



I Leiria OPEN Meeting Clube Náutico de Leiria 2024
Leiria, 9 - 10/11/2024

Prova 3	Femin., 400m Livres				OPEN FEM
09/11/2024 - 15:44	DCSC Solicitadores				Resultados Elimin
Rec Nac Open	4:04.61	Diana Margarida, DURAES	POR	Copenhagen (DEN)	17/12/2017
Rec Nac 18 +	4:04.61	Diana Margarida, DURAES	POR	Copenhagen (DEN)	17/12/2017
Rec Nac 17	4:10.52	Tamila Hryhorivna, HOLUB	SCB	Porto	12/12/2015
Rec Nac 16	4:13.53	Ana Reis, SOUSA	CNLA	Porto	09/12/2017
Rec Nac 15	4:18.39	Ana Claudia, SANTOS	SFUAP	Cantanhede	20/12/2004
Rec Nac 14	4:23.08	Susana Patricia, MIGUEL	SFUAP	Alhandra	15/05/2004
Rec Nac 13	4:25.30	Alexandra Maria, SILVA	FCP	Porto	19/07/1980
Rec Nac 12	4:38.40	Filipa Vilas, RUIVO	DNMG	Alcobaça	13/06/2009

Pontos: AQUA 2024

Lugar			Ano					Tempo final	Pts
1.	Margarida Vieira, PINTO		07	Sporting de Braga				4:33.24	606 Q
	50m: 31.54 31.54	150m: 1:40.17	34.83	250m: 2:49.41	34.26	350m: 3:58.77	34.61		
	100m: 1:05.34 33.80	200m: 2:15.15	34.98	300m: 3:24.16	34.75	400m: 4:33.24	34.47		
2.	Carolina Esteves, PEIXOTO		06	Sporting de Braga				4:35.78	589 Q
	50m: 32.08 32.08	150m: 1:40.75	34.71	250m: 2:50.55	34.55	350m: 4:00.92	35.22		
	100m: 1:06.04 33.96	200m: 2:16.00	35.25	300m: 3:25.70	35.15	400m: 4:35.78	34.86		
3.	Matilde Violante, VIANA		07	CNLeiria - VOID				4:38.91	570 Q
	50m: 31.66 31.66	150m: 1:40.35	34.90	250m: 2:51.36	35.68	350m: 4:03.12	36.09		
	100m: 1:05.45 33.79	200m: 2:15.68	35.33	300m: 3:27.03	35.67	400m: 4:38.91	35.79		
4.	Camila Duarte, MARCELO		10	Condeixa Aqua Clube				4:40.48	560 Q
	50m: 32.12 32.12	150m: 1:42.23	35.42	250m: 2:53.92	35.72	350m: 4:05.08	35.59		
	100m: 1:06.81 34.69	200m: 2:18.20	35.97	300m: 3:29.49	35.57	400m: 4:40.48	35.40		
5.	Joana Silva, ALVES		05	Pimpoes/Cimai				4:41.37	555 Q
	50m: 32.27 32.27	150m: 1:42.52	35.62	250m: 2:54.20	35.80	350m: 4:06.19	35.86		
	100m: 1:06.90 34.63	200m: 2:18.40	35.88	300m: 3:30.33	36.13	400m: 4:41.37	35.18		
6.	Leonor Nunes, CARDEAL		10	Condeixa Aqua Clube				4:43.98	540 Q
	50m: 32.26 32.26	150m: 1:43.04	35.84	250m: 2:55.44	36.42	350m: 4:08.53	36.38		
	100m: 1:07.20 34.94	200m: 2:19.02	35.98	300m: 3:32.15	36.71	400m: 4:43.98	35.45		
7.	Sara Calisto, PIMENTEL		05	Académica de Coimbra				4:44.94	534 Q
	50m: 33.15 33.15	150m: 1:44.88	36.10	250m: 2:57.24	36.26	350m: 4:09.82	36.35		
	100m: 1:08.78 35.63	200m: 2:20.98	36.10	300m: 3:33.47	36.23	400m: 4:44.94	35.12		
8.	Ines Maria, LANCA		09	Benfica				4:49.80	508 Q
	50m: 32.88 32.88	150m: 1:44.51	35.91	250m: 2:57.26	36.93	350m: 4:12.53	37.61		
	100m: 1:08.60 35.72	200m: 2:20.33	35.82	300m: 3:34.92	37.66	400m: 4:49.80	37.27		
9.	Beatriz Silva, JORDAO		09	CF Os Belenenses				4:53.74	488 R
	50m: 32.74 32.74	150m: 1:43.70	35.63	250m: 2:58.74	37.74	350m: 4:15.70	38.74		
	100m: 1:08.07 35.33	200m: 2:21.00	37.30	300m: 3:36.96	38.22	400m: 4:53.74	38.04		
10.	Leonor Vendima, COELHO		07	CNLeiria - VOID				4:56.34	475 R
	50m: 33.71 33.71	150m: 1:46.64	37.11	250m: 3:01.82	37.69	350m: 4:18.17	38.14		
	100m: 1:09.53 35.82	200m: 2:24.13	37.49	300m: 3:40.03	38.21	400m: 4:56.34	38.17		





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Lugar	Ano	Tempo final	Pts
11. Margarida Pinho, FORMIGO	11 Torres Novas	5:10.18	414
50m: 35.07 35.07	150m: 1:52.47 39.24	250m: 3:11.62 39.43	350m: 4:31.13 39.52
100m: 1:13.23 38.16	200m: 2:32.19 39.72	300m: 3:51.61 39.99	400m: 5:10.18 39.05
12. Maria Leonor, LOPES	10 Torres Novas	5:10.85	411
50m: 36.22 36.22	150m: 1:54.62 39.40	250m: 3:13.63 39.49	350m: 4:32.16 38.99
100m: 1:15.22 39.00	200m: 2:34.14 39.52	300m: 3:53.17 39.54	400m: 5:10.85 38.69
13. Clara Santos, MADUREIRA	11 Torres Novas	5:14.75	396
50m: 36.52 36.52	150m: 1:55.57 39.85	250m: 3:15.03 39.83	350m: 4:35.07 40.01
100m: 1:15.72 39.20	200m: 2:35.20 39.63	300m: 3:55.06 40.03	400m: 5:14.75 39.68
14. Ana Filipa, SERRA	11 CPCD	5:15.06	395
50m: 34.22 34.22	150m: 1:53.77 40.95	250m: 3:15.13 40.63	350m: 4:36.01 40.23
100m: 1:12.82 38.60	200m: 2:34.50 40.73	300m: 3:55.78 40.65	400m: 5:15.06 39.05
15. Mariana Filipa, GUEDES	08 CPCD	5:25.40	359
50m: 35.84 35.84	150m: 1:54.73 39.58	250m: 3:16.75 41.27	350m: 4:42.87 43.61
100m: 1:15.15 39.31	200m: 2:35.48 40.75	300m: 3:59.26 42.51	400m: 5:25.40 42.53
16. Carolina Santos, CARRILHO	08 CLAC-Entroncamento	5:36.64	324
50m: 37.77 37.77	150m: 2:02.19 42.97	250m: 3:28.16 43.28	350m: 4:54.81 43.21
100m: 1:19.22 41.45	200m: 2:44.88 42.69	300m: 4:11.60 43.44	400m: 5:36.64 41.83

