

Prova 7
15.11.15 - 9:00

Femin., 400m Livres

Infantis B
Resultados

Rec Regional	4:42.86	Beatriz Rodrigues Conde	SCP	Alges	2010
Rec Regional Absoluto	4:18.39	Ana Cláudia Correia Santos	SFUAP	Cantanhede	2004
Rec Nacional	4:38.40	Filipa Vilas Ruivo	DNMG	Alcobaça	2009
Rec Nacional Absoluto	4:13.97	Sara Beatriz Loureiro	FCP	Leiria	2009

Mínimo Acesso : 6:01.88

Pontos: FINA 2015

Pos.	Nadador	Ano	Clube	Tempo	Pts
1.	Maria Ferreira Moura	04	Gesloures	5:15.55	410
	50m: 36.37 36.37	150m: 1:56.18 40.24	250m: 3:16.15 39.72	350m: 4:36.47 40.01	400m: 5:15.55 39.08
	100m: 1:15.94 39.57	200m: 2:36.43 40.25	300m: 3:56.46 40.31		
2.	Leonor Alves Morganho	04	Alges	5:17.31	403
	50m: 37.04 37.04	150m: 1:56.77 40.69	250m: 3:17.37 39.92	350m: 4:38.02 40.16	400m: 5:17.31 39.29
	100m: 1:16.08 39.04	200m: 2:37.45 40.68	300m: 3:57.86 40.49		
3.	Maria Gomes Pereira	04	Alges	5:22.02	386
	50m: 36.32 36.32	150m: 1:57.11 41.28	250m: 3:19.87 40.91	350m: 4:42.36 41.15	400m: 5:22.02 39.66
	100m: 1:15.83 39.51	200m: 2:38.96 41.85	300m: 4:01.21 41.34		
4.	Susana Chanoca Narciso	04	Desportivo Sesimbra	5:23.40	381
	50m: 35.94 35.94	150m: 1:58.00 41.47	250m: 3:21.64 41.27	350m: 4:44.42 41.45	400m: 5:23.40 38.98
	100m: 1:16.53 40.59	200m: 2:40.37 42.37	300m: 4:02.97 41.33		
5.	Lidiana Correia Rodrigues	04	Amadora	5:24.94	375
	50m: 37.93 37.93	150m: 2:00.63 42.30	250m: 3:24.67 41.99	350m: 4:46.41 40.47	400m: 5:24.94 38.53
	100m: 1:18.33 40.40	200m: 2:42.68 42.05	300m: 4:05.94 41.27		
6.	Leonor Esteves Santos	04	Avançado EULx	5:31.82	353
	50m: 38.00 38.00	150m: 2:02.32 42.60	250m: 3:26.75 42.31	350m: 4:51.73 42.67	400m: 5:31.82 40.09
	100m: 1:19.72 41.72	200m: 2:44.44 42.12	300m: 4:09.06 42.31		
7.	Alice Jesus Morgado	04	Vialonga	5:34.74	343
	50m: 37.65 37.65	150m: 2:01.55 42.30	250m: 3:27.12 42.98	350m: 4:53.39 42.96	400m: 5:34.74 41.35
	100m: 1:19.25 41.60	200m: 2:44.14 42.59	300m: 4:10.43 43.31		
8.	Carolina Porem Henriques	04	Amadora	5:35.55	341
	50m: 38.64 38.64	150m: 2:03.03 42.54	250m: 3:27.88 41.79	350m: 4:53.29 42.57	400m: 5:35.55 42.26
	100m: 1:20.49 41.85	200m: 2:46.09 43.06	300m: 4:10.72 42.84		
9.	Marta Pereira Domingos	04	Naval Amorense	5:39.83	328
