

Prova 3
14.11.15 - 16:12

Femin., 400m Estilos

Infantis A
Resultados

Rec Regional	5:07.22	Susana Patricia Miguel	SFUAP	Santarem	2003
Rec Regional Absoluto	4:44.10	Nadia Morais Vieira	GESL	Porto	2012
Rec Nacional	5:05.68	Filiipa Vilas Ruivo	DNMG	Leiria	2010
Rec Nacional Absoluto	4:39.03	Victoria Kaminskaya	PIMP	Porto	2014

Mínimo Acesso : 6:56.03

Pontos: FINA 2015

Pos.	Nadador	Ano	Clube	Tempo	Pts
1.	Sara Moura Cruz	03	Alges	5:31.04	483
	50m: 33.95 33.95	150m: 1:58.05 42.29	250m: 3:24.76 45.73	350m: 4:52.55 39.82	
	100m: 1:15.76 41.81	200m: 2:39.03 40.98	300m: 4:12.73 47.97	400m: 5:31.04 38.49	
2.	Mariana Marques Mercedes	03	Olivais e Moscavide	5:37.56	456
	50m: 35.99 35.99	150m: 2:01.86 42.25	250m: 3:34.64 49.89	350m: 5:02.70 38.88	
	100m: 1:19.61 43.62	200m: 2:44.75 42.89	300m: 4:23.82 49.18	400m: 5:37.56 34.86	
3.	Filipa Ramos Peixeira	03	Sporting	5:41.06	442
	50m: 35.81 35.81	150m: 1:59.58 39.60	250m: 3:31.55 50.93	350m: 5:03.19 39.48	
	100m: 1:19.98 44.17	200m: 2:40.62 41.04	300m: 4:23.71 52.16	400m: 5:41.06 37.87	
4.	Catarina Guimaraes Moreira	03	Alges	5:41.53	440
	50m: 36.04 36.04	150m: 2:02.42 42.37	250m: 3:34.65 49.32	350m: 5:03.88 38.30	
	100m: 1:20.05 44.01	200m: 2:45.33 42.91	300m: 4:25.58 50.93	400m: 5:41.53 37.65	
5.	Joana Ribeiro Martins	03	Benfica	5:42.36	437
	50m: 35.68 35.68	150m: 2:00.64 42.30	250m: 3:35.28 52.84	350m: 5:05.94 37.52	
	100m: 1:18.34 42.66	200m: 2:42.44 41.80	300m: 4:28.42 53.14	400m: 5:42.36 36.42	
6.	Margarida Mota Silva	03	C N Montijo	5:48.82	413
	50m: 38.70 38.70	150m: 2:09.72 43.43	250m: 3:41.06 48.20	350m: 5:11.43 39.91	
	100m: 1:26.29 47.59	200m: 2:52.86 43.14	300m: 4:31.52 50.46	400m: 5:48.82 37.39	
7.	Daniela Mascarenhas Henriques	03	Geslours	5:49.79	410
	50m: 40.56 40.56	150m: 2:12.50 45.18	250m: 3:45.12 48.29	350m: 5:13.45 39.29	
	100m: 1:27.32 46.76	200m: 2:56.83 44.33	300m: 4:34.16 49.04	400m: 5:49.79 36.34	
8.	Ema Jerónimo Conceição	03	Fisica Torres Vedras	5:52.46	400
	50m: 39.53 39.53	150m: 2:12.15 45.36	250m: 3:44.94 49.30	350m: 5:15.49 39.24	
	100m: 1:26.79 47.26	200m: 2:55.64 43.49	300m: 4:36.25 51.31	400m: 5:52.46 36.97	
