

Prova 9 Femin., 400m Livres Absoluto  
22/06/2019 - 15:30 Resultados

Recordes Nacionais 50m Absoluto	4:09.49	DURAES, Diana Margarida	POR	Tarragona (ESP)	25/06/2018
Recordes Nacionais 50m Sen	4:09.49	DURAES, Diana Margarida	POR	Tarragona (ESP)	25/06/2018
Recordes Nacionais 50m Jun A	4:14.67	HOLUB, Tamila Hryhorivna	SCB	Oeiras	23/07/2016
Recordes Nacionais 50m Jun B	4:20.37	FERREIRA, Marta Andreia	POR	Berlin (GER)	04/08/2002
Recordes Nacionais 50m Juv A	4:20.78	HOLUB, Tamila Hryhorivna	POR	Porto	07/06/2014
Recordes Nacionais 50m Juv B	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
Recordes Regionais ANCNP 50m Absoluto	4:28.63	PINA, Ana Sofia	Crasto	Porto	03/06/2017
Recordes Regionais ANCNP 50m Sen	4:30.23	AMADOR, Joana Costa	CGA	Oeiras	13/04/2019
Recordes Regionais ANCNP 50m Jun A	4:28.88	AMADOR, Joana Costa	CGA	Coimbra	08/07/2018
Recordes Regionais ANCNP 50m Jun B	4:32.01	CARDEAL, Joana Nunes	AVFC	Coimbra	08/07/2018
Recordes Regionais ANCNP 50m Juv A	4:28.63	PINA, Ana Sofia	CGA	Porto	03/06/2017
Recordes Regionais ANCNP 50m Juv B	4:29.79	AMADOR, Joana Costa	CGA	Coimbra	25/07/2015
Recordes Regionais ANCNP 50m Inf A	4:40.59	AMADOR, Joana Costa	CGA	Loule	20/07/2014
Recordes Regionais ANCNP 50m Inf B	4:46.50	FERNANDES, Carolina Miranda	CGA	Loule	20/07/2008
Recordes do Torneio AEJ	4:40.69	MONTEIRO, Ines Rosado	POR	São João da Madeira	23/06/2018

Pontos: FINA 2018

Lugar	Ano	Tempo final	pFINA	100m	200m	300m	400m
<b>Absoluto</b>							
1. RODRIGUES, Helena	03	Algés e Águeda XXI	4:40.23	1:07.33	1:10.90	1:11.22	1:10.83
<i>Recorde do torneio</i>							
50m:		150m:	250m:	350m:			
100m: 1:07.33		200m: 2:18.23	300m: 3:29.45	400m: 4:40.28			
2. FIAL, Sofia Nunes	03	Estamos Juntos	4:44.47	1:06.91	1:11.76	1:13.31	1:12.49
50m:		150m:	250m:	350m:			
100m: 1:06.91		200m: 2:18.67	300m: 3:31.98	400m: 4:44.47			
3. FERREIRA, L.	03	Campinho	4:59.43	1:09.30	1:17.03	1:17.53	1:15.57
50m:		150m:	250m:	350m:			
100m: 1:09.30		200m: 2:26.33	300m: 3:43.86	400m: 4:59.43			
4. PINTO, Sofia Gales	01	Clube Colegio de Lamas	4:59.83	1:10.38	1:16.57	1:16.59	1:16.26
50m:		150m:	250m:	350m:			
100m: 1:10.38		200m: 2:26.95	300m: 3:43.54	400m: 4:59.80			
5. PEREIRA, Marta Monteiro	04	O Crasto	5:08.07	1:12.43	1:19.88	1:19.86	1:15.90
50m:		150m:	250m:	350m:			
100m: 1:12.43		200m: 2:32.31	300m: 3:52.17	400m: 5:08.07			
6. BARREIRA, A.	06	Clube Municipal Natacao P5	5:09.13	1:11.16	1:20.11	1:21.48	1:16.44
50m:		150m:	250m:	350m:			
100m: 1:11.16		200m: 2:31.27	300m: 3:52.75	400m: 5:09.19			
7. MACHADO, Raquel Cruz	03	Estamos Juntos	5:11.33	1:11.22	1:19.86	1:20.16	1:20.09
50m:		150m:	250m:	350m:			
100m: 1:11.22		200m: 2:31.08	300m: 3:51.24	400m: 5:11.33			
8. SILVA, Eva Perdigo	06	Clube de Vouzela	5:11.81	1:13.21	1:20.47	1:20.57	1:17.56
50m:		150m:	250m:	350m:			
100m: 1:13.21		200m: 2:33.68	300m: 3:54.25	400m: 5:11.81			
9. RODRIGUES, B.	05	Clube Colegio de Lamas	5:15.23	1:12.08	1:20.82	1:22.04	1:20.26
50m:		150m:	250m:	350m:			
100m: 1:12.08		200m: 2:32.90	300m: 3:54.94	400m: 5:15.20			
10. BERNARDINO, Dalila Le	06	Nucleo de Pombal	5:18.21	1:15.57	1:21.29	1:21.45	1:19.90
50m:		150m:	250m:	350m:			
100m: 1:15.57		200m: 2:36.86	300m: 3:58.31	400m: 5:18.21			
11. ALMEIDA, Bianca Filipa	07	Algés e Águeda XXI	5:19.23	1:15.67	1:21.42	1:21.32	1:20.82
50m:		150m:	250m:	350m:			
100m: 1:15.67		200m: 2:37.09	300m: 3:58.41	400m: 5:19.23			

