

Prova 5
14.11.15 - 17:33

Femin., 400m Estilos

Juvenis
Resultados

Rec Regional Juv B	4:57.68	Susana Patricia Miguel	SFUAP	Penafiel	2004
Rec Regional Juv A	4:51.85	Ana Claudia Santos	SFUAP	Setubal	2004
Rec Regional Absoluto	4:44.10	Nadia Morais Vieira	GESL	Porto	2012
Rec Nacional Juv B	4:57.68	Susana Patricia Miguel	SFUAP	Penafiel	2004
Rec Nacional Juv A	4:51.85	Ana Claudia Santos	SFUAP	Setubal	2004
Rec Nacional Absoluto	4:39.03	Victoria Kaminskaya	PIMP	Porto	2014

Mínimo Acesso Juv B: 6:22.72; Juv A: 6:11.99

Pontos: FINA 2015

Pos.	Nadador	Ano	Clube	Tempo	Pts
Juvenis B					
1.	Clara Gomes Pereira	02	Alges	5:13.48	569
	50m: 34.11 34.11	150m: 1:55.51 42.15	250m: 3:18.90 42.71	350m: 4:38.92 36.38	
	100m: 1:13.36 39.25	200m: 2:36.19 40.68	300m: 4:02.54 43.64	400m: 5:13.48 34.56	
2.	Mariana Amaral Mendes	02	Colégio Monte Maior	5:17.78	546
	50m: 35.03 35.03	150m: 1:56.25 41.32	250m: 3:21.35 44.50	350m: 4:43.30 36.12	
	100m: 1:14.93 39.90	200m: 2:36.85 40.60	300m: 4:07.18 45.83	400m: 5:17.78 34.48	
3.	Maria Margarida Belo	02	Sporting	5:19.72	536
	50m: 34.57 34.57	150m: 1:55.77 40.77	250m: 3:21.51 45.86	350m: 4:42.87 36.07	
	100m: 1:15.00 40.43	200m: 2:35.65 39.88	300m: 4:06.80 45.29	400m: 5:19.72 36.85	
4.	Rafaela Gomes Azevedo	02	Alges	5:20.25	534
	50m: 34.50 34.50	150m: 1:54.08 38.53	250m: 3:19.74 47.93	350m: 4:45.32 37.08	
	100m: 1:15.55 41.05	200m: 2:31.81 37.73	300m: 4:08.24 48.50	400m: 5:20.25 34.93	
5.	Leonor Camacho Fernandes	02	Sporting	5:27.60	499
	50m: 33.39 33.39	150m: 1:54.24 42.52	250m: 3:23.62 48.08	350m: 4:50.82 37.95	
	100m: 1:11.72 38.33	200m: 2:35.54 41.30	300m: 4:12.87 49.25	400m: 5:27.60 36.78	
6.	Ana Rita Matos	02	Geslourses	5:33.84	471
	50m: 34.57 34.57	150m: 1:58.75 42.66	250m: 3:27.37 47.24	350m: 4:55.86 40.03	
	100m: 1:16.09 41.52	200m: 2:40.13 41.38	300m: 4:15.83 48.46	400m: 5:33.84 37.98	
7.	Madalena Maria Ferreira	02	Sporting	5:37.49	456
	50m: 34.53 34.53	150m: 1:58.07 43.43	250m: 3:31.74 51.28	350m: 4:58.95 38.88	
	100m: 1:14.64 40.11	200m: 2:40.46 42.39	300m: 4:20.07 48.33	400m: 5:37.49 38.54	
8.	Alexandra Couto Frazao	02	Amadora	5:43.31	433