9.	Beatriz Azevedo Isaias	03	Colégio Monte Maior	5:54.68	393
	50m: 35.24 35.24	150m: 2:01.75 45.50	250m: 3:39.08 54.36	350m: 5:14.79 42.08	
	100m: 1:16.25 41.01	200m: 2:44.72 42.97	300m: 4:32.71 53.63	400m: 5:54.68 39.89	
10.	Beatriz Quintao Amantes	03	União Piedense	6:01.62	371
	50m: 37.45 37.45	150m: 2:06.39 45.29	250m: 3:44.59 53.81	350m: 5:21.00 41.86	
	100m: 1:21.10 43.65	200m: 2:50.78 44.39	300m: 4:39.14 54.55	400m: 6:01.62 40.62	
11.	Mafalda Viegas Cruz	03	Sporting	6:06.55	356
	50m: 40.17 40.17	150m: 2:15.76 46.72	250m: 3:51.83 50.78	350m: 5:24.92 41.45	
	100m: 1:29.04 48.87	200m: 3:01.05 45.29	300m: 4:43.47 51.64	400m: 6:06.55 41.63	
12.	Claudia Beatriz Martins	03	Geslours	6:07.12	354
	50m: 40.77 40.77	150m: 2:15.65 46.19	250m: 3:52.53 51.51	350m: 5:26.69 40.71	
	100m: 1:29.46 48.69	200m: 3:01.02 45.37	300m: 4:45.98 53.45	400m: 6:07.12 40.43	
13.	Barbara Silva Viegas	03	Sporting	6:08.22	351
	50m: 39.96 39.96	150m: 2:13.78 47.39	250m: 3:54.29 55.64	350m: 5:29.33 39.24	
	100m: 1:26.39 46.43	200m: 2:58.65 44.87	300m: 4:50.09 55.80	400m: 6:08.22 38.89	
14.	Rafaela Sofia Silva	03	Benfica	6:10.02	346
	50m: 42.59 42.59	150m: 2:18.63 44.86	250m: 3:55.25 52.14	350m: 5:29.07 41.30	
	100m: 1:33.77 51.18	200m: 3:03.11 44.48	300m: 4:47.77 52.52	400m: 6:10.02 40.95	
15.	Beatriz Picanço Martins	03	Benfica	6:10.28	345
	50m: 40.15 40.15	150m: 2:14.53 45.44	250m: 3:54.51 55.32	350m: 5:32.61 39.74	
	100m: 1:29.09 48.94	200m: 2:59.19 44.66	300m: 4:52.87 58.36	400m: 6:10.28 37.67	
16.	Beatriz Vaz Rebelo	03	Geslours	6:11.59	342
	50m: 40.00 40.00	150m: 2:14.53 46.16	250m: 3:52.56 52.57	350m: 5:29.02 42.11	
	100m: 1:28.37 48.37	200m: 2:59.99 45.46	300m: 4:46.91 54.35	400m: 6:11.59 42.57	
17.	Ana Margarida Soares	03	Naval Setubalense	6:13.96	335
	50m: 42.03 42.03	150m: 2:19.42 45.74	250m: 3:56.72 52.45	350m: 5:33.56 42.30	
	100m: 1:33.68 51.65	200m: 3:04.27 44.85	300m: 4:51.26 54.54	400m: 6:13.96 40.40	
18.	Tatiana Valentim Oliveira	03	Fisica Torres Vedras	6:16.17	329
	50m: 45.21 45.21	150m: 2:26.33 49.08	250m: 4:01.72 48.03	350m: 5:34.90 43.56	
	100m: 1:37.25 52.04	200m: 3:13.69 47.36	300m: 4:51.34 49.62	400m: 6:16.17 41.27	

