

Prova 39 Femin., 400m Estilos Juniiores-Seniores  
28-04-2019 - 16:15 GRAFRIPRONTO Resultados

Rec Nac 25 m Absoluto	4:36.19	Victoria, KAMINSKAYA	POR	Copenhagen (DEN)	13-12-2017
Rec Nac 25 m Sen	4:36.19	Victoria, KAMINSKAYA	POR	Copenhagen (DEN)	13-12-2017
Rec Nac 25 m 17	4:46.89	Ines Neto, ROCHA	POR	Felgueiras	15-04-2018
Rec Nac 25 m 16	4:50.85	Diana Margarida, DURAES	POR	Silves	02-12-2011
Recorde Regional 25m Absoluto	4:42.89	Ana Catarina, MONTEIRO	CFV	Felgueiras	21-12-2018
Recorde Regional 25m Sen	4:42.89	Ana Catarina, MONTEIRO	CFV	Felgueiras	21-12-2018
Recorde Regional 25m 17	4:46.89	Ines Neto, ROCHA	CAP	Felgueiras	15-04-2018
Recorde Regional 25m 16	4:50.85	Diana Margarida, DURAES	FOCA	Silves	02-12-2011

Jun-Sen Fem : 5:21.62

Pontos: FINA 2018

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final		FINA	Pts	OBS
1.	Angelica Maria, ANDRE	F	15497	94	Fluvial Portuense	<b>4:43.97</b>	758	10,00		
	50m: 30.86 30.86	150m: 1:42.29 37.17	250m: 2:59.64 39.82	300m: 3:40.12 40.48		350m: 4:12.84 32.72	400m: 4:43.97 31.13			
2.	Ana Catarina, MONTEIRO	F	24320	93	Vilacondense	<b>4:54.34</b>	680	8,00		
	50m: 30.35 30.35	150m: 1:42.47 38.50	250m: 3:02.19 42.06	300m: 3:44.77 42.58		350m: 4:20.32 35.55	400m: 4:54.34 34.02			
3.	Natacha Sofia, SILVA	F	125594	02	Benfica	<b>5:15.27</b>	554	6,00		
	50m: 33.01 33.01	150m: 1:52.51 42.01	250m: 3:17.58 43.61	300m: 4:01.64 44.06		350m: 4:39.20 37.56	400m: 5:15.27 36.07			
4.	Jessica Soares, LIMA <i>FTL</i>	F	126993	02	Braga	<b>5:25.34</b>	504	-		
	50m: 33.54 33.54	150m: 1:55.04 42.45	250m: 3:23.70 46.85	300m: 4:10.86 47.16		350m: 4:48.33 37.47	400m: 5:25.34 37.01			