

Torneio Internacional da Guarda - Cidade dos 5 F's
(Farta, Forte, Fiel, Fria, Formosa)
Guarda, 09-01-2021

Prova 1 09-01-2021 - 10:00	Femin., 400m Livres					Absoluto Resultados
RN Absoluto	4:04.61	DURAES Diana Margarida	POR	Copenhagen (DEN)		17-12-2017
RN Sen	4:04.61	DURAES Diana Margarida	POR	Copenhagen (DEN)		17-12-2017
RN Jun 17	4:10.52	HOLUB Tamila Hryhorivna	SCB	Porto		12-12-2015
RN Jun 16	4:13.53	SOUSA Ana Reis	CNLA	Porto		09-12-2017
RN Juv A	4:18.39	SANTOS Ana Claudia	SFUAP	Cantanhede		20-12-2004
RN Juv B	4:23.08	MIGUEL Susana Patricia	SFUAP	Alhandra		15-05-2004
RN Inf A	4:25.30	SILVA Alexandra Maria	FCP	Porto		19-07-1980
RN Inf B	4:38.40	RUIVO Filipa Vilas	DNMG	Alcobaça		13-06-2009

Pontos: FINA 2020

Lugar	Ano			Tempo final			FINA	Pts
1. CONCEICAO Ema Jeronimo	03	Portugal		4:18.70			739	
50m: 30.40 30.40	150m: 1:34.09 31.92	250m: 2:39.72 32.99	350m: 3:46.22 33.33	100m: 1:02.17 31.77	200m: 2:06.73 32.64	300m: 3:12.89 33.17	400m: 4:18.70 32.48	
2. CARDEAL Joana Nunes	02	Portugal		4:27.75			666	
50m: 30.66 30.66	150m: 1:36.44 33.35	250m: 2:44.64 34.09	350m: 3:54.18 34.99	100m: 1:03.09 32.43	200m: 2:10.55 34.11	300m: 3:19.19 34.55	400m: 4:27.75 33.57	
3. LOPES Daniela Magalhaes	05	Famalicao		4:28.78			659	
50m: 31.50 31.50	150m: 1:38.43 34.03	250m: 2:46.85 34.25	350m: 3:55.29 34.20	100m: 1:04.40 32.90	200m: 2:12.60 34.17	300m: 3:21.09 34.24	400m: 4:28.78 33.49	
4. RAMOS Ana Rita	02	Porto		4:34.11			621	
50m: 31.07 31.07	150m: 1:37.35 33.67	250m: 2:47.23 34.80	350m: 3:58.63 36.20	100m: 1:03.68 32.61	200m: 2:12.43 35.08	300m: 3:22.43 35.20	400m: 4:34.11 35.48	
5. CARDEAL Beatriz Nunes	04	Seleccao Centro Norte Portugal		4:34.18			621	
50m: 31.41 31.41	150m: 1:40.04 34.73	250m: 2:49.83 34.94	350m: 4:00.27 35.43	100m: 1:05.31 33.90	200m: 2:14.89 34.85	300m: 3:24.84 35.01	400m: 4:34.18 33.91	
6. PEREIRA Carolina Rei	05	Seleccao Centro Norte Portugal		4:42.72			566	
50m: 32.14 32.14	150m: 1:41.32 34.90	250m: 2:52.91 35.88	350m: 4:06.29 36.99	100m: 1:06.42 34.28	200m: 2:17.03 35.71	300m: 3:29.30 36.39	400m: 4:42.72 36.43	
7. MORGADO Alice Jesus	04	Sporting		4:45.99			547	
50m: 33.13 33.13	150m: 1:45.53 36.65	250m: 2:58.77 36.48	350m: 4:10.77 35.78	100m: 1:08.88 35.75	200m: 2:22.29 36.76	300m: 3:34.99 36.22	400m: 4:45.99 35.22	
8. PINTO Leonor Filipa	06	Porto		4:47.87			536	
50m: 32.68 32.68	150m: 1:44.41 36.14	250m: 2:57.55 36.91	350m: 4:11.87 37.15	100m: 1:08.27 35.59	200m: 2:20.64 36.23	300m: 3:34.72 37.17	400m: 4:47.87 36.00	
9. RAMOS Ines Asseiceira	03	Torres Novas		4:48.83			531	
50m: 33.01 33.01	150m: 1:44.70 35.99	250m: 2:57.66 36.54	350m: 4:12.72 37.72	100m: 1:08.71 35.70	200m: 2:21.12 36.42	300m: 3:35.00 37.34	400m: 4:48.83 36.11	
10. PIRES Catarina Gaspar	06	Porto		4:50.13			524	
50m: 33.36 33.36	150m: 1:45.64 36.26	250m: 2:59.47 36.89	350m: 4:14.00 37.48	100m: 1:09.38 36.02	200m: 2:22.58 36.94	300m: 3:36.52 37.05	400m: 4:50.13 36.13	

Organizadores |



Parceiros |



Patrocinadores |



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Prova 1, Femin., 400m Livres, Absoluto

Lugar	Ano	Tempo final	FINA	Pts
11. CERDEIRA Madalena Reis	03 Sporting	4:50.81	520	
50m: 33.12 33.12	150m: 1:45.83 36.77	250m: 2:59.56 36.95	350m: 4:14.29 37.64	
100m: 1:09.06 35.94	200m: 2:22.61 36.78	300m: 3:36.65 37.09	400m: 4:50.81 36.52	
12. FLORINDO Helena Neto	06 Selecao do Interior Centro	4:54.88	499	
50m: 32.46 32.46	150m: 1:45.73 37.34	250m: 3:01.28 38.36	350m: 4:17.55 38.47	
100m: 1:08.39 35.93	200m: 2:22.92 37.19	300m: 3:39.08 37.80	400m: 4:54.88 37.33	
13. PIRES Laura Joao	05 Selecao do Interior Centro	4:59.51	476	
50m: 34.32 34.32	150m: 1:48.10 37.28	250m: 3:04.33 38.39	350m: 4:21.88 38.91	
100m: 1:10.82 36.50	200m: 2:25.94 37.84	300m: 3:42.97 38.64	400m: 4:59.51 37.63	
14. MACEDO Laura Pinheiro	07 Selecao do Interior Centro	5:06.26	445	
50m: 31.24 31.24	150m: 1:49.81 38.06	250m: 3:08.21 39.43	350m: 4:28.02 39.94	
100m: 1:11.75 40.51	200m: 2:28.78 38.97	300m: 3:48.08 39.87	400m: 5:06.26 38.24	
15. FONSECA Ana Filipa	04 Selecao do Alentejo	5:18.10	397	
50m: 35.07 35.07	150m: 1:52.96 39.70	250m: 3:14.20 40.63	350m: 4:37.81 41.70	
100m: 1:13.26 38.19	200m: 2:33.57 40.61	300m: 3:56.11 41.91	400m: 5:18.10 40.29	

Organizadores |



Parceiros |



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