

Prova 25	Femin., 400m Livres				Absolutos
23/04/2017 - 10:30	TURBO				Resultados Elimin
Recordes Nacionais 25m Absoluto	4:05.39	Diana Margarida, DURAES	SLB	Vila Real Stº Antonio	12/11/2016
Recordes Nacionais 25m Inf B	4:38.40	Filipa Vilas, RUIVO	DNMG	Alcobaça	13/06/2009
Recordes Nacionais 25m Inf A	4:25.30	Alexandra Maria, SILVA	FCP	Porto	19/07/1980
Recordes Nacionais 25m Juv B	4:23.08	Susana Patricia, MIGUEL	SFUAP	Alhandra	15/05/2004
Recordes Nacionais 25m Juv A	4:18.39	Ana Claudia, SANTOS	SFUAP	Cantanhede	20/12/2004
Recordes Nacionais 25m 16	4:15.43	Tamila Hryhorivna, HOLUB	SCB	Porto	20/12/2014
Recordes Nacionais 25m 17	4:10.52	Tamila Hryhorivna, HOLUB	SCB	Porto	12/12/2015
Recordes Nacionais 25m Sen	4:05.39	Diana Margarida, DURAES	SLB	Vila Real Stº Antonio	12/11/2016

Inf-Juv Fem Inf-Juv: 5:06.03 / Jun-Sen Fem Jun-Sen: 4:50.71

Pontos: FINA 2016

Lugar	Nome	Sexo	Licença Ano	Clube	Tempo Final	FINA	Pts	OBS
Infantis-Juvenis								
1.	Ana Rita, RAMOS	F	126775 02	Porto	4:30.09	654	-	A
	50m: 31.56 31.56		150m: 1:39.95 34.27	250m: 2:48.21 33.84	350m: 3:56.50 34.12			
	100m: 1:05.68 34.12		200m: 2:14.37 34.42	300m: 3:22.38 34.17	400m: 4:30.09 33.59			
2.	Francisca Soares, MARTINS	F	126504 03	Foca	4:35.25	618	-	A
	50m: 32.13 31.48		150m: 1:43.49 35.97	250m: 2:53.80 35.37	350m: 4:03.18 34.58			
	100m: 1:06.81 35.33		200m: 2:18.43 35.65	300m: 3:28.60 34.80	400m: 4:35.25 32.07			
3.	Carolina Silva, SOARES	F	123910 03	Natacao de Valongo	4:43.18	568	-	A
	50m: 32.13 32.13		150m: 1:43.49 35.97	250m: 2:55.85 36.32	350m: 4:09.22 36.21			
	100m: 1:07.55 35.42		200m: 2:19.53 36.04	300m: 3:33.01 37.16	400m: 4:43.18 33.96			
4.	Eduarda Reis, SILVA	F	121702 03	Famalicao	4:43.34	567	-	A
	50m: 32.38 32.38		150m: 1:43.36 35.45	250m: 2:55.21 35.81	350m: 4:07.91 36.42			
	100m: 1:07.91 35.53		200m: 2:19.40 36.04	300m: 3:31.49 36.28	400m: 4:43.34 35.43			
5.	Rita Constanca, CARDOSO	F	121989 03	Porto	4:47.14	544	-	A
	50m: 32.26 32.26		150m: 1:43.32 36.20	250m: 2:56.47 36.57	350m: 4:10.98 37.31			
	100m: 1:07.12 34.86		200m: 2:19.90 36.58	300m: 3:33.67 37.20	400m: 4:47.14 36.16			
6.	Jessica Soares, LIMA	F	126993 02	Braga	4:47.61	542	-	A
	50m: 32.84 32.84		150m: 1:44.60 35.63	250m: 2:57.21 36.55	350m: 4:11.42 36.87			
	100m: 1:08.97 36.13		200m: 2:20.66 36.06	300m: 3:34.55 37.34	400m: 4:47.61 36.19			
7.	Ana Margarida, LEITE	F	123141 02	Assoc. Desportiva de Fafe	4:50.77	524	-	A
	50m: 33.50 33.50		150m: 1:46.74 37.09	250m: 2:59.88 36.10	350m: 4:13.88 37.15			
