

Prova 35

Femin., 400m Livres

Infantis

20/04/2024 - 16:40

Resultados

Recorde Regional (25m) Open	4:32.90	BARREIRA, Andreia Monteiro	CMNPR	Peso da Régua	04/11/2023
Recorde Regional (25m) 13	4:53.19	GUEDES, Ana Margarida	GCVR	Santa Marta	06/07/2014
Recorde Regional (25m) 12	4:55.62	GUEDES, Ana Margarida	GCVR	Espinho	26/05/2013

Pontos: FINA 2023

Lugar	Nome	Licença	Ano	Clube	Tempo Final	PtsObs
1.	FERNANDES, Ines Rua	213137	11	Gcvr	5:33.35	334
	50m: 37.14 37.14	200m: 2:44.20 1:25.96		400m: 5:33.35 1:22.93		
	100m: 1:18.24 41.10	300m: 4:10.42 1:26.22				
2.	LUIS, Eliana Beatriz	211998	11	Lousada Século XXI	5:36.31	325
	50m: 37.78 37.78	200m: 2:45.43 1:25.90		400m: 5:36.31 1:23.22		
	100m: 1:19.53 41.75	300m: 4:13.09 1:27.66				
3.	ARAGAO, C.	211990	12	Fluvial Portuense	5:55.68	275
	50m: 38.96 38.96	200m: 2:56.28 1:32.50		400m: 5:55.68 1:27.06		
	100m: 1:23.78 44.82	300m: 4:28.62 1:32.34				
4.	PINTO, Maria Ines	211996	12	Lousada Século XXI	6:05.00	254
	50m: 41.84 41.84	200m: 3:01.28 1:33.32		400m: 6:05.00 1:29.44		
	100m: 1:27.96 46.12	300m: 4:35.56 1:34.28				
5.	RANGEL, Renata Daniela	220398	11	Gcvr	6:31.11	206
	50m: 42.77 42.77	200m: 3:12.26 1:40.68		400m: 6:31.11 1:37.00		
	100m: 1:31.58 48.81	300m: 4:54.11 1:41.85				

Prova 35

Femin., 400m Livres

Juvenis

20/04/2024 - 16:40

Resultados

Recorde Regional (25m) Open	4:32.90	BARREIRA, Andreia Monteiro	CMNPR	Peso da Régua	04/11/2023
Recorde Regional (25m) 15	4:45.43	PEREIRA, Maria Silva	GCVR	Peso da Régua	12/03/2023
Recorde Regional (25m) 14	4:51.53	GUEDES, Ana Margarida	GCVR	Vila Real	23/11/2014

Pontos: FINA 2023

Lugar	Nome	Licença	Ano	Clube	Tempo Final	PtsObs
1.	FONSECA, Francisca Moreira	209211	09	CMN Peso da Régua	5:49.96	288
	50m: 38.00 38.00	200m: 2:47.90 1:27.87		400m: 5:49.96 1:30.18		
	100m: 1:20.03 42.03	300m: 4:19.78 1:31.88				
2.	SILVA, Xiana Castro	209951	10	Flavitus	6:12.95	238
	50m: 39.89 39.89	200m: 3:01.70 1:35.50		400m: 6:12.95 1:35.15		
	100m: 1:26.20 46.31	300m: 4:37.80 1:36.10				
3.	COSTA FERNANDES, Diana	218005	10	Durius Ac Pesqueira	6:44.75	186
	50m: 43.03 43.03	200m: 3:18.06 1:45.16		400m: 6:44.75 1:39.47		
	100m: 1:32.90 49.87	300m: 5:05.28 1:47.22				
4.	FERREIRA, Lara Filipa	212703	10	EMNVinhais/FCV	6:54.73	173
	50m: 45.76 45.76	200m: 3:24.36 1:46.29		400m: 6:54.73 1:41.93		
	100m: 1:38.07 52.31	300m: 5:12.80 1:48.44				
5.	AFONSO, Leonor Bento	216581	10	EN Bragança	7:01.34	165
	50m: 44.28 44.28	200m: 3:24.37 1:48.25		400m: 7:01.34 1:46.59		
	100m: 1:36.12 51.84	300m: 5:14.75 1:50.38				
DNS	COSTA, Bruna Filipa	220503	09	Durius Ac Pesqueira		
DNS	FONTES, Ana Magno	210267	10	EMNVinhais/FCV		

