

Prova 16 Juvenis
27-07-2018 - 17:20 Resultados Final

Rec Nac Absoluto	4:40.11	KAMINSKAYA Victoria	POR	Pontevedra (ESP)	09-04-2017
Rec Nac Juv A	4:58.08	DURAES Diana Margarida	FOCA	Póvoa de Varzim	05-08-2011
Rec Nac Juv B	5:01.00	ROCHA Ines Neto	CAP	Coimbra	24-07-2015
Rec Nac Juv B	5:01.00	ROCHA Ines Neto	CAP	Coimbra	24-07-2015

Pontos: FINA 2018

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	CUNHA Mariana Pacheco	04	Fluvial Portuense	5:08.85	+0,76	641	
	50m: 29.99 29.99	150m: 1:46.51 40.09	250m: 3:11.76 45.83	350m: 4:32.66 36.23			
	100m: 1:06.42 36.43	200m: 2:25.93 39.42	300m: 3:56.43 44.67	400m: 5:08.85 36.19			
2.	REBELO Maria Carlota	03	Uniao Coimbra	5:09.65	+0,70	636	
	50m: 31.66 31.66	150m: 1:49.94 41.53	250m: 3:14.08 43.38	350m: 4:34.78 36.38			
	100m: 1:08.41 36.75	200m: 2:30.70 40.76	300m: 3:58.40 44.32	400m: 5:09.65 34.87			
3.	PEREIRA Maria Gomes	04	Alges	5:13.76	+0,77	611	
	50m: 32.64 32.64	150m: 1:54.80 43.75	250m: 3:19.12 43.95	350m: 4:39.21 35.76			
	100m: 1:11.05 38.41	200m: 2:35.17 40.37	300m: 4:03.45 44.33	400m: 5:13.76 34.55			
4.	FIAL Sofia Nunes	03	Estamos Juntos	5:16.05	+0,81	598	
	50m: 33.14 33.14	150m: 1:55.71 42.86	250m: 3:20.57 43.36	350m: 4:41.18 35.78			
	100m: 1:12.85 39.71	200m: 2:37.21 41.50	300m: 4:05.40 44.83	400m: 5:16.05 34.87			
5.	AMORIM Maria Leonor	03	Porto	5:16.83	+0,70	594	
	50m: 33.21 33.21	150m: 1:52.97 40.39	250m: 3:18.50 45.49	350m: 4:40.43 36.39			
	100m: 1:12.58 39.37	200m: 2:33.01 40.04	300m: 4:04.04 45.54	400m: 5:16.83 36.40			
6.	RODRIGUES Lidiana Correia	04	Belenenses	5:19.91	+0,75	577	
	50m: 34.19 34.19	150m: 1:57.23 43.19	250m: 3:23.96 44.97	350m: 4:45.65 36.99			
	100m: 1:14.04 39.85	200m: 2:38.99 41.76	300m: 4:08.66 44.70	400m: 5:19.91 34.26			
7.	FLORENCIO Matilde Alves	04	CASP AE	5:19.92	+0,79	577	
	50m: 33.22 33.22	150m: 1:54.95 42.82	250m: 3:22.60 46.54	350m: 4:45.52 35.89			
	100m: 1:12.13 38.91	200m: 2:36.06 41.11	300m: 4:09.63 47.03	400m: 5:19.92 34.40			
8.	MONTEIRO Ana Carolina	04	Uniao Coimbra	5:22.46	+0,83	563	
	50m: 32.51 32.51	150m: 1:53.33 42.80	250m: 3:21.65 45.79	350m: 4:46.28 37.47			
	100m: 1:10.53 38.02	200m: 2:35.86 42.53	300m: 4:08.81 47.16	400m: 5:22.46 36.18			
9.	NEVES Sara Dias	03	Miranda do Corvo	5:25.16		549	
	50m: 34.80 34.80	150m: 1:55.96 42.62	250m: 3:24.22 45.38	350m: 4:48.11 37.47			
	100m: 1:13.34 38.54	200m: 2:38.84 42.88	300m: 4:10.64 46.42	400m: 5:25.16 37.05			
10.	CARDEAL Beatriz Nunes	04	Academico Viseu	5:26.24	+0,78	544	
	50m: 33.83 33.83	150m: 1:58.17 43.58	250m: 3:26.21 46.01	350m: 4:50.39 37.04			
	100m: 1:14.59 40.76	200m: 2:40.20 42.03	300m: 4:13.35 47.14	400m: 5:26.24 35.85			

