

Taça de Meio-Fundo  
Coimbra, 2 - 3/3/2024

Prova 1  
02/03/2024 - 16:00

Femin., 400m Livres

12 anos e mais velhos  
Resultados

Rec Nac Open	4:08.77	Francisca Soares, MARTINS	FOCA	Canet-en-Roussillion (FRA)	14/05/2023
Rec Nac Sen	4:08.77	Francisca Soares, MARTINS	FOCA	Canet-en-Roussillion (FRA)	14/05/2023
Rec Nac 17	4:14.67	Tamila Hryhorivna, HOLUB	SCB	Oeiras	23/07/2016
Rec Nac 16	4:20.37	Marta Andreia, FERREIRA	POR	Berlim (GER)	04/08/2002
Rec Nac Juv A	4:20.78	Tamila Hryhorivna, HOLUB	POR	Porto	07/06/2014
Rec Nac Juv B	4:26.20	Maria Francisca, CABRAL	FCP	Oeiras	26/07/2014
Rec Nac Inf A	4:31.53	Alexandra Maria, SILVA	POR	Skovde (SWE)	08/08/1980
Rec Nac Inf B	4:43.70	Alexandra Maria, SILVA	FCP	Funchal	27/07/1979

Lugar	Ano		Tempo final		Pts
<b>Inf</b>					
1.	Beatriz Abrantes, MARTINS	11	Algés e Águeda XXI	<b>5:40.32</b>	16,00
	50m: 38.44 38.44 150m: 2:03.34 42.82 250m: 3:30.82 44.36 350m: 4:58.02 44.10				
	100m: 1:20.52 42.08 200m: 2:46.46 43.12 300m: 4:13.92 43.10 400m: 5:40.32 42.30				
2.	Carolina Almeida, ABRANTES	12	União de Coimbra	<b>6:59.91</b>	14,00
	50m: 43.81 43.81 150m: 2:34.36 54.98 250m: 4:22.45 53.57 350m: 6:09.71 53.52				
	100m: 1:39.38 55.57 200m: 3:28.88 54.52 300m: 5:16.19 53.74 400m: 6:59.91 50.20				
<b>Juv</b>					
1.	Camila Duarte, MARCELO	10	Condeixa Clube	<b>4:40.34</b>	16,00
	50m: 32.93 32.93 150m: 1:43.93 35.75 250m: 2:55.84 35.86 350m: 4:06.45 35.22				
	100m: 1:08.18 35.25 200m: 2:19.98 36.05 300m: 3:31.23 35.39 400m: 4:40.34 33.89				
2.	Maria Neto, SIMOES	10	Condeixa Clube	<b>4:51.18</b>	-
	50m: 32.79 32.79 150m: 1:45.83 36.63 250m: 3:00.02 37.09 350m: 4:14.71 36.96				
	100m: 1:09.20 36.41 200m: 2:22.93 37.10 300m: 3:37.75 37.73 400m: 4:51.18 36.47				
3.	Raquel Alexandra, CANCELA	09	Louzan Nataçao	<b>5:00.89</b>	13,00
	50m: 34.37 34.37 150m: 1:49.71 38.35 250m: 3:06.89 38.67 350m: 4:24.26 38.76				
	100m: 1:11.36 36.99 200m: 2:28.22 38.51 300m: 3:45.50 38.61 400m: 5:00.89 36.63				
4.	Leonor Antunes, PAIVA	10	Nautico Academico	<b>5:01.14</b>	12,00
	50m: 34.16 34.16 150m: 1:50.92 38.67 250m: 3:08.21 38.77 350m: 4:24.19 37.81				
	100m: 1:12.25 38.09 200m: 2:29.44 38.52 300m: 3:46.38 38.17 400m: 5:01.14 36.95				
5.	Maria Miguel, FERNANDES	10	Columbifila Cantanhedense	<b>5:06.60</b>	11,00
	50m: 34.85 34.85 150m: 1:52.79 39.03 250m: 3:11.54 39.13 350m: 4:29.52 38.37				
