

Prova 23  
02/11/2024 - 17:50

Femin., 400m Livres

Absolutos  
Resultados

Rec Nac Open	4:04.61	Diana Margarida, Duraes	POR	Copenhagen (DEN)	17/12/2017
Rec Nac 19 +	4:04.61	Diana Margarida, Duraes	POR	Copenhagen (DEN)	17/12/2017
Rec Nac JUN 17	4:10.52	Tamila Hryhorivna, Holub	SCB	Porto	12/12/2015
Rec Nac JUN 16	4:13.53	Ana Reis, Sousa	CNLA	Porto	09/12/2017
Rec Nac JUV A	4:18.39	Ana Claudia, Santos	SFUAP	Cantanhede	20/12/2004
Rec Nac JUV B	4:23.08	Susana Patricia, Miguel	SFUAP	Alhandra	15/05/2004
Rec Nac INF A	4:25.30	Alexandra Maria, Silva	FCP	Porto	19/07/1980
Rec Nac INF B	4:38.40	Filipa Vilas, Ruivo	DNMG	Alcoçaba	13/06/2009

Lugar	Nome	Ano	Licença	Clube	TReac	Tempo Final	Pontos
1.	Maria Ornelas, Armas	98	106961	Clube Oriental de Lisboa		<b>4:28.93</b>	23,00 -
	50m: 31.05 31.05	150m: 1:38.00	33.74	250m: 2:46.40	34.28	350m: 3:55.29	34.57
	100m: 1:04.26 33.21	200m: 2:12.12	34.12	300m: 3:20.72	34.32	400m: 4:28.93	33.64
2.	Bianca Filipa, Almeida	07	204110	Alges e Agueda XXI	+0,79	<b>4:32.80</b>	21,00 -
	50m: 31.73 31.73	150m: 1:40.74	34.78	250m: 2:50.12	34.48	350m: 4:00.13	35.21
	100m: 1:05.96 34.23	200m: 2:15.64	34.90	300m: 3:24.92	34.80	400m: 4:32.80	32.67
3.	Matilde Violante, Viana	07	205552	CNLeiria VOID	+0,92	<b>4:34.07</b>	20,00 -
	50m: 31.62 31.62	150m: 1:39.75	34.50	250m: 2:49.70	35.26	350m: 3:59.58	35.41
	100m: 1:05.25 33.63	200m: 2:14.44	34.69	300m: 3:24.17	34.47	400m: 4:34.07	34.49
4.	Leonor Sombreiro, Martins	10	211313	BUZIOS - Coruche	+0,92	<b>4:44.61</b>	19,00 -
	50m: 32.22 32.22	150m: 1:43.01	35.89	250m: 2:55.94	36.60	350m: 4:09.70	36.94
	100m: 1:07.12 34.90	200m: 2:19.34	36.33	300m: 3:32.76	36.82	400m: 4:44.61	34.91
5.	Laura Brites, Costa	09	211108	Rio Maior	+0,71	<b>4:52.50</b>	18,00 -
	50m: 32.66 32.66	150m: 1:44.66	36.42	250m: 2:59.97	37.79	350m: 4:15.79	37.58
	100m: 1:08.24 35.58	200m: 2:22.18	37.52	300m: 3:38.21	38.24	400m: 4:52.50	36.71
6.	Margarida Carreiro, Sousa	08	205606	Clube Desportivo Escolar de Ag		<b>4:58.54</b>	17,00 -
7.	Beatriz Oliveira, Portulez	11	213180	Columbifila Cantanhedense	+0,98	<b>5:03.05</b>	16,00 -
	50m: 34.57 34.57	150m: 1:50.04	38.27	250m: 3:07.39	38.14	350m: 4:24.87	38.49
	100m: 1:11.77 37.20	200m: 2:29.25	39.21	300m: 3:46.38	38.99	400m: 5:03.05	38.18
8.	Leticia Rodrigues, Magalhaes	07	205089	Despertarecorde	+0,85	<b>5:07.47</b>	15,00 -
	50m: 33.79 33.79	150m: 1:49.66	38.80	250m: 3:08.43	39.38	350m: 4:27.89	40.10
	100m: 1:10.86 37.07	200m: 2:29.05	39.39	300m: 3:47.79	39.36	400m: 5:07.47	39.58
9.	Ana Raquel, Ferreira	98	102755	Clube Natacao de Lisboa	+0,83	<b>5:10.43</b>	14,00 -
	50m: 33.64 33.64	150m: 1:49.68	38.90	250m: 3:10.01	40.84	350m: 4:31.11	40.68
	100m: 1:10.78 37.14	200m: 2:29.17	39.49	300m: 3:50.43	40.42	400m: 5:10.43	39.32
10.	Sara Goncalves, Vieira	10	213776	Naval Praia da Vitoria		<b>5:11.30</b>	13,00 -
11.	Maria Joao, Costa	09	205801	Bombeiros Ribeira Grande		<b>5:12.13</b>	12,00 -
12.	Leonor Pereira, Rocha	08	205433	Sporting de Espinho	+0,79	<b>5:17.41</b>	11,00 -
	50m: 35.22 35.22	150m: 1:54.59	40.07	250m: 3:15.33	40.80	350m: 4:38.06	41.55
	100m: 1:14.52 39.30	200m: 2:34.53	39.94	300m: 3:56.51	41.18	400m: 5:17.41	39.35
13.	Lara Mota, Ferreira	08	209955	Natacao Clube de Fafe	+0,91	<b>5:20.15</b>	10,00 -
	50m: 34.57 34.57	150m: 1:53.73	40.59	250m: 3:17.17	41.65	350m: 4:40.01	41.45
	100m: 1:13.14 38.57	200m: 2:35.52	41.79	300m: 3:58.56	41.39	400m: 5:20.15	40.14
14.	Maria Serrano, Teles	08	216107	Natacao de lagos	+0,90	<b>5:25.49</b>	9,00 -
	50m: 35.69 35.69	150m: 1:57.93	42.04	250m: 3:22.39	42.27	350m: 4:45.89	40.88
	100m: 1:15.89 40.20	200m: 2:40.12	42.19	300m: 4:05.01	42.62	400m: 5:25.49	39.60
15.	Daniela Santos, Carrilho	08	205402	CLAC-Entroncamento	+0,90	<b>5:33.49</b>	8,00 -
	50m: 37.52 37.52	150m: 2:01.57	42.38	250m: 3:27.12	43.14	350m: 4:53.32	43.34
	100m: 1:19.19 41.67	200m: 2:43.98	42.41	300m: 4:09.98	42.86	400m: 5:33.49	40.17
16.	Francisca Moreira, Fonseca	09	209211	Natacao Peso Da Regua	+0,80	<b>5:41.94</b>	7,00 -
	50m: 38.65 38.65	150m: 2:04.83	43.51	250m: 3:31.49	43.46	350m: 4:59.21	44.10
	100m: 1:21.32 42.67	200m: 2:48.03	43.20	300m: 4:15.11	43.62	400m: 5:41.94	42.73

