

VII Meeting Internacional da Póvoa de Varzim
Póvoa de Varzim, 13-14-2-2016

Prova 8	Femin., 400m Livres				Absolutos	
13-02-2016 - 18:00	Clínica Medica da Foz				Resultados Final	
Recordes Nacionais 50m Absoluto	4:17.92	HOLUB, Tamila Hryhorivna	POR	Antwerpen (BEL)	24-01-2016	
Recordes Nacionais 50m Inf B	4:43.70	SILVA, Alexandra Maria	FCP	Funchal	27-07-1979	
Recordes Nacionais 50m Inf A	4:31.53	SILVA, Alexandra Maria	POR	Skovde (SWE)	08-08-1980	
Recordes Nacionais 50m Juv	4:26.20	CABRAL, Maria Francisca	FCP	Oeiras	26-07-2014	
Recordes Nacionais 50m 15	4:20.78	HOLUB, Tamila Hryhorivna	POR	Porto	07-06-2014	
Recordes Nacionais 50m 16	4:20.37	FERREIRA, Marta Andreia	POR	Berlim (GER)	04-08-2002	
Recordes Nacionais 50m 17	4:17.92	HOLUB, Tamila Hryhorivna	POR	Antwerpen (BEL)	24-01-2016	
Recordes Nacionais 50m 18 +	4:19.09	DURAES, Diana Margarida	FCP	Coimbra	25-07-2015	
Recorde Meeting	4:19.16	BOLGIANI, GIULIA	ITA	Póvoa de Varzim	06-02-2010	

