

Prova 1	Femin., 400m Livres				2ª Divisão FEM
30/11/2024 - 9:30					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.	Francisca Soares, Martins	03	126504	Foca Quinta Da Lixa - Cnf	4:05.86	+0,70	25,0(-)
	50m: 28.42 28.42	150m: 1:29.71 30.74	250m: 2:32.30 31.31	350m: 3:35.40 31.56			30.46
	100m: 58.97 30.55	200m: 2:00.99 31.28	300m: 3:03.84 31.54	400m: 4:05.86			
2.	Mafalda Sofia, Rosa	03	127310	Academico Viseu Futebol Clube	4:18.37	+0,79	23,0(-)
	50m: 30.05 30.05	150m: 1:34.21 32.28	250m: 2:39.77 32.87	350m: 3:45.70 33.07			32.67
	100m: 1:01.93 31.88	200m: 2:06.90 32.69	300m: 3:12.63 32.86	400m: 4:18.37			
3.	Beatriz Silva, Louro	07	129303	Louletano / Loule Aqui e Agora	4:23.29	+0,67	22,0(-)
	50m: 29.87 29.87	150m: 1:35.32 32.89	250m: 2:41.77 33.23	350m: 3:49.45 33.89			33.84
	100m: 1:02.43 32.56	200m: 2:08.54 33.22	300m: 3:15.56 33.79	400m: 4:23.29			
4.	Mafalda Martins, Mesquita	07	202805	Famalicao	4:28.10		21,0(-)
	50m: 30.17 30.17	150m: 1:36.41 33.49	250m: 2:45.45 34.67	350m: 3:54.63 34.42			33.47
	100m: 1:02.92 32.75	200m: 2:10.78 34.37	300m: 3:20.21 34.76	400m: 4:28.10			
5.	Tamila Hryhorivna, Holub	99	116887	Vitoria Sport Clube	4:31.74	+0,74	20,0(-)
	50m: 29.98 29.98	150m: 1:35.55 33.30	250m: 2:45.11 34.99	350m: 3:57.33 36.29			34.41
	100m: 1:02.25 32.27	200m: 2:10.12 34.57	300m: 3:21.04 35.93	400m: 4:31.74			
6.	Maria Carvalho, Pinto	09	206343	Viana Natacao	4:32.58	+0,85	19,0(-)
	50m: 30.71 30.71	150m: 1:38.29 34.47	250m: 2:48.08 35.21	350m: 3:58.45 35.19			34.13
	100m: 1:03.82 33.11	200m: 2:12.87 34.58	300m: 3:23.26 35.18	400m: 4:32.58			
7.	Beatriz Paulo, Ranito	99	116593	Gesloures	4:33.16	+0,74	18,0(-)
	50m: 30.58 30.58	150m: 1:39.07 34.63	250m: 2:49.28 35.20	350m: 3:59.82 35.16			33.34
	100m: 1:04.44 33.86	200m: 2:14.08 35.01	300m: 3:24.66 35.38	400m: 4:33.16			
8.	Bruna Martins, Riesenberger	97	105541	Laranjeiro	4:34.03	+0,74	17,0(-)
	50m: 30.96 30.96	150m: 1:39.74 34.89	250m: 2:49.71 35.07	350m: 4:00.38 35.33			33.65
	100m: 1:04.85 33.89	200m: 2:14.64 34.90	300m: 3:25.05 35.34	400m: 4:34.03			
9.	Sara Sofia, Alves	07	202517	Palmela Desporto	4:34.08	+0,81	16,0(-)
	50m: 30.25 30.25	150m: 1:38.11 34.52	250m: 2:48.00 35.12	350m: 3:58.75 35.70			35.33
	100m: 1:03.59 33.34	200m: 2:12.88 34.77	300m: 3:23.05 35.05	400m: 4:34.08			
10.	Iris Pereira, Carrao	05	201392	Uniao Piedense	4:36.53	+0,78	15,0(-)
	50m: 31.41 31.41	150m: 1:40.48 34.86	250m: 2:50.17 34.88	350m: 4:01.01 35.69			35.52
	100m: 1:05.62 34.21	200m: 2:15.29 34.81	300m: 3:25.32 35.15	400m: 4:36.53			
11.	Luana Ferreira, Craveiro	09	144313	Nautico Marinha Grande	4:37.23	+0,72	14,0(-)
	50m: 29.78 29.78	150m: 1:38.19 35.06	250m: 2:49.89 35.58	350m: 4:02.08 35.90			35.15
	100m: 1:03.13 33.35	200m: 2:14.31 36.12	300m: 3:26.18 36.29	400m: 4:37.23			
12.	Lara Catarina, Maia	09	205712	Clube Desportivo de Estarreja	4:37.33	+0,69	13,0(-)
	50m: 30.33 30.33	150m: 1:39.19 34.95	250m: 2:50.74 35.86	350m: 4:02.79 36.13			34.54
	100m: 1:04.24 33.91	200m: 2:14.88 35.69	300m: 3:26.66 35.92	400m: 4:37.33			
