

Prova 1	Femin., 400m Livres				Absoluto
20.06.2019 - 15:30	Absolutos (NP)				Resultados Final
Rec Taça Gesloures Sen	4:25.26	Beatriz Paulo Ranito	POR	Loures	14.05.2017
Rec Taça Gesloures Jun	4:28.18	Francisca Salvador Mesquita	POR	Sto Antº Cavaleiros	20.06.2019
Rec Taça Gesloures Juv A	4:31.04	Ema Jeronimo Conceicao	POR	Sto Antº Cavaleiros	01.07.2018
Rec Taça Gesloures Juv B	4:40.54	Maria Carlota Rebelo	POR	Loures	14.05.2017
Rec Taça Gesloures Inf A	4:43.54	Ana Beatriz Simoes	POR	Sto Antº Cavaleiros	01.07.2018
Rec Taça Gesloures Inf B	4:50.92	Isadora Maia Andre	POR	Loures	14.05.2017
Rec Regional Abs	4:04.61	Diana Margarida Duraes	SLB	Copenhagen (DEN)	17.12.2017
Rec Nacional Abs	4:04.61	Diana Margarida Duraes	SLB	Copenhagen (DEN)	17.12.2017

Pontos: FINA 2018

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo	Pts
Infantis						
1.	Maria Leonor Coelho	06	Benfica	4:49.92	4:43.84	564
	50m: 32.47 32.47		150m: 1:44.34 36.20	250m: 2:57.09 36.31	350m: 4:09.13 35.54	
	100m: 1:08.14 35.67		200m: 2:20.78 36.44	300m: 3:33.59 36.50	400m: 4:43.84 34.71	
2.	Beatriz Mocego Niza	06	Amadora	5:10.28	4:50.72	524
	50m: 32.71 32.71		150m: 1:45.77 36.87	250m: 2:59.79 36.83	350m: 4:14.59 37.50	
	100m: 1:08.90 36.19		200m: 2:22.96 37.19	300m: 3:37.09 37.30	400m: 4:50.72 36.13	
3.	Beatriz Fernandes Gama	06	Sporting	5:05.46	5:01.62	470
	50m: 34.42 34.42		150m: 1:50.38 38.27	250m: 3:08.02 39.01	350m: 4:24.68 37.89	
	100m: 1:12.11 37.69		200m: 2:29.01 38.63	300m: 3:46.79 38.77	400m: 5:01.62 36.94	
4.	Madalena Correa Sa	06	Gesloures	5:09.71	5:05.84	450
	50m: 34.52 34.52		150m: 1:51.58 39.01	250m: 3:09.54 38.92	350m: 4:27.54 38.86	
	100m: 1:12.57 38.05		200m: 2:30.62 39.04	300m: 3:48.68 39.14	400m: 5:05.84 38.30	
5.	Marta Silva Santos	06	Naval Setubalense	5:11.54	5:07.49	443
	50m: 36.06 36.06		150m: 1:54.18 39.19	250m: 3:12.63 38.85	350m: 4:30.68 38.90	
	100m: 1:14.99 38.93		200m: 2:33.78 39.60	300m: 3:51.78 39.15	400m: 5:07.49 36.81	
6.	Maria Pinto Monteiro	06	União Piedense	5:08.31	5:11.79	425
	50m: 33.43 33.43		150m: 1:52.50 40.28	250m: 3:13.33 40.22	350m: 4:32.56 39.56	
	100m: 1:12.22 38.79		200m: 2:33.11 40.61	300m: 3:53.00 39.67	400m: 5:11.79 39.23	
7.	Leticia Rodrigues Magalhaes	07	Palmela Desporto	5:17.94	5:14.07	416
	50m: 35.54 35.54		150m: 1:54.45 39.40	250m: 3:14.67 40.28	350m: 4:35.72 40.31	
	100m: 1:15.05 39.51		200m: 2:34.39 39.94	300m: 3:55.41 40.74	400m: 5:14.07 38.35	
8.	Maria Teresa Garcell	07	Fisica Torres Vedras	5:14.92	5:16.00	408
	50m: 34.41 34.41		150m: 1:53.39 40.27	250m: 3:15.97 41.29	350m: 4:38.21 40.99	
	100m: 1:13.12 38.71		200m: 2:34.68 41.29	300m: 3:57.22 41.25	400m: 5:16.00 37.79	
Juvenis						
1.	Marta Macedo Inacio	04	Sporting	4:44.28	4:38.41	597
	50m: 32.37 32.37		150m: 1:42.25 34.96	250m: 2:53.08 35.38	350m: 4:04.38 35.74	
	100m: 1:07.29 34.92		200m: 2:17.70 35.45	300m: 3:28.64 35.56	400m: 4:38.41 34.03	
2.	Mariana Marques Santos	05	Gesloures	4:44.85	4:42.79	570
	50m: 32.42 32.42		150m: 1:43.35 35.92	250m: 2:55.07 36.04	350m: 4:07.58 36.29	
	100m: 1:07.43 35.01		200m: 2:19.03 35.68	300m: 3:31.29 36.22	400m: 4:42.79 35.21	
3.	Maria Martins Camacho	04	União Piedense	4:53.09	4:51.15	522
	50m: 33.01 33.01		150m: 1:46.12 36.79	250m: 2:59.86 36.95	350m: 4:14.38 37.62	
	100m: 1:09.33 36.32		200m: 2:22.91 36.79	300m: 3:36.76 36.90	400m: 4:51.15 36.77	
4.	Diana Valadas Horta	04	Laranjeiro	4:55.39	4:53.86	508
	50m: 33.21 33.21		150m: 1:46.65 37.15	250m: 3:01.15 37.23	350m: 4:16.38 37.75	
	100m: 1:09.50 36.29		200m: 2:23.92 37.27	300m: 3:38.63 37.48	400m: 4:53.86 37.48	
5.	Mariana Fragoço Guterres	04	Benfica	5:02.05	5:01.17	472
	50m: 33.80 33.80		150m: 1:48.93 38.00	250m: 3:05.69 38.33	350m: 4:23.11 38.36	
	100m: 1:10.93 37.13		200m: 2:27.36 38.43	300m: 3:44.75 39.06	400m: 5:01.17 38.06	
6.	Carolina Anjos Frischknecht	04	Naval Setubalense	5:14.47	5:16.88	405
	50m: 36.05 36.05		150m: 1:57.10 40.73	250m: 3:17.79 40.12	350m: 4:37.77 39.86	
	100m: 1:16.37 40.32		200m: 2:37.67 40.57	300m: 3:57.91 40.12	400m: 5:16.88 39.11	
7.	Luana Santos Freitas	04	Amadora	5:25.39	5:19.49	395
	50m: 35.87 35.87		150m: 1:58.14 41.21	250m: 3:20.05 40.28	350m: 4:41.84 41.06	
	100m: 1:16.93 41.06		200m: 2:39.77 41.63	300m: 4:00.78 40.73	400m: 5:19.49 37.65	
8.	Margarida Mendes Bras	04	C N Montijo	5:22.09	5:23.60	380
	50m: 34.48 34.48		150m: 1:53.85 40.96	250m: 3:18.40 42.54	350m: 4:43.29 42.22	
	100m: 1:12.89 38.41		200m: 2:35.86 42.01	300m: 4:01.07 42.67	400m: 5:23.60 40.31	