Prova 16, Femin., 400m Estilos, Final

Prova 16
27-07-2018 - 17:20

Femin., 400m Estilos

Open
Resultados Final

Rec Nac Absoluto	4:40.11	KAMINSKAYA Victoria	POR	Pontevedra (ESP)	09-04-2017
Rec Nac Sen	4:40.11	KAMINSKAYA Victoria	POR	Pontevedra (ESP)	09-04-2017
Rec Nac Jun17	4:52.12	KAMINSKAYA Victoria	PIMP	Oeiras	27-07-2012
Rec Nac Jun16	4:54.00	ROCHA Ines Neto	SANNP	Gijón (ESP)	20-05-2017

Pontos: FINA 2018

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
Final A							
1.	HENRIQUES Ines Jacinto	00	Pimpoes/Cimai	4:56.05	+0,75	728	
	50m: 30.71 30.71	150m: 1:42.73	38.14	250m: 3:04.58	44.19	350m: 4:22.92	33.62
	100m: 1:04.59 33.88	200m: 2:20.39	37.66	300m: 3:49.30	44.72	400m: 4:56.05	33.13
2.	MACHADO Luisa Maria	01	Uniao Piedense	4:59.14	+0,82	705	
	50m: 31.34 31.34	150m: 1:47.62	39.75	250m: 3:07.86	41.49	350m: 4:24.52	35.37
	100m: 1:07.87 36.53	200m: 2:26.37	38.75	300m: 3:49.15	41.29	400m: 4:59.14	34.62
3.	MESQUITA Francisca Salvador	02	Colegio Monte Maior	5:01.12	+0,77	692	
	50m: 31.29 31.29	150m: 1:47.85	40.59	250m: 3:10.46	43.34	350m: 4:28.13	34.36
	100m: 1:07.26 35.97	200m: 2:27.12	39.27	300m: 3:53.77	43.31	400m: 5:01.12	32.99
4.	MARTINS Ana Beatriz	99	Famalicao	5:01.27	+0,77	691	
	50m: 31.09 31.09	150m: 1:46.91	39.81	250m: 3:09.77	43.20	350m: 4:27.64	33.74
	100m: 1:07.10 36.01	200m: 2:26.57	39.66	300m: 3:53.90	44.13	400m: 5:01.27	33.63
5.	PINA Ana Sofia	02	O Crasto	5:01.95	+0,77	686	
	50m: 31.43 31.43	150m: 1:47.71	40.40	250m: 3:11.73	44.21	350m: 4:29.36	33.99
	100m: 1:07.31 35.88	200m: 2:27.52	39.81	300m: 3:55.37	43.64	400m: 5:01.95	32.59
6.	CARDEAL Joana Nunes	02	Academico Viseu	5:02.47	+0,84	682	
	50m: 31.61 31.61	150m: 1:47.98	40.20	250m: 3:10.76	44.10	350m: 4:29.37	34.04
	100m: 1:07.78 36.17	200m: 2:26.66	38.68	300m: 3:55.33	44.57	400m: 5:02.47	33.10
7.	MENDES Mariana Amaral	02	Colegio Monte Maior	5:03.36	+0,79	676	
	50m: 33.20 33.20	150m: 1:50.70	40.77	250m: 3:13.42	43.25	350m: 4:30.29	34.22
	100m: 1:09.93 36.73	200m: 2:30.17	39.47	300m: 3:56.07	42.65	400m: 5:03.36	33.07
8.	VARGAS Giovanna Vaz	00	Nautico Marinha Grande	5:04.18	+0,84	671	
	50m: 31.20 31.20	150m: 1:46.97	41.04	250m: 3:10.72	43.98	350m: 4:29.86	35.46
	100m: 1:05.93 34.73	200m: 2:26.74	39.77	300m: 3:54.40	43.68	400m: 5:04.18	34.32
9.	CAMERON Sheena	92	Region Zentralschweiz-West	5:10.42	+0,77	631	
	50m: 31.58 31.58	150m: 1:49.87	41.60	250m: 3:15.54	43.33	350m: 4:35.54	35.51
	100m: 1:08.27 36.69	200m: 2:32.21	42.34	300m: 4:00.03	44.49	400m: 5:10.42	34.88
10.	ALONSO LORENZO Paula	95	Castilla-Leon	5:14.63	+0,79	606	
	50m: 34.83 34.83	150m: 1:55.78	40.75	250m: 3:19.54	44.40	350m: 4:40.55	35.52
	100m: 1:15.03 40.20	200m: 2:35.14	39.36	300m: 4:05.03	45.49	400m: 5:14.63	34.08
Final B							
11.	BERNARDO Ines Silva	00	Benfica	5:09.57	+0,73	636	
	50m: 33.00 33.00	150m: 1:50.93	41.76	250m: 3:15.01	43.38	350m: 4:35.21	36.05
	100m: 1:09.17 36.17	200m: 2:31.63	40.70	300m: 3:59.16	44.15	400m: 5:09.57	34.36

