

Prova 11 Femin., 400m Livres OPEN (INF+JUV+JUN+SEN)  
06.01.2024 - 18:00 Resultados

Rec. Nac Open	4:04.61	Diana Margarida, DURAES	POR	Copenhagen (DEN)	2017
Rec. Nac SEN	4:04.61	Diana Margarida, DURAES	POR	Copenhagen (DEN)	2017
Rec. Nac 17	4:10.52	Tamila Hryhorivna, HOLUB	SCB	Porto	2015
Rec. Nac 16	4:13.53	Ana Reis, SOUSA	CNLA	Porto	2017
Rec. Nac JUV A	4:18.39	Ana Cláudia, SANTOS	SFUAP	Cantanhede	2004
Rec. Nac JUV B	4:23.08	Susana Patricia, MIGUEL	SFUAP	Alhandra	2004
Rec. Nac INF A	4:25.30	Alexandra Maria, SILVA	FCP	Porto	1980
Rec. Nac INF B	4:38.40	Filipa Vilas, RUIVO	DNMG	Alcobça	2009

Pontos: FINA 2023

Lugar	Ano	Tempo final	Pts
1. Catarina Andrade, FRANCO	07 Benfica	4:30.09 9.00	628
50m: 31.93 31.93	150m: 1:41.06 33.98	250m: 2:48.82 33.65	350m: 3:56.62 33.82
100m: 1:07.08 35.15	200m: 2:15.17 34.11	300m: 3:22.80 33.98	400m: 4:30.09 33.47
2. Marta Andre, AGUILAR	07 Náutico Académico Coimbra	4:33.65 7.00	603
50m: 32.15 32.15	150m: 1:42.12 34.62	250m: 2:51.26 34.71	350m: 4:00.70 34.71
100m: 1:07.50 35.35	200m: 2:16.55 34.43	300m: 3:25.99 34.73	400m: 4:33.65 32.95
3. Luana Ferreira, CRAVEIRO	09 Nautico Marinha Grande	4:34.28 6.00	599
50m: 31.82 31.82	150m: 1:41.05 34.49	250m: 2:50.22 34.56	350m: 4:00.24 34.96
100m: 1:06.56 34.74	200m: 2:15.66 34.61	300m: 3:25.28 35.06	400m: 4:34.28 34.04
4. Ana Carolina, MONTEIRO	04 Clube União 1919	4:42.22 5.00	550
50m: 32.33 32.33	150m: 1:43.24 35.51	250m: 2:54.51 35.63	350m: 4:06.50 36.04
100m: 1:07.73 35.40	200m: 2:18.88 35.64	300m: 3:30.46 35.95	400m: 4:42.22 35.72
5. Camila Duarte, MARCELO	10 Condeixa Aqua Clube	4:43.41 4.00	543
50m: 33.32 33.32	150m: 1:45.44 36.46	250m: 2:57.40 35.75	350m: 4:09.15 35.60
100m: 1:08.98 35.66	200m: 2:21.65 36.21	300m: 3:33.55 36.15	400m: 4:43.41 34.26
6. Joana Rosa, FERREIRA	05 CNLeiria	4:48.78 3.00	513
50m: 31.99 31.99	150m: 1:42.96 35.80	250m: 2:57.04 37.50	350m: 4:12.00 37.45
100m: 1:07.16 35.17	200m: 2:19.54 36.58	300m: 3:34.55 37.51	400m: 4:48.78 36.78
7. Constanca Baptista, TOMAS	09 Alcobça	4:52.26 2.00	495
50m: 32.42 32.42	150m: 1:45.31 37.30	250m: 3:00.00 37.28	350m: 4:14.60 37.20
100m: 1:08.01 35.59	200m: 2:22.72 37.41	300m: 3:37.40 37.40	400m: 4:52.26 37.66
8. Ines Mira, PINO	06 Pimpoes/Cimai	4:54.54 1.00	484
50m: 33.19 33.19	150m: 1:45.73 36.74	250m: 3:01.11 37.69	350m: 4:17.26 37.91
100m: 1:08.99 35.80	200m: 2:23.42 37.69	300m: 3:39.35 38.24	400m: 4:54.54 37.28
9. Susana Pereira, VEIGA	00 Colégio Vasco da Gama	4:54.61 -	483
50m: 33.81 33.81	150m: 1:46.70 37.14	250m: 3:01.88 37.72	350m: 4:17.94 37.98
100m: 1:09.56 35.75	200m: 2:24.16 37.46	300m: 3:39.96 38.08	400m: 4:54.61 36.67
10. Catarina Alexandra, ALVES	07 Geslours	4:57.51 -	469
50m: 33.68 33.68	150m: 1:47.39 37.20	250m: 3:03.15 38.15	350m: 4:19.73 38.28
100m: 1:10.19 36.51	200m: 2:25.00 37.61	300m: 3:41.45 38.30	400m: 4:57.51 37.78
11. Rafaela Ferreira, MENDES	08 Torres Novas	4:59.97 -	458
50m: 33.37 33.37	150m: 1:47.62 37.67	250m: 3:04.24 38.51	350m: 4:21.93 38.79
100m: 1:09.95 36.58	200m: 2:25.73 38.11	300m: 3:43.14 38.90	400m: 4:59.97 38.04

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Lugar			Ano			Tempo final				Pts		
12. Cristiana Sofia, DUARTE			07	Academica de Coimbra		5:04.39				- 438		
	50m:	32.27	32.27	150m:	1:46.12	37.86	250m:	3:05.39	40.29	350m:	4:26.24	40.08
	100m:	1:08.26	35.99	200m:	2:25.10	38.98	300m:	3:46.16	40.77	400m:	5:04.39	38.15
13. Leonor Mosca, SILVA			10	Columbofila Cantanhedense		5:19.66				- 378		
	50m:	35.91	35.91	150m:	1:55.46	40.31	250m:	3:17.99	41.59	350m:	4:40.40	40.97
	100m:	1:15.15	39.24	200m:	2:36.40	40.94	300m:	3:59.43	41.44	400m:	5:19.66	39.26
14. Leonor Pereira, SILVA			10	�bidos		5:22.51				- 368		
	50m:	35.78	35.78	150m:	1:58.07	41.73	250m:	3:21.79	41.80	350m:	4:44.54	41.48
	100m:	1:16.34	40.56	200m:	2:39.99	41.92	300m:	4:03.06	41.27	400m:	5:22.51	37.97
15. Vida Sofia, VELEZ			10	Ba-Leiria		5:25.86				- 357		
	50m:	36.85	36.85	150m:	1:59.61	41.73	250m:	3:23.03	41.55	350m:	4:46.56	41.91
	100m:	1:17.88	41.03	200m:	2:41.48	41.87	300m:	4:04.65	41.62	400m:	5:25.86	39.30