	100m: 1:13.76 38.91 200m: 2:32.41 39.62 300m: 3:51.15 39.61 400m: 5:06.60 37.08				
6.	Caetana Amado, SANTOS	09	Miranda do Corvo	<b>5:08.32</b>	10,00
	50m: 33.90 33.90 150m: 1:53.44 40.28 250m: 3:12.85 39.91 350m: 4:31.35 39.35				
	100m: 1:13.16 39.26 200m: 2:32.94 39.50 300m: 3:52.00 39.15 400m: 5:08.32 36.97				
7.	Leonor Mosca, SILVA	10	Columbifila Cantanhedense	<b>5:11.46</b>	-
	50m: 35.29 35.29 150m: 1:52.75 39.25 250m: 3:13.14 40.65 350m: 4:33.65 40.15				
	100m: 1:13.50 38.21 200m: 2:32.49 39.74 300m: 3:53.50 40.36 400m: 5:11.46 37.81				
8.	Maria Ines, RODRIGUES	10	Condeixa Clube	<b>5:13.10</b>	-
	50m: 35.53 35.53 150m: 1:54.79 39.70 250m: 3:15.06 40.18 350m: 4:36.47 40.64				
	100m: 1:15.09 39.56 200m: 2:34.88 40.09 300m: 3:55.83 40.77 400m: 5:13.10 36.63				
9.	Isabella Scavone, LOPES	10	Miranda do Corvo	<b>5:15.18</b>	-
	50m: 35.66 35.66 150m: 1:55.92 40.88 250m: 3:17.01 40.92 350m: 4:36.47 38.90				
	100m: 1:15.04 39.38 200m: 2:36.09 40.17 300m: 3:57.57 40.56 400m: 5:15.18 38.71				
10.	Mariana Bagagem, CARVALHO	10	Miranda do Corvo	<b>5:15.39</b>	-
	50m: 35.14 35.14 150m: 1:55.50 40.61 250m: 3:16.85 40.19 350m: 4:37.46 39.77				
	100m: 1:14.89 39.75 200m: 2:36.66 41.16 300m: 3:57.69 40.84 400m: 5:15.39 37.93				
11.	Mariana Dias, PEREIRA	10	Algés e Águeda XXI	<b>5:17.97</b>	5,00
	50m: 34.77 34.77 150m: 1:54.38 40.41 250m: 3:16.27 41.15 350m: 4:37.47 40.62				
	100m: 1:13.97 39.20 200m: 2:35.12 40.74 300m: 3:56.85 40.58 400m: 5:17.97 40.50				
12.	Sara Marques, LIMA	10	CASPAE	<b>5:19.90</b>	4,00
	50m: 37.28 37.28 150m: 1:59.84 41.26 250m: 3:19.76 39.84 350m: 4:41.31 40.68				
	100m: 1:18.58 41.30 200m: 2:39.92 40.08 300m: 4:00.63 40.87 400m: 5:19.90 38.59				

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Prova 1, Femin., 400m Livres, Juv

Lugar			Ano					Tempo final	Pts		
13.	Beatriz Ferreira, MIGUEL		09	Algés e Águeda XXI				<b>5:24.67</b>	-		
	50m:	35.41 35.41	150m:	1:55.57	40.21	250m:	3:18.34	41.77	350m:	4:42.68	42.24
	100m:	1:15.36 39.95	200m:	2:36.57	41.00	300m:	4:00.44	42.10	400m:	5:24.67	41.99
14.	Gabriela Maria, SILVA		09	Columbofila Cantanhedense				<b>6:00.01</b>	-		
	50m:	36.85 36.85	150m:	2:06.38	46.63	250m:	3:39.58	46.61	350m:	5:14.62	47.58
	100m:	1:19.75 42.90	200m:	2:52.97	46.59	300m:	4:27.04	47.46	400m:	6:00.01	45.39

