



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

Prova 3 10/11/2024	Femin., 400m Livres DCSC Solicitadores				OPEN FEM Resultados Final
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.	Carolina Esteves, PEIXOTO		06	Sporting de Braga				4:32.98	608
	50m:	31.67 31.67	150m:	1:39.61	34.32	250m:	2:49.25 34.91	350m:	3:59.07 34.70
	100m:	1:05.29 33.62	200m:	2:14.34	34.73	300m:	3:24.37 35.12	400m:	4:32.98 33.91
2.	Leonor Nunes, CARDEAL		10	Condeixa Aqua Clube				4:34.09	600
	50m:	31.44 31.44	150m:	1:39.57	34.31	250m:	2:49.58 35.20	350m:	4:00.61 35.43
	100m:	1:05.26 33.82	200m:	2:14.38	34.81	300m:	3:25.18 35.60	400m:	4:34.09 33.48
3.	Margarida Vieira, PINTO		07	Sporting de Braga				4:34.12	600
	50m:	31.43 31.43	150m:	1:39.87	34.66	250m:	2:49.69 34.88	350m:	3:59.32 34.77
	100m:	1:05.21 33.78	200m:	2:14.81	34.94	300m:	3:24.55 34.86	400m:	4:34.12 34.80
4.	Matilde Violante, VIANA		07	CNLeiria - VOID				4:35.94	588
	50m:	31.62 31.62	150m:	1:40.05	34.65	250m:	2:50.22 34.97	350m:	4:01.12 35.72
	100m:	1:05.40 33.78	200m:	2:15.25	35.20	300m:	3:25.40 35.18	400m:	4:35.94 34.82
5.	Joana Silva, ALVES		05	Pimpoes/Cimai				4:43.05	545
	50m:	32.22 32.22	150m:	1:42.73	35.59	250m:	2:55.08 36.22	350m:	4:07.73 36.26
	100m:	1:07.14 34.92	200m:	2:18.86	36.13	300m:	3:31.47 36.39	400m:	4:43.05 35.32
6.	Sara Calisto, PIMENTEL		05	Académica de Coimbra				4:47.53	520
	50m:	33.32 33.32	150m:	1:45.01	36.18	250m:	2:57.79 36.43	350m:	4:11.37 36.55
	100m:	1:08.83 35.51	200m:	2:21.36	36.35	300m:	3:34.82 37.03	400m:	4:47.53 36.16
7.	Ines Maria, LANCA		09	Benfica				4:54.55	484
	50m:	32.95 32.95	150m:	1:46.11	37.13	250m:	3:00.36 37.08	350m:	4:17.07 38.52
	100m:	1:08.98 36.03	200m:	2:23.28	37.17	300m:	3:38.55 38.19	400m:	4:54.55 37.48
DSQ	Camila Duarte, MARCELO <i>Falsa partida (SW 4.4)</i>		10	Condeixa Aqua Clube				4:31.02	
	50m:	30.84 30.84	150m:	1:39.97	35.16	250m:	2:49.60 34.88	350m:	3:57.93 33.92
	100m:	1:04.81 33.97	200m:	2:14.72	34.75	300m:	3:24.01 34.41	400m:	4:31.02 33.09