	100m: 1:09.65 36.15		200m: 2:23.78 37.04	300m: 3:36.73 36.85	400m: 4:50.77 36.89			
8.	Ana Catarina, MAGALHAES	F	119092 02	Lousada SXXI	4:55.40	500	-	A
	50m: 33.09 33.09		150m: 1:46.15 37.10	250m: 3:01.42 37.66	350m: 4:18.90 38.83			
	100m: 1:09.05 35.96		200m: 2:23.76 37.61	300m: 3:40.07 38.65	400m: 4:55.40 36.50			
9.	Julia Sartori, BARROS	F	129866 04	Braga	4:56.02	497	-	R
	50m: 32.63 32.63		150m: 1:46.06 37.10	250m: 3:02.08 38.33	350m: 4:18.65 38.51			
	100m: 1:08.96 36.33		200m: 2:23.75 37.69	300m: 3:40.14 38.06	400m: 4:56.02 37.37			
10.	Beatriz Daniela, MACEDO	F	124313 02	Vitória Sport Clube	4:57.18	491	-	R
	50m: 33.37 33.37		150m: 1:47.22 36.88	250m: 3:02.40 37.93	350m: 4:19.59 38.85			
	100m: 1:10.34 36.97		200m: 2:24.47 37.25	300m: 3:40.74 38.34	400m: 4:57.18 37.59			
11.	Maria Freitas, CASTRO	F	124809 03	Assoc. Desportiva de Fafe	4:59.66	479	-	
	50m: 33.30 33.30		150m: 1:46.94 37.37	250m: 3:04.96 39.39	350m: 4:22.27 38.80			
	100m: 1:09.57 36.27		200m: 2:25.57 38.63	300m: 3:43.47 38.51	400m: 4:59.66 37.39			
12.	Barbara Castro, COELHO	F	123752 04	Colegio SMLamas	4:59.87	478	-	
	50m: 34.31 34.31		150m: 1:50.16 38.33	250m: 3:06.84 38.46	350m: 4:24.20 38.47			
	100m: 1:11.83 37.52		200m: 2:28.38 38.22	300m: 3:45.73 38.89	400m: 4:59.87 35.67			
13.	Adriana Freixo, BARBOSA	F	123710 03	Viana Natacao	5:00.70	474	-	
	50m: 32.74 32.74		150m: 1:47.61 38.04	250m: 3:05.47 38.96	350m: 4:23.55 38.93			
	100m: 1:09.57 36.83		200m: 2:26.51 38.90	300m: 3:44.62 39.15	400m: 5:00.70 37.15			
14.	Carolina Fontinha, SILVA	F	129864 03	Braga	5:02.12	467	-	
	50m: 33.17 33.17		150m: 1:48.59 38.40	250m: 3:06.83 38.60	350m: 4:24.80 38.98			
	100m: 1:10.19 37.02		200m: 2:28.23 39.64	300m: 3:45.82 38.99	400m: 5:02.12 37.32			
15.	Ines Martins, SILVA	F	127134 04	Vilacondense	5:03.30	462	-	
	50m: 33.83 33.83		150m: 1:49.52 38.73	250m: 3:07.74 39.42	350m: 4:25.75 39.51			
	100m: 1:10.79 36.96		200m: 2:28.32 38.80	300m: 3:46.24 38.50	400m: 5:03.30 37.55			
16.	Ana Pereira, SILVA	F	124810 03	Assoc. Desportiva de Fafe	5:03.83	459	-	
	50m: 34.52 34.52		150m: 1:49.44 37.81	250m: 3:07.11 39.16	350m: 4:25.48 39.31			
	100m: 1:11.63 37.11		200m: 2:27.95 38.51	300m: 3:46.17 39.06	400m: 5:03.83 38.35			
17.	Barbara Oliveira, MONTEIRO	F	132707 04	Braga	5:07.01	445	-	
	FTL							
	50m: 34.93 34.93		150m: 1:51.28 38.49	250m: 3:09.61 39.70	350m: 4:28.22 39.62			
	100m: 1:12.79 37.86		200m: 2:29.91 38.63	300m: 3:48.60 38.99	400m: 5:07.01 38.79			

