Prova 23 — Femin., 400m Livres — Absolutos
24/10/2026 - 18:16 — Resultados

RN 25m Open	4:04.57	Francisca Soares, MARTINS	POR	Otopeni (ROU)	10/12/2023
RN 25m SEN	4:04.57	Francisca Soares, MARTINS	POR	Otopeni (ROU)	10/12/2023
RN 25m JUN 18	4:11.18	Francisca Soares, MARTINS	FOCA	Mealhada	14/11/2020
RN 25m JUN 17	4:10.52	Tamila Hryhorivna, HOLUB	SCB	Porto	12/12/2015
RN 25m JUV A	4:13.53	Ana Reis, SOUSA	CNLA	Porto	09/12/2017
RN 25m JUV B	4:18.39	Ana Claudia, SANTOS	SFUAP	Cantanhede	20/12/2004
RN 25m INF A	4:23.08	Susana Patricia, MIGUEL	SFUAP	Alhandra	15/05/2004
RN 25m INF B	4:25.30	Alexandra Maria, SILVA	FCP	Porto	19/07/1980

Lugar	Nome	Ano	Licença	Clube	TReac	Tempo Final	Pontos	
1.	Constanca Sousa, FONTINHA	12	212496	O Crasto		**4:48.71**	17,00	-
	50m: 34.26 34.26 150m: 1:47.78 37.23 250m: 2:59.68 35.68 350m: 4:12.38 36.31							
	100m: 1:10.55 36.29 200m: 2:24.00 36.22 300m: 3:36.07 36.39 400m: 4:48.71 36.33							
2.	Ana Margarida, RODRIGUES	96	103868	Alpha Infiniti Athlete		**4:52.78**	15,00	-
	50m: 34.41 34.41 150m: 1:48.10 37.14 250m: 3:02.11 37.16 350m: 4:18.22 38.13							
	100m: 1:10.96 36.55 200m: 2:24.95 36.85 300m: 3:40.09 37.98 400m: 4:52.78 34.56							
3.	Teresa Maria, LOPES	09	205663	Benedita Sport Club Natação		**4:53.44**	14,00	-
	50m: 33.45 33.45 150m: 1:46.05 36.81 250m: 2:59.71 36.61 350m: 4:16.22 38.70							
	100m: 1:09.24 35.79 200m: 2:23.10 37.05 300m: 3:37.52 37.81 400m: 4:53.44 37.22							
4.	Matilde Nogueira, LOURENCO	11	214556	CCDSerta		**5:03.69**	13,00	-
	50m: 33.61 33.61 150m: 1:49.63 38.53 250m: 3:06.98 38.87 350m: 4:26.18 39.50							
	100m: 1:11.10 37.49 200m: 2:28.11 38.48 300m: 3:46.68 39.70 400m: 5:03.69 37.51							
5.	Beatriz Alexandra, MARTINS	13	117581	Aej	+0,78	**5:07.16**	12,00	-
	50m: 34.11 34.11 150m: 1:51.81 39.62 250m: 3:11.31 39.45 350m: 4:30.32 39.32							
	100m: 1:12.19 38.08 200m: 2:31.86 40.05 300m: 3:51.00 39.69 400m: 5:07.16 36.84							
6.	Ines Barata, HENRIQUE	12	216103	AN Albicastrense		**5:15.97**	11,00	-
	50m: 35.02 35.02 150m: 1:53.57 39.90 250m: 3:14.49 40.61 350m: 4:36.99 41.07							
	100m: 1:13.67 38.65 200m: 2:33.88 40.31 300m: 3:55.92 41.43 400m: 5:15.97 38.98							
7.	Ana Beatriz, MOREIRA	13	214021	Lousada Séc.XXI		**5:16.19**	10,00	-
	50m: 34.97 34.97 150m: 1:53.83 39.95 250m: 3:15.32 40.71 350m: 4:37.61 40.92							
	100m: 1:13.88 38.91 200m: 2:34.61 40.78 300m: 3:56.69 41.37 400m: 5:16.19 38.58							
8.	Lara Sofia, MARCELINO	13	220304	Vieirense	+0,62	**5:21.87**	9,00	-
	50m: 36.49 36.49 150m: 1:57.51 41.22 250m: 3:19.21 40.65 350m: 4:42.21 41.59							
	100m: 1:16.29 39.80 200m: 2:38.56 41.05 300m: 4:00.62 41.41 400m: 5:21.87 39.66							
9.	Laura Cristovao, SOUSA	13	214392	FC Ferreiras/AlgarExperience	+0,66	**5:22.54**	8,00	-
	50m: 36.55 36.55 150m: 1:58.83 41.21 250m: 3:22.77 41.87 350m: 4:45.10 40.79							
	100m: 1:17.62 41.07 200m: 2:40.90 42.07 300m: 4:04.31 41.54 400m: 5:22.54 37.44							
10.	Leonor Vieira, PEREIRA	11	216448	Aquatico Silves		**5:23.11**	7,00	-
	50m: 35.23 35.23 150m: 1:55.23 40.46 250m: 3:19.66 43.30 350m: 4:43.66 41.49							
	100m: 1:14.77 39.54 200m: 2:36.36 41.13 300m: 4:02.17 42.51 400m: 5:23.11 39.45							
11.	Sofia Duarte, GONCALVES	14	217858	Ndco	+0,72	**5:35.18**	6,00	-
	50m: 37.66 37.66 150m: 2:03.38 43.06 250m: 3:30.06 43.39 350m: 4:53.87 41.98							
	100m: 1:20.32 42.66 200m: 2:46.67 43.29 300m: 4:11.89 41.83 400m: 5:35.18 41.31							
12.	Leonor Neves, MARINHEIRO	10	212851	Zona Azul		**5:36.48**	5,00	-
	50m: 36.09 36.09 150m: 2:00.05 42.97 250m: 3:27.51 44.11 350m: 4:54.62 43.59							
	100m: 1:17.08 40.99 200m: 2:43.40 43.35 300m: 4:11.03 43.52 400m: 5:36.48 41.86							
13.	Matilde Magalhaes, SILVA	12	214643	Clube Naval Povoense		**5:38.49**	4,00	-
	50m: 36.44 36.44 150m: 2:00.57 43.05 250m: 3:28.39 44.66 350m: 4:57.17 43.38							
	100m: 1:17.52 41.08 200m: 2:43.73 43.16 300m: 4:13.79 45.40 400m: 5:38.49 41.32							
14.	Maria Francisca, COELHO	14	218542	Sporting Clube de Aveiro		**5:42.39**	3,00	-
	50m: 37.46 37.46 150m: 2:03.44 43.88 250m: 3:31.69 44.35 350m: 5:00.39 44.17							
	100m: 1:19.56 42.10 200m: 2:47.34 43.90 300m: 4:16.22 44.53 400m: 5:42.39 42.00							

Prova 23, Femin., 400m Livres, Absolutos

Lugar	Nome	Ano	Licença	Clube	TReac	Tempo Final	Pontos	
15.	Ines Santos, PINA	12	217623	CLAC-Entroncamento		**5:48.58**	2,00	-
	50m: 39.40 39.40 150m: 2:07.43 44.74 250m: 3:37.10 45.10 350m: 5:06.95 44.75							
	100m: 1:22.69 43.29 200m: 2:52.00 44.57 300m: 4:22.20 45.10 400m: 5:48.58 41.63							
16.	Sofia Mendes, BRETAO	14	217502	Núcleo Sporting		**6:06.50**	1,00	-