

Prova 32 Open
07/04/2024 - 16:00 Resultados Final
Femin., 400m Estilos

Rec Nac Open	4:40.11	KAMINSKAYA, Victoria	POR	Pontevedra (ESP)	09/04/2017
Rec Nac Sen	4:40.11	KAMINSKAYA, Victoria	POR	Pontevedra (ESP)	09/04/2017
Rec Nac Jun 17	4:52.12	KAMINSKAYA, Victoria	PIMP	Oeiras	27/07/2012
Rec Nac Jun 16	4:54.00	ROCHA, Ines Neto	SANNP	Gijón (ESP)	20/05/2017
Rec Nac Juv A	4:58.08	DURAES, Diana Margarida	FOCA	Povoa de Varzim	05/08/2011
Rec Nac Juv B	5:01.00	ROCHA, Ines Neto	CAP	Coimbra	24/07/2015

CEJun_Fem 14 - 18: 4:55.87 / CEPL : 4:44.10 / JO : 4:38.53 / TAC_Fem Juv B 50m: 5:47.19 - 25m: 5:37.05 /

Fem Juv A 50m: 5:39.15 - 25m: 5:29.24; Jun 16 50m: 5:31.11 - 25m: 5:21.44; Jun 17 50m: 5:29.51 - 25m: 5:19.88; Sen 1 50m: 5:23.08 - 25m: 5:13.64; Sen + 50m: 5:21.47 - 25m: 5:12.08

Pontos: FINA 2024

Lugar	Name	Ano	Nac	Club	Time	TReac	AQUA
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Final A

1.	DURAES, Diana Margarida	96	POR	Benfica	4:51.94	+0,72	755
	50m: 31.50 31.50	150m: 1:43.81 37.61	250m: 3:04.14 43.21	350m: 4:20.39 33.57			
	100m: 1:06.20 34.70	200m: 2:20.93 37.12	300m: 3:46.82 42.68	400m: 4:51.94 31.55			
2.	HENRIQUES, Ines Jacinto	00	POR	Louzan Natacao/EFAPEL	4:52.11	+0,69	753
	50m: 30.40 30.40	150m: 1:41.74 37.63	250m: 3:02.39 43.24	350m: 4:19.56 33.87			
	100m: 1:04.11 33.71	200m: 2:19.15 37.41	300m: 3:45.69 43.30	400m: 4:52.11 32.55			
3.	REBELO, Camila Rodrigues	03	POR	Louzan Natacao/EFAPEL	4:52.78	+0,73	748
	50m: 31.27 31.27	150m: 1:43.44 36.28	250m: 3:03.43 44.51	350m: 4:21.39 33.30			
	100m: 1:07.16 35.89	200m: 2:18.92 35.48	300m: 3:48.09 44.66	400m: 4:52.78 31.39			
4.	ANDRE, Angelica Maria	94	POR	Porto	4:57.17	+0,73	716
	50m: 31.79 31.79	150m: 1:46.18 39.14	250m: 3:07.67 42.25	350m: 4:23.80 33.99			
	100m: 1:07.04 35.25	200m: 2:25.42 39.24	300m: 3:49.81 42.14	400m: 4:57.17 33.37			
5.	MENDES, Mariana Amaral	02	POR	Sporting	5:01.91	+0,75	682
	50m: 32.40 32.40	150m: 1:48.64 40.72	250m: 3:11.70 43.58	350m: 4:28.85 34.28			
	100m: 1:07.92 35.52	200m: 2:28.12 39.48	300m: 3:54.57 42.87	400m: 5:01.91 33.06			
6.	LOPES, Daniela Magalhaes	05	POR	Famalicao	5:05.24	+0,77	660
	50m: 31.94 31.94	150m: 1:49.40 40.88	250m: 3:12.18 42.72	350m: 4:30.97 35.75			
	100m: 1:08.52 36.58	200m: 2:29.46 40.06	300m: 3:55.22 43.04	400m: 5:05.24 34.27			
7.	CARDEAL, Beatriz Nunes	04	POR	Individual ANCNP	5:07.59	+0,64	645
	50m: 30.83 30.83	150m: 1:46.03 40.19	250m: 3:11.73 44.53	350m: 4:33.76 35.53			
	100m: 1:05.84 35.01	200m: 2:27.20 41.17	300m: 3:58.23 46.50	400m: 5:07.59 33.83			
8.	LOPES, Matilde Nunes	06	POR	Benfica	5:07.85	+0,74	644
	50m: 31.89 31.89	150m: 1:48.89 39.62	250m: 3:13.57 44.32	350m: 4:33.45 34.48			
	100m: 1:09.27 37.38	200m: 2:29.25 40.36	300m: 3:58.97 45.40	400m: 5:07.85 34.40			
9.	PINTO, Leonor Filipa	06	POR	Porto	5:08.04	+0,76	642
	50m: 33.28 33.28	150m: 1:49.75 38.72	250m: 3:13.32 43.86	350m: 4:33.66 36.17			
	100m: 1:11.03 37.75	200m: 2:29.46 39.71	300m: 3:57.49 44.17	400m: 5:08.04 34.38			
10.	MORGADO, Alice Jesus	04	POR	Sporting	5:14.18	+0,77	605
	50m: 32.70 32.70	150m: 1:51.27 41.65	250m: 3:16.65 44.81	350m: 4:38.00 36.34			
	100m: 1:09.62 36.92	200m: 2:31.84 40.57	300m: 4:01.66 45.01	400m: 5:14.18 36.18			