	50m: 37.64 37.64	150m: 2:04.29 42.87	250m: 3:37.77 52.28	350m: 5:07.58 37.60	
	100m: 1:21.42 43.78	200m: 2:45.49 41.20	300m: 4:29.98 52.21	400m: 5:43.31 35.73	
9.	Natacha Sofia Silva	02	Benfica	5:45.27	426
	50m: 37.28 37.28	150m: 2:05.24 45.36	250m: 3:36.66 47.11	350m: 5:05.49 41.37	
	100m: 1:19.88 42.60	200m: 2:49.55 44.31	300m: 4:24.12 47.46	400m: 5:45.27 39.78	
10.	Carolina Barros Domingos	02	Sporting	5:45.40	425
	50m: 37.53 37.53	150m: 2:06.47 44.75	250m: 3:39.32 50.94	350m: 5:08.07 38.85	
	100m: 1:21.72 44.19	200m: 2:48.38 41.91	300m: 4:29.22 49.90	400m: 5:45.40 37.33	
11.	Leticia Maia Andre	02	União Piedense	5:46.01	423
	50m: 36.80 36.80	150m: 2:06.90 46.08	250m: 3:38.83 47.52	350m: 5:07.27 39.32	
	100m: 1:20.82 44.02	200m: 2:51.31 44.41	300m: 4:27.95 49.12	400m: 5:46.01 38.74	
12.	Margarida Cunha Barros	02	Naval Amorense	5:46.99	420
	50m: 37.15 37.15	150m: 2:05.83 47.22	250m: 3:39.14 47.76	350m: 5:06.90 39.17	
	100m: 1:18.61 41.46	200m: 2:51.38 45.55	300m: 4:27.73 48.59	400m: 5:46.99 40.09	
13.	Ana Raquel Graveto	02	Benfica	5:52.17	401
	50m: 36.00 36.00	150m: 2:04.75 46.03	250m: 3:40.22 51.74	350m: 5:13.87 41.09	
	100m: 1:18.72 42.72	200m: 2:48.48 43.73	300m: 4:32.78 52.56	400m: 5:52.17 38.30	
14.	Maria Mousinho Esteves	02	Amadora	5:52.59	400
	50m: 37.50 37.50	150m: 2:07.23 41.92	250m: 3:43.92 55.44	350m: 5:16.62 38.13	
	100m: 1:25.31 47.81	200m: 2:48.48 41.25	300m: 4:38.49 54.57	400m: 5:52.59 35.97	
15.	Filipa Inacio Cazeiro	02	Clube Instrucao Laranjeiro	5:52.68	400
	50m: 35.93 35.93	150m: 2:01.36 44.52	250m: 3:37.12 52.41	350m: 5:11.50 40.08	
	100m: 1:16.84 40.91	200m: 2:44.71 43.35	300m: 4:31.42 54.30	400m: 5:52.68 41.18	
16.	Mariana Pedro Pereira	02	Geslourses	5:54.63	393
	50m: 39.28 39.28	150m: 2:10.43 46.13	250m: 3:42.75 47.59	350m: 5:13.90 41.70	
	100m: 1:24.30 45.02	200m: 2:55.16 44.73	300m: 4:32.20 49.45	400m: 5:54.63 40.73	
17.	Mafalda Marques Pinto	02	Benfica	5:57.88	382
	50m: 36.83 36.83	150m: 2:04.98 42.90	250m: 3:41.58 54.62	350m: 5:18.42 41.85	
	100m: 1:22.08 45.25	200m: 2:46.96 41.98	300m: 4:36.57 54.99	400m: 5:57.88 39.46	

