



Prova 210
18.6.16 - 17:02

Femin., 400m Livres

Absolutos
Resultados

Rec Nacional Juv B	4:23.08	Susana Patricia Miguel	SFUAP	Alhandra	2004
Rec Nacional Juv A	4:18.39	Ana Claudia Santos	SFUAP	Cantanhede	2004
Rec Nacional Jun 1	4:15.43	Tamila Hryhorivna Holub	SCB	Porto	2014
Rec Nacional Jun 2	4:14.95	Joana Aguiar Rodrigues	FCP	Leiria	2009
Rec Nacional Sen	4:13.97	Sara Beatriz Loureiro	FCP	Leiria	2009
Rec Nacional Absoluto	4:13.97	Sara Beatriz Loureiro	FCP	Leiria	2009
Rec Regional Absoluto	4:18.39	Ana Cláudia Correia Santos	SFUAP	Cantanhede	2004

Pontos: FINA 2015

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo	Pts
1.	Beatriz Barros Carmo	99	Alges	4:32.17	4:27.42	674
	50m: 30.43 30.43	150m: 1:37.67 33.73	250m: 2:45.15 33.66	350m: 3:53.95 34.34		
	100m: 1:03.94 33.51	200m: 2:11.49 33.82	300m: 3:19.61 34.46	400m: 4:27.42 33.47		
2.	Raquel Paulo Ranito	94	Sporting	4:31.87	4:31.32	645
	50m: 31.71 31.71	150m: 1:39.60 34.12	250m: 2:48.04 34.05	350m: 3:57.09 34.57		
	100m: 1:05.48 33.77	200m: 2:13.99 34.39	300m: 3:22.52 34.48	400m: 4:31.32 34.23		
3.	Ines Figueira Santos	00	União Piedense	4:33.18	4:33.68	629
	50m: 31.14 31.14	150m: 1:39.49 34.60	250m: 2:49.73 35.14	350m: 4:00.29 35.19		
	100m: 1:04.89 33.75	200m: 2:14.59 35.10	300m: 3:25.10 35.37	400m: 4:33.68 33.39		
4.	Eva Guerreiro Carvalho	99	União Piedense	4:31.30	4:33.80	628
	50m: 31.05 31.05	150m: 1:38.32 33.75	250m: 2:47.92 35.08	350m: 3:58.92 35.45		
	100m: 1:04.57 33.52	200m: 2:12.84 34.52	300m: 3:23.47 35.55	400m: 4:33.80 34.88		
5.	Beatriz Paulo Ranito	99	Sporting	4:24.89	4:33.87	627
	50m: 30.64 30.64	150m: 1:39.16 34.61	250m: 2:49.41 35.14	350m: 4:00.40 35.39		
	100m: 1:04.55 33.91	200m: 2:14.27 35.11	300m: 3:25.01 35.60	400m: 4:33.87 33.47		
6.	Rita Alexandra Vital	01	Alges	4:46.11	4:41.83	576
	50m: 31.33 31.33	150m: 1:40.68 35.36	250m: 2:51.31 35.51	350m: 4:05.40 37.21		
	100m: 1:05.32 33.99	200m: 2:15.80 35.12	300m: 3:28.19 36.88	400m: 4:41.83 36.43		
7.	Sofia Alexandra Rolao	98	Benfica	4:50.00	4:44.72	558
	50m: 31.06 31.06	150m: 1:40.59 35.33	250m: 2:52.53 36.48	350m: 4:07.44 37.85		
	100m: 1:05.26 34.20	200m: 2:16.05 35.46	300m: 3:29.59 37.06	400m: 4:44.72 37.28		
8.	Ana Luisa Santo	95	Benfica	4:35.00	4:51.23	522
	50m: 32.17 32.17	150m: 1:43.92 36.43	250m: 2:58.96 37.85	350m: 4:14.19 37.49		
	100m: 1:07.49 35.32	200m: 2:21.11 37.19	300m: 3:36.70 37.74	400m: 4:51.23 37.04		
9.	Catarina Pinho Estevez	02	Naval Setubalense	4:58.51	4:54.36	505
	50m: 33.05 33.05	150m: 1:47.27 37.80	250m: 3:03.72 37.95	350m: 4:18.63 37.35		
	100m: 1:09.47 36.42	200m: 2:25.77 38.50	300m: 3:41.28 37.56	400m: 4:54.36 35.73		
10.	Carolina Ganhao Ferro	02	Geslours	4:59.75	4:55.22	501
	50m: 33.28 33.28	150m: 1:47.98 37.89	250m: 3:04.63 38.13	350m: 4:20.15 37.50		
	100m: 1:10.09 36.81	200m: 2:26.50 38.52	300m: 3:42.65 38.02	400m: 4:55.22 35.07		
11.	Mariana Rodrigues Santos	00	Geslours	4:56.64	4:56.68	493
	50m: 33.39 33.39	150m: 1:47.69 38.13	250m: 3:04.17 37.90	350m: 4:20.12 37.99		
	100m: 1:09.56 36.17	200m: 2:26.27 38.58	300m: 3:42.13 37.96	400m: 4:56.68 36.56		
12.	Iolanda Sofia Clérigo	02	Naval Setubalense	5:08.31	5:02.08	467
	50m: 33.42 33.42	150m: 1:48.57 38.25	250m: 3:06.28 38.92	350m: 4:24.50 39.06		
	100m: 1:10.32 36.90	200m: 2:27.36 38.79	300m: 3:45.44 39.16	400m: 5:02.08 37.58		