.73 33.68			
	100m: 1:05.08 33.70	200m: 2:13.90 34.51	300m: 3:22.05 34.23	400m: 4:28.66 32.93			
2.	Joana Costa Amador	01	Galitos	4:29.79	+0,78	693	
	50m: 31.27 31.27	150m: 1:39.30 34.52	250m: 2:48.00 34.18	350m: 3:56.30 33.89			
	100m: 1:04.78 33.51	200m: 2:13.82 34.52	300m: 3:22.41 34.41	400m: 4:29.79 33.49			
3.	Ana Rita Faria	00	Porto	4:32.14	+0,79	676	
	50m: 31.22 31.22	150m: 1:39.66 34.86	250m: 2:49.85 34.92	350m: 3:59.49 34.73			
	100m: 1:04.80 33.58	200m: 2:14.93 35.27	300m: 3:24.76 34.91	400m: 4:32.14 32.65			
4.	Teresa Miguel Veloso	00	Nautico /Urgicentro-Sanfil	4:33.95	+0,74	662	
	50m: 31.39 31.39	150m: 1:39.86 34.65	250m: 2:49.63 34.74	350m: 3:59.12 34.57			
	100m: 1:05.21 33.82	200m: 2:14.89 35.03	300m: 3:24.55 34.92	400m: 4:33.95 34.83			
5.	Ines Figueira Santos	00	Uniao Piedense	4:36.38	+0,86	645	
	50m: 31.26 31.26	150m: 1:40.22 34.67	250m: 2:51.23 35.37	350m: 4:02.40 35.33			
	100m: 1:05.55 34.29	200m: 2:15.86 35.64	300m: 3:27.07 35.84	400m: 4:36.38 33.98			
6.	Luisa Maria Machado	01	Uniao Piedense	4:36.60	+0,92	643	
	50m: 31.40 31.40	150m: 1:41.41 35.43	250m: 2:52.45 35.25	350m: 4:02.39 34.85			
	100m: 1:05.98 34.58	200m: 2:17.20 35.79	300m: 3:27.54 35.09	400m: 4:36.60 34.21			
7.	Sofia Isabel Gouveia	00	Uniao Piedense	4:41.15	+0,86	613	
	50m: 32.16 32.16	150m: 1:42.49 36.03	250m: 2:55.35 35.88	350m: 4:06.89 35.06			
	100m: 1:06.46 34.30	200m: 2:19.47 36.98	300m: 3:31.83 36.48	400m: 4:41.15 34.26			
8.	Margarida Valente Orrico	00	Uniao Piedense	4:41.44	+0,92	611	
	50m: 32.65 32.65	150m: 1:43.43 35.99	250m: 2:55.51 36.05	350m: 4:07.56 36.07			
	100m: 1:07.44 34.79	200m: 2:19.46 36.03	300m: 3:31.49 35.98	400m: 4:41.44 33.88			
9.	Filipa Serrano Rodrigues	01	Uniao Piedense	4:42.22	+0,77	606	
	50m: 31.67 31.67	150m: 1:41.49 35.52	250m: 2:53.46 36.19	350m: 4:06.80 36.33			
	100m: 1:05.97 34.30	200m: 2:17.27 35.78	300m: 3:30.47 37.01	400m: 4:42.22 35.42			
10.	Maria Carolina Costa	01	Porto	4:42.81	+0,80	602	
	50m: 31.31 31.31	150m: 1:41.54 35.41	250m: 2:54.22 35.90	350m: 4:07.06 35.81			
	100m: 1:06.13 34.82	200m: 2:18.32 36.78	300m: 3:31.25 37.03	400m: 4:42.81 35.75			

Prova 35, Femin., 400m Livres, Final

Prova 35 25-07-2015 - 18:10	Femin., 400m Livres SOMAGUE				Open Resultados Final
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