Prova 5, Femin., 400m Estilos, Juvenis B

Pos.	Nadador	Ano	Clube	Tempo	Pts
18.	Patricia Marques Bacelar	02	Desportivo Sesimbra	5:58.64	380
	50m: 36.49 36.49	150m: 2:04.38 45.54	250m: 3:43.31 54.59	350m: 5:17.96 41.02	
	100m: 1:18.84 42.35	200m: 2:48.72 44.34	300m: 4:36.94 53.63	400m: 5:58.64 40.68	
19.	Carolina Morais Oliveira	02	Amadora	5:59.58	377
	50m: 42.34 42.34	150m: 2:19.13 44.63	250m: 3:52.30 50.23	350m: 5:21.01 40.15	
	100m: 1:34.50 52.16	200m: 3:02.07 42.94	300m: 4:40.86 48.56	400m: 5:59.58 38.57	
20.	Iolanda Sofia Clérigo	02	Naval Setubalense	6:03.57	365
	50m: 39.88 39.88	150m: 2:15.68 46.05	250m: 3:50.57 49.88	350m: 5:24.82 42.22	
	100m: 1:29.63 49.75	200m: 3:00.69 45.01	300m: 4:42.60 52.03	400m: 6:03.57 38.75	
21.	Lara Moutinho Silva	02	Palmela Desporto	6:03.89	364
	50m: 38.54 38.54	150m: 2:13.95 47.85	250m: 3:51.03 52.23	350m: 5:24.78 41.79	
	100m: 1:26.10 47.56	200m: 2:58.80 44.85	300m: 4:42.99 51.96	400m: 6:03.89 39.11	
22.	Catarina Pinho Estevez	02	Naval Setubalense	6:04.75	361
	50m: 38.95 38.95	150m: 2:13.54 47.41	250m: 3:50.22 51.85	350m: 5:25.18 42.58	
	100m: 1:26.13 47.18	200m: 2:58.37 44.83	300m: 4:42.60 52.38	400m: 6:04.75 39.57	
23.	Daniela Ferreira Pinto <i>Fora Minimo Acesso</i>	02	Oriental	6:35.35	283
	50m: 42.87 42.87	150m: 2:23.64 46.10	250m: 4:06.31 56.48	350m: 5:49.32 46.07	
	100m: 1:37.54 54.67	200m: 3:09.83 46.19	300m: 5:03.25 56.94	400m: 6:35.35 46.03	
24.	Rita Costa Albuquerque <i>Fora Minimo Acesso</i>	02	Olivais e Moscavide	6:35.70	283
	50m: 40.58 40.58	150m: 2:21.83 51.54	250m: 4:07.66 54.76	350m: 5:51.88 47.43	
	100m: 1:30.29 49.71	200m: 3:12.90 51.07	300m: 5:04.45 56.79	400m: 6:35.70 43.82	
DSQ	Joana Filipa Varandas	02	Desporto Setúbal		
	<i>Efetuou batimento alternado de pernas durante o percurso subaquático, após a viragem aos 250 metros.</i>				
DSQ	Carolina Ganhao Ferro	02	Gesloures		
	<i>E-B30 - No percurso de braços, efect. toque não simultâneo das mãos na parede testa na viragem aos 250 metros (SW 7.6)</i>				
DSQ	Ana Catarina Barata	02	União Piedense		
	<i>E-B51 - Tocou com uma só mão na parede testa na chegada do percurso de braços (SW 7.6)</i>				

