

Prova 10 Femin., 400m Estilos 16 anos e mais velhos
08-12-2017 - 18:50 Resultados

Rec Nac 25m Absoluto	4:37.41	KAMINSKAYA Victoria	ESJB	Porto	11-12-2015
Rec Nac 25m Jun16	4:50.85	DURAES Diana Margarida	FOCA	Silves	02-12-2011
Rec Nac 25m Jun17	4:48.80	KAMINSKAYA Victoria	PIMP	Silves	02-12-2011
Rec Nac 25m Sen	4:37.41	KAMINSKAYA Victoria	ESJB	Porto	11-12-2015

Lugar	Nome	Ano	Clube	Tempo Final	TReac
Seniores					
1.	DURAES Diana Margarida	96	Benfica	4:39.23	+0,97
	50m: 29.84 29.84	150m: 1:39.40 35.84	250m: 2:55.00 40.43	350m: 4:08.15 32.27	
	100m: 1:03.56 33.72	200m: 2:14.57 35.17	300m: 3:35.88 40.88	400m: 4:39.23 31.08	
2.	VARGAS Giovanna Vaz	00	Nautico Marinha Grande	4:52.45	+0,84
	50m: 30.39 30.39	150m: 1:42.53 37.97	250m: 3:01.39 42.14	350m: 4:18.53 34.51	
	100m: 1:04.56 34.17	200m: 2:19.25 36.72	300m: 3:44.02 42.63	400m: 4:52.45 33.92	
3.	MARTINS Ana Beatriz	99	Famalicao	4:55.34	+0,80
	50m: 30.97 30.97	150m: 1:46.07 39.28	250m: 3:06.50 42.70	350m: 4:22.45 33.66	
	100m: 1:06.79 35.82	200m: 2:23.80 37.73	300m: 3:48.79 42.29	400m: 4:55.34 32.89	
4.	HENRIQUES Ines Jacinto	00	Pimpoes/Cimai	4:56.57	+0,75
	50m: 30.28 30.28	150m: 1:41.81 37.29	250m: 3:04.01 44.79	350m: 4:23.56 34.36	
	100m: 1:04.52 34.24	200m: 2:19.22 37.41	300m: 3:49.20 45.19	400m: 4:56.57 33.01	
5.	SILVA Ines Rocha	00	Alcobaca	4:57.38	+0,76
	50m: 33.50 33.50	150m: 1:48.53 38.32	250m: 3:07.12 41.28	350m: 4:24.49 34.96	
	100m: 1:10.21 36.71	200m: 2:25.84 37.31	300m: 3:49.53 42.41	400m: 4:57.38 32.89	
6.	VELOSO Teresa Miguel	00	Nautico Academico	5:00.80	+0,74
	50m: 32.29 32.29	150m: 1:47.53 38.99	250m: 3:09.88 42.95	350m: 4:27.06 34.13	
	100m: 1:08.54 36.25	200m: 2:26.93 39.40	300m: 3:52.93 43.05	400m: 5:00.80 33.74	
7.	BERNARDO Ines Silva	00	Benfica	5:06.59	+0,73
	50m: 32.28 32.28	150m: 1:49.78 40.52	250m: 3:12.99 42.82	350m: 4:32.30 36.47	
	100m: 1:09.26 36.98	200m: 2:30.17 40.39	300m: 3:55.83 42.84	400m: 5:06.59 34.29	
8.	COSTA Rita Teixeira	97	Belenenses	5:07.41	+0,72
	50m: 32.12 32.12	150m: 1:48.91 39.48	250m: 3:12.25 44.32	350m: 4:32.26 36.07	
	100m: 1:09.43 37.31	200m: 2:27.93 39.02	300m: 3:56.19 43.94	400m: 5:07.41 35.15	
9.	DOMINGUES Monica Seara	00	Nautico Marinha Grande	5:07.72	+0,86
	50m: 32.09 32.09	150m: 1:47.52 38.25	250m: 3:10.72 45.50	350m: 4:32.67 36.57	
	100m: 1:09.27 37.18	200m: 2:25.22 37.70	300m: 3:56.10 45.38	400m: 5:07.72 35.05	

Juniores

1.	MACHADO Luisa Maria	01	Uniao Piedense	4:52.39	+0,87
	50m: 30.79 30.79	150m: 1:45.28 38.58	250m: 3:03.12 40.29	350m: 4:18.70 34.37	
	100m: 1:06.70 35.91	200m: 2:22.83 37.55	300m: 3:44.33 41.21	400m: 4:52.39 33.69	
2.	PINA Ana Sofia	02	O Crasto	4:53.90	+0,86
	50m: 31.17 31.17	150m: 1:45.16 38.06	250m: 3:04.52 41.79	350m: 4:20.66 33.95	
	100m: 1:07.10 35.93	200m: 2:22.73 37.57	300m: 3:46.71 42.19	400m: 4:53.90 33.24	
3.	SOUSA Ana Reis	02	Litoral Alentejano	4:55.96	+0,78
	50m: 31.93 31.93	150m: 1:47.23 38.64	250m: 3:07.57 42.70	350m: 4:23.95 33.86	
	100m: 1:08.59 36.66	200m: 2:24.87 37.64	300m: 3:50.09 42.52	400m: 4:55.96 32.01	

