

Prova 30  
05/02/2023 - 17:14

Femin., 400m Estilos

Absoluto  
Resultados Final

Recorde Nacional Absoluto	4:40.11	Victoria, KAMINSKAYA	POR	Pontevedra (ESP)	09/04/2017
Recorde Nacional Sen	4:40.11	Victoria, KAMINSKAYA	POR	Pontevedra (ESP)	09/04/2017
Recorde Nacional 17	4:52.12	Victoria, KAMINSKAYA	PIMP	Oeiras	27/07/2012
Recorde Nacional 16	4:54.00	Ines Neto, ROCHA	SANNP	Gij�n (ESP)	20/05/2017
Recorde Nacional Juv A	4:58.08	Diana Margarida, DURAES	FOCA	Povoa de Varzim	05/08/2011
Recorde Nacional Juv B	5:01.00	Ines Neto, ROCHA	CAP	Coimbra	24/07/2015
Recorde Nacional Inf A	5:11.29	Diana Ramos, ROCHA	EDV	Faro	20/07/2007
Recorde Nacional Inf B	5:14.05	Filipa Vilas, RUIVO	DNMG	S. Joao da Madeira	24/07/2009
Recorde Meeting	4:50.04	Beatriz, GOMEZ CORTES	ESP	Povoa de Varzim	02/02/2020

TLP - ABS FEMININOS Abs: 5:35.59

Lugar	Nome	T. Reaç�o	Classe	Licena	Ano	Clube	Tempo Final	Pts
<b>Final A</b>								
1.	Angelica Maria, ANDRE	+0,78		15497	94	Porto	<b>4:56.43</b>	20,00
	50m: 32.36 32.36	150m: 1:47.54 39.22	250m: 3:08.20 42.19	350m: 4:24.45 33.79				
	100m: 1:08.32 35.96	200m: 2:26.01 38.47	300m: 3:50.66 42.46	400m: 4:56.43 31.98				
2.	Daniela Magalhaes, LOPES	+0,85		130098	05	Famalic�o	<b>5:10.16</b>	18,00
	50m: 32.91 32.91	150m: 1:52.93 42.49	250m: 3:17.29 44.23	350m: 4:36.00 35.06				
	100m: 1:10.44 37.53	200m: 2:33.06 40.13	300m: 4:00.94 43.65	400m: 5:10.16 34.16				
3.	Sofia Nunes, FIAL	+0,84		127329	03	Porto	<b>5:14.91</b>	16,00
	50m: 34.03 34.03	150m: 1:54.68 41.61	250m: 3:17.96 42.47	350m: 4:38.75 37.64				
	100m: 1:13.07 39.04	200m: 2:35.49 40.81	300m: 4:01.11 43.15	400m: 5:14.91 36.16				
4.	Margarida Vieira, PINTO	+0,87		204344	07	Braga	<b>5:22.45</b>	14,00
	50m: 34.00 34.00	150m: 1:58.77 42.87	250m: 3:26.47 46.26	350m: 4:48.04 35.17				
	100m: 1:15.90 41.90	200m: 2:40.21 41.44	300m: 4:12.87 46.40	400m: 5:22.45 34.41				
5.	Ana Francisca, SILVA	+0,83		200045	06	Alcobaca	<b>5:25.53</b>	13,00
	50m: 33.39 33.39	150m: 1:54.50 41.73	250m: 3:23.43 48.39	350m: 4:49.35 36.98				
	100m: 1:12.77 39.38	200m: 2:35.04 40.54	300m: 4:12.37 48.94	400m: 5:25.53 36.18				
6.	Beatriz Alves, AMBRUS	+0,77		203309	09	Portugal	<b>5:26.95</b>	12,00
	50m: 34.17 34.17	150m: 1:55.97 41.75	250m: 3:25.39 47.99	350m: 4:51.62 37.24				
	100m: 1:14.22 40.05	200m: 2:37.40 41.43	300m: 4:14.38 48.99	400m: 5:26.95 35.33				
DSQ	Alicia, BOUZAS PEDREIRA	+0,71		1140841	05	Federaci�n Gallega Nataci�n		-
	7.22 - O(A) nadador(a), na viragem dos 300 metros, tocou na parede com toque n�o simult�neo - SW 7.6							
DSQ	Rachele, CICCHELLI	+0,82			08	Rari Nantes Saronno		-
	7.22 - O(A) nadador(a), na viragem dos 300 metros, tocou na parede com toque n�o simult�neo - SW 7.6							
<b>Final B</b>								
9.	Maria Francisca, FROIS	+0,82		129330	06	CNLeiria	<b>5:26.44</b>	11,00
	50m: 33.00 33.00	150m: 1:56.84 42.90	250m: 3:24.48 46.44	350m: 4:49.45 38.37				
	100m: 1:13.94 40.94	200m: 2:38.04 41.20	300m: 4:11.08 46.60	400m: 5:26.44 36.99				
10.	Maria Joao, RIBEIRO	+0,78		133241	05	Sporting Clube Sao Joao Ver	<b>5:30.59</b>	10,00
	50m: 33.64 33.64	150m: 1:58.16 45.85	250m: 3:27.41 45.15	350m: 4:52.08 39.52				
	100m: 1:12.31 38.67	200m: 2:42.26 44.10	300m: 4:12.56 45.15	400m: 5:30.59 38.51				
11.	Nar�a Estevez, MONTES	+0,79		1143180	08	Club Nataci�n Ponteareas	<b>5:30.68</b>	9,00
	50m: 36.31 36.31	150m: 2:01.31 43.59	250m: 3:29.24 46.05	350m: 4:54.79 37.95				
	100m: 1:17.72 41.41	200m: 2:43.19 41.88	300m: 4:16.84 47.60	400m: 5:30.68 35.89				
12.	Francisca Lamas, SILVA	+0,83		202816	08	Colegio Efanor	<b>5:37.44</b>	-
	FTL							
	50m: 34.43 34.43	150m: 1:59.87 44.59	250m: 3:30.28 47.48	350m: 4:58.71 39.95				
	100m: 1:15.28 40.85	200m: 2:42.80 42.93	300m: 4:18.76 48.48	400m: 5:37.44 38.73				
13.	Teresa Isabel, RODRIGUES	+0,89		207950	09	Portugal	<b>5:38.15</b>	-
	FTL							
	50m: 36.08 36.08	150m: 2:06.42 48.08	250m: 3:38.14 46.07	350m: 5:02.72 37.91				
	100m: 1:18.34 42.26	200m: 2:52.07 45.65	300m: 4:24.81 46.67	400m: 5:38.15 35.43				