13.	Joana Silva, Alves	05	200038	Pimpoes/Cimai	4:37.95	+0,79	12,0(-)
	50m: 31.24 31.24	150m: 1:40.21 34.79	250m: 2:51.93 35.99	350m: 4:03.47 35.79			34.48
	100m: 1:05.42 34.18	200m: 2:15.94 35.73	300m: 3:27.68 35.75	400m: 4:37.95			
14.	Carolina Silva, Soares	03	123910	Natacao de Valongo	4:40.54	+0,80	11,0(-)
	50m: 31.17 31.17	150m: 1:40.10 34.92	250m: 2:52.02 36.32	350m: 4:05.06 36.53			35.48
	100m: 1:05.18 34.01	200m: 2:15.70 35.60	300m: 3:28.53 36.51	400m: 4:40.54			
15.	Catarina Soares, Araujo	09	205861	Aquatico Pacense	4:41.22	+0,83	10,0(-)
	50m: 30.86 30.86	150m: 1:40.07 35.21	250m: 2:51.42 35.94	350m: 4:04.84 36.86			36.38
	100m: 1:04.86 34.00	200m: 2:15.48 35.41	300m: 3:27.98 36.56	400m: 4:41.22			

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Lugar	Nome	Ano	Licença	Clube	Tempo Final	TReac	Pts
16.	Margarida Santos, Botelho	07	202518	Cns	4:41.79	+0,76	9,0(-)
	50m: 31.77 31.77	150m: 1:42.67 35.83	250m: 2:54.72 36.02	350m: 4:06.93 36.11			
	100m: 1:06.84 35.07	200m: 2:18.70 36.03	300m: 3:30.82 36.10	400m: 4:41.79 34.86			
17.	Raquel Campos, Cardoso	09	153184	Bombeiros de Ponta Delgada	4:43.43		8,0(-)
	50m: 31.64 31.64	150m: 1:41.34 35.42	250m: 2:53.53 36.57	350m: 4:07.39 37.11			
	100m: 1:05.92 34.28	200m: 2:16.96 35.62	300m: 3:30.28 36.75	400m: 4:43.43 36.04			
18.	Leonor Verissimo, Faria	06	143779	Cnac	4:43.66	+0,82	7,0(-)
	50m: 31.79 31.79	150m: 1:41.96 35.59	250m: 2:54.86 36.56	350m: 4:08.34 36.77			
	100m: 1:06.37 34.58	200m: 2:18.30 36.34	300m: 3:31.57 36.71	400m: 4:43.66 35.32			
19.	Carolina Melo, Lopes	10	211880	Portinado	4:47.77	+0,83	6,0(-)
	50m: 31.41 31.41	150m: 1:42.09 35.97	250m: 2:56.68 37.63	350m: 4:11.22 37.51			
	100m: 1:06.12 34.71	200m: 2:19.05 36.96	300m: 3:33.71 37.03	400m: 4:47.77 36.55			
20.	Sara Beatriz, Melim	09	206793	Clube Desportivo Nacional	4:55.83	+0,76	5,0(-)
	50m: 33.83 33.83	150m: 1:48.02 37.36	250m: 3:03.13 37.65	350m: 4:19.25 38.15			
	100m: 1:10.66 36.83	200m: 2:25.48 37.46	300m: 3:41.10 37.97	400m: 4:55.83 36.58			
21.	Constanca Lopes, Cruz	09	208279	Adrcimm	4:59.96	+0,87	4,0(-)
	50m: 32.69 32.69	150m: 1:47.25 38.08	250m: 3:04.85 38.96	350m: 4:22.48 38.59			
	100m: 1:09.17 36.48	200m: 2:25.89 38.64	300m: 3:43.89 39.04	400m: 4:59.96 37.48			
22.	Maria Leonor, Lopes	10	210579	Torres Novas	5:03.03		3,0(-)
	50m: 33.60 33.60	150m: 1:49.94 38.74	250m: 3:08.61 39.33	350m: 4:26.37 38.77			
	100m: 1:11.20 37.60	200m: 2:29.28 39.34	300m: 3:47.60 38.99	400m: 5:03.03 36.66			
23.	Ana Matilde, Velosa	11	211721	Juventude Atlantico Clube	5:03.75	+0,79	2,0(-)
	50m: 33.46 33.46	150m: 1:50.93 39.52	250m: 3:09.46 39.42	350m: 4:28.36 38.96			
	100m: 1:11.41 37.95	200m: 2:30.04 39.11	300m: 3:49.40 39.94	400m: 5:03.75 35.39			
24.	Matilde Lopes, Silva	09	206365	Sporting Clube Sao Joao Ver	5:09.40	+0,78	1,0(-)
	50m: 32.84 32.84	150m: 1:48.00 38.60	250m: 3:07.88 40.09	350m: 4:29.99 41.27			
	100m: 1:09.40 36.56	200m: 2:27.79 39.79	300m: 3:48.72 40.84	400m: 5:09.40 39.41			