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Lugar	Nome	Ano	Licença	Clube	TReac	Tempo Final	Pontos
17.	Vitoria Morao, Almeida	09	206749	AN Albicastrense		<b>5:46.43</b>	6,00 -
	50m: 37.17 37.17		150m: 2:04.24	44.72 250m: 3:31.98	43.29 350m: 5:03.29	46.24	
	100m: 1:19.52 42.35		200m: 2:48.69	44.45 300m: 4:17.05	45.07 400m: 5:46.43	43.14	
18.	Maria Beatriz, Mestre	12	210855	Electrico	+0,94	<b>5:49.62</b>	5,00 -
	50m: 38.18 38.18		150m: 2:05.67	44.64 250m: 3:36.65	45.92 350m: 5:07.44	45.26	
	100m: 1:21.03 42.85		200m: 2:50.73	45.06 300m: 4:22.18	45.53 400m: 5:49.62	42.18	
19.	Gabriela Melo, Silva	10	216937	Sporting Clube de Aveiro	+0,85	<b>5:53.31</b>	4,00 -
	50m: 40.42 40.42		150m: 2:11.68	46.30 250m: 3:43.98	46.11 350m: 5:13.15	43.71	
	100m: 1:25.38 44.96		200m: 2:57.87	46.19 300m: 4:29.44	45.46 400m: 5:53.31	40.16	
20.	Mafalda Costa, Nunes	12	218242	GSC Grandola Sports Club	+0,80	<b>5:53.60</b>	3,00 -
	50m: 39.41 39.41		150m: 2:08.79	45.07 250m: 3:39.63	45.36 350m: 5:09.96	45.24	
	100m: 1:23.72 44.31		200m: 2:54.27	45.48 300m: 4:24.72	45.09 400m: 5:53.60	43.64	
21.	Maria Clara, Goncalves	12	218950	Escola O Liceu		<b>5:55.53</b>	2,00 -
22.	Lara Daniela, Sousa	10	205862	Penafiel		<b>6:05.47</b>	1,00 -
	50m: 39.92 39.92		150m: 2:12.39	47.34 250m: 3:47.70	47.87 350m: 5:21.40	46.44	
	100m: 1:25.05 45.13		200m: 2:59.83	47.44 300m: 4:34.96	47.26 400m: 6:05.47	44.07	