

Prova 29
01/12/2024 - 16:00

Femin., 400m Estilos

2ª Divisão FEM
Resultados

Rec Nac Open	4:36.19	Victoria, Kaminskaya	POR	Copenhagen (DEN)	13/12/2017
Rec Nac Sen	4:36.19	Victoria, Kaminskaya	POR	Copenhagen (DEN)	13/12/2017
Rec Nac Jun18	4:41.02	Victoria, Kaminskaya	PIMP	Porto	07/12/2012
Rec Nac Jun17	4:46.89	Ines Neto, Rocha	CAP	Felgueiras	15/04/2018
Rec Nac Jun16	4:50.85	Diana Margarida, Duraes	FOCA	Silves	02/12/2011
Rec Nac Juv A	4:51.85	Ana Claudia, Santos	SFUAP	Setubal	21/11/2004
Rec Nac Juv B	4:56.53	Mariana Pacheco, Cunha	CFP	Porto	05/05/2018
Rec Nac Inf A	5:03.94	Carolina Miranda, Fernandes	CGA	Condeixa	12/05/2018
Rec Nac Inf B	5:15.68	Susana Patricia, Miguel	SFUAP	Rio Maior	06/07/2002

Lugar	Nome	Ano	Licença	Clube	Tempo Final	TReac	Pts
1.	Giovanna Vaz, Vargas	00	110957	Nautico Marinha Grande	5:02.56	+0,86	25,0(-)
	50m: 31.26 31.26	150m: 1:45.67 38.96	250m: 3:08.43 44.38	350m: 4:27.47 35.62	400m: 5:02.56 35.09		
	100m: 1:06.71 35.45	200m: 2:24.05 38.38	300m: 3:51.85 43.42				
2.	Mafalda Sofia, Rosa	03	127310	Academico Viseu Futebol Clube	5:05.60	+0,86	23,0(-)
	50m: 34.02 34.02	150m: 1:50.42 38.42	250m: 3:12.89 43.86	350m: 4:32.63 33.79	400m: 5:05.60 32.97		
	100m: 1:12.00 37.98	200m: 2:29.03 38.61	300m: 3:58.84 45.95				
3.	Maria Joao, Ribeiro	05	133241	Sporting Clube Sao Joao Ver	5:06.98	+0,71	22,0(-)
	50m: 32.09 32.09	150m: 1:50.77 42.19	250m: 3:12.62 40.87	350m: 4:31.62 36.75	400m: 5:06.98 35.36		
	100m: 1:08.58 36.49	200m: 2:31.75 40.98	300m: 3:54.87 42.25				
4.	Laura Sofia, Rodrigues	07	148425	Juventude Atlantico Clube	5:08.44	+0,83	21,0(-)
	50m: 32.88 32.88	150m: 1:51.34 40.19	250m: 3:12.84 42.37	350m: 4:32.70 37.26	400m: 5:08.44 35.74		
	100m: 1:11.15 38.27	200m: 2:30.47 39.13	300m: 3:55.44 42.60				
5.	Carolina Mendes, Nunes	08	205710	Clube Desportivo de Estarreja	5:13.04	+0,86	20,0(-)
	50m: 33.22 33.22	150m: 1:52.69 41.44	250m: 3:17.89 45.15	350m: 4:38.16 35.66	400m: 5:13.04 34.88		
	100m: 1:11.25 38.03	200m: 2:32.74 40.05	300m: 4:02.50 44.61				
6.	Alana Costa, Matias	09	209589	Cnac	5:14.18	+0,84	19,0(-)
	50m: 32.59 32.59	150m: 1:52.96 41.54	250m: 3:19.17 46.14	350m: 4:39.69 35.06	400m: 5:14.18 34.49		
	100m: 1:11.42 38.83	200m: 2:33.03 40.07	300m: 4:04.63 45.46				
7.	Catarina Alexandra, Alves	07	205924	Gesloures	5:15.62	+0,72	18,0(-)
	50m: 31.55 31.55	150m: 1:49.86 41.42	250m: 3:15.96 46.21	350m: 4:39.51 37.24	400m: 5:15.62 36.11		
	100m: 1:08.44 36.89	200m: 2:29.75 39.89	300m: 4:02.27 46.31				
8.	Matilde Lopes, Fialho	09	208396	Palmela Desporto	5:18.00	+0,78	17,0(-)
	50m: 32.94 32.94	150m: 1:51.71 39.30	250m: 3:16.93 46.62	350m: 4:41.77 36.79	400m: 5:18.00 36.23		
	100m: 1:12.41 39.47	200m: 2:30.31 38.60	300m: 4:04.98 48.05				
9.	Laura Maria, Cruz	07	203984	Adrcimm	5:20.31	+0,77	16,0(-)
	50m: 33.82 33.82	150m: 1:53.53 39.86	250m: 3:18.59 45.09	350m: 4:42.58 37.26	400m: 5:20.31 37.73		
	100m: 1:13.67 39.85	200m: 2:33.50 39.97	300m: 4:05.32 46.73				
10.	Teresa Isabel, Rodrigues	09	207950	Foca Quinta Da Lixa - Cnf	5:20.60	+0,88	15,0(-)
	50m: 34.25 34.25	150m: 1:55.08 41.13	250m: 3:21.31 46.24	350m: 4:44.33 36.80	400m: 5:20.60 36.27		
	100m: 1:13.95 39.70	200m: 2:35.07 39.99	300m: 4:07.53 46.22				
11.	Rita Cunha, Gomes	07	132782	Viana Natacao	5:21.15	+0,95	14,0(-)
	50m: 34.05 34.05	150m: 1:54.76 41.88	250m: 3:22.43 46.49	350m: 4:45.83 36.93	400m: 5:21.15 35.32		
	100m: 1:12.88 38.83	200m: 2:35.94 41.18	300m: 4:08.90 46.47				
12.	Ana Moreira, Antunes	09	203682	Famalicao	5:26.93	+0,88	13,0(-)
	50m: 34.31 34.31	150m: 1:56.16 40.83	250m: 3:24.14 48.63	350m: 4:50.47 37.11	400m: 5:26.93 36.46		
	100m: 1:15.33 41.02	200m: 2:35.51 39.35	300m: 4:13.36 49.22				
13.	Maria Joao, Vala	11	209706	Pimpoes/Cimai	5:29.38	+0,85	12,0(-)
	50m: 34.96 34.96	150m: 1:56.09 40.83	250m: 3:24.76 47.99	350m: 4:51.77 38.92	400m: 5:29.38 37.61		
	100m: 1:15.26 40.30	200m: 2:36.77 40.68	300m: 4:12.85 48.09				
14.	Angelina Bermejo, Jones	04	203392	Portinado	5:29.82	+0,74	11,0(-)
	50m: 32.99 32.99	150m: 1:54.14 42.28	250m: 3:24.47 48.26	350m: 4:52.91 38.89	400m: 5:29.82 36.91		
	100m: 1:11.86 38.87	200m: 2:36.21 42.07	300m: 4:14.02 49.55				
15.	Clara Santos, Madureira	11	210577	Torres Novas	5:29.92	+0,75	10,0(-)
	50m: 35.05 35.05	150m: 2:00.48 43.01	250m: 3:28.68 46.45	350m: 4:53.64 38.51	400m: 5:29.92 36.28		
	100m: 1:17.47 42.42	200m: 2:42.23 41.75	300m: 4:15.13 46.45				