Juvenis A

1.	Carolina Rosa Marcelino	01	Alges	5:09.06	594
	50m: 32.42 32.42	150m: 1:49.94 39.98	250m: 3:13.59 44.33	350m: 4:34.25 36.29	
	100m: 1:09.96 37.54	200m: 2:29.26 39.32	300m: 3:57.96 44.37	400m: 5:09.06 34.81	
2.	Filipa Serrano Rodrigues	01	União Piedense	5:09.97	589
	50m: 33.31 33.31	150m: 1:50.62 39.60	250m: 3:15.35 46.26	350m: 4:35.82 34.76	
	100m: 1:11.02 37.71	200m: 2:29.09 38.47	300m: 4:01.06 45.71	400m: 5:09.97 34.15	
3.	Luisa Maria Machado	01	União Piedense	5:10.28	587
	50m: 33.58 33.58	150m: 1:54.60 41.20	250m: 3:16.64 42.72	350m: 4:36.30 36.16	
	100m: 1:13.40 39.82	200m: 2:33.92 39.32	300m: 4:00.14 43.50	400m: 5:10.28 33.98	
4.	Raquel Antunes Tremoco	01	Sporting	5:17.52	548
	50m: 32.88 32.88	150m: 1:51.70 39.64	250m: 3:19.03 46.61	350m: 4:42.28 36.50	
	100m: 1:12.06 39.18	200m: 2:32.42 40.72	300m: 4:05.78 46.75	400m: 5:17.52 35.24	
5.	Rita Alexandra Vital	01	Alges	5:21.98	525
	50m: 34.21 34.21	150m: 1:53.81 40.62	250m: 3:21.03 46.94	350m: 4:46.13 36.88	
	100m: 1:13.19 38.98	200m: 2:34.09 40.28	300m: 4:09.25 48.22	400m: 5:21.98 35.85	
6.	Mafalda Rato Monteiro	01	Naval Setubalense	5:23.43	518
	50m: 34.08 34.08	150m: 1:55.06 41.90	250m: 3:21.29 45.29	350m: 4:46.66 39.17	
	100m: 1:13.16 39.08	200m: 2:36.00 40.94	300m: 4:07.49 46.20	400m: 5:23.43 36.77	
7.	Mariana Sobral Galacha	01	Sporting	5:25.07	510
	50m: 34.39 34.39	150m: 1:56.37 41.64	250m: 3:22.41 46.35	350m: 4:47.17 38.12	
	100m: 1:14.73 40.34	200m: 2:36.06 39.69	300m: 4:09.05 46.64	400m: 5:25.07 37.90	
8.	Mariana Delicado Correia	01	Sporting	5:25.39	509
	50m: 33.63 33.63	150m: 1:52.72 39.88	250m: 3:21.38 48.48	350m: 4:48.34 38.20	
	100m: 1:12.84 39.21	200m: 2:32.90 40.18	300m: 4:10.14 48.76	400m: 5:25.39 37.05	
9.	Tatiana Raquel Pombo	01	Nautica do Seixal	5:25.83	507
	50m: 32.72 32.72	150m: 1:54.69 44.38	250m: 3:23.55 47.18	350m: 4:49.67 37.80	
	100m: 1:10.31 37.59	200m: 2:36.37 41.68	300m: 4:11.87 48.32	400m: 5:25.83 36.16	
10.	Raquel Santos Sousa	01	Belenenses	5:27.65	498
	50m: 33.66 33.66	150m: 1:53.18 40.85	250m: 3:22.70 48.66	350m: 4:50.29 38.51	
	100m: 1:12.33 38.67	200m: 2:34.04 40.86	300m: 4:11.78 49.08	400m: 5:27.65 37.36	