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Pos.	Nadador	Ano	Clube	Tempo	Pts
19.	Madalena Reis Cerdeira	03	Avançado EULx	6:17.00	327
	50m: 42.94 42.94	150m: 2:23.17 48.79	250m: 4:02.45 51.68	350m: 5:37.42 42.91	
	100m: 1:34.38 51.44	200m: 3:10.77 47.60	300m: 4:54.51 52.06	400m: 6:17.00 39.58	
20.	Maria Ines Ribeiro	03	Alges	6:20.70	318
	50m: 44.29 44.29	150m: 2:23.81 45.97	250m: 4:02.01 52.33	350m: 5:39.45 43.34	
	100m: 1:37.84 53.55	200m: 3:09.68 45.87	300m: 4:56.11 54.10	400m: 6:20.70 41.25	
21.	Madalena Rodrigues Tomé	03	Estoris	6:20.88	317
	50m: 37.57 37.57	150m: 2:11.97 48.47	250m: 3:57.69 58.06	350m: 5:38.89 43.72	
	100m: 1:23.50 45.93	200m: 2:59.63 47.66	300m: 4:55.17 57.48	400m: 6:20.88 41.99	
22.	Margarida Teixeira Moreira	03	Belenenses	6:23.92	310
	50m: 41.28 41.28	150m: 2:16.65 47.37	250m: 4:00.52 57.63	350m: 5:43.71 45.24	
	100m: 1:29.28 48.00	200m: 3:02.89 46.24	300m: 4:58.47 57.95	400m: 6:23.92 40.21	
23.	Margarida Sousa Gaspar	03	Colégio Monte Maior	6:24.57	308
	50m: 40.70 40.70	150m: 2:20.04 47.50	250m: 4:01.90 55.66	350m: 5:42.78 44.78	
	100m: 1:32.54 51.84	200m: 3:06.24 46.20	300m: 4:58.00 56.10	400m: 6:24.57 41.79	
24.	Sophia Rose Taylor	03	Alges	6:24.65	308
	50m: 41.92 41.92	150m: 2:21.19 48.71	250m: 4:03.77 56.54	350m: 5:45.08 43.86	
	100m: 1:32.48 50.56	200m: 3:07.23 46.04	300m: 5:01.22 57.45	400m: 6:24.65 39.57	
25.	Catarina Manita Rapaz	03	Desportivo Sesimbra	6:25.95	305
	50m: 43.05 43.05	150m: 2:21.91 47.97	250m: 4:03.46 56.58	350m: 5:44.54 42.67	
	100m: 1:33.94 50.89	200m: 3:06.88 44.97	300m: 5:01.87 58.41	400m: 6:25.95 41.41	
26.	Mariana Bança Ferreira	03	Naval Setubalense	6:26.99	302
	50m: 43.87 43.87	150m: 2:24.93 47.86	250m: 4:05.40 55.05	350m: 5:45.02 42.95	
	100m: 1:37.07 53.20	200m: 3:10.35 45.42	300m: 5:02.07 56.67	400m: 6:26.99 41.97	
27.	Raquel Pereira Pinto	03	Naval Setubalense	6:29.08	297
	50m: 43.56 43.56	150m: 2:21.36 47.07	250m: 4:02.22 56.13	350m: 5:45.92 45.97	
	100m: 1:34.29 50.73	200m: 3:06.09 44.73	300m: 4:59.95 57.73	400m: 6:29.08 43.16	
28.	Leonor Sequeira Barardo	03	Fisica Torres Vedras	6:38.41	277
	50m: 42.79 42.79	150m: 2:22.57 46.21	250m: 4:08.10 59.22	350m: 5:53.92 47.56	
	100m: 1:36.36 53.57	200m: 3:08.88 46.31	300m: 5:06.36 58.26	400m: 6:38.41 44.49	
29.	Laura Morais Marques	03	Fisica Torres Vedras	6:39.26	275
	50m: 47.32 47.32	150m: 2:35.02 51.18	250m: 4:17.97 53.82	350m: 5:56.74 44.54	
	100m: 1:43.84 56.52	200m: 3:24.15 49.13	300m: 5:12.20 54.23	400m: 6:39.26 42.52	
30.	Mariana Valente Fernandes	03	Palmela Desporto	7:02.31	232
	<i>Fora Minimo Acesso</i>				
	50m: 45.30 45.30	150m: 2:34.08 51.62	250m: 4:27.13 1:02.92	350m: 6:16.48 48.28	
	100m: 1:42.46 57.16	200m: 3:24.21 50.13	300m: 5:28.20 1:01.07	400m: 7:02.31 45.83	
31.	Marta Dias Damaso	03	Palmela Desporto	7:02.61	232
	<i>Fora Minimo Acesso</i>				
	50m: 46.27 46.27	150m: 2:36.00 52.48	250m: 4:26.27 59.08	350m: 6:16.24 48.89	
	100m: 1:43.52 57.25	200m: 3:27.19 51.19	300m: 5:27.35 1:01.08	400m: 7:02.61 46.37	
32.	Filipa Andre Teixeira	03	Amadora	7:20.04	205
	<i>Fora Minimo Acesso</i>				
	50m: 46.80 46.80	150m: 2:35.68 50.61	250m: 4:30.36 1:04.61	350m: 6:28.44 52.33	
	100m: 1:45.07 58.27	200m: 3:25.75 50.07	300m: 5:36.11 1:05.75	400m: 7:20.04 51.60	
DSQ	Beatriz Marcelino Sequeira	03	Amadora		
	<i>E-M35 - No percurso de mariposa, efectuou batimento alternado de pernas/pés após a viragem aos 50 metros. (SW 8.3)</i>				
EXH	Marta Vainauskaite	03	Estoris	6:24.51	308
	50m: 42.03 42.03	150m: 2:19.07 49.13	250m: 4:01.22 54.79	350m: 5:42.38 45.92	
	100m: 1:29.94 47.91	200m: 3:06.43 47.36	300m: 4:56.46 55.24	400m: 6:24.51 42.13	