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Lugar	Ano	Tempo final	pFINA	100m	200m	300m	400m
12. JESUS, Mariana Teixeira	06	Clube Desportivo Estarreja	<b>5:20.03</b>	1:16.32	1:21.81	1:21.96	1:19.94
50m:		150m:	250m:	350m:			
100m:	1:16.32	200m:	300m:	400m:	5:20.03		
13. OLIVEIRA, M.	07	O Crasto	<b>5:21.57</b>	1:17.02	1:22.64	1:22.35	1:19.56
50m:		150m:	250m:	350m:			
100m:	1:17.02	200m:	300m:	400m:	5:21.57		
14. PINA, Laura Almeida	07	O Crasto	<b>5:21.62</b>	1:15.71	1:21.92	1:23.48	1:20.51
50m:		150m:	250m:	350m:			
100m:	1:15.71	200m:	300m:	400m:	5:21.62		
15. SILVA, Francisca Gomes	06	Sporting Clube de Espinho	<b>5:22.72</b>	1:14.79	1:22.97	1:24.70	1:20.26
50m:		150m:	250m:	350m:			
100m:	1:14.79	200m:	300m:	400m:	5:22.72		
16. VIEIRA, Daniela Sofia	01	Clube Desportivo Feirense	<b>5:22.83</b>	1:15.94	1:22.30	1:22.54	1:22.05
50m:		150m:	250m:	350m:			
100m:	1:15.94	200m:	300m:	400m:	5:22.83		
17. LOURENCO, Marta Beatr	06	Ac.Viseu	<b>5:25.22</b>	1:16.81	1:24.36	1:23.85	1:20.20
50m:		150m:	250m:	350m:			
100m:	1:16.81	200m:	300m:	400m:	5:25.22		
18. RODRIGUES, N.	07	O Crasto	<b>5:32.21</b>	1:15.99	1:26.33	1:26.28	1:23.61
50m:		150m:	250m:	350m:			
100m:	1:15.99	200m:	300m:	400m:	5:32.21		
19. ABREU, Daniela Filipa	04	Campinho	<b>5:37.97</b>	1:19.58	1:26.66	1:26.44	1:25.29
50m:		150m:	250m:	350m:			
100m:	1:19.58	200m:	300m:	400m:	5:37.97		
20. LOURA, Beatriz Borges	04	Campinho	<b>5:38.94</b>	1:19.60	1:25.89	1:27.55	1:25.90
50m:		150m:	250m:	350m:			
100m:	1:19.60	200m:	300m:	400m:	5:38.94		
21. SANTOS, Sara Margarida	07	Clube Desportivo Estarreja	<b>5:42.75</b>	1:18.73	1:27.59	1:28.36	1:28.11
50m:		150m:	250m:	350m:			
100m:	1:18.73	200m:	300m:	400m:	5:42.79		
22. FIGUEIRA, M.	07	Ac.Viseu	<b>5:43.70</b>	1:19.53	1:29.36	1:27.72	1:27.09
50m:		150m:	250m:	350m:			
100m:	1:19.53	200m:	300m:	400m:	5:43.70		
23. MANATA, Sofia Ferreira	06	Sporting Clube de Aveiro	<b>5:50.36</b>	1:21.51	1:30.33	1:29.80	1:28.72
50m:		150m:	250m:	350m:			
100m:	1:21.51	200m:	300m:	400m:	5:50.36		
24. NUNES, Noa Pinho	07	Sporting Clube de Aveiro	<b>6:15.48</b>	1:23.14	1:36.91	1:39.36	1:36.07
50m:		150m:	250m:	350m:			
100m:	1:23.14	200m:	300m:	400m:	6:15.48		
25. SILVA, Ana Senhorinha	07	Natacao da Maia	<b>6:15.50</b>	1:27.64	1:37.44	1:38.13	1:32.29
50m:		150m:	250m:	350m:			
100m:	1:27.64	200m:	300m:	400m:	6:15.50		
DNS CABRAL, Carolina Vizinh	07	Clube Natacao de Vagos	-				
DNS DOMINGUES, Vitoria Cru	06	Clube Natacao de Vagos	-				
DNS MONTEIRO, Ines Rosad	00	Clube Natacao de Vagos	-				
DNS PEREIRA, Carolina Rei	05	Clube Natacao de Vagos	-				
DNS STELMASHCHUK, C.	05	Clube Natacao de Vagos	-				
DNS VIANA, Jacinta Martins	04	Clube Natacao de Vagos	-				