O Secret rio do Juri

O Juiz  rbitro

Splash Meet Manager, 11.75806

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

05/02/2023 17:40 - P gina 1

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Prova 30, Femin., 400m Estilos, Final, Absoluto

Lugar	Nome	T. Reao	Classe	Licena	Ano	Clube	Tempo Final	Pts
14.	Sofia Pereira, BRAZ FTL	+0,86		206537	07	CLIP Teams	<b>5:41.37</b>	-
	50m: 33.80 100m: 1:13.74	33.80 39.94	150m: 1:59.30 200m: 2:44.58	45.56 45.28	250m: 3:34.12 300m: 4:24.41	49.54 50.29	350m: 5:03.04 400m: 5:41.37	38.63 38.33
15.	Lara Catarina, MAIA FTL	+0,80		205712	09	Portugal	<b>5:43.00</b>	-
	50m: 36.48 100m: 1:20.63	36.48 44.15	150m: 2:07.48 200m: 2:48.41	46.85 40.93	250m: 3:37.74 300m: 4:27.94	49.33 50.20	350m: 5:05.88 400m: 5:43.00	37.94 37.12
16.	Uxia Gonzales, COVELO FTL	+0,74		1071956	06	Club Nataci�n Ponteareas	<b>5:48.82</b>	-
	50m: 34.16 100m: 1:16.64	34.16 42.48	150m: 2:03.50 200m: 2:48.09	46.86 44.59	250m: 3:37.05 300m: 4:29.20	48.96 52.15	350m: 5:09.63 400m: 5:48.82	40.43 39.19

O Secret rio do Juri

O Juiz  rbitro

Splash Meet Manager, 11.75806

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