



Prova de Preparação "O Nadador Mais Completo"
Caldas da Rainha, 2 - 3/11/2024

Prova 1	Femin., 400m Estilos				Juvenil B Fem
02/11/2024 - 15:00					Resultados
Rec Nac Open	4:36.19	Victoria, KAMINSKAYA	POR	Copenhagen (DEN)	13/12/2017
Rec Nac JUV B	4:56.53	Mariana Pacheco, CUNHA	CFP	Porto	05/05/2018

Pontos: AQUA 2024

Lugar			Ano					Tempo final	AQUA
1.	Cristiana Henriques, ALMEIDA		11	Benedita				6:04.64	358
	50m:	39.43 39.43	150m:	2:11.75	45.97	250m:	3:48.28 51.32	350m:	5:23.46 43.00
	100m:	1:25.78 46.35	200m:	2:56.96	45.21	300m:	4:40.46 52.18	400m:	6:04.64 41.18
2.	Isabela Lourenco, COSTA		11	Benedita				6:27.28	298
	50m:	42.75 42.75	150m:	2:22.50	49.47	250m:	4:06.00 55.50	350m:	5:45.65 43.43
	100m:	1:33.03 50.28	200m:	3:10.50	48.00	300m:	5:02.22 56.22	400m:	6:27.28 41.63
3.	Maria Santos, FONSECA		11	CNLeiria VOID				6:29.67	293
	50m:	43.22 43.22	150m:	2:26.18	49.47	250m:	4:05.56 51.80	350m:	5:45.53 46.86
	100m:	1:36.71 53.49	200m:	3:13.76	47.58	300m:	4:58.67 53.11	400m:	6:29.67 44.14
4.	Isabela Maria, CARREIRA		11	Uniao Juncalense				6:40.47	270
	50m:	42.72 42.72	150m:	2:27.75	51.13	250m:	4:12.75 54.50	350m:	5:54.69 45.07
	100m:	1:36.62 53.90	200m:	3:18.25	50.50	300m:	5:09.62 56.87	400m:	6:40.47 45.78

Prova 1	Femin., 400m Estilos				Juvenil A Fem
02/11/2024 - 15:00					Resultados
Rec Nac Open	4:36.19	Victoria, KAMINSKAYA	POR	Copenhagen (DEN)	13/12/2017
Rec Nac JUV A	4:51.85	Ana Claudia, SANTOS	SFUAP	Setubal	21/11/2004

Pontos: AQUA 2024

Lugar			Ano					Tempo final	AQUA
1.	Diana Isabel, ALVES		10	Pimpoes/Cimai				5:35.72	458
	50m:	35.33 35.33	150m:	1:58.05	41.39	250m:	3:28.22 49.14	350m:	4:58.22 39.25
	100m:	1:16.66 41.33	200m:	2:39.08	41.03	300m:	4:18.97 50.75	400m:	5:35.72 37.50
2.	Vida Sofia, VELEZ		10	Ba-Leiria				5:53.87	391
	50m:	39.30 39.30	150m:	2:09.30	43.75	250m:	3:41.34 50.40	350m:	5:14.19 42.82
	100m:	1:25.55 46.25	200m:	2:50.94	41.64	300m:	4:31.37 50.03	400m:	5:53.87 39.68
3.	Constanca Rolim, PEDRO		10	Ba-Leiria				6:07.99	348
	50m:	41.99 41.99	150m:	2:15.96	46.93	250m:	3:54.17 51.71	350m:	5:28.67 41.75
	100m:	1:29.03 47.04	200m:	3:02.46	46.50	300m:	4:46.92 52.75	400m:	6:07.99 39.32

Prova 1	Femin., 400m Estilos				Junior Fem
02/11/2024 - 15:00					Resultados
Rec Nac Open	4:36.19	Victoria, KAMINSKAYA	POR	Copenhagen (DEN)	13/12/2017
Rec Nac 18 +	4:36.19	Victoria, KAMINSKAYA	POR	Copenhagen (DEN)	13/12/2017
Rec Nac 17	4:46.89	Ines Neto, ROCHA	CAP	Felgueiras	15/04/2018
Rec Nac 16	4:50.85	Diana Margarida, DURAES	FOCA	Silves	02/12/2011

Pontos: AQUA 2024

Lugar			Ano					Tempo final	AQUA
1.	Zofie, PACHECO		09	Naval de Peniche				5:55.78	385
	50m:	36.86 36.86	150m:	2:10.28	47.89	250m:	3:46.43 50.62	350m:	5:17.64 40.33
	100m:	1:22.39 45.53	200m:	2:55.81	45.53	300m:	4:37.31 50.88	400m:	5:55.78 38.14
DNS	Carolina Ferreira, FONSECA		07	Vieirense					