

Prova 7

Femin., 400m Livres

Absolutos

07-04-2013 - 9:30

Resultados

RT	4:22.48	Angelica Maria, ANDRE	LSC	Valongo	29-04-2012
Recorde Regional 25m Absoluto	4:13.97	Sara Beatriz, LOUREIRO	FCP	Leiria	05-12-2009
Recorde Regional 25m Inf B	4:41.00	Alexandra Maria, SILVA	FCP	Funchal	29-07-1979
Recorde Regional 25m Inf A	4:25.30	Alexandra Maria, SILVA	FCP	Antas	19-07-1980
Recorde Regional 25m Juv	4:26.77	Alexandra Maria, SILVA	FCP	Antibes	21-12-1980
Recorde Regional 25m Jun	4:18.68	Joana Filipa, SANTOS	VSC	Guimarães	07-12-2008
Recorde Regional 25m Sen	4:13.97	Sara Beatriz, LOUREIRO	FCP	Leiria	05-12-2009

Pontos: FINA 2012

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
1.	Andreia Sofia, TORRES	F	102471	95	Gespacos	4:47.80	543	
	50m: 32.11 32.11		150m: 1:45.56		36.97	250m: 2:59.62		36.26
	100m: 1:08.59 36.48		200m: 2:23.10		37.54	300m: 3:36.69		34.85
2.	Cassandra Pedro, OLIVEIRA	F	111071	95	Vilacondense	4:49.33	535	
	50m: 32.38 32.38		150m: 1:43.97		36.42	250m: 2:58.35		37.15
	100m: 1:07.55 35.17		200m: 2:21.32		37.35	300m: 3:35.61		36.57
3.	Carolina Silva, MOREIRA	F	118910	99	CNMaia	4:53.62	512	
	50m: 33.13 33.13		150m: 1:46.71		37.43	250m: 3:01.73		37.81
	100m: 1:09.28 36.15		200m: 2:24.61		37.90	300m: 3:39.24		36.57
4.	Noemia Verdi, SILVA	F	111770	99	Vitória Sport Clube	4:58.55	487	
	50m: 33.09 33.09		150m: 1:46.89		37.37	250m: 3:03.44		38.57
	100m: 1:09.22 36.13		200m: 2:25.10		38.21	300m: 3:42.08		37.90
5.	Cristiana Ferreira, SANTOS	F	108222	97	Valongo	5:02.48	468	
	50m: 33.62 33.62		150m: 1:47.15		37.37	250m: 3:03.76		40.12
	100m: 1:09.78 36.16		200m: 2:25.35		38.20	300m: 3:43.01		39.35
6.	Ines Evangelista, BASTOS	F	110627	98	Fafe	5:02.69	467	
	50m: 32.58 32.58		150m: 1:47.10		38.21	250m: 3:04.79		39.55
	100m: 1:08.89 36.31		200m: 2:25.66		38.56	300m: 3:44.13		39.01
7.	Helena Manuel, JOSE	F	15205	90	Ginásio Santo Tirso	5:06.37	450	
	50m: 33.93 33.93		150m: 1:49.08		38.11	250m: 3:06.00		40.22
	100m: 1:10.97 37.04		200m: 2:27.75		38.67	300m: 3:45.65		40.50
8.	Ines Ferreira, LOPES	F	107956	99	Leixões Sport Clube	5:07.79	444	
	50m: 33.81 33.81		150m: 1:51.31		39.45	250m: 3:10.68		39.35
	100m: 1:11.86 38.05		200m: 2:30.66		39.35	300m: 3:50.74		37.70
9.	Rita Lima, PEREIRA	F	105777	98	Lamas	5:19.42	397	
	50m: 35.76 35.76		150m: 1:54.77		40.06	250m: 3:15.97		41.47
	100m: 1:14.71 38.95		200m: 2:35.64		40.87	300m: 3:58.04		39.91
10.	Ana Rita, CORREIA	F	104558	98	Lousada	5:27.63	368	
	50m: 35.62 35.62		150m: 1:55.41		40.83	250m: 3:20.49		42.88
	100m: 1:14.58 38.96		200m: 2:38.06		42.65	300m: 4:03.13		41.62
11.	Ines Roriz, SOUSA	F	111674	01	Fluvial Portuense	5:28.62	365	
	50m: 36.63 36.63		150m: 1:58.33		41.15	250m: 3:22.67		42.73
	100m: 1:17.18 40.55		200m: 2:40.49		42.16	300m: 4:05.44		40.45
12.	Sandra Catarina, SILVA	F	117558	99	Propaganda da Natacao	5:52.73	295	
	50m: 35.24 35.24		150m: 1:57.56		42.50	250m: 3:30.57		47.84
	100m: 1:15.06 39.82		200m: 2:43.23		45.67	300m: 4:18.92		45.97
13.	Sara Catarina, TEIXEIRA	F	121735	99	Penafiel	6:00.50	276	
	50m: 39.55 39.55		150m: 2:10.47		46.91	250m: 3:44.28		46.53
	100m: 1:23.56 44.01		200m: 2:57.90		47.43	300m: 4:31.16		42.81