

Prova 7
6.2.16 - 17:19

Femin., 400m Estilos

Absolutos/All
Resultados

Rec Mundial / World Record	4:28.43	YE Shiwen	CHN	London (GBR)	2012
Rec Europeu / European Record	4:30.31	HOSSZU Katinka	HUN	Rome (ITA)	2009
Rec Meeting / Meeting Record	4:50.87	BARDACH Georgina	ARG	Jamor	2012
Rec Nacional / Port.Nat Record	4:45.69	KAMINSKAYA Victoria	PMP	Malaga (ESP)	2015

Tempo Acesso Meeting / Meeting Access Time Jun&Sen: 5:36.00; Inf&Juv: 5:36.00

Pontos: FINA 2016

Pos.	Nadador / Swimmer	A/Y	Clube / Team	Tempo / Final	TReac	Pts
1.	ROCHA Ines Neto 50m: 31.84 31.84 100m: 1:07.61 35.77	01	Seleção Portugal	5:04.06 150m: 1:47.87 40.26 250m: 3:09.00 42.65 200m: 2:26.35 38.48 300m: 3:52.27 43.27 400m: 5:04.06 42.65	+0.93	688
2.	VARGAS Giovanna Vaz 50m: 32.95 32.95 100m: 1:09.16 36.21	00	Nautico Marinha Grande	5:07.77 150m: 1:50.54 41.38 250m: 3:14.97 44.56 200m: 2:30.41 39.87 300m: 3:59.45 44.48 400m: 5:07.77 44.48	+0.88	663
3.	AUBAN Sara 50m: 32.71 32.71 100m: 1:10.81 38.10	98	Fed. Française - IRSO	5:08.32 150m: 1:52.35 41.54 250m: 3:13.34 40.51 200m: 2:32.83 40.48 300m: 3:56.90 43.56 400m: 5:08.32 40.51	+0.83	659
4.	MARCELINO Carolina Rosa 50m: 31.65 31.65 100m: 1:09.74 38.09	01	Seleção Portugal	5:11.03 150m: 1:50.55 40.81 250m: 3:14.52 43.43 200m: 2:31.09 40.54 300m: 3:59.02 44.50 400m: 5:11.03 43.43	+0.73	642
5.	SHORTEN Aoife 50m: 32.87 32.87 100m: 1:09.79 36.92	98	Connacht Performance Centre	5:11.51 150m: 1:50.93 41.14 250m: 3:14.98 43.36 200m: 2:31.62 40.69 300m: 3:58.96 43.98 400m: 5:11.51 43.36	+0.77	639
6.	SILVA Ines Rocha 50m: 32.65 32.65 100m: 1:11.35 38.70	00	Alcobaça	5:11.90 150m: 1:52.69 41.34 250m: 3:15.65 43.00 200m: 2:32.65 39.96 300m: 3:59.65 44.00 400m: 5:11.90 43.00	+0.69	637
7.	DOMINGUES Monica Seara 50m: 33.11 33.11 100m: 1:10.45 37.34	00	Nautico Marinha Grande	5:13.00 150m: 1:51.31 40.86 250m: 3:16.71 46.08 200m: 2:30.63 39.32 300m: 4:02.74 46.03 400m: 5:13.00 46.03	+0.89	630
8.	IDIER Inès 50m: 32.83 32.83 100m: 1:10.60 37.77	00	Fed. Française - IRSO	5:13.63 150m: 1:53.32 42.72 250m: 3:19.32 44.99 200m: 2:34.33 41.01 300m: 4:04.74 45.42 400m: 5:13.63 44.99	+0.91	626
9.	COSTA Rita Teixeira 50m: 31.90 31.90 100m: 1:09.90 38.00	97	Belenenses	5:17.45 150m: 1:51.51 41.61 250m: 3:18.11 46.06 200m: 2:32.05 40.54 300m: 4:04.74 46.63 400m: 5:17.45 46.06	+0.83	604
10.	RANITO Raquel Paulo 50m: 33.23 33.23 100m: 1:11.66 38.43	94	Sporting	5:17.63 150m: 1:53.26 41.60 250m: 3:20.43 46.18 200m: 2:34.25 40.99 300m: 4:05.96 45.53 400m: 5:17.63 46.18	+0.66	603
11.	MACHADO Luisa Maria 50m: 34.66 34.66 100m: 1:14.48 39.82	01	Seleção Portugal	5:17.66 150m: 1:55.64 41.16 250m: 3:21.22 44.31 200m: 2:36.91 41.27 300m: 4:05.01 43.79 400m: 5:17.66 44.31		603
12.	GUEDES Carolina Mantua 50m: 31.99 31.99 100m: 1:08.80 36.81	98	Sporting	5:21.09 150m: 1:53.23 44.43 250m: 3:22.20 45.57 200m: 2:36.63 43.40 300m: 4:08.78 46.58 400m: 5:21.09 45.57	+0.81	584
13.	LACOMME Lucile 50m: 34.72 34.72 100m: 1:14.34 39.62	00	Fed. Française - IRSO	5:21.33 150m: 1:57.71 43.37 250m: 3:22.37 43.02 200m: 2:39.35 41.64 300m: 4:06.45 44.08 400m: 5:21.33 43.02	+0.74	582
14.	TREMOCO Raquel Antunes 50m: 33.46 33.46 100m: 1:12.46 39.00	01	Sporting	5:23.65 150m: 1:54.33 41.87 250m: 3:23.62 47.05 200m: 2:36.57 42.24 300m: 4:10.38 46.76 400m: 5:23.65 47.05	+0.91	570
15.	TEODOSIO Barbara Coimbra 50m: 32.65 32.65 100m: 1:09.76 37.11	99	Nautico Marinha Grande	5:24.40 150m: 1:52.57 42.81 250m: 3:23.92 46.95 200m: 2:36.97 44.40 300m: 4:12.04 48.12 400m: 5:24.40 46.95	+0.51	566
16.	AGOSTINHO Catia Jordan 50m: 35.11 35.11 100m: 1:17.02 41.91	02	Rio Maior	5:32.32 150m: 2:00.94 43.92 250m: 3:29.45 45.83 200m: 2:43.62 42.68 300m: 4:16.66 47.21 400m: 5:32.32 45.83	+0.82	527

