

Prova 23
19/10/2024 - 16:45

Femin., 400m Livres

Absolutos
Resultados

Pontos: AQUA 2024

Lugar	Nome	Ano	Clube	Tempo Final	TReac	AQUA
1.	Matilde Nogueira, Lourenco	11	CCDSerta	5:37.77		321
	50m: 38.30 38.30	150m: 2:03.28 43.11	250m: 3:31.26 43.94	350m: 4:58.04 43.12		
	100m: 1:20.17 41.87	200m: 2:47.32 44.04	300m: 4:14.92 43.66	400m: 5:37.77 39.73		
2.	Vitoria Morao, Almeida	09	AN Albicastrense	5:54.92		276
	50m: 37.23 37.23	150m: 2:04.86 44.95	250m: 3:37.68 46.98	350m: 5:11.70 46.94		
	100m: 1:19.91 42.68	200m: 2:50.70 45.84	300m: 4:24.76 47.08	400m: 5:54.92 43.22		
3.	Clara Sofia, Marcal	09	CCDSerta	6:08.47		247
	50m: 43.43 43.43	150m: 2:17.03 47.52	250m: 3:51.53 47.02	350m: 5:25.15 46.25		
	100m: 1:29.51 46.08	200m: 3:04.51 47.48	300m: 4:38.90 47.37	400m: 6:08.47 43.32		
4.	Matilde Trigueiros, Paulo	11	AN Albicastrense	6:19.93		225
	50m: 43.45 43.45	150m: 2:19.87 49.21	250m: 3:58.32 49.40	350m: 5:36.76 48.98		
	100m: 1:30.66 47.21	200m: 3:08.92 49.05	300m: 4:47.78 49.46	400m: 6:19.93 43.17		
5.	Leonor Santos, Silva	13	CCDSerta	6:30.56		207
	50m: 41.87 41.87	150m: 2:19.37 50.37	250m: 4:02.45 50.68	350m: 5:43.85 50.21		
	100m: 1:29.00 47.13	200m: 3:11.77 52.40	300m: 4:53.64 51.19	400m: 6:30.56 46.71		
6.	Carolina Campos, Silva	12	Natacao Guarda	6:44.02		187
	50m: 43.02 43.02	150m: 2:23.45 50.87	250m: 4:07.86 52.80	350m: 5:53.81 52.94		
	100m: 1:32.58 49.56	200m: 3:15.06 51.61	300m: 5:00.87 53.01	400m: 6:44.02 50.21		
7.	Mercedes Beirao, Valente	13	AN Albicastrense	7:04.20		162
	50m: 49.04 49.04	150m: 2:39.70 55.93	250m: 4:27.91 52.40	350m: 6:13.79 52.54		
	100m: 1:43.77 54.73	200m: 3:35.51 55.81	300m: 5:21.25 53.34	400m: 7:04.20 50.41		
8.	Beatriz Sa, Gasparetto	13	Eléctrico	7:06.84		159
	50m: 44.41 44.41	150m: 2:32.15 53.78	250m: 4:25.73 57.78	350m: 6:15.96 56.06		
	100m: 1:38.37 53.96	200m: 3:27.95 55.80	300m: 5:19.90 54.17	400m: 7:06.84 50.88		
9.	Margarida Salavessa, Cacilhas	13	AN Albicastrense	7:57.53		113
	50m: 55.30 55.30	150m: 2:54.84 1:00.61	250m: 4:58.01 1:01.29	350m: 6:59.50 1:00.58		
	100m: 1:54.23 58.93	200m: 3:56.72 1:01.88	300m: 5:58.92 1:00.91	400m: 7:57.53 58.03		