

Prova 7	Femin., 400m Livres				Absolutos
01/06/2019 - 17:05	TURBO				Resultados Final
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
Final A										
1.	HOLUB, Tamila Hryhorivna	F	116887	99	Braga	<b>4:20.50</b>	747	20,00		
	50m: 30.57 30.57		150m: 1:35.98		33.00	250m: 2:41.75		33.01	350m: 3:48.33	33.31
	100m: 1:02.98 32.41		200m: 2:08.74		32.76	300m: 3:15.02		33.27	400m: 4:20.50	32.17
2.	SOUSA, Ana Reis	F	122440	02	Portugal	<b>4:23.14</b>	725	18,00		
	50m: 30.79 30.79		150m: 1:37.57		33.70	250m: 2:44.88		33.59	350m: 3:50.90	32.70
	100m: 1:03.87 33.08		200m: 2:11.29		33.72	300m: 3:18.20		33.32	400m: 4:23.14	32.24
3.	QUEIROZ, Ana Rita	F	124441	02	Portugal	<b>4:24.96</b>	710	16,00		
	50m: 31.29 31.29		150m: 1:38.72		33.80	250m: 2:46.46		33.63	350m: 3:53.10	33.34
	100m: 1:04.92 33.63		200m: 2:12.83		34.11	300m: 3:19.76		33.30	400m: 4:24.96	31.86
4.	OTERO FERNANDEZ, Paula	F		04	Centro G T Deportiva	<b>4:25.05</b>	710	14,00		
	50m: 30.77 30.77		150m: 1:36.70		33.30	250m: 2:44.46		34.04	350m: 3:52.72	34.21
	100m: 1:03.40 32.63		200m: 2:10.42		33.72	300m: 3:18.51		34.05	400m: 4:25.05	32.33
5.	RAMOS, Ana Rita	F	126775	02	Portugal	<b>4:25.46</b>	706	13,00		
	50m: 31.07 31.07		150m: 1:38.08		33.63	250m: 2:45.35		33.33	350m: 3:52.22	33.06
	100m: 1:04.45 33.38		200m: 2:12.02		33.94	300m: 3:19.16		33.81	400m: 4:25.46	33.24
6.	ANDRE, Leticia Maia	F	132801	02	Portugal	<b>4:34.47</b>	639	12,00		
	50m: 30.77 30.77		150m: 1:37.96		33.89	250m: 2:47.14		35.02	350m: 3:59.30	36.03
	100m: 1:04.07 33.30		200m: 2:12.12		34.16	300m: 3:23.27		36.13	400m: 4:34.47	35.17
7.	CONCEICAO, Ema Jeronimo	F	129812	03	Fisica de Torres Vedras	<b>4:35.39</b>	633	11,00		
	50m: 31.63 31.63		150m: 1:41.31		34.63	250m: 2:51.85		35.26	350m: 4:02.20	34.64
	100m: 1:06.68 35.05		200m: 2:16.59		35.28	300m: 3:27.56		35.71	400m: 4:35.39	33.19
8.	PEGO, Isabel Porfirio	F	121336	01	Fluvial Portuense	<b>4:35.76</b>	630	10,00		
	50m: 31.43 31.43		150m: 1:39.18		34.04	250m: 2:49.01		35.01	350m: 4:00.72	35.67
	100m: 1:05.14 33.71		200m: 2:14.00		34.82	300m: 3:25.05		36.04	400m: 4:35.76	35.04
Final B										
9.	PINHO, Carolina Teixeira	F	124769	04	Porto	<b>4:36.93</b>	622	9,00		
	50m: 31.67 31.67		150m: 1:40.73		34.98	250m: 2:51.15		35.47	350m: 4:02.40	35.78
	100m: 1:05.75 34.08		200m: 2:15.68		34.95	300m: 3:26.62		35.47	400m: 4:36.93	34.53
10.	GASPAR, Beatriz Ferreira	F	126345	04	Bombeiros Mealhada/ CA	<b>4:38.35</b>	613	7,00		
	50m: 32.36 32.36		150m: 1:43.38		35.72	250m: 2:53.56		35.14	350m: 4:04.13	35.32
	100m: 1:07.66 35.30		200m: 2:18.42		35.04	300m: 3:28.81		35.25	400m: 4:38.35	34.22
11.	NEVES, Carolina Marques	F	121422	01	Seleccao de Santarem	<b>4:42.29</b>	587	6,00		
	50m: 31.64 31.64		150m: 1:42.41		35.77	250m: 2:54.69		36.26	350m: 4:08.06	36.82
	100m: 1:06.64 35.00		200m: 2:18.43		36.02	300m: 3:31.24		36.55	400m: 4:42.29	34.23
12.	MARTINS, Ines Alves	F	112126	01	Porto	<b>4:42.32</b>	587	5,00		
	50m: 32.08 32.08		150m: 1:41.81		35.28	250m: 2:53.58		36.06	350m: 4:06.62	36.81
	100m: 1:06.53 34.45		200m: 2:17.52		35.71	300m: 3:29.81		36.23	400m: 4:42.32	35.70
13.	MONTEIRO, Ines Rosado	F	121817	00	Clube Natacao de Vagos	<b>4:44.45</b>	574	4,00		
	50m: 33.32 33.32		150m: 1:45.86		36.07	250m: 2:58.54		36.00	350m: 4:09.95	35.01
	100m: 1:09.79 36.47		200m: 2:22.54		36.68	300m: 3:34.94		36.40	400m: 4:44.45	34.50
14.	SOARES, Carolina Silva	F	123910	03	Natacao de Valongo	<b>4:44.80</b>	572	3,00		
	50m: 31.47 31.47		150m: 1:41.44		35.40	250m: 2:55.08		37.33	350m: 4:09.16	36.78
	100m: 1:06.04 34.57		200m: 2:17.75		36.31	300m: 3:32.38		37.30	400m: 4:44.80	35.64
15.	MARTINS, Joana Ribeiro	F	129164	03	Benfica	<b>4:45.34</b>	569	2,00		
	50m: 32.33 32.33		150m: 1:45.85		37.34	250m: 2:59.07		36.44	350m: 4:11.18	36.10
	100m: 1:08.51 36.18		200m: 2:22.63		36.78	300m: 3:35.08		36.01	400m: 4:45.34	34.16
16.	PIMENTEL, Marta Lima	F	130230	04	Fluvial Portuense	<b>4:46.99</b>	559	1,00		
	50m: 32.52 32.52		150m: 1:44.35		36.33	250m: 2:58.45		36.90	350m: 4:11.73	36.01
	100m: 1:08.02 35.50		200m: 2:21.55		37.20	300m: 3:35.72		37.27	400m: 4:46.99	35.26

O Juiz  rbitro

Splash Meet Manager, 11.59270

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

O Secretariado do J ri

02/06/2019 19:06 - P gina 1