

Prova 7	Femin., 400m Livres				Absolutos
01/06/2019 - 9:45	Konica Minolta				Resultados Elimin
Recordes Nacionais 50m Absoluto	4:09.49	DURAES, Diana Margarida	POR	Tarragona (ESP)	25/06/2018
Recordes Nacionais 50m 18 +	4:09.49	DURAES, Diana Margarida	POR	Tarragona (ESP)	25/06/2018
Recordes Nacionais 50m 17	4:14.67	HOLUB, Tamila Hryhorivna	SCB	Oeiras	23/07/2016
Recordes Nacionais 50m 16	4:20.37	FERREIRA, Marta Andreia	POR	Berlim (GER)	04/08/2002
Recordes Nacionais 50m 15	4:20.78	HOLUB, Tamila Hryhorivna	POR	Porto	07/06/2014
Recordes Nacionais 50m Juv	4:26.20	CABRAL, Maria Francisca	FCP	Oeiras	26/07/2014
Recordes Nacionais 50m Inf A	4:31.53	SILVA, Alexandra Maria	POR	Skovde (SWE)	08/08/1980
Recordes Nacionais 50m Inf B	4:43.70	SILVA, Alexandra Maria	FCP	Funchal	27/07/1979
Recorde Meeting	4:13.32	CELLA, Ilaria	ITA	Porto	02/06/2018

TLP ABS FEMININOS : 4:48.60

Pontos: FINA 2019

Lugar	Nome	Sexo	Licença Ano	Clube	Tempo Final	FINA	PTS	OBS
1.	HOLUB, Tamila Hryhorivna	F	116887 99	Braga	<b>4:25.07</b>	709	-	A
	50m: 31.32 31.32	150m: 1:37.97		33.47 250m: 2:44.85	33.59	350m: 3:51.78	33.48	
	100m: 1:04.50 33.18	200m: 2:11.26		33.29 300m: 3:18.30	33.45	400m: 4:25.07	33.29	
2.	OTERO FERNANDEZ, Paula	F	04	Centro G T Deportiva	<b>4:25.79</b>	704	-	A
	50m: 31.17 31.17	150m: 1:38.19		33.55 250m: 2:45.02	33.49	350m: 3:53.12	34.37	
	100m: 1:04.64 33.47	200m: 2:11.53		33.34 300m: 3:18.75	33.73	400m: 4:25.79	32.67	
3.	SOUSA, Ana Reis	F	122440 02	Portugal	<b>4:26.81</b>	696	-	A
	50m: 30.82 30.82	150m: 1:38.81		34.29 250m: 2:46.68	33.66	350m: 3:54.47	33.81	
	100m: 1:04.52 33.70	200m: 2:13.02		34.21 300m: 3:20.66	33.98	400m: 4:26.81	32.34	
4.	ANDRE, Leticia Maia	F	132801 02	Portugal	<b>4:26.87</b>	695	-	A
	50m: 30.92 30.92	150m: 1:39.29		34.27 250m: 2:46.84	33.24	350m: 3:54.59	34.05	
	100m: 1:05.02 34.10	200m: 2:13.60		34.31 300m: 3:20.54	33.70	400m: 4:26.87	32.28	
5.	RAMOS, Ana Rita	F	126775 02	Portugal	<b>4:30.45</b>	668	-	A
	50m: 31.27 31.27	150m: 1:39.81		34.27 250m: 2:48.00	33.60	350m: 3:56.66	34.32	
	100m: 1:05.54 34.27	200m: 2:14.40		34.59 300m: 3:22.34	34.34	400m: 4:30.45	33.79	
6.	QUEIROZ, Ana Rita	F	124441 02	Portugal	<b>4:31.91</b>	657	-	A
	50m: 31.59 31.59	150m: 1:38.95		33.83 250m: 2:47.77	34.52	350m: 3:56.97	34.89	
	100m: 1:05.12 33.53	200m: 2:13.25		34.30 300m: 3:22.08	34.31	400m: 4:31.91	34.94	
7.	CONCEICAO, Ema Jeronimo	F	129812 03	Fisica de Torres Vedras	<b>4:37.33</b>	619	-	A
	50m: 32.04 32.04	150m: 1:42.16		34.94 250m: 2:53.29	35.73	350m: 4:03.89	35.00	
	100m: 1:07.22 35.18	200m: 2:17.56		35.40 300m: 3:28.89	35.60	400m: 4:37.33	33.44	
8.	PEGO, Isabel Porfirio	F	121336 01	Fluvial Portuense	<b>4:38.52</b>	611	-	A
	50m: 31.69 31.69	150m: 1:41.27		34.91 250m: 2:51.73	35.43	350m: 4:03.23	35.94	
	100m: 1:06.36 34.67	200m: 2:16.30		35.03 300m: 3:27.29	35.56	400m: 4:38.52	35.29	
9.	GASPAR, Beatriz Ferreira	F	126345 04	Bombeiros Mealhada/ CA	<b>4:41.50</b>	592	-	B
	50m: 33.01 33.01	150m: 1:44.47		35.84 250m: 2:55.82	35.30	350m: 4:07.25	35.29	
	100m: 1:08.63 35.62	200m: 2:20.52		36.05 300m: 3:31.96	36.14	400m: 4:41.50	34.25	
10.	MARTINS, Joana Ribeiro	F	129164 03	Benfica	<b>4:42.21</b>	588	-	B
	50m: 33.84 33.84	150m: 1:45.37		35.14 250m: 2:57.24	35.60	350m: 4:08.60	35.28	
	100m: 1:10.23 36.39	200m: 2:21.64		36.27 300m: 3:33.32	36.08	400m: 4:42.21	33.61	
11.	NEVES, Carolina Marques	F	121422 01	Seleccao de Santarem	<b>4:42.67</b>	585	-	B
	50m: 31.71 31.71	150m: 1:43.88		36.34 250m: 2:56.21	35.86	350m: 4:08.18	35.62	
	100m: 1:07.54 35.83	200m: 2:20.35		36.47 300m: 3:32.56	36.35	400m: 4:42.67	34.49	
12.	PINHO, Carolina Teixeira	F	124769 04	Porto	<b>4:43.37</b>	581	-	B
	50m: 32.31 32.31	150m: 1:43.49		35.48 250m: 2:55.48	35.91	350m: 4:07.67	36.04	
	100m: 1:08.01 35.70	200m: 2:19.57		36.08 300m: 3:31.63	36.15	400m: 4:43.37	35.70	
13.	SOARES, Carolina Silva	F	123910 03	Natacao de Valongo	<b>4:44.00</b>	577	-	B
	50m: 32.04 32.04	150m: 1:43.36		36.05 250m: 2:55.62	36.18	350m: 4:08.12	36.13	
	100m: 1:07.31 35.27	200m: 2:19.44		36.08 300m: 3:31.99	36.37	400m: 4:44.00	35.88	
14.	MARTINS, Ines Alves	F	112126 01	Porto	<b>4:45.56</b>	567	-	B
	50m: 32.72 32.72	150m: 1:43.02		35.01 250m: 2:55.60	36.15	350m: 4:09.52	36.82	
	100m: 1:08.01 35.24	200m: 2:19.45		36.43 300m: 3:32.70	37.10	400m: 4:45.56	36.04	
15.	MONTEIRO, Ines Rosado	F	121817 00	Clube Natacao de Vagos	<b>4:45.59</b>	567	-	B
	50m: 33.43 33.43	150m: 1:46.10		36.08 250m: 2:58.72	35.93	350m: 4:10.81	35.56	
	100m: 1:10.02 36.59	200m: 2:22.79		36.69 300m: 3:35.25	36.53	400m: 4:45.59	34.78	
16.	PIMENTEL, Marta Lima	F	130230 04	Fluvial Portuense	<b>4:46.01</b>	565	-	B
	50m: 32.72 32.72	150m: 1:44.72		36.93 250m: 2:57.93	36.68	350m: 4:11.14	36.57	
	100m: 1:07.79 35.07	200m: 2:21.25		36.53 300m: 3:34.57	36.64	400m: 4:46.01	34.87	
17.	PRETO, Filipa Manso	F	122150 04	Porto	<b>4:46.42</b>	562	-	R
	50m: 32.66 32.66	150m: 1:44.48		36.27 250m: 2:57.69	36.54	350m: 4:10.76	36.38	
	100m: 1:08.21 35.55	200m: 2:21.15		36.67 300m: 3:34.38	36.69	400m: 4:46.42	35.66	
18.	TROIA, Beatriz Rosa	F	127809 04	Vilacondense	<b>4:48.07</b>	553	-	R
	50m: 32.42 32.42	150m: 1:44.85		36.58 250m: 2:58.42	36.63	350m: 4:12.59	37.01	
	100m: 1:08.27 35.85	200m: 2:21.79		36.94 300m: 3:35.58	37.16	400m: 4:48.07	35.48	