TLP_INF_JUV_FEM_12 - 15: 5:36.82 / TLP_JUN_SEN_FEM_16 +: 5:04.43

Pontos: FINA 2016

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	FINA	PTS	OBS
Final A									
1.	DURAES, Diana Margarida	F	102992	96	Porto	4:17.27	795	20,00	
	<i>Recorde Nacional</i>								
	50m: 30.34 30.34		150m: 1:34.89 32.38		250m: 2:40.28 32.63		350m: 3:45.60 32.48		
	100m: 1:02.51 32.17		200m: 2:07.65 32.76		300m: 3:13.12 32.84		400m: 4:17.27 31.67		
2.	HOLUB, Tamila Hryhorivna	F	116887	99	Braga	4:18.30	785	18,00	
	50m: 30.35 30.35		150m: 1:34.72 32.40		250m: 2:40.48 32.99		350m: 3:46.18 32.50		
	100m: 1:02.32 31.97		200m: 2:07.49 32.77		300m: 3:13.68 33.20		400m: 4:18.30 32.12		
3.	NEVES, Vania Soares	F	12380	90	Fluvial Portuense	4:31.26	678	16,00	
	50m: 31.73 31.73		150m: 1:40.62 34.53		250m: 2:50.28 34.69		350m: 3:59.26 34.29		
	100m: 1:06.09 34.36		200m: 2:15.59 34.97		300m: 3:24.97 34.69		400m: 4:31.26 32.00		
4.	ALVES, Sara Sofia	F	111234	01	ASSS Columb Cantanhedense	4:31.40	677	14,00	
	50m: 32.21 32.21		150m: 1:40.55 34.54		250m: 2:50.05 34.60		350m: 3:58.92 34.23		
	100m: 1:06.01 33.80		200m: 2:15.45 34.90		300m: 3:24.69 34.64		400m: 4:31.40 32.48		
5.	CABRAL, Maria Francisca	F	118113	00	Porto	4:31.95	673	13,00	
	50m: 31.41 31.41		150m: 1:40.03 34.33		250m: 2:49.02 33.90		350m: 3:58.64 34.31		
	100m: 1:05.70 34.29		200m: 2:15.12 35.09		300m: 3:24.33 35.31		400m: 4:31.95 33.31		
6.	FARIA, Ana Rita	F	117417	00	Porto	4:32.65	668	12,00	
	50m: 31.26 31.26		150m: 1:40.58 34.86		250m: 2:50.20 34.57		350m: 3:59.57 34.50		
	100m: 1:05.72 34.46		200m: 2:15.63 35.05		300m: 3:25.07 34.87		400m: 4:32.65 33.08		
7.	AMADOR, Joana Costa	F	117714	01	Galitos/Bresimar	4:38.32	628	11,00	
	50m: 31.25 31.25		150m: 1:40.54 34.85		250m: 2:51.12 35.18		350m: 4:02.57 35.75		
	100m: 1:05.69 34.44		200m: 2:15.94 35.40		300m: 3:26.82 35.70		400m: 4:38.32 35.75		
8.	TEODOSIO, Barbara Coimbra	F	112716	99	Nautico Marinha Grande	4:43.64	593	10,00	
	50m: 32.25 32.25		150m: 1:43.99 35.93		250m: 2:55.94 35.93		350m: 4:08.44 35.84		
	100m: 1:08.06 35.81		200m: 2:20.01 36.02		300m: 3:32.60 36.66		400m: 4:43.64 35.20		
Final B									
9.	COSTA, Maria Carolina	F	119080	01	Porto	4:36.99	637	9,00	
	50m: 30.40 30.40		150m: 1:39.21 35.12		250m: 2:50.65 35.56		350m: 4:02.32 35.82		
	100m: 1:04.09 33.69		200m: 2:15.09 35.88		300m: 3:26.50 35.85		400m: 4:36.99 34.67		
10.	PEGO, Isabel Porfirio	F	121336	01	Porto	4:37.93	630	7,00	
	50m: 31.50 31.50		150m: 1:40.26 35.04		250m: 2:51.66 35.97		350m: 4:03.34 35.92		
	100m: 1:05.22 33.72		200m: 2:15.69 35.43		300m: 3:27.42 35.76		400m: 4:37.93 34.59		
11.	LOURENCO, Eliana Dirce	F	109369	00	Galitos/Bresimar	4:42.91	598	6,00	
	50m: 31.86 31.86		150m: 1:42.69 35.86		250m: 2:55.85 36.53		350m: 4:08.57 35.95		
	100m: 1:06.83 34.97		200m: 2:19.32 36.63		300m: 3:32.62 36.77		400m: 4:42.91 34.34		
12.	RAMOS, Ana Rita	F	126775	02	Porto	4:43.62	593	5,00	
	50m: 32.22 32.22		150m: 1:42.84 35.77		250m: 2:55.04 36.16		350m: 4:08.30 36.68		
	100m: 1:07.07 34.85		200m: 2:18.88 36.04		300m: 3:31.62 36.58		400m: 4:43.62 35.32		
13.	COSTA, Ana Silva	F	104446	98	Famalicao	4:44.27	589	4,00	
	50m: 32.62 32.62		150m: 1:43.52 35.87		250m: 2:56.27 36.25		350m: 4:09.06 36.16		
	100m: 1:07.65 35.03		200m: 2:20.02 36.50		300m: 3:32.90 36.63		400m: 4:44.27 35.21		
14.	FERNANDES, Maria Joao	F	102092	97	Vilacondense	4:44.43	588	3,00	
	50m: 31.72 31.72		150m: 1:42.32 36.07		250m: 2:55.62 36.44		350m: 4:09.30 36.82		
	100m: 1:06.25 34.53		200m: 2:19.18 36.86		300m: 3:32.48 36.86		400m: 4:44.43 35.13		
15.	MACHADO, Madalena Amaro	F	105916	98	Ac.Viseu	4:44.84	586	2,00	
	50m: 32.53 32.53		150m: 1:45.13 37.01		250m: 2:58.06 36.42		350m: 4:09.86 35.80		
	100m: 1:08.12 35.59		200m: 2:21.64 36.51		300m: 3:34.06 36.00		400m: 4:44.84 34.98		
16.	SANTOS, Iris Cunha	F	117418	00	Porto	4:47.66	569	1,00	
	50m: 33.59 33.59		150m: 1:45.93 36.18		250m: 2:58.77 36.09		350m: 4:12.43 36.87		
	100m: 1:09.75 36.16		200m: 2:22.88 36.75		300m: 3:35.56 36.79		400m: 4:47.66 35.23		

O Juiz  rbitro

O Secretariado do J ri

Splash Meet Manager 11, 11.41263

Registered to Associa o de Nata o do Norte de Portugal

14-02-2016 17:38 - P gina 1