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Lugar	Nome	Ano	Licença	Clube	Tempo Final	TReac	Pts
16.	Lia Beatriz, Gomes	06	200413	Vitoria Sport Clube	5:31.56	+0,86	9,0(-)
	50m: 32.25 32.25	150m: 1:53.40 43.51	250m: 3:25.57 48.91	350m: 4:53.95 38.98			
	100m: 1:09.89 37.64	200m: 2:36.66 43.26	300m: 4:14.97 49.40	400m: 5:31.56 37.61			
17.	Ana Nabais, Mendes	10	211556	Laranjeiro	5:35.25	+0,83	8,0(-)
	50m: 34.65 34.65	150m: 1:58.95 43.00	250m: 3:29.16 47.67	350m: 4:57.25 39.12			
	100m: 1:15.95 41.30	200m: 2:41.49 42.54	300m: 4:18.13 48.97	400m: 5:35.25 38.00			
18.	Matilde Teixeira, Sousa	06	129947	Natacao de Valongo	5:36.96	+0,80	7,0(-)
	50m: 32.24 32.24	150m: 1:57.41 46.04	250m: 3:29.64 47.85	350m: 4:58.17 39.56			
	100m: 1:11.37 39.13	200m: 2:41.79 44.38	300m: 4:18.61 48.97	400m: 5:36.96 38.79			
19.	Clara Sofia, Rosa	10	210050	Clube Desportivo Nacional	5:37.09	+0,95	6,0(-)
	50m: 35.52 35.52	150m: 2:00.18 44.09	250m: 3:30.54 47.51	350m: 4:58.99 40.52			
	100m: 1:16.09 40.57	200m: 2:43.03 42.85	300m: 4:18.47 47.93	400m: 5:37.09 38.10			
20.	Luisa Anjos, Frischknecht	10	210973	Cns	5:38.46	+0,78	5,0(-)
	50m: 34.44 34.44	150m: 1:58.12 44.07	250m: 3:30.61 48.83	350m: 4:59.34 40.09			
	100m: 1:14.05 39.61	200m: 2:41.78 43.66	300m: 4:19.25 48.64	400m: 5:38.46 39.12			
21.	Leonor Matos, Gomes	12	211680	Aquatico Pacense	5:45.15	+0,90	4,0(-)
	50m: 34.78 34.78	150m: 2:01.91 45.46	250m: 3:35.11 50.30	350m: 5:05.88 41.40			
	100m: 1:16.45 41.67	200m: 2:44.81 42.90	300m: 4:24.48 49.37	400m: 5:45.15 39.27			
22.	Ines Figueira, Santos	00	111277	Uniao Piedense	5:57.93	+0,99	3,0(-)
	50m: 37.66 37.66	150m: 2:08.69 46.34	250m: 3:44.32 50.80	350m: 5:17.41 41.89			
	100m: 1:22.35 44.69	200m: 2:53.52 44.83	300m: 4:35.52 51.20	400m: 5:57.93 40.52			
23.	Maria Francisca, Silva	12	212678	Bombeiros de Ponta Delgada	6:24.17	+0,77	2,0(-)
	50m: 36.93 36.93	150m: 2:11.81 47.33	250m: 3:55.10 57.31	350m: 5:39.53 45.29			
	100m: 1:24.48 47.55	200m: 2:57.79 45.98	300m: 4:54.24 59.14	400m: 6:24.17 44.64			