Prova 10, Femin., 400m Estilos, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac						
4.	MESQUITA Francisca Salvador	02	Colegio Monte Maior	4:56.51	+0,75						
	50m: 31.00 31.00	150m: 1:45.99 38.64	250m: 3:06.21 42.58	350m: 4:23.65 34.72							
	100m: 1:07.35 36.35	200m: 2:23.63 37.64	300m: 3:48.93 42.72	400m: 4:56.51 32.86							
5.	CARDEAL Joana Nunes	02	Academico Viseu	4:59.59	+0,79						
	50m: 31.78 31.78	150m: 1:48.60 39.67	250m: 3:08.35 41.54	350m: 4:26.18 34.61							
	100m: 1:08.93 37.15	200m: 2:26.81 38.21	300m: 3:51.57 43.22	400m: 4:59.59 33.41							
6.	BARBOSA Mariana Fernandes	02	Porto	5:03.90	+0,98						
	50m: 31.84 31.84	150m: 1:47.31 39.21	250m: 3:10.14 44.05	350m: 4:29.65 34.66							
	100m: 1:08.10 36.26	200m: 2:26.09 38.78	300m: 3:54.99 44.85	400m: 5:03.90 34.25							
7.	AGOSTINHO Catia Iordan	02	Rio Maior	5:06.25	+0,86						
	50m: 31.93 31.93	150m: 1:47.73 38.67	250m: 3:10.66 43.62	350m: 4:31.20 36.03							
	100m: 1:09.06 37.13	200m: 2:27.04 39.31	300m: 3:55.17 44.51	400m: 5:06.25 35.05							
8.	HENRIQUES Joana Victorino	01	Condeixa Clube	5:06.90	+0,70						
	50m: 32.03 32.03	150m: 1:47.70 39.28	250m: 3:10.48 43.54	350m: 4:31.24 36.09							
	100m: 1:08.42 36.39	200m: 2:26.94 39.24	300m: 3:55.15 44.67	400m: 5:06.90 35.66							
9.	QUEIROZ Ana Rita	02	Fundacao Beatriz Santos	5:07.56	+0,74						
	50m: 32.26 32.26	150m: 1:50.10 40.78	250m: 3:14.41 43.65	350m: 4:33.82 34.49							
	100m: 1:09.32 37.06	200m: 2:30.76 40.66	300m: 3:59.33 44.92	400m: 5:07.56 33.74							
10.	SILVA Natacha Sofia	02	Benfica	5:08.96	+0,89						
	50m: 33.70 33.70	150m: 1:52.70 41.39	250m: 3:15.30 42.04	350m: 4:34.56 36.52							
	100m: 1:11.31 37.61	200m: 2:33.26 40.56	300m: 3:58.04 42.74	400m: 5:08.96 34.40							
11.	SIMOES Bruna Andreia	01	Nautico Marinha Grande	5:09.95	+0,77						
	50m: 30.88 30.88	150m: 1:45.64 39.34	250m: 3:09.52 45.29	350m: 4:33.28 38.25							
	100m: 1:06.30 35.42	200m: 2:24.23 38.59	300m: 3:55.03 45.51	400m: 5:09.95 36.67							
12.	SILVA Beatriz Santos	01	Porto	5:10.06	+0,80						
	50m: 32.71 32.71	150m: 1:51.29 39.95	250m: 3:14.91 44.28	350m: 4:35.18 35.94							
	100m: 1:11.34 38.63	200m: 2:30.63 39.34	300m: 3:59.24 44.33	400m: 5:10.06 34.88							
13.	MONTEIRO Margarida Cabral	02	Galitos / Bresimar	5:11.86	+0,76						
	50m: 34.38 34.38	150m: 1:51.31 40.04	250m: 3:15.57 44.83	350m: 4:37.05 35.80							
	100m: 1:11.27 36.89	200m: 2:30.74 39.43	300m: 4:01.25 45.68	400m: 5:11.86 34.81							
14.	GALACHA Mariana Sobral	01	Sporting	5:13.40	+0,76						
	50m: 32.41 32.41	150m: 1:51.24 40.66	250m: 3:15.08 44.43	350m: 4:36.53 36.84							
	100m: 1:10.58 38.17	200m: 2:30.65 39.41	300m: 3:59.69 44.61	400m: 5:13.40 36.87							
15.	MATOS Lara Beatriz	01	Famalicao	5:14.29	+0,87						
	50m: 32.75 32.75	150m: 1:50.97 40.86	250m: 3:15.65 44.83	350m: 4:37.47 36.88							
	100m: 1:10.11 37.36	200m: 2:30.82 39.85	300m: 4:00.59 44.94	400m: 5:14.29 36.82							
16.	CORREIA Mariana Delicado	01	Sporting	5:15.60	+0,78						
	50m: 32.24 32.24	150m: 1:48.72 39.34	250m: 3:15.67 47.40	350m: 4:39.96 36.31							
	100m: 1:09.38 37.14	200m: 2:28.27 39.55	300m: 4:03.65 47.98	400m: 5:15.60 35.64							
17.	RIBEIRO Nina Pinto	02	Foca	5:19.53	+0,80						
	50m: 33.19 33.19	150m: 1:49.58 39.82	250m: 3:16.45 46.84	350m: 4:41.54 37.65							
	100m: 1:09.76 36.57	200m: 2:29.61 40.03	300m: 4:03.89 47.44	400m: 5:19.53 37.99							