Prova 1, Femin., 400m Livres, Final

Juniores & Seniores

1.	Teresa Miguel Veloso	00	Sporting	4:33.33	4:25.45	689
	50m: 31.18 31.18	150m: 1:37.78 33.38	250m: 2:44.27 33.12	350m: 3:51.80 33.91		
	100m: 1:04.40 33.22	200m: 2:11.15 33.37	300m: 3:17.89 33.62	400m: 4:25.45 33.65		
2.	Francisca Salvador Mesquita	02	Colégio Int Monte Maior	4:28.18	4:26.74	679
	50m: 30.35 30.35	150m: 1:37.99 34.12	250m: 2:46.40 34.22	350m: 3:54.77 34.28		
	100m: 1:03.87 33.52	200m: 2:12.18 34.19	300m: 3:20.49 34.09	400m: 4:26.74 31.97		
3.	Ema Jeronimo Conceicao	03	Fisica Torres Vedras	4:31.01	4:26.78	679
	50m: 30.64 30.64	150m: 1:37.94 33.81	250m: 2:46.49 34.31	350m: 3:55.21 34.31		
	100m: 1:04.13 33.49	200m: 2:12.18 34.24	300m: 3:20.90 34.41	400m: 4:26.78 31.57		
4.	Sofia Alexandra Rolao	98	Benfica	4:32.18	4:29.87	656
	50m: 30.37 30.37	150m: 1:38.31 34.21	250m: 2:47.23 34.53	350m: 3:56.83 34.87		
	100m: 1:04.10 33.73	200m: 2:12.70 34.39	300m: 3:21.96 34.73	400m: 4:29.87 33.04		
5.	Margarida Sobral Pimenta	99	Belenenses	4:37.66	4:34.07	626
	50m: 31.30 31.30	150m: 1:39.38 34.21	250m: 2:48.65 34.83	350m: 3:59.37 35.32		
	100m: 1:05.17 33.87	200m: 2:13.82 34.44	300m: 3:24.05 35.40	400m: 4:34.07 34.70		
6.	Bruna Martins Riesenberger	97	Laranjeiro	4:37.55	4:36.97	607
	50m: 31.90 31.90	150m: 1:40.82 34.77	250m: 2:51.50 35.33	350m: 4:01.98 35.20		
	100m: 1:06.05 34.15	200m: 2:16.17 35.35	300m: 3:26.78 35.28	400m: 4:36.97 34.99		
7.	Margarida Messias Ribeiro	98	Gesloures	4:44.93	4:38.47	597
	50m: 32.07 32.07	150m: 1:41.98 35.15	250m: 2:52.85 35.59	350m: 4:04.09 35.01		
	100m: 1:06.83 34.76	200m: 2:17.26 35.28	300m: 3:29.08 36.23	400m: 4:38.47 34.38		
8.	Beatriz Quintao Amantes	03	União Piedense	4:47.77	4:45.16	556
	50m: 32.00 32.00	150m: 1:42.87 35.82	250m: 2:55.65 36.47	350m: 4:09.20 36.93		
	100m: 1:07.05 35.05	200m: 2:19.18 36.31	300m: 3:32.27 36.62	400m: 4:45.16 35.96		