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23/04/2017 16:53 - Página 1

Prova 25, Femin., 400m Livres, Elimin, Infantis-Juvenis

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	FINA	Pts	OBS
18.	Beatriz Rosa, TROIA FTL	F	127809	04	Vilacondense	5:07.68	442	-	
	50m: 33.94 33.94	150m: 1:51.31 39.84	250m: 3:11.22 39.99	350m: 4:28.67 37.67					
	100m: 1:11.47 37.53	200m: 2:31.23 39.92	300m: 3:51.00 39.78	400m: 5:07.68 39.01					
19.	Ema Miranda, CAMBAS FTL	F	127618	03	Clube Naval Povoense	5:09.34	435	-	
	50m: 33.54 33.54	150m: 1:50.24 39.27	250m: 3:10.27 40.30	350m: 4:30.64 40.16					
	100m: 1:10.97 37.43	200m: 2:29.97 39.73	300m: 3:50.48 40.21	400m: 5:09.34 38.70					
20.	Ines Cadilhe, ALEXANDRE FTL	F	128400	02	Clube Naval Povoense	5:14.52	414	-	
	50m: 34.90 34.90	150m: 1:51.36 38.94	250m: 3:11.26 40.59	350m: 4:33.50 41.47					
	100m: 1:12.42 37.52	200m: 2:30.67 39.31	300m: 3:52.03 40.77	400m: 5:14.52 41.02					
WDR	Ines Freitas, ROCHA	F	129880	03	Aquatico Pacense			-	
WDR	Rafaela Gomes, AZEVEDO	F	122048	02	Portugal			-	