Prova 35

Femin., 400m Livres

Juniores e Seniores

20/04/2024 - 16:40

Resultados

Recorde Regional (25m) Open	4:32.90	BARREIRA, Andreia Monteiro	CMNPR	Peso da Régua	04/11/2023
Recorde Regional (25m) 18 +	4:32.90	BARREIRA, Andreia Monteiro	CMNPR	Peso da Régua	04/11/2023
Recorde Regional (25m) 17	4:35.07	PINTO, Joana Patricia	GCVR	Vila Real	25/06/2011
Recorde Regional (25m) 16	4:39.75	LEITE, Ana Sofia	GCVR	Chaves	22/11/2008

Pontos: FINA 2023

Lugar	Nome	Licença	Ano	Clube	Tempo Final	PtsObs
1.	BARREIRA, Andreia Monteiro	204638	06	CMN Peso da Régua	4:43.24	544
	50m: 32.81 32.81	200m: 2:19.75 1:11.81		400m: 4:43.24 1:11.09		
	100m: 1:07.94 35.13	300m: 3:32.15 1:12.40				
2.	BESSA, Ariana Micaela	201080	08	Lousada Século XXI	5:41.94	309
	50m: 36.91 36.91	200m: 2:47.66 1:27.97		400m: 5:41.94 1:25.88		
	100m: 1:19.69 42.78	300m: 4:16.06 1:28.40				

Prova 35, Femin., 400m Livres

Prova 35

Femin., 400m Livres

Absolutos
Resultados

20/04/2024 - 16:40

Recorde Regional (25m) Open	4:32.90	BARREIRA, Andreia Monteiro	CMNPR	Peso da Régua	04/11/2023
Recorde Regional (25m) 18 +	4:32.90	BARREIRA, Andreia Monteiro	CMNPR	Peso da Régua	04/11/2023
Recorde Regional (25m) 17	4:35.07	PINTO, Joana Patrícia	GCVR	Vila Real	25/06/2011
Recorde Regional (25m) 16	4:39.75	LEITE, Ana Sofia	GCVR	Chaves	22/11/2008
Recorde Regional (25m) 15	4:45.43	PEREIRA, Maria Silva	GCVR	Peso da Régua	12/03/2023
Recorde Regional (25m) 14	4:51.53	GUEDES, Ana Margarida	GCVR	Vila Real	23/11/2014
Recorde Regional (25m) 13	4:53.19	GUEDES, Ana Margarida	GCVR	Santa Marta	06/07/2014
Recorde Regional (25m) 12	4:55.62	GUEDES, Ana Margarida	GCVR	Espinho	26/05/2013

Pontos: FINA 2023

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	50m: 37.78 37.78	200m: 2:45.43 1:25.90		400m: 5:36.31 1:23.22		
	100m: 1:19.53 41.75	300m: 4:13.09 1:27.66				
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	50m: 36.91 36.91	200m: 2:47.66 1:27.97		400m: 5:41.94 1:25.88		
	100m: 1:19.69 42.78	300m: 4:16.06 1:28.40				
5.	FONSECA, Francisca Moreira	209211	09	CMN Peso da Régua	5:49.96	288
	50m: 38.00 38.00	200m: 2:47.90 1:27.87		400m: 5:49.96 1:30.18		
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	50m: 39.89 39.89	200m: 3:01.70 1:35.50		400m: 6:12.95 1:35.15		
	100m: 1:26.20 46.31	300m: 4:37.80 1:36.10				
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	50m: 42.77 42.77	200m: 3:12.26 1:40.68		400m: 6:31.11 1:37.00		
	100m: 1:31.58 48.81	300m: 4:54.11 1:41.85				
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	100m: 1:38.07 52.31	300m: 5:12.80 1:48.44				
12.	AFONSO, Leonor Bento	216581	10	EN Bragança	7:01.34	165
	50m: 44.28 44.28	200m: 3:24.37 1:48.25		400m: 7:01.34 1:46.59		
	100m: 1:36.12 51.84	300m: 5:14.75 1:50.38				
DNS	COSTA, Bruna Filipa	220503	09	Durius Ac Pesqueira		
DNS	FONTES, Ana Magno	210267	10	EMNVinhais/FCV		