

Prova 15	Femin., 400m Livres				Absoluto
02/05/2021 - 9:40					Resultados
Rec Nac 25m Absoluto	4:04.61	DURAES, Diana Margarida	POR	Copenhagen (DEN)	17/12/2017
Rec Nac 25m Sen	4:04.61	DURAES, Diana Margarida	POR	Copenhagen (DEN)	17/12/2017
Rec Nac 25m Jun A	4:10.52	HOLUB, Tamila Hryhorivna	SCB	Porto	12/12/2015
Rec Nac 25m Jun B	4:13.53	SOUSA, Ana Reis	CNLA	Porto	09/12/2017
Rec Nac 25m Juv A	4:18.39	SANTOS, Ana Claudia	SFUAP	Cantanhede	20/12/2004
Rec Nac 25m Juv B	4:23.08	MIGUEL, Susana Patricia	SFUAP	Alhandra	15/05/2004
Rec Nac 25m Inf A	4:25.30	SILVA, Alexandra Maria	FCP	Porto	19/07/1980
Rec Nac 25m Inf B	4:38.40	RUIVO, Filipa Vilas	DNMG	Alcobaça	13/06/2009
Recordes Reg ANCNP 25m Absoluto	4:18.05	CARDEAL, Joana Nunes	AVFC	Felgueiras	21/12/2019
Recordes Reg ANCNP 25m Sen	4:18.05	CARDEAL, Joana Nunes	AVFC	Felgueiras	21/12/2019
Recordes Reg ANCNP 25m Jun A	4:19.23	AMADOR, Joana Costa	CGA	Mealhada	16/06/2018
Recordes Reg ANCNP 25m Jun B	4:21.32	CARDEAL, Joana Nunes	AVFC	Mealhada	16/06/2018
Recordes Reg ANCNP 25m Juv A	4:25.40	AMADOR, Joana Costa	CGA	Viseu	22/05/2016
Recordes Reg ANCNP 25m Juv B	4:29.85	AMADOR, Joana Costa	CGA	Gafanha da Nazaré	24/05/2015
Recordes Reg ANCNP 25m Inf A	4:40.92	AMADOR, Joana Costa	CGA	Abrantes	12/04/2014
Recordes Reg ANCNP 25m Inf B	4:46.14	FERNANDES, Carolina Miranda	CGA	Espinho	14/05/2017
Rec Nac Adaptada S21	7:35.74	TORRES, Diana Ines	FCP	Mealhada	18/11/2018
Rec Nac Adaptada S14	6:01.88	RESENDE, Sonia Castanheiro	SCA	Mealhada	19/02/2017

