

Prova 23
29/11/2024 - 18:15

Femin., 400m Livres

3ª Divisão FEM
Resultados

Rec Nac Open	4:04.61	Diana Margarida, Duraes	POR	Copenhagen (DEN)	17/12/2017
Rec Nac Sen	4:04.61	Diana Margarida, Duraes	POR	Copenhagen (DEN)	17/12/2017
Rec Nac Jun18	4:11.18	Francisca Soares, Martins	FOCA	Mealhada	14/11/2020
Rec Nac Jun17	4:10.52	Tamila Hryhorivna, Holub	SCB	Porto	12/12/2015
Rec Nac Jun16	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	Alcobaça	13/06/2009

Lugar	Nome	Ano	Licença	Clube	Tempo Final	TReac	Pts	
1.	Maria Ornelas, Armas	98	106961	Clube Oriental de Lisboa	4:28.38	+0,94	33,00 -	
	50m: 30.94 30.94	150m: 1:37.46 33.35	250m: 2:45.01 34.03	350m: 3:54.30 34.90	100m: 1:04.11 33.17	200m: 2:10.98 33.52	300m: 3:19.40 34.39	400m: 4:28.38 34.08
2.	Matilde Violante, Viana	07	205552	CNLeiria - VOID	4:32.76	+0,83	31,00 -	
	50m: 31.14 31.14	150m: 1:39.00 34.46	250m: 2:48.84 34.93	350m: 3:58.69 34.84	100m: 1:04.54 33.40	200m: 2:13.91 34.91	300m: 3:23.85 35.01	400m: 4:32.76 34.07
3.	Carolina Amadeu, Ferreira	08	202815	Leixoes Sport Clube	4:33.63	+0,86	30,00 -	
	50m: 31.85 31.85	150m: 1:40.76 34.61	250m: 2:50.76 34.88	350m: 4:00.20 34.62	100m: 1:06.15 34.30	200m: 2:15.88 35.12	300m: 3:25.58 34.82	400m: 4:33.63 33.43
4.	Margarida Maria, Luiz	08	211814	Lagoa Academico Clube	4:36.07	+0,76	29,00 -	
	50m: 31.44 31.44	150m: 1:40.32 34.79	250m: 2:50.48 35.30	350m: 4:01.26 35.46	100m: 1:05.53 34.09	200m: 2:15.18 34.86	300m: 3:25.80 35.32	400m: 4:36.07 34.81
5.	Constanca Baptista, Tomas	09	206496	Alcobaca	4:38.34	+0,78	28,00 -	
	50m: 31.72 31.72	150m: 1:41.27 34.89	250m: 2:50.62 34.34	350m: 3:57.41 32.57	100m: 1:06.38 34.66	200m: 2:16.28 35.01	300m: 3:24.84 34.22	400m: 4:38.34 40.93
6.	Ana Carolina, Monteiro	04	129474	Aac	4:42.15	+0,81	27,00 -	
	50m: 31.71 31.71	150m: 1:41.96 35.46	250m: 2:52.46 35.08	350m: 4:02.98 35.37	100m: 1:06.50 34.79	200m: 2:17.38 35.42	300m: 3:27.61 35.15	400m: 4:42.15 39.17
7.	Leonor Sombreiro, Martins	10	211313	BUZIOS - Coruche	4:42.42	+0,87	26,00 -	
	50m: 31.70 31.70	150m: 1:42.75 36.13	250m: 2:55.90 36.65	350m: 4:09.04 36.64	100m: 1:06.62 34.92	200m: 2:19.25 36.50	300m: 3:32.40 36.50	400m: 4:42.42 33.38
8.	Joana Melo, Gaspar	09	208734	Clube Nacional de Natacao	4:48.70	+0,80	25,00 -	
	50m: 33.46 33.46	150m: 1:47.29 37.07	250m: 3:00.74 36.81	350m: 4:13.52 36.20	100m: 1:10.22 36.76	200m: 2:23.93 36.64	300m: 3:37.32 36.58	400m: 4:48.70 35.18
9.	Catarina Costa, Sequeira	98	119735	Clube Natacao de Lisboa	4:53.35	+0,76	24,00 -	
	50m: 33.56 33.56	150m: 1:45.52 36.36	250m: 2:59.41 36.89	350m: 4:15.46 38.04	100m: 1:09.16 35.60	200m: 2:22.52 37.00	300m: 3:37.42 38.01	400m: 4:53.35 37.89
10.	Filipa Ferreira, Loisas	11	213294	Columbofila Cantanhedense	4:55.40	+0,75	23,00 -	
	50m: 33.54 33.54	150m: 1:48.22 37.66	250m: 3:02.47 36.46	350m: 4:17.35 37.38	100m: 1:10.56 37.02	200m: 2:26.01 37.79	300m: 3:39.97 37.50	400m: 4:55.40 38.05
11.	Alice Mendes, Macedo	08	208163	Aej	4:58.13	+0,86	22,00 -	
	50m: 32.42 32.42	150m: 1:45.41 37.43	250m: 3:02.00 38.81	350m: 4:20.21 39.07	100m: 1:07.98 35.56	200m: 2:23.19 37.78	300m: 3:41.14 39.14	400m: 4:58.13 37.92
12.	Vida Sofia, Velez	10	209976	Ba-Leiria	4:59.11		21,00 -	
	50m: 33.62 33.62	150m: 1:47.76 37.30	250m: 3:04.31 38.77	350m: 4:21.41 38.71	100m: 1:10.46 36.84	200m: 2:25.54 37.78	300m: 3:42.70 38.39	400m: 4:59.11 37.70
13.	Catarina Isabel, Alves	06	201198	Aminata	4:59.68	+0,92	20,00 -	
	50m: 32.96 32.96	150m: 1:46.97 37.44	250m: 3:03.72 38.47	350m: 4:21.37 39.12	100m: 1:09.53 36.57	200m: 2:25.25 38.28	300m: 3:42.25 38.53	400m: 4:59.68 38.31
14.	Catarina Maria, Fragoso	07	213087	Viver Santarem	5:00.40	+0,78	19,00 -	
	50m: 33.81 33.81	150m: 1:49.55 38.17	250m: 3:06.60 38.64	350m: 4:23.55 38.29	100m: 1:11.38 37.57	200m: 2:27.96 38.41	300m: 3:45.26 38.66	400m: 5:00.40 36.85
15.	Lara Mota, Ferreira	08	209955	Natacao Clube de Fafe	5:01.19	+0,95	18,00 -	
	50m: 33.32 33.32	150m: 1:48.34 38.47	250m: 3:06.62 39.26	350m: 4:24.06 38.63	100m: 1:09.87 36.55	200m: 2:27.36 39.02	300m: 3:45.43 38.81	400m: 5:01.19 37.13