Prova 5, Femin., 400m Estilos, Juvenis A

Pos.	Nadador	Ano	Clube	Tempo	Pts
11.	Ana Cruz Antunes	01	Benfica	5:29.27	491
	50m: 35.00 35.00	150m: 1:59.83 43.12	250m: 3:27.46 46.42	350m: 4:53.99 38.96	
	100m: 1:16.71 41.71	200m: 2:41.04 41.21	300m: 4:15.03 47.57	400m: 5:29.27 35.28	
12.	Mafalda Sofia Dias	01	Naval Setubalense	5:31.71	480
	50m: 35.45 35.45	150m: 1:57.97 42.28	250m: 3:27.31 47.99	350m: 4:55.52 39.29	
	100m: 1:15.69 40.24	200m: 2:39.32 41.35	300m: 4:16.23 48.92	400m: 5:31.71 36.19	
13.	Ines Rodrigues Ferreira	01	Benfica	5:34.97	466
	50m: 34.83 34.83	150m: 2:00.07 44.76	250m: 3:31.01 48.12	350m: 4:57.38 37.94	
	100m: 1:15.31 40.48	200m: 2:42.89 42.82	300m: 4:19.44 48.43	400m: 5:34.97 37.59	
14.	Celeste Santos Ricardo	01	Naval Amorense	5:35.04	466
	50m: 35.74 35.74	150m: 1:58.85 41.81	250m: 3:30.43 51.01	350m: 4:58.90 36.96	
	100m: 1:17.04 41.30	200m: 2:39.42 40.57	300m: 4:21.94 51.51	400m: 5:35.04 36.14	
15.	Ana Margarida Branco	01	Alges	5:38.66	451
	50m: 33.51 33.51	150m: 1:55.35 43.56	250m: 3:29.86 51.04	350m: 5:01.10 39.39	
	100m: 1:11.79 38.28	200m: 2:38.82 43.47	300m: 4:21.71 51.85	400m: 5:38.66 37.56	
16.	Filipa Bile Grilo	01	Benfica	5:39.83	447
	50m: 36.25 36.25	150m: 2:02.99 42.49	250m: 3:32.75 48.82	350m: 5:02.13 39.91	
	100m: 1:20.50 44.25	200m: 2:43.93 40.94	300m: 4:22.22 49.47	400m: 5:39.83 37.70	
17.	Beatriz Seixas Goncalves	01	Colégio Monte Maior	5:40.05	446
	50m: 37.69 37.69	150m: 2:04.00 42.49	250m: 3:35.61 49.91	350m: 5:03.70 37.65	
	100m: 1:21.51 43.82	200m: 2:45.70 41.70	300m: 4:26.05 50.44	400m: 5:40.05 36.35	
18.	Sofia Isabel Lourenco	01	Alges	5:44.92	427
	50m: 36.84 36.84	150m: 2:04.77 46.22	250m: 3:38.30 50.15	350m: 5:08.33 39.55	
	100m: 1:18.55 41.71	200m: 2:48.15 43.38	300m: 4:28.78 50.48	400m: 5:44.92 36.59	
19.	Sara Rulin Loureiro	01	Benfica	5:45.75	424
	50m: 37.28 37.28	150m: 2:04.55 43.69	250m: 3:37.87 51.18	350m: 5:08.59 39.23	
	100m: 1:20.86 43.58	200m: 2:46.69 42.14	300m: 4:29.36 51.49	400m: 5:45.75 37.16	
20.	Joana Mira Pereira	01	Naval Setubalense	5:48.08	416
	50m: 36.32 36.32	150m: 2:05.03 45.90	250m: 3:40.70 50.24	350m: 5:11.25 39.98	
	100m: 1:19.13 42.81	200m: 2:50.46 45.43	300m: 4:31.27 50.57	400m: 5:48.08 36.83	
21.	Liliana Simoes Romao	01	Geslours	5:49.26	411
	50m: 37.11 37.11	150m: 2:02.63 42.09	250m: 3:36.78 52.24	350m: 5:08.93 40.10	
	100m: 1:20.54 43.43	200m: 2:44.54 41.91	300m: 4:28.83 52.05	400m: 5:49.26 40.33	
22.	Luana Correia Rodrigues	01	Amadora	5:49.39	411
	50m: 40.78 40.78	150m: 2:13.40 43.01	250m: 3:41.95 47.16	350m: 5:11.41 41.02	
	100m: 1:30.39 49.61	200m: 2:54.79 41.39	300m: 4:30.39 48.44	400m: 5:49.39 37.98	
23.	Adriana Nogueira Mascarenhas	01	Naval Setubalense	5:51.83	402
	50m: 36.88 36.88	150m: 2:07.91 47.57	250m: 3:42.67 49.01	350m: 5:12.22 41.46	
	100m: 1:20.34 43.46	200m: 2:53.66 45.75	300m: 4:30.76 48.09	400m: 5:51.83 39.61	
24.	Bruna Paulo Lourenco	01	Sporting	5:54.51	393
	50m: 36.32 36.32	150m: 2:06.36 46.00	250m: 3:41.82 52.01	350m: 5:15.65 42.00	
	100m: 1:20.36 44.04	200m: 2:49.81 43.45	300m: 4:33.65 51.83	400m: 5:54.51 38.86	
25.	Maria Rodrigues Tome	01	Olivais e Moscavide	6:00.38	374
	50m: 35.75 35.75	150m: 2:04.81 44.66	250m: 3:42.91 54.14	350m: 5:19.76 42.82	
	100m: 1:20.15 44.40	200m: 2:48.77 43.96	300m: 4:36.94 54.03	400m: 6:00.38 40.62	
DSQ	Tatiana Alexandre Cardoso	01	Amadora		
	<i>E-C50 - Perdeu a posição dorsal na chegada do percurso de costas (SW 6.5)</i>				