Pontos: FINA 2015

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
Final A							
1.	Julie Aglund Lauridsen	96	Denmark	4:15.59	+0,74	816	
	50m: 29.85 29.85	150m: 1:33.90 32.31	250m: 2:38.12 32.05	350m: 3:43.46 32.89			
	100m: 1:01.59 31.74	200m: 2:06.07 32.17	300m: 3:10.57 32.45	400m: 4:15.59 32.13			
2.	Diana Margarida Duraes	96	Porto	4:19.09	+0,73	783	
	<i>Recorde Nacional, Sen e Abs</i>						
	50m: 29.87 29.87	150m: 1:34.63 32.69	250m: 2:40.49 32.72	350m: 3:46.55 33.10			
	100m: 1:01.94 32.07	200m: 2:07.77 33.14	300m: 3:13.45 32.96	400m: 4:19.09 32.54			
3.	Tamila Hryhorivna Holub	99	Braga	4:22.91	+0,83	749	
	50m: 31.15 31.15	150m: 1:36.97 33.06	250m: 2:43.63 33.35	350m: 3:50.52 33.38			
	100m: 1:03.91 32.76	200m: 2:10.28 33.31	300m: 3:17.14 33.51	400m: 4:22.91 32.39			
4.	Paula Alonso Lorenzo	95	C.N. Parquesol	4:23.00	+0,79	749	
	50m: 30.29 30.29	150m: 1:35.84 33.29	250m: 2:43.37 33.64	350m: 3:51.06 33.88			
	100m: 1:02.55 32.26	200m: 2:09.73 33.89	300m: 3:17.18 33.81	400m: 4:23.00 31.94			
5.	Vania Soares Neves	90	Leixoes	4:25.44	+0,74	728	
	50m: 31.00 31.00	150m: 1:37.78 33.40	250m: 2:45.10 33.46	350m: 3:52.61 33.48			
	100m: 1:04.38 33.38	200m: 2:11.64 33.86	300m: 3:19.13 34.03	400m: 4:25.44 32.83			
6.	Var Erlingsdottir Eidesga	01	Havnar	4:26.87	+0,63	717	
	50m: 30.98 30.98	150m: 1:37.64 33.28	250m: 2:45.23 33.51	350m: 3:53.80 34.18			
	100m: 1:04.36 33.38	200m: 2:11.72 34.08	300m: 3:19.62 34.39	400m: 4:26.87 33.07			
7.	Madalena Gomes Azevedo	99	Alges	4:30.20	+0,71	690	
	50m: 31.39 31.39	150m: 1:40.51 34.82	250m: 2:49.85 35.07	350m: 3:58.20 34.29			
	100m: 1:05.69 34.30	200m: 2:14.78 34.27	300m: 3:23.91 34.06	400m: 4:30.20 32.00			
8.	Maria Luis Amorim	95	Porto	4:33.28	+0,86	667	
	50m: 31.23 31.23	150m: 1:40.19 34.89	250m: 2:49.87 34.69	350m: 3:59.56 34.97			
	100m: 1:05.30 34.07	200m: 2:15.18 34.99	300m: 3:24.59 34.72	400m: 4:33.28 33.72			
9.	Victoria Kaminskaya	95	Pimpoes/Cimai	4:34.16	+0,71	661	
	50m: 31.33 31.33	150m: 1:39.91 34.74	250m: 2:49.79 35.05	350m: 3:59.78 35.09			
	100m: 1:05.17 33.84	200m: 2:14.74 34.83	300m: 3:24.69 34.90	400m: 4:34.16 34.38			
10.	Beatriz Paulo Ranito	99	Sporting	4:40.40	+0,77	618	
	50m: 31.82 31.82	150m: 1:42.67 35.57	250m: 2:54.29 35.20	350m: 4:05.59 35.16			
	100m: 1:07.10 35.28	200m: 2:19.09 36.42	300m: 3:30.43 36.14	400m: 4:40.40 34.81			

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
Final B							
11.	Shona Hickey	99	Munster Squad	4:32.97	+0,71	670	
	50m: 30.71 30.71	150m: 1:39.02 34.73	250m: 2:48.88 35.02	350m: 3:59.03 35.14			
	100m: 1:04.29 33.58	200m: 2:13.86 34.84	300m: 3:23.89 35.01	400m: 4:32.97 33.94			
12.	Eva Guerreiro Carvalho	99	Uniao Piedense	4:42.76		602	
	50m: 32.50 32.50	150m: 1:43.18 36.03	250m: 2:55.38 36.02	350m: 4:07.45 36.32			
	100m: 1:07.15 34.65	200m: 2:19.36 36.18	300m: 3:31.13 35.75	400m: 4:42.76 35.31			
13.	Beatriz Barros Carmo	99	Colegio Vasco da Gama	4:43.06	+0,71	600	
	50m: 31.12 31.12	150m: 1:43.12 36.24	250m: 2:56.01 35.90	350m: 4:08.18 35.49			
	100m: 1:06.88 35.76	200m: 2:20.11 36.99	300m: 3:32.69 36.68	400m: 4:43.06 34.88			
14.	Madalena Amaro Machado	98	Academico Viseu	4:43.41	+0,86	598	
	50m: 32.07 32.07	150m: 1:44.21 36.32	250m: 2:56.89 36.22	350m: 4:09.04 35.58			
	100m: 1:07.89 35.82	200m: 2:20.67 36.46	300m: 3:33.46 36.57	400m: 4:43.41 34.37			
15.	Ana Silva Costa	98	Famalicao	4:46.46	+0,76	579	
	50m: 32.62 32.62	150m: 1:44.73 36.08	250m: 2:57.08 35.84	350m: 4:10.54 36.49			
	100m: 1:08.65 36.03	200m: 2:21.24 36.51	300m: 3:34.05 36.97	400m: 4:46.46 35.92			
16.	Maria Joao Fernandes	97	Vilacondense	4:48.68	+0,80	566	
	50m: 31.23 31.23	150m: 1:42.38 35.71	250m: 2:55.60 36.64	350m: 4:11.68 38.51			
	100m: 1:06.67 35.44	200m: 2:18.96 36.58	300m: 3:33.17 37.57	400m: 4:48.68 37.00			
17.	Maria Beatriz Dias	99	Scalabiswim	4:49.90	+0,77	559	
	50m: 32.80 32.80	150m: 1:44.73 36.33	250m: 2:58.14 36.67	350m: 4:13.13 37.51			
	100m: 1:08.40 35.60	200m: 2:21.47 36.74	300m: 3:35.62 37.48	400m: 4:49.90 36.77			