Final B

11.	AMBRUS, Beatriz Alves	09	POR	Porto	5:15.46	+0,56	598
	50m: 33.48 33.48	150m: 1:51.54 40.14	250m: 3:17.48 46.63	350m: 4:40.83 36.44			
	100m: 1:11.40 37.92	200m: 2:30.85 39.31	300m: 4:04.39 46.91	400m: 5:15.46 34.63			

Camp. Nacional JUV., JUN. e ABS - OPEN Portugal
Coimbra, 4 - 7/4/2024

Prova 32, Femin., 400m Estilos, Final, Open

Lugar	Name	Ano	Nac	Club	Time	TReac	AQUA
12.	CRAVEIRO, Luana Ferreira	09	POR	Nautico Marinha Grande	5:17.89	+0,68	585
	50m: 32.94 32.94	150m: 1:55.51	42.47	250m: 3:22.65	45.53	350m: 4:43.05	36.33
	100m: 1:13.04 40.10	200m: 2:37.12	41.61	300m: 4:06.72	44.07	400m: 5:17.89	34.84
13.	PINTO, Margarida Vieira	07	POR	Braga	5:18.54	+0,64	581
	50m: 33.46 33.46	150m: 1:55.36	42.44	250m: 3:21.29	45.06	350m: 4:43.26	36.20
	100m: 1:12.92 39.46	200m: 2:36.23	40.87	300m: 4:07.06	45.77	400m: 5:18.54	35.28
14.	MATOS, Ana Rita	02	POR	Os Belenenses	5:19.48	+0,74	576
	50m: 32.42 32.42	150m: 1:51.34	41.49	250m: 3:18.44	46.99	350m: 4:43.12	36.86
	100m: 1:09.85 37.43	200m: 2:31.45	40.11	300m: 4:06.26	47.82	400m: 5:19.48	36.36
15.	FERREIRA, Constanca Santos	08	POR	Alges	5:21.68	+0,74	564
	50m: 32.96 32.96	150m: 1:52.38	41.46	250m: 3:19.23	46.13	350m: 4:45.01	38.43
	100m: 1:10.92 37.96	200m: 2:33.10	40.72	300m: 4:06.58	47.35	400m: 5:21.68	36.67
16.	ALMEIDA, Maria Emilia	07	POR	Colegio Efanor	5:22.03	+0,76	562
	50m: 32.74 32.74	150m: 1:50.64	40.64	250m: 3:20.83	49.73	350m: 4:46.18	37.05
	100m: 1:10.00 37.26	200m: 2:31.10	40.46	300m: 4:09.13	48.30	400m: 5:22.03	35.85
17.	GOMES, Francisca Martins	07	POR	Porto	5:24.16	+0,78	551
	50m: 34.03 34.03	150m: 1:58.45	44.16	250m: 3:26.14	45.18	350m: 4:47.93	36.76
	100m: 1:14.29 40.26	200m: 2:40.96	42.51	300m: 4:11.17	45.03	400m: 5:24.16	36.23
18.	TOMAS, Constanca Baptista	09	POR	Alcobaca	5:24.21	+0,78	551
	50m: 33.29 33.29	150m: 1:57.47	44.86	250m: 3:28.31	46.85	350m: 4:50.30	35.32
	100m: 1:12.61 39.32	200m: 2:41.46	43.99	300m: 4:14.98	46.67	400m: 5:24.21	33.91
19.	RODRIGUES, Leonor Carreiro	07	POR	Benfica	5:25.30	+0,67	545
	50m: 34.10 34.10	150m: 1:56.73	42.92	250m: 3:24.76	45.61	350m: 4:49.33	38.01
	100m: 1:13.81 39.71	200m: 2:39.15	42.42	300m: 4:11.32	46.56	400m: 5:25.30	35.97
20.	CUNHA, Maria Rita	10	POR	Colegio Efanor	5:27.51	+0,76	534
	50m: 35.30 35.30	150m: 1:57.71	40.97	250m: 3:25.68	47.31	350m: 4:50.56	36.52
	100m: 1:16.74 41.44	200m: 2:38.37	40.66	300m: 4:14.04	48.36	400m: 5:27.51	36.95