



Taça ANDL "João da Silva Abreu" - CDClubes 2024
Óbidos, 15 - 16/6/2024

Prova 13	Femin., 400m Estilos			ABSOLUTOS
15/06/2024 - 16:04				Resultados
RD ANDL SEN	4:39.03	Victoria, KAMINSKAYA	Porto	21/12/2014
RD ANDL JUN	4:48.80	Victoria, KAMINSKAYA	Silves	04/12/2011
RD ANDL JUV A	4:58.17	Filipa Vilas, RUIVO	Silves	04/12/2011
RD ANDL JUV B	5:02.87	Filipa Vilas, RUIVO	Óbidos	12/12/2010
RD ANDL INF A	5:05.68	Filipa Vilas, RUIVO	Leiria	12/06/2010
RD ANDL INF B	5:20.68	Filipa Vilas, RUIVO	Nazaré	16/05/2009
RD ANDL ABS	4:39.03	Victoria, KAMINSKAYA	Porto	21/12/2014

Lugar			Ano					Tempo final		
1.	Giovanna Vaz, VARGAS		00	Nautico Marinha Grande				5:08.78	12,00	
	50m:	31.88 31.88	150m:	1:46.88	39.68	250m:	3:09.43	43.33	350m:	4:32.00 37.85
	100m:	1:07.20 35.32	200m:	2:26.10	39.22	300m:	3:54.15	44.72	400m:	5:08.78 36.78
2.	Joana Rosa, FERREIRA		05	CNLeiria				5:19.80	10,00	
	50m:	32.62 32.62	150m:	1:53.86	42.49	250m:	3:20.68	44.49	350m:	4:43.36 37.17
	100m:	1:11.37 38.75	200m:	2:36.19	42.33	300m:	4:06.19	45.51	400m:	5:19.80 36.44
3.	Constanca Baptista, TOMAS		09	Alcobaca				5:24.83	9,00	
	50m:	33.12 33.12	150m:	1:56.36	44.16	250m:	3:26.29	47.07	350m:	4:49.94 35.73
	100m:	1:12.20 39.08	200m:	2:39.22	42.86	300m:	4:14.21	47.92	400m:	5:24.83 34.89
4.	Maria Joao, VALA		11	Pimpoes/Cimai				5:45.74	8,00	
	50m:	37.76 37.76	150m:	2:04.54	42.68	250m:	3:36.67	50.88	350m:	5:07.25 39.11
	100m:	1:21.86 44.10	200m:	2:45.79	41.25	300m:	4:28.14	51.47	400m:	5:45.74 38.49
5.	Anastasiya, PRYMACHENKO		11	Nucleo de Pombal				5:51.10	7,00	
	50m:	37.91 37.91	150m:	2:08.94	45.93	250m:	3:41.47	49.47	350m:	5:11.86 40.76
	100m:	1:23.01 45.10	200m:	2:52.00	43.06	300m:	4:31.10	49.63	400m:	5:51.10 39.24
6.	Ines Ferreira, CHELEU		09	Ba-Leiria				6:10.01	6,00	
	50m:	40.70 40.70	150m:	2:15.89	47.00	250m:	3:54.62	52.11	350m:	5:29.60 41.30
	100m:	1:28.89 48.19	200m:	3:02.51	46.62	300m:	4:48.30	53.68	400m:	6:10.01 40.41
7.	Catarina Tagaroso, LOBO		07	Uniao Juncalense				6:21.21	5,00	
	50m:	39.69 39.69	150m:	2:21.81	49.03	250m:	4:02.93	53.00	350m:	5:39.25 42.67
	100m:	1:32.78 53.09	200m:	3:09.93	48.12	300m:	4:56.58	53.65	400m:	6:21.21 41.96
8.	Emiliana Arruda, SARAIVA		12	Vieirense				6:24.54	4,00	
	50m:	39.90 39.90	150m:	2:20.15	49.02	250m:	4:06.12	56.79	350m:	5:43.96 41.65
	100m:	1:31.13 51.23	200m:	3:09.33	49.18	300m:	5:02.31	56.19	400m:	6:24.54 40.58
DSQ	Kelly Simao, COSTA		11	Óbidos						-
	<i>Falsa partida (SW 4.4)</i>									