Juniores-Seniores

1.	Tamila Hryhorivna, HOLUB	F	116887	99	Braga	4:19.58	737	-	A
	50m: 30.52 30.52	150m: 1:35.64 32.76	250m: 2:41.48 32.93	350m: 3:47.40 32.98					
	100m: 1:02.88 32.36	200m: 2:08.55 32.91	300m: 3:14.42 32.94	400m: 4:19.58 32.18					
2.	Ines Jacinto, HENRIQUES	F	120220	00	Portugal	4:27.16	676	-	A
	50m: 31.32 31.32	150m: 1:38.95 33.92	250m: 2:46.50 33.92	350m: 3:53.98 33.64					
	100m: 1:05.03 33.71	200m: 2:12.58 33.63	300m: 3:20.34 33.84	400m: 4:27.16 33.18					
3.	Ana Rita, FARIA	F	117417	00	Porto	4:27.60	673	-	A
	50m: 31.27 31.27	150m: 1:39.46 34.06	250m: 2:46.99 33.68	350m: 3:54.66 33.84					
	100m: 1:05.40 34.13	200m: 2:13.31 33.85	300m: 3:20.82 33.83	400m: 4:27.60 32.94					
4.	Maria Carolina, COSTA	F	119080	01	Porto	4:31.72	642	-	A
	50m: 30.75 30.75	150m: 1:39.70 34.49	250m: 2:48.06 34.12	350m: 3:57.12 34.73					
	100m: 1:05.21 34.46	200m: 2:13.94 34.24	300m: 3:22.39 34.33	400m: 4:31.72 34.60					
5.	Vania Soares, NEVES	F	12380	90	Fluvial Portuense	4:32.14	639	-	A
	50m: 31.94 31.94	150m: 1:39.98 34.16	250m: 2:48.15 34.04	350m: 3:57.56 34.74					
	100m: 1:05.82 33.88	200m: 2:14.11 34.13	300m: 3:22.82 34.67	400m: 4:32.14 34.58					
6.	Ana Sofia, FERNANDES	F	13191	93	Braga	4:36.67	609	-	A
	50m: 31.46 31.46	150m: 1:39.78 34.47	250m: 2:50.27 35.48	350m: 4:01.92 35.83					
	100m: 1:05.31 33.85	200m: 2:14.79 35.01	300m: 3:26.09 35.82	400m: 4:36.67 34.75					
7.	Ines Alves, MARTINS	F	112126	01	Fluvial Portuense	4:37.71	602	-	A
	50m: 32.04 32.04	150m: 1:42.12 35.13	250m: 2:52.63 34.98	350m: 4:03.12 35.21					
	100m: 1:06.99 34.95	200m: 2:17.65 35.53	300m: 3:27.91 35.28	400m: 4:37.71 34.59					
8.	Carolina Ascenso, SANTOS	F	121271	01	Propaganda da Natacao	4:42.55	571	-	A
	50m: 31.23 31.23	150m: 1:40.80 35.09	250m: 2:53.02 36.29	350m: 4:06.68 36.87					
	100m: 1:05.71 34.48	200m: 2:16.73 35.93	300m: 3:29.81 36.79	400m: 4:42.55 35.87					
9.	Ines Silva, OLIVEIRA	F	116890	00	Fluvial Portuense	4:47.31	543	-	R
	50m: 32.14 32.14	150m: 1:43.59 36.23	250m: 2:56.89 36.41	350m: 4:10.86 36.91					
	100m: 1:07.36 35.22	200m: 2:20.48 36.89	300m: 3:33.95 37.06	400m: 4:47.31 36.45					
10.	Beatriz Marques, FERREIRA	F	122579	00	Campinho	4:48.77	535	-	R
	50m: 32.06 32.06	150m: 1:45.17 37.06	250m: 2:59.61 37.59	350m: 4:13.23 36.47					
	100m: 1:08.11 36.05	200m: 2:22.02 36.85	300m: 3:36.76 37.15	400m: 4:48.77 35.54					
11.	Ariana Santos, LOPES	F	122846	00	Clube Desportivo Estarreja	4:50.25	527	-	
	50m: 32.20 32.20	150m: 1:43.39 36.13	250m: 2:57.25 37.16	350m: 4:13.54 38.12					
	100m: 1:07.26 35.06	200m: 2:20.09 36.70	300m: 3:35.42 38.17	400m: 4:50.25 36.71					
12.	Ana Ines, FERNANDES	F	119258	00	Vitória Sport Clube	4:50.53	525	-	
	50m: 31.50 31.50	150m: 1:42.05 35.86	250m: 2:56.33 37.90	350m: 4:13.50 38.83					
	100m: 1:06.19 34.69	200m: 2:18.43 36.38	300m: 3:34.67 38.34	400m: 4:50.53 37.03					
13.	Ana Filipa, VEIGA FTL	F	125558	01	Gafanha da Encarnacao	4:51.73	519	-	
	50m: 32.77 32.77	150m: 1:44.17 36.09	250m: 2:58.21 37.18	350m: 4:14.45 38.63					
	100m: 1:08.08 35.31	200m: 2:21.03 36.86	300m: 3:35.82 37.61	400m: 4:51.73 37.28					
14.	Mariana Lopes, SILVA FTL	F	116526	99	Gafanha da Encarnacao	4:55.80	498	-	
	50m: 32.50 32.50	150m: 1:43.16 35.66	250m: 2:56.77 37.34	350m: 4:15.11 39.92					
	100m: 1:07.50 35.00	200m: 2:19.43 36.27	300m: 3:35.19 38.42	400m: 4:55.80 40.69					
WDR	Maria Joao, FERNANDES	F	102092	97	Fluvial Portuense			-	
WDR	Ana Sofia, RAMOS	F	108171	00	Fluvial Portuense			-	
WDR	Mariana Cardoso, COSTA	F	117322	01	Propaganda da Natacao			-	
WDR	Ana Silva, COSTA	F	104446	98	Famalicão			-	
WDR	Rafaela Araujo, SILVA	F	119630	00	Famalicão			-	

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23/04/2017 16:53 - Página 2