Prova 16, Femin., 400m Estilos, Final, Open

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
12.	SILVA Natacha Sofia	02	Benfica	5:14.31	+0,88	608	
	50m: 33.15 33.15 150m: 1:53.55 43.33 250m: 3:19.63 44.19 350m: 4:39.28 36.12						
	100m: 1:10.22 37.07 200m: 2:35.44 41.89 300m: 4:03.16 43.53 400m: 5:14.31 35.03						
13.	RIBEIRO Margarida Messias	98	Gesloures	5:16.84	+0,74	594	
	50m: 33.19 33.19 150m: 1:56.32 43.71 250m: 3:20.08 43.16 350m: 4:41.72 37.15						
	100m: 1:12.61 39.42 200m: 2:36.92 40.60 300m: 4:04.57 44.49 400m: 5:16.84 35.12						
14.	MONTEIRO Margarida Cabral	02	Galitos / Bresimar	5:18.15	+0,73	586	
	50m: 33.64 33.64 150m: 1:53.42 40.57 250m: 3:19.75 44.73 350m: 4:42.75 36.71						
	100m: 1:12.85 39.21 200m: 2:35.02 41.60 300m: 4:06.04 46.29 400m: 5:18.15 35.40						
15.	FERNANDES Filipa Viamonte	02	Vitoria Guimaraes	5:22.83	+0,80	561	
	50m: 33.50 33.50 150m: 1:54.49 43.14 250m: 3:23.80 47.03 350m: 4:46.91 36.78						
	100m: 1:11.35 37.85 200m: 2:36.77 42.28 300m: 4:10.13 46.33 400m: 5:22.83 35.92						
16.	VEIGA Ana Filipa	01	Gafanha da Encarnacao	5:23.94	+0,80	555	
	50m: 34.17 34.17 150m: 1:59.97 45.99 250m: 3:26.78 42.20 350m: 4:47.14 37.75						
	100m: 1:13.98 39.81 200m: 2:44.58 44.61 300m: 4:09.39 42.61 400m: 5:23.94 36.80						
17.	MATOS Lara Beatriz	01	Famalicao	5:24.46	+0,92	553	
	50m: 33.25 33.25 150m: 1:54.89 41.96 250m: 3:22.79 46.24 350m: 4:47.52 37.45						
	100m: 1:12.93 39.68 200m: 2:36.55 41.66 300m: 4:10.07 47.28 400m: 5:24.46 36.94						
18.	OLIVEIRA Mafalda Joana	02	Aquatico Pacense	5:26.19	+0,83	544	
	50m: 32.94 32.94 150m: 1:54.27 43.51 250m: 3:23.32 47.09 350m: 4:48.16 39.24						
	100m: 1:10.76 37.82 200m: 2:36.23 41.96 300m: 4:08.92 45.60 400m: 5:26.19 38.03						