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Lugar	Nome	Ano	Licença	Clube	Tempo Final	TReac	Pts
16.	Rita Lobo, Pires	09	205497	Natacao do Fundao/YesEnergy	5:01.43	+0,91	17,00 -
	50m: 34.29 34.29	150m: 1:50.38 38.64	250m: 3:08.02 38.84	350m: 4:24.10 37.59			
	100m: 1:11.74 37.45	200m: 2:29.18 38.80	300m: 3:46.51 38.49	400m: 5:01.43 37.33			
17.	Rafaela Calvo, Coutinho	08	207581	Cdca	5:03.37	+0,73	16,00 -
	50m: 32.58 32.58	150m: 1:48.42 38.76	250m: 3:06.93 39.25	350m: 4:24.94 38.84			
	100m: 1:09.66 37.08	200m: 2:27.68 39.26	300m: 3:46.10 39.17	400m: 5:03.37 38.43			
18.	Maria Joao, Costa	09	205801	Bombeiros Ribeira Grande	5:03.67	+0,68	15,00 -
	50m: 32.12 32.12	150m: 1:45.92 37.89	250m: 3:05.01 39.95	350m: 4:25.46 40.72			
	100m: 1:08.03 35.91	200m: 2:25.06 39.14	300m: 3:44.74 39.73	400m: 5:03.67 38.21			
19.	Ana Filipa, Serra	11	211617	CPCD	5:06.49	+0,88	14,00 -
	50m: 34.01 34.01	150m: 1:52.50 39.58	250m: 3:10.35 38.42	350m: 4:28.29 38.54			
	100m: 1:12.92 38.91	200m: 2:31.93 39.43	300m: 3:49.75 39.40	400m: 5:06.49 38.20			
20.	Ines Senhorinha, Silva	10	205529	Natacao da Maia	5:07.38		13,00 -
	50m: 34.73 34.73	150m: 1:52.09 38.80	250m: 3:11.32 39.78	350m: 4:29.81 39.27			
	100m: 1:13.29 38.56	200m: 2:31.54 39.45	300m: 3:50.54 39.22	400m: 5:07.38 37.57			
21.	Jessica Bernardino, Lopes	10	212317	Fisica Torres Vedras	5:08.16	+0,77	12,00 -
	50m: 33.79 33.79	150m: 1:51.69 39.57	250m: 3:11.00 39.76	350m: 4:30.29 39.54			
	100m: 1:12.12 38.33	200m: 2:31.24 39.55	300m: 3:50.75 39.75	400m: 5:08.16 37.87			
22.	Annabela Veronika, Farcas	09	206154	FC Ferreiras/AlgarExperience	5:09.19	+0,86	11,00 -
	50m: 34.73 34.73	150m: 1:52.36 39.51	250m: 3:11.31 39.39	350m: 4:30.36 39.81			
	100m: 1:12.85 38.12	200m: 2:31.92 39.56	300m: 3:50.55 39.24	400m: 5:09.19 38.83			
23.	Isabella Nascimento, Soares	11	213938	Naval da Horta	5:11.73	+0,95	10,00 -
	50m: 34.30 34.30	150m: 1:50.73 39.31	250m: 3:11.60 40.64	350m: 4:32.44 40.42			
	100m: 1:11.42 37.12	200m: 2:30.96 40.23	300m: 3:52.02 40.42	400m: 5:11.73 39.29			
24.	Vitoria Maria, Brandao	07	211050	Fundacao Salesianos	5:12.74	+0,83	9,00 -