	50m: 38.30 38.30	150m: 2:05.10 44.07	250m: 3:32.53 43.39	350m: 4:58.79 43.43	400m: 5:39.83 41.04
	100m: 1:21.03 42.73	200m: 2:49.14 44.04	300m: 4:15.36 42.83		
10.	Mariana Morais Delfino	04	Avançado EULx	5:40.43	326
	50m: 37.67 37.67	150m: 2:02.17 42.58	250m: 3:28.98 43.89	350m: 4:57.32 43.94	400m: 5:40.43 43.11
	100m: 1:19.59 41.92	200m: 2:45.09 42.92	300m: 4:13.38 44.40		
11.	Matilde Calhau Silva	04	Sporting	5:40.56	326
	50m: 38.76 38.76	150m: 2:04.93 43.58	250m: 3:31.35 43.04	350m: 4:58.53 43.78	400m: 5:40.56 42.03
	100m: 1:21.35 42.59	200m: 2:48.31 43.38	300m: 4:14.75 43.40		
12.	Madalena da Graça Geraldes	04	Sporting	5:41.23	324
	50m: 37.18 37.18	150m: 2:02.81 44.06	250m: 3:30.38 43.73	350m: 4:58.47 43.99	400m: 5:41.23 42.76
	100m: 1:18.75 41.57	200m: 2:46.65 43.84	300m: 4:14.48 44.10		
13.	Vera Figueiredo Narra	04	Amadora	5:41.54	323
	50m: 36.80 36.80	150m: 2:00.03 42.82	250m: 3:29.00 44.53	350m: 4:58.15 44.91	400m: 5:41.54 43.39
	100m: 1:17.21 40.41	200m: 2:44.47 44.44	300m: 4:13.24 44.24		
14.	Carolina Fale Costa	04	Colégio Monte Maior	5:43.93	317
	50m: 39.52 39.52	150m: 2:04.88 42.73	250m: 3:33.55 44.43	350m: 5:02.16 43.41	400m: 5:43.93 41.77
	100m: 1:22.15 42.63	200m: 2:49.12 44.24	300m: 4:18.75 45.20		
15.	Rita Santos Boioes	04	C N Montijo	5:46.41	310
	50m: 37.35 37.35	150m: 2:04.13 44.30	250m: 3:34.13 45.03	350m: 5:04.22 44.41	400m: 5:46.41 42.19
	100m: 1:19.83 42.48	200m: 2:49.10 44.97	300m: 4:19.81 45.68		
16.	Carolina Jose Nascimento	04	CPCD Póvoa Sta Iria	5:48.62	304
	50m: 39.25 39.25	150m: 2:08.16 44.80	250m: 3:38.19 44.62	350m: 5:05.95 42.71	400m: 5:48.62 42.67
	100m: 1:23.36 44.11	200m: 2:53.57 45.41	300m: 4:23.24 45.05		
17.	Margarida Filipe Ferreira	04	Nautica do Seixal	5:51.21	297
	50m: 37.52 37.52	150m: 2:06.17 45.34	250m: 3:36.58 45.17	350m: 5:06.71 44.66	400m: 5:51.21 44.50
	100m: 1:20.83 43.31	200m: 2:51.41 45.24	300m: 4:22.05 45.47		
18.	Carolina Pinto Luz	04	Desportivo Sesimbra	5:51.99	295
	50m: 39.18 39.18	150m: 2:09.08 45.43	250m: 3:39.51 45.26	350m: 5:09.50 44.68	400m: 5:51.99 42.49
	100m: 1:23.65 44.47	200m: 2:54.25 45.17	300m: 4:24.82 45.31		

