

Prova 12
27.2.16 - 9:18

Femin., 400m Estilos

Absolutos
Resultados

Rec Regional Juv B	5:01.04	Susana Patricia Miguel	SFUAP	Lisboa	2004
Rec Regional Juv A	5:02.41	Patricia Garcia Marinho	SCP	Faro	2009
Rec Regional Jun 1	4:58.87	Susana Patricia Miguel	SFUAP	Palma de Mallorca (ESP)	2006
Rec Regional Jun 2	4:59.32	Ana Marta Miranda	SFUAP	Coimbra	2013
Rec Regional Sen	4:50.28	Nadia Morais Vieira	FPN	Eindhoven (NED)	2011
Rec Regional Absoluto	4:50.28	Nadia Morais Vieira	FPN	Eindhoven (NED)	2011
Rec Nacional Absoluto	4:45.69	Victoria Kaminskaya	PIMP	Malaga (ESP)	2015

TAC - Fem Juv B: 6:10.60; Juv A: 6:00.31; Jun 2: 5:46.83; Jun 1: 5:50.23; Sen: 5:45.13

Pontos: FINA 2015

Lugar	Nome do Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts	100m	200m	300m	400m
Juvenis B										
1.	Francisca Salvador Mesquita <i>Campeã Regional Juvenil B</i>	02	ADRCIMM	5:29.66	5:23.83	569	1:12.20	1:26.85	1:29.60	1:15.18
2.	Mariana Amaral Mendes	02	ADRCIMM	5:19.43	5:25.85	559	1:16.86	1:25.96	1:29.48	1:13.55
3.	Carina Vlasyuk	02	SCP	5:33.19	5:30.63	535	1:12.89	1:26.74	1:35.29	1:15.71
4.	Natacha Sofia Silva	02	SLB	5:44.36	5:38.54	498	1:17.98	1:27.59	1:34.17	1:18.80
5.	Madalena Maria Ferreira	02	SCP	5:44.24	5:42.11	483	1:16.70	1:27.34	1:40.77	1:17.30
6.	Leticia Maia Andre	02	SFUAP	5:42.13	5:44.62	472	1:18.21	1:37.14	1:32.06	1:17.21

Juvenis A

1.	Filipa Serrano Rodrigues <i>Campeã Regional Juvenil A</i>	01	SFUAP	5:09.71	5:18.50	598	1:10.65	1:22.63	1:36.56	1:08.66
2.	Tatiana Alexandre Cardoso	01	CNA	5:33.74	5:45.30	469	1:16.02	1:30.39	1:38.92	1:19.97
3.	Ines Rodrigues Ferreira	01	SLB	5:35.61	5:45.71	468	1:16.24	1:30.03	1:42.77	1:16.67
4.	Sara Alexandra Sousa	01	GESL	5:39.51	5:54.65	433	1:23.36	1:27.86	1:41.46	1:21.97

Juniores

1.	Ines Silva Bernardo <i>Campeã Regional Junior</i>	00	ADRCIMM	5:20.08	5:14.60	621	1:12.15	1:24.43	1:25.78	1:12.24
2.	Beatriz Barros Carmo	99	SAD	5:27.65	5:35.68	511	1:17.97	1:27.16	1:35.88	1:14.67
3.	Sara Costa Guerra	99	SCP	5:25.25	5:43.21	478	1:12.96	1:29.53	1:41.03	1:19.69

Seniores

1.	Sofia Prates Silvestre <i>Campeã Regional Sénior</i>	95	ANAM	5:21.10	5:21.19	583	1:12.47	1:24.83	1:33.27	1:10.62
2.	Barbara Sofia Barata	97	SAD	5:13.28	5:27.54	550	1:09.59	1:27.97	1:34.39	1:15.59
DSQ	Rute Margarida Marques	94	CNA	5:22.46						

E-B4 - Efectuou batimento alternado de pernas após início percurso de bruços (SW 7.4)

Absolutos

1.	Ines Silva Bernardo	00	ADRCIMM	5:20.08	5:14.60	621	1:12.15	1:24.43	1:25.78	1:12.24
2.	Filipa Serrano Rodrigues	01	SFUAP	5:09.71	5:18.50	598	1:10.65	1:22.63	1:36.56	1:08.66
3.	Sofia Prates Silvestre	95	ANAM	5:21.10	5:21.19	583	1:12.47	1:24.83	1:33.27	1:10.62
4.	Francisca Salvador Mesquita	02	ADRCIMM	5:29.66	5:23.83	569	1:12.20	1:26.85	1:29.60	1:15.18
5.	Mariana Amaral Mendes	02	ADRCIMM	5:19.43	5:25.85	559	1:16.86	1:25.96	1:29.48	1:13.55
6.	Barbara Sofia Barata	97	SAD	5:13.28	5:27.54	550	1:09.59	1:27.97	1:34.39	1:15.59
7.	Carina Vlasyuk	02	SCP	5:33.19	5:30.63	535	1:12.89	1:26.74	1:35.29	1:15.71
8.	Beatriz Barros Carmo	99	SAD	5:27.65	5:35.68	511	1:17.97	1:27.16	1:35.88	1:14.67
9.	Natacha Sofia Silva	02	SLB	5:44.36	5:38.54	498	1:17.98	1:27.59	1:34.17	1:18.80
10.	Madalena Maria Ferreira	02	SCP	5:44.24	5:42.11	483	1:16.70	1:27.34	1:40.77	1:17.30
11.	Sara Costa Guerra	99	SCP	5:25.25	5:43.21	478	1:12.96	1:29.53	1:41.03	1:19.69
12.	Leticia Maia Andre	02	SFUAP	5:42.13	5:44.62	472	1:18.21	1:37.14	1:32.06	1:17.21
13.	Tatiana Alexandre Cardoso	01	CNA	5:33.74	5:45.30	469	1:16.02	1:30.39	1:38.92	1:19.97
14.	Ines Rodrigues Ferreira	01	SLB	5:35.61	5:45.71	468	1:16.24	1:30.03	1:42.77	1:16.67
15.	Sara Alexandra Sousa	01	GESL	5:39.51	5:54.65	433	1:23.36	1:27.86	1:41.46	1:21.97

Resultados online em: www.anlisboa.pt ou goo.gl/4cMkha

Prova 12, Femin., 400m Estilos, Absolutos

Lugar	Nome do Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts	100m	200m	300m	400m
DSQ	Rute Margarida Marques	94	CNA	5:22.46						

E-B4 - Efectuou batimento alternado de pernas após início percurso de braços (SW 7.4)

Resultados online em: www.anlisboa.pt ou goo.gl/4cMkha

Splash Meet Manager 11, 11.41181

Registered to Associação de Natação de Lisboa

1.3.16 9:12 - Página 2