Pontos: FINA 2020

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	pts	FINA	Obs
Juvenis B									
1.	ALMEIDA, Bianca Filipa	F	204110	07	Algés e Águeda XXI	4:47.65	537	537	
	50m: 31.01 31.01		150m: 1:41.45		35.92 250m: 2:55.56	37.43 350m: 4:10.85			37.61
	100m: 1:05.53 34.52		200m: 2:18.13		36.68 300m: 3:33.24	37.68 400m: 4:47.65			36.80
2.	MALFEITO, Maria Francisca	F	141513	07	Clube Natacao de Lisboa	4:54.74	499	499	
	50m: 33.91 33.91		150m: 1:47.78		37.33 250m: 3:02.01	37.12 350m: 4:17.68			38.20
	100m: 1:10.45 36.54		200m: 2:24.89		37.11 300m: 3:29.48	37.47 400m: 4:54.74			37.06
3.	SILVA, Carolina Martins	F	205709	07	Clube Desportivo Estarreja	4:58.35	481	481	
	50m: 33.81 33.81		150m: 1:47.92		37.50 250m: 3:03.29	38.25 350m: 4:21.23			39.16
	100m: 1:10.42 36.61		200m: 2:25.04		37.12 300m: 3:42.07	38.78 400m: 4:58.35			37.12
4.	CABRAL, Carolina Vizinho	F	206307	07	Cn Vagos	5:01.27	468	468	
	50m: 31.20 31.20		150m: 1:44.56		37.86 250m: 3:02.87	39.06 350m: 4:21.75			39.74
	100m: 1:06.70 35.50		200m: 2:23.81		39.25 300m: 3:42.01	39.14 400m: 5:01.27			39.52
5.	SANTOS, Leonor Costa	F	133055	07	Galitos / Bresimar	5:05.80	447	447	
	50m: 34.01 34.01		150m: 1:50.56		38.94 250m: 3:08.82	39.29 350m: 4:27.27			39.50
	100m: 1:11.62 37.61		200m: 2:29.53		38.97 300m: 3:47.77	38.95 400m: 5:05.80			38.53
6.	SILVA, Nuria Soares	F	203604	07	Clube Colegio de Lamas	5:08.87	434	434	
	50m: 33.30 33.30		150m: 1:50.39		39.06 250m: 3:10.16	39.39 350m: 4:30.93			40.56
	100m: 1:11.33 38.03		200m: 2:30.77		40.38 300m: 3:50.37	40.21 400m: 5:08.87			37.94
7.	FERNANDES, Leonor Garcia	F	200857	07	O Crasto	5:13.29	416	416	
	50m: 35.16 35.16		150m: 1:52.73		39.12 250m: 3:12.58	40.08 350m: 4:33.42			40.29
	100m: 1:13.61 38.45		200m: 2:32.50		39.77 300m: 3:53.13	40.55 400m: 5:13.29			39.87
8.	CORREIA, Rita Martins	F	208169	07	Academico Viseu Futebol Clube	5:13.43	415	415	
	50m: 36.26 36.26		150m: 1:56.15		40.24 250m: 3:17.04	40.79 350m: 4:36.85			39.72
	100m: 1:15.91 39.65		200m: 2:36.25		40.10 300m: 3:57.13	40.09 400m: 5:13.43			36.58
9.	MARQUES, Beatriz Martins	F	202623	07	Clube Desportivo Estarreja	5:15.72	406	406	
	50m: 34.54 34.54		150m: 1:53.20		39.91 250m: 3:14.22	40.68 350m: 4:36.01			41.09
	100m: 1:13.29 38.75		200m: 2:33.54		40.34 300m: 3:54.92	40.70 400m: 5:15.72			39.71
10.	CARRILHO, Luana Alexandra	F	132617	07	Academico Viseu Futebol Clube	5:17.19	401	401	
	50m: 35.80 35.80		150m: 1:54.44		39.68 250m: 3:14.98	40.41 350m: 4:37.25			41.43
	100m: 1:14.76 38.96		200m: 2:34.57		40.13 300m: 3:55.82	40.84 400m: 5:17.19			39.94
11.	OLIVEIRA, Margarida Gomes	F	200856	07	O Crasto	5:21.74	384	384	
	50m: 35.42 35.42		150m: 1:57.26		41.46 250m: 3:19.20	42.18 350m: 4:42.55			41.70
	100m: 1:15.80 40.38		200m: 2:37.02		39.76 300m: 4:00.85	41.65 400m: 5:21.74			39.19
12.	RODRIGUES, Luna Almeida	F	203005	07	Columbofila Cantanhedense	5:29.69	357	357	
	50m: 36.32 36.32		150m: 1:59.43		42.32 250m: 3:23.06	41.93 350m: 4:48.37			42.85
	100m: 1:17.11 40.79		200m: 2:41.13		41.70 300m: 4:05.52	42.46 400m: 5:29.69			41.32
13.	LIMA, Manuela Sarreta	F	208286	07	CLIP Teams	5:36.58	335	335	
	50m: 36.07 36.07		150m: 2:00.23		43.05 250m: 3:26.99	43.60 350m: 4:54.61			44.05
	100m: 1:17.18 41.11		200m: 2:43.39		43.16 300m: 4:10.56	43.57 400m: 5:36.58			41.97

Prova 15, Femin., 400m Livres

Juvenis A

1.	CUNHA, Ines Santos	F	203297 06	Gafanha da Encarnação	4:55.79	494	494	
	50m: 33.50		150m: 1:48.24	37.76	250m: 3:02.94	37.29	350m: 4:18.41	37.45
	100m: 1:10.48		200m: 2:25.65	37.41	300m: 3:40.96	38.02	400m: 4:55.79	37.38
2.	DIAS, Madalena Graca	F	211407 06	Clube Natacao de Lisboa	5:07.90	438	438	
	50m: 32.94		150m: 1:48.96	38.75	250m: 3:08.00	40.00	350m: 4:28.26	40.19
	100m: 1:10.21		200m: 2:28.00	39.04	300m: 3:48.07	40.07	400m: 5:07.90	39.64
3.	MYEDVYEDYEVA, Anastacia	F	147185 06	Galitos / Bresimar	5:10.02	429	429	
	50m: 35.04		150m: 1:52.97	39.30	250m: 3:11.60	38.83	350m: 4:31.69	39.53
	100m: 1:13.67		200m: 2:32.77	39.80	300m: 3:52.16	40.56	400m: 5:10.02	38.33
4.	REBELO, Mariana Cunha	F	210873 06	Cn Vagos	5:18.62	395	395	
	50m: 34.17		150m: 1:52.27	40.20	250m: 3:14.41	41.31	350m: 4:38.05	41.51
	100m: 1:12.07		200m: 2:33.10	40.83	300m: 3:56.54	42.13	400m: 5:18.62	40.57
5.	KVAS, Patricia Alexandra	F	208262 06	Clube Colegio de Lamas	5:29.96	356	356	
	50m: 35.36		150m: 1:56.05	41.76	250m: 3:21.32	42.90	350m: 4:47.36	42.56
	100m: 1:14.29		200m: 2:38.42	42.37	300m: 4:04.80	43.48	400m: 5:29.96	42.60
DNS	TASHKULOVA, Diana	F	205568 06	Galitos / Bresimar				DNS