Prova 7, Femin., 400m Livres, Infantis B

Pos.	Nadador	Ano	Clube	Tempo	Pts
19.	Daniela Alexandra Pedro	04	Colégio Vasco da Gama	5:52.62	294
	50m: 39.35 39.35	150m: 2:07.98 44.72	250m: 3:39.37 45.62	350m: 5:11.31 45.68	
	100m: 1:23.26 43.91	200m: 2:53.75 45.77	300m: 4:25.63 46.26	400m: 5:52.62 41.31	
20.	Raquel Raposo Lopes	04	Nautica do Seixal	5:53.19	292
	50m: 38.91 38.91	150m: 2:06.97 45.09	250m: 3:37.48 45.39	350m: 5:08.60 45.67	
	100m: 1:21.88 42.97	200m: 2:52.09 45.12	300m: 4:22.93 45.45	400m: 5:53.19 44.59	
21.	Ana Costa Gonçalves	04	Sporting	5:53.28	292
	50m: 39.05 39.05	150m: 2:08.66 45.71	250m: 3:39.29 44.89	350m: 5:10.53 45.45	
	100m: 1:22.95 43.90	200m: 2:54.40 45.74	300m: 4:25.08 45.79	400m: 5:53.28 42.75	
22.	Sara Alexandra Castro	04	C N Montijo	5:55.11	288
	50m: 37.76 37.76	150m: 2:05.54 45.02	250m: 3:37.34 46.75	350m: 5:10.79 47.07	
	100m: 1:20.52 42.76	200m: 2:50.59 45.05	300m: 4:23.72 46.38	400m: 5:55.11 44.32	
23.	Joana Maia Antunes	04	Sporting	5:56.59	284
	50m: 37.19 37.19	150m: 2:05.22 45.80	250m: 3:38.01 46.35	350m: 5:10.88 46.10	
	100m: 1:19.42 42.23	200m: 2:51.66 46.44	300m: 4:24.78 46.77	400m: 5:56.59 45.71	
24.	Barbara Almeida Ribeiro	04	Colégio Vasco da Gama	6:00.25	275
	50m: 40.76 40.76	150m: 2:11.35 46.36	250m: 3:42.94 46.36	350m: 5:15.08 46.05	
	100m: 1:24.99 44.23	200m: 2:56.58 45.23	300m: 4:29.03 46.09	400m: 6:00.25 45.17	
25.	Matilde Carvalho Barao	04	Colégio Vasco da Gama	6:01.06	274
	50m: 41.19 41.19	150m: 2:11.82 46.32	250m: 3:43.19 45.34	350m: 5:15.13 45.86	
	100m: 1:25.50 44.31	200m: 2:57.85 46.03	300m: 4:29.27 46.08	400m: 6:01.06 45.93	
26.	Rafaela Salsinha Fontes	04	Naval Amorense	6:01.82	272
	50m: 38.61 38.61	150m: 2:08.66 45.98	250m: 3:41.70 47.36	350m: 5:17.41 47.56	
	100m: 1:22.68 44.07	200m: 2:54.34 45.68	300m: 4:29.85 48.15	400m: 6:01.82 44.41	
27.	Catarina Nunes Costa <i>Fora Minimo Acesso</i>	04	Geslours	6:02.43	270
	50m: 42.16 42.16	150m: 2:15.50 47.64	250m: 3:48.05 45.67	350m: 5:19.46 45.03	
	100m: 1:27.86 45.70	200m: 3:02.38 46.88	300m: 4:34.43 46.38	400m: 6:02.43 42.97	
28.	Alice Carvalho Amigo <i>Fora Minimo Acesso</i>	04	Desportivo Sesimbra	6:04.47	266
	50m: 39.62 39.62	150m: 2:12.38 46.83	250m: 3:46.44 47.00	350m: 5:21.62 47.46	
	100m: 1:25.55 45.93	200m: 2:59.44 47.06	300m: 4:34.16 47.72	400m: 6:04.47 42.85	
29.	Alisa Bekauri <i>Fora Minimo Acesso</i>	04	Oriental	6:04.68	265
	50m: 39.99 39.99	150m: 2:11.46 46.78	250m: 3:45.55 47.28	350m: 5:19.50 46.96	
	100m: 1:24.68 44.69	200m: 2:58.27 46.81	300m: 4:32.54 46.99	400m: 6:04.68 45.18	
30.	Margarida Carvalho Barao <i>Fora Minimo Acesso</i>	04	Colégio Vasco da Gama	6:04.83	265
	50m: 39.85 39.85	150m: 2:10.76 46.04	250m: 3:45.34 47.69	350m: 5:20.03 47.69	
	100m: 1:24.72 44.87	200m: 2:57.65 46.89	300m: 4:32.34 47.00	400m: 6:04.83 44.80	
31.	Daniela Filippa Marques <i>Fora Minimo Acesso</i>	04	Palmela Desporto	6:05.62	263
	50m: 40.00 40.00	150m: 2:12.20 46.98	250m: 3:43.90 45.69	350m: 5:19.00 47.24	
	100m: 1:25.22 45.22	200m: 2:58.21 46.01	300m: 4:31.76 47.86	400m: 6:05.62 46.62	
32.	Rita Aldir Santos <i>Fora Minimo Acesso</i>	04	Avançado EULx	6:06.21	262
	50m: 41.18 41.18	150m: 2:15.88 48.62	250m: 3:49.55 46.68	350m: 5:22.11 46.13	
	100m: 1:27.26 46.08	200m: 3:02.87 46.99	300m: 4:35.98 46.43	400m: 6:06.21 44.10	
33.	Maria Martins Camacho <i>Fora Minimo Acesso</i>	04	União Piedense	6:09.77	255
	50m: 39.54 39.54	150m: 2:13.35 47.36	250m: 3:48.18 47.73	350m: 5:24.06 48.28	
	100m: 1:25.99 46.45	200m: 3:00.45 47.10	300m: 4:35.78 47.60	400m: 6:09.77 45.71	
34.	Alice Castico Moreira <i>Fora Minimo Acesso</i>	04	C N Montijo	6:10.10	254
	50m: 41.16 41.16	150m: 2:13.70 47.00	250m: 3:48.29 47.41	350m: 5:24.04 47.94	
	100m: 1:26.70 45.54	200m: 3:00.88 47.18	300m: 4:36.10 47.81	400m: 6:10.10 46.06	
35.	Sara Vitoria Gomes <i>Fora Minimo Acesso</i>	04	Naval Amorense	6:10.44	253
	50m: 38.97 38.97	150m: 2:08.94 46.79	250m: 3:45.18 48.53	350m: 5:23.26 49.50	
	100m: 1:22.15 43.18	200m: 2:56.65 47.71	300m: 4:33.76 48.58	400m: 6:10.44 47.18	