Jun

1.	Leonor Mil, MANO		07	Nautico Academico				<b>4:46.87</b>	16,00		
	50m:	31.25 31.25	150m:	1:43.08	36.73	250m:	2:57.12	36.63	350m:	4:10.52	36.39
	100m:	1:06.35 35.10	200m:	2:20.49	37.41	300m:	3:34.13	37.01	400m:	4:46.87	36.35
2.	Bianca Filipa, ALMEIDA		07	Algés e Águeda XXI				<b>4:50.69</b>	14,00		
	50m:	32.81 32.81	150m:	1:45.20	36.94	250m:	2:59.48	37.18	350m:	4:14.41	37.48
	100m:	1:08.26 35.45	200m:	2:22.30	37.10	300m:	3:36.93	37.45	400m:	4:50.69	36.28
3.	Dania Rodrigues, SIMOES		07	Louzan Nataçao				<b>4:52.08</b>	13,00		
	50m:	33.46 33.46	150m:	1:47.56	37.29	250m:	3:02.63	37.20	350m:	4:16.46	36.72
	100m:	1:10.27 36.81	200m:	2:25.43	37.87	300m:	3:39.74	37.11	400m:	4:52.08	35.62
4.	Cristiana Sofia, DUARTE		07	Academica de Coimbra				<b>4:56.59</b>	12,00		
	50m:	33.17 33.17	150m:	1:48.49	38.74	250m:	3:04.30	36.94	350m:	4:20.73	38.41
	100m:	1:09.75 36.58	200m:	2:27.36	38.87	300m:	3:42.32	38.02	400m:	4:56.59	35.86

Sen

1.	Ines Jacinto, HENRIQUES		00	Louzan Nataçao				<b>4:23.77</b>	16,00		
	50m:	30.33 30.33	150m:	1:35.91	33.20	250m:	2:43.26	33.72	350m:	3:51.06	33.92
	100m:	1:02.71 32.38	200m:	2:09.54	33.63	300m:	3:17.14	33.88	400m:	4:23.77	32.71
2.	Helena Nunes, RODRIGUES		03	Condeixa Clube				<b>4:32.67</b>	14,00		
	50m:	30.66 30.66	150m:	1:38.89	34.83	250m:	2:48.67	34.88	350m:	3:58.73	35.30
	100m:	1:04.06 33.40	200m:	2:13.79	34.90	300m:	3:23.43	34.76	400m:	4:32.67	33.94
3.	Leonor Verissimo, FARIA		06	Nautico Academico				<b>4:41.57</b>	13,00		
	50m:	31.75 31.75	150m:	1:42.54	35.98	250m:	2:54.88	36.34	350m:	4:06.96	35.94
	100m:	1:06.56 34.81	200m:	2:18.54	36.00	300m:	3:31.02	36.14	400m:	4:41.57	34.61
4.	Beatriz Costa, TEJO		02	Academica de Coimbra				<b>4:43.33</b>	12,00		
	50m:	31.57 31.57	150m:	1:43.26	35.99	250m:	2:56.38	35.97	350m:	4:08.34	35.62
	100m:	1:07.27 35.70	200m:	2:20.41	37.15	300m:	3:32.72	36.34	400m:	4:43.33	34.99
5.	Ana Carolina, MONTEIRO		04	União de Coimbra				<b>4:45.09</b>	11,00		
	50m:	31.80 31.80	150m:	1:42.77	35.80	250m:	2:54.99	35.90	350m:	4:08.67	37.01
	100m:	1:06.97 35.17	200m:	2:19.09	36.32	300m:	3:31.66	36.67	400m:	4:45.09	36.42
6.	Beatriz Ferreira, GASPAR		04	Academica de Coimbra				<b>5:02.51</b>	-		
	50m:	32.53 32.53	150m:	1:46.82	37.48	250m:	3:04.14	38.67	350m:	4:23.52	39.81
	100m:	1:09.34 36.81	200m:	2:25.47	38.65	300m:	3:43.71	39.57	400m:	5:02.51	38.99
7.	Valentina Saad, BARBOSA		04	Academica de Coimbra				<b>5:16.46</b>	-		
	50m:	33.92 33.92	150m:	1:50.23	38.86	250m:	3:10.16	40.61	350m:	4:33.54	42.05
	100m:	1:11.37 37.45	200m:	2:29.55	39.32	300m:	3:51.49	41.33	400m:	5:16.46	42.92