www.anlisboa.pt

Resultados em directo online: <http://goo.gl/Dq6bpM>

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Splash Meet Manager 11, 11.41181

Registered to Associação de Nataçao de Lisboa

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Prova 7, Femin., 400m Estilos, Absolutos/All

Pos.	Nadador / Swimmer	A/Y	Clube / Team	Tempo / Final	TReac	Pts
17.	GALACHA Mariana Sobral	01	Sporting	5:33.51	+0.70	521
	50m: 34.16 34.16	150m: 2:00.41 44.49	250m: 3:30.26 47.36	350m: 4:55.73 47.36		38.87
	100m: 1:15.92 41.76	200m: 2:42.90 42.49	300m: 4:16.86 46.60	400m: 5:33.51 46.60		37.78
18.	BELO Maria Margarida	02	Sporting	5:34.68	+0.84	515
	50m: 33.84 33.84	150m: 1:57.43 42.61	250m: 3:27.95 49.42	350m: 4:56.84 49.42		38.83
	100m: 1:14.82 40.98	200m: 2:38.53 41.10	300m: 4:18.01 50.06	400m: 5:34.68 50.06		37.84
19.	ASTOUL Amélia (Fora Tempo Acesso / Out of Admission Time)	02	Fed. Française - IRSO	5:41.68		484
	50m: 37.69 37.69	150m: 2:03.15 43.00	250m: 3:35.60 48.85	350m: 5:03.39 48.85		40.34
	100m: 1:20.15 42.46	200m: 2:46.75 43.60	300m: 4:23.05 47.45	400m: 5:41.68 47.45		38.29
20.	GUERRA Sara Costa (Fora Tempo Acesso / Out of Admission Time)	99	Sporting	5:42.60	+0.79	480
	50m: 33.38 33.38	150m: 1:58.61 46.09	250m: 3:33.21 49.91	350m: 5:04.39 49.91		39.62
	100m: 1:12.52 39.14	200m: 2:43.30 44.69	300m: 4:24.77 51.56	400m: 5:42.60 51.56		38.21