Prova 7, Femin., 400m Livres, Infantis B

Pos.	Nadador	Ano	Clube	Tempo	Pts
36.	Catarina Alexandra Marques <i>Fora Minimo Acesso</i>	04	Colégio Vasco da Gama	6:11.70	251
	50m: 40.77 40.77	150m: 2:15.86 48.35	250m: 3:49.46 46.77	350m: 5:25.20 47.55	
	100m: 1:27.51 46.74	200m: 3:02.69 46.83	300m: 4:37.65 48.19	400m: 6:11.70 46.50	
37.	Andreia Velho Magalhaes <i>Fora Minimo Acesso</i>	04	Benfica	6:13.08	248
	50m: 38.64 38.64	150m: 2:11.24 47.83	250m: 3:48.64 48.88	350m: 5:26.48 49.04	
	100m: 1:23.41 44.77	200m: 2:59.76 48.52	300m: 4:37.44 48.80	400m: 6:13.08 46.60	
38.	Marta Silva Figueiredo <i>Fora Minimo Acesso</i>	04	Naval Amorense	6:13.60	247
	50m: 40.28 40.28	150m: 2:15.34 47.72	250m: 3:50.72 48.76	350m: 5:26.55 47.29	
	100m: 1:27.62 47.34	200m: 3:01.96 46.62	300m: 4:39.26 48.54	400m: 6:13.60 47.05	
39.	Ines Marques Joaquim <i>Fora Minimo Acesso</i>	04	Benfica	6:19.58	235
	50m: 41.16 41.16	150m: 2:16.85 47.83	250m: 3:53.08 47.96	350m: 5:30.35 48.90	
	100m: 1:29.02 47.86	200m: 3:05.12 48.27	300m: 4:41.45 48.37	400m: 6:19.58 49.23	
40.	Luana Santos Freitas <i>Fora Minimo Acesso</i>	04	Amadora	6:22.00	231
	50m: 41.66 41.66	150m: 2:20.09 49.73	250m: 3:56.33 47.42	350m: 5:36.14 49.68	
	100m: 1:30.36 48.70	200m: 3:08.91 48.82	300m: 4:46.46 50.13	400m: 6:22.00 45.86	