	50m: 35.08 35.08	150m: 1:53.47 39.21	250m: 3:13.18 40.13	350m: 4:33.26 40.02			
	100m: 1:14.26 39.18	200m: 2:33.05 39.58	300m: 3:53.24 40.06	400m: 5:12.74 39.48			
25.	Gabriela Lopes, Fernandes	09	203902	O Crasto	5:16.62	+0,94	8,00 -
	50m: 34.68 34.68	150m: 1:54.70 40.48	250m: 3:16.66 40.57	350m: 4:38.43 40.55			
	100m: 1:14.22 39.54	200m: 2:36.09 41.39	300m: 3:57.88 41.22	400m: 5:16.62 38.19			
26.	Mariana Moreira, Lopes	11	209232	Clube Desportivo Feirense	5:17.13	+0,87	7,00 -
	50m: 33.94 33.94	150m: 1:54.30 40.77	250m: 3:18.06 41.68	350m: 4:41.10 41.30			
	100m: 1:13.53 39.59	200m: 2:36.38 42.08	300m: 3:59.80 41.74	400m: 5:17.13 36.03			
27.	Leonor Pereira, Rocha	08	205433	Sporting de Espinho	5:17.16	+0,74	6,00 -
	50m: 33.89 33.89	150m: 1:50.62 39.50	250m: 3:12.61 41.44	350m: 4:37.45 42.43			
	100m: 1:11.12 37.23	200m: 2:31.17 40.55	300m: 3:55.02 42.41	400m: 5:17.16 39.71			
28.	Mariana Bagagem, Carvalho	10	211148	Miranda do Corvo	5:19.25	+0,94	5,00 -
	50m: 34.80 34.80	150m: 1:56.41 41.52	250m: 3:18.87 41.12	350m: 4:40.13 40.13			
	100m: 1:14.89 40.09	200m: 2:37.75 41.34	300m: 4:00.00 41.13	400m: 5:19.25 39.12			
29.	Luisa Burquette, Cunha	06	200106	Clube Natacao da Amadora	5:24.84	+0,79	4,00 -
	50m: 33.59 33.59	150m: 1:52.34 40.59	250m: 3:16.98 43.15	350m: 4:43.87 43.67			
	100m: 1:11.75 38.16	200m: 2:33.83 41.49	300m: 4:00.20 43.22	400m: 5:24.84 40.97			
30.	Maria Serrano, Teles	08	216107	Natacao de Iagos	5:26.08		3,00 -
	50m: 35.72 35.72	150m: 1:57.39 41.21	250m: 3:22.13 42.53	350m: 4:46.38 41.85			
	100m: 1:16.18 40.46	200m: 2:39.60 42.21	300m: 4:04.53 42.40	400m: 5:26.08 39.70			
31.	Rita Bernardino, Pombo	10	214684	Litoral Alentejano	5:45.25	+0,89	2,00 -
	50m: 36.02 36.02	150m: 2:02.34 44.01	250m: 3:32.09 45.22	350m: 5:02.36 44.99			
	100m: 1:18.33 42.31	200m: 2:46.87 44.53	300m: 4:17.37 45.28	400m: 5:45.25 42.89			
32.	Margarida Pinto, Borba	09	133086	Nucleo Sporting	5:53.99	+0,91	1,00 -
	50m: 37.56 37.56	150m: 2:06.38 46.02	250m: 3:39.12 46.29	350m: 5:11.33 45.98			
	100m: 1:20.36 42.80	200m: 2:52.83 46.45	300m: 4:25.35 46.23	400m: 5:53.99 42.66			