

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

Prova 12 Femin., 400m Estilos 12 anos e mais velhos
03/03/2024 - 10:55 Resultados

Rec Nac Open	4:40.11	Victoria, KAMINSKAYA	POR	Pontevedra (ESP)	09/04/2017
Rec Nac Sen	4:40.11	Victoria, KAMINSKAYA	POR	Pontevedra (ESP)	09/04/2017
Rec Nac 17	4:52.12	Victoria, KAMINSKAYA	PIMP	Oeiras	27/07/2012
Rec Nac 16	4:54.00	Ines Neto, ROCHA	SANNP	Gijón (ESP)	20/05/2017
Rec Nac Juv A	4:58.08	Diana Margarida, DURAES	FOCA	Povoa de Varzim	05/08/2011
Rec Nac Juv B	5:01.00	Ines Neto, ROCHA	CAP	Coimbra	24/07/2015
Rec Nac Inf A	5:11.29	Diana Ramos, ROCHA	EDV	Faro	20/07/2007
Rec Nac Inf B	5:14.05	Filipa Vilas, RUIVO	DNMG	S. Joao da Madeira	24/07/2009

Lugar Ano Tempo final Pts
Juv

1. Maria Neto, SIMOES	10	Condeixa Clube	5:25.92	16,00
50m: 33.22 33.22	150m: 1:56.61	43.46	250m: 3:24.68	45.55
100m: 1:13.15 39.93	200m: 2:39.13	42.52	300m: 4:11.52	46.84
350m: 4:48.75	400m: 5:25.92			37.23
37.17				
2. Camila Duarte, MARCELO	10	Condeixa Clube	5:29.50	-
50m: 34.93 34.93	150m: 1:58.58	43.91	250m: 3:28.30	47.23
100m: 1:14.67 39.74	200m: 2:41.07	42.49	300m: 4:16.11	47.81
350m: 4:53.32	400m: 5:29.50			37.21
36.18				
3. Alana Costa, MATIAS	09	União de Coimbra	5:34.20	13,00
50m: 34.18 34.18	150m: 2:00.63	44.31	250m: 3:33.01	49.28
100m: 1:16.32 42.14	200m: 2:43.73	43.10	300m: 4:22.00	48.99
350m: 4:58.57	400m: 5:34.20			36.57
35.63				
4. Leonor Mercês, CAVALEIRO	09	Columbifila Cantanhedense	5:39.89	12,00
50m: 35.13 35.13	150m: 2:00.15	43.59	250m: 3:32.65	49.54
100m: 1:16.56 41.43	200m: 2:43.11	42.96	300m: 4:22.48	49.83
350m: 5:01.75	400m: 5:39.89			39.27
38.14				
5. Maria Ines, GANTE	10	Nautico Academico	5:48.41	11,00
50m: 35.90 35.90	150m: 2:03.89	46.62	250m: 3:38.56	49.70
100m: 1:17.27 41.37	200m: 2:48.86	44.97	300m: 4:29.20	50.64
350m: 5:09.30	400m: 5:48.41			40.10
39.11				
6. Mariana Bernardo, SILVESTRE	10	Nautico Academico	5:55.93	-
50m: 38.26 38.26	150m: 2:09.62	45.38	250m: 3:43.41	50.72
100m: 1:24.24 45.98	200m: 2:52.69	43.07	300m: 4:34.04	50.63
350m: 5:16.51	400m: 5:55.93			42.47
39.42				
7. Caetana Amado, SANTOS	09	Miranda do Corvo	6:03.68	9,00
50m: 37.97 37.97	150m: 2:10.02	44.24	250m: 3:47.56	54.02
100m: 1:25.78 47.81	200m: 2:53.54	43.52	300m: 4:41.35	53.79
350m: 5:23.11	400m: 6:03.68			41.76
40.57				
8. Sofia Daniela, FERREIRA	10	União de Coimbra	6:30.43	-
50m: 39.44 39.44	150m: 2:22.68	54.24	250m: 4:08.73	57.68
100m: 1:28.44 49.00	200m: 3:11.05	48.37	300m: 5:06.34	57.61
350m: 5:48.15	400m: 6:30.43			41.81
42.28				
9. Carolina Baptista, PEREIRINHA	09	S. Pedro Alva	6:44.38	7,00
50m: 40.51 40.51	150m: 2:17.36	46.55	250m: 4:10.08	1:05.80
100m: 1:30.81 50.30	200m: 3:04.28	46.92	300m: 5:13.19	1:03.11
350m: 6:00.13	400m: 6:44.38			46.94
44.25				
10. Anya Anthony, CAMPBELL	09	Ginasio Clube	7:52.50	6,00
50m: 49.32 49.32	150m: 2:55.57	1:01.02	250m: 5:04.45	1:11.39
100m: 1:54.55 1:05.23	200m: 3:53.06	57.49	300m: 6:13.66	1:09.21
350m: 7:04.06	400m: 7:52.50			50.40
48.44				

Jun

1. Leonor Mil, MANO	07	Nautico Academico	5:34.72	16,00
50m: 33.48 33.48	150m: 2:00.39	45.80	250m: 3:33.59	49.45
100m: 1:14.59 41.11	200m: 2:44.14	43.75	300m: 4:23.49	49.90
350m: 4:59.70	400m: 5:34.72			36.21
35.02				
2. Rita Isabel, NEVES	08	Condeixa Clube	5:34.77	14,00
50m: 35.81 35.81	150m: 2:02.13	44.59	250m: 3:30.86	46.62
100m: 1:17.54 41.73	200m: 2:44.24	42.11	300m: 4:19.00	48.14
350m: 4:57.34	400m: 5:34.77			38.34
37.43				

Sen

1. Beatriz Andre, GASPAR	06	Nautico Academico	5:37.46	16,00
50m: 35.09 35.09	150m: 2:03.37	47.13	250m: 3:34.31	45.60
100m: 1:16.24 41.15	200m: 2:48.71	45.34	300m: 4:21.00	46.69
350m: 4:59.41	400m: 5:37.46			38.41
38.05				