O Juiz  rbitro

O Secretariado do J ri

Splash Meet Manager, 11.59270

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Prova 7, Femin., 400m Livres, Elimin, Absolutos

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	FINA	PTS	OBS
19.	FREIXIEIRO, Beatriz Maria <i>FIL</i>	F	201459	04	Seleccao de Santarem	<b>4:49.01</b>	547	-	R
	50m: 32.68 32.68		150m: 1:45.64		37.24	250m: 2:59.75		37.21	350m: 4:13.90 36.99
	100m: 1:08.40 35.72		200m: 2:22.54		36.90	300m: 3:36.91		37.16	400m: 4:49.01 35.11
20.	VEIGA, Ana Filipa <i>FIL</i>	F	125558	01	Gafanha da Encarnação	<b>4:49.82</b>	543	-	R
	50m: 33.55 33.55		150m: 1:45.99		36.67	250m: 3:00.18		37.33	350m: 4:14.13 36.86
	100m: 1:09.32 35.77		200m: 2:22.85		36.86	300m: 3:37.27		37.09	400m: 4:49.82 35.69
21.	GALANTE, Ines Carvalho <i>FIL</i>	F	128478	04	Vilacondense	<b>4:51.66</b>	532	-	
	50m: 32.44 32.44		150m: 1:45.30		37.10	250m: 3:00.20		37.59	350m: 4:15.37 37.60
	100m: 1:08.20 35.76		200m: 2:22.61		37.31	300m: 3:37.77		37.57	400m: 4:51.66 36.29
22.	SILVA, Ines Martins <i>FIL</i>	F	127134	04	Vilacondense	<b>4:53.28</b>	524	-	
	50m: 32.92 32.92		150m: 1:45.30		37.02	250m: 3:00.84		38.18	350m: 4:16.72 37.97
	100m: 1:08.28 35.36		200m: 2:22.66		37.36	300m: 3:38.75		37.91	400m: 4:53.28 36.56

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