

Prova 13	Femin., 400m Estilos				Absoluto
02/05/2021 - 9:30					Resultados
Rec Nac 25m Absoluto	4:36.19	KAMINSKAYA, Victoria	POR	Copenhagen (DEN)	13/12/2017
Rec Nac 25m Sen	4:36.19	KAMINSKAYA, Victoria	POR	Copenhagen (DEN)	13/12/2017
Rec Nac 25m Jun A	4:46.89	ROCHA, Ines Neto	CAP	Felgueiras	15/04/2018
Rec Nac 25m Jun B	4:50.85	DURAES, Diana Margarida	FOCA	Silves	02/12/2011
Rec Nac 25m Juv A	4:51.85	SANTOS, Ana Claudia	SFUAP	Setubal	21/11/2004
Rec Nac 25m Juv B	4:56.53	CUNHA, Mariana Pacheco	CFP	Porto	05/05/2018
Rec Nac 25m Inf A	5:03.94	FERNANDES, Carolina Miranda	CGA	Condeixa	12/05/2018
Rec Nac 25m Inf B	5:15.68	MIGUEL, Susana Patricia	SFUAP	Rio Maior	06/07/2002
Recordes Reg ANCNP 25m Absoluto	4:49.39	PINA, Ana Sofia	CACRCCD	Vila Real St� Ant�nio	04/11/2018
Recordes Reg ANCNP 25m Sen	4:50.31	CARDEAL, Joana Nunes	AVFC	Mealhada	14/11/2020
Recordes Reg ANCNP 25m Jun A	4:49.39	PINA, Ana Sofia	CRASTO	Vila Real St� Ant�nio	04/11/2018
Recordes Reg ANCNP 25m Jun B	4:53.90	PINA, Ana Sofia	CACRCCD	Porto	08/12/2017
Recordes Reg ANCNP 25m Juv A	4:59.34	PINA, Ana Sofia	CACRCCD	Ponte da Barca	02/12/2016
Recordes Reg ANCNP 25m Juv B	5:09.54	AMADOR, Rita Costa	CGA	Espinho	03/02/2013
Recordes Reg ANCNP 25m Inf A	5:03.94	FERNANDES, Carolina Miranda	CGA	Condeixa	12/05/2018
Recordes Reg ANCNP 25m Inf B	5:29.41	PINA, Ana Sofia	CACRCCD	Cantanhede	28/03/2014
Rec Nac Adaptada S21	8:06.41	TORRES, Diana Ines	FCP	Guarda	17/02/2019
Rec Nac Adaptada S14	59:00.00	, start			

Pontos: FINA 2020

Lugar	Nome	Sexo	Licen�a	Ano	Clube	Tempo Final	pts	FINA	Obs
<b>Juvenis B</b>									
1.	ALMEIDA, Maria Emilia	F	131568	07	Galitos / Bresimar	<b>5:12.30</b>	570	570	
	50m: 33.39 33.39		150m: 1:48.71		38.74 250m: 3:13.53	45.57 350m: 4:35.98			36.43
	100m: 1:09.97 36.58		200m: 2:27.96		39.25 300m: 3:59.55	46.02 400m: 5:12.30			36.32
2.	FIGUEIRA, Madalena Almeida	F	130765	07	Academico Viseu Futebol Clube	<b>5:25.79</b>	502	502	
	50m: 34.17 34.17		150m: 1:56.51		43.25 250m: 3:23.19	45.67 350m: 4:48.75			39.17
	100m: 1:13.26 39.09		200m: 2:37.52		41.01 300m: 4:09.58	46.39 400m: 5:25.79			37.04
3.	BRAZ, Sofia Pereira	F	206537	07	CLIP Teams	<b>6:06.45</b>	352	352	
	50m: 37.50 37.50		150m: 2:09.27		46.52 250m: 3:47.91	52.74 350m: 5:24.54			42.64
	100m: 1:22.75 45.25		200m: 2:55.17		45.90 300m: 4:41.90	53.99 400m: 6:06.45			41.91

Lugar	Nome	Sexo	Licen�a	Ano	Clube	Tempo Final	pts	FINA	Obs
<b>Juvenis A</b>									
1.	SOARES, Miriam Mortagua	F	129027	06	Galitos / Bresimar	<b>5:18.04</b>	539	539	
	50m: 33.23 33.23		150m: 1:52.41		40.81 250m: 3:18.57	46.11 350m: 4:42.21			36.70
	100m: 1:11.60 38.37		200m: 2:32.46		40.05 300m: 4:05.51	46.94 400m: 5:18.04			35.83
2.	RAMOS, Joana Barbas	F	153484	06	Gafanha da Encarna�o	<b>5:23.25</b>	514	514	
	50m: 35.16 35.16		150m: 1:58.05		41.06 250m: 3:25.28	47.09 350m: 5:23.25			34.74
	100m: 1:16.99 41.83		200m: 2:38.19		40.14 350m: 4:48.51	1:23.23			
3.	MARQUES, Barbara Nunes	F	200027	06	Clube Desportivo Estarreja	<b>5:41.73</b>	435	435	
	50m: 36.39 36.39		150m: 2:03.22		43.49 250m: 3:33.21	48.44 350m: 5:02.67			41.19
	100m: 1:19.73 43.34		200m: 2:44.77		41.55 300m: 4:21.48	48.27 400m: 5:41.73			39.06