

Prova 16	Femin., 400m Livres				Absoluto
09/11/2024 - 17:30					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
Meet Rec	4:05.39	Diana Margarida, Duraes	POR	Vila Real Stº Antonio	12/11/2016

Pontos: AQUA 2024

Lugar	Ano		Tempo final				FINA Pts	Pts
1. Francisca Soares, Martins	03	Foca Quinta Da Lixa - Cnf	4:07.59	815	8,00			
50m:	28.72	28.72	150m:	1:30.21	30.87	250m:	2:33.16	31.65
100m:	59.34	30.62	200m:	2:01.51	31.30	300m:	3:05.07	31.91
350m:			350m:		3:36.87		31.80	
400m:			400m:		4:07.59		30.72	
2. Mariana Amaral, Mendes	02	Sporting	4:20.05	703	7,00			
50m:	31.14	31.14	150m:	1:36.31	32.61	250m:	2:42.02	32.85
100m:	1:03.70	32.56	200m:	2:09.17	32.86	300m:	3:15.18	33.16
350m:			350m:		3:48.34		33.16	
400m:			400m:		4:20.05		31.71	
3. Anna, Fomina	02	Sporting	4:20.44	700	6,00			
50m:	29.24	29.24	150m:	1:31.74	31.50	250m:	2:37.38	33.33
100m:	1:00.24	31.00	200m:	2:04.05	32.31	300m:	3:11.55	34.17
350m:			350m:		3:46.51		34.96	
400m:			400m:		4:20.44		33.93	
4. Beatriz Silva, Louro	07	Louletano / Loule Aqui e Agora	4:24.50	668	5,00			
50m:	29.97	29.97	150m:	1:35.58	33.07	250m:	2:42.52	33.64
100m:	1:02.51	32.54	200m:	2:08.88	33.30	300m:	3:16.70	34.18
350m:			350m:		3:50.88		34.18	
400m:			400m:		4:24.50		33.62	
5. Maria Ferreira, Moura	04	Sporting	4:25.84	658	4,00			
50m:	30.31	30.31	150m:	1:35.79	33.09	250m:	2:43.65	34.02
100m:	1:02.70	32.39	200m:	2:09.63	33.84	300m:	3:17.54	33.89
350m:			350m:		3:51.69		34.15	
400m:			400m:		4:25.84		34.15	
6. Irene, Ortega Baena	10	C.N.Mairena Aljarafe	4:33.25	606	3,00			
50m:	31.30	31.30	150m:	1:39.04	34.49	250m:	2:49.79	35.31
100m:	1:04.55	33.25	200m:	2:14.48	35.44	300m:	3:24.81	35.02
350m:			350m:		3:59.76		34.95	
400m:			400m:		4:33.25		33.49	
7. Sara Sofia, Alves	07	Pdem	4:35.12	594	2,00			
50m:	30.76	30.76	150m:	1:39.29	34.55	250m:	2:49.56	35.22
100m:	1:04.74	33.98	200m:	2:14.34	35.05	300m:	3:25.31	35.75
350m:			350m:		4:00.71		35.40	
400m:			400m:		4:35.12		34.41	
8. Nora, Reig Jimenez	09	C.N.Mairena Aljarafe	4:37.99	576	1,00			
50m:	31.53	31.53	150m:	1:40.54	34.77	250m:	2:51.43	35.54
100m:	1:05.77	34.24	200m:	2:15.89	35.35	300m:	3:27.35	35.92
350m:			350m:		4:03.25		35.90	
400m:			400m:		4:37.99		34.74	
9. Margarida Maria, Luiz	08	Lagoa Academico Clube	4:39.40	567	-			
50m:	32.02	32.02	150m:	1:41.00	35.07	250m:	2:52.65	35.79
100m:	1:05.93	33.91	200m:	2:16.86	35.86	300m:	3:28.49	35.84
350m:			350m:		4:04.39		35.90	
400m:			400m:		4:39.40		35.01	
10. Raquel Campos, Cardoso	09	Selecao dos Acores	4:41.35	555	-			
50m:	32.75	32.75	150m:	1:43.68	35.58	250m:	2:55.11	35.93
100m:	1:08.10	35.35	200m:	2:19.18	35.50	300m:	3:31.11	36.00
350m:			350m:		4:07.01		35.90	
400m:			400m:		4:41.35		34.34	
11. Marta Lima, Pimentel	04	Colegio Efanor	4:41.43	555	-			
50m:	32.76	32.76	150m:	1:43.48	35.55	250m:	2:54.94	35.58
100m:	1:07.93	35.17	200m:	2:19.36	35.88	300m:	3:30.75	35.81
350m:			350m:		4:06.65		35.90	
400m:			400m:		4:41.43		34.78	
12. Margarida Santos, Botelho	07	Naval Setubalense	4:49.93	507	-			
50m:	33.00	33.00	150m:	1:44.96	36.27	250m:	2:58.94	37.09
100m:	1:08.69	35.69	200m:	2:21.85	36.89	300m:	3:36.44	37.50
350m:			350m:		4:13.64		37.20	
400m:			400m:		4:49.93		36.29	
13. Lucia, Limon Valdes	08	Circulo Mercantil	4:49.97	507	-			
50m:	32.53	32.53	150m:	1:44.88	36.57	250m:	2:59.06	37.42
100m:	1:08.31	35.78	200m:	2:21.64	36.76	300m:	3:36.69	37.63
350m:			350m:		4:13.72		37.03	
400m:			400m:		4:49.97		36.25	

Prova 16, Femin., 400m Livres, Absoluto

Lugar			Ano					Tempo final	FINA Pts	Pts	
14. Sofia Oliveira, Silva			99	Litoral Alentejano				4:50.09	506	-	
50m:	32.71	32.71	150m:	1:44.88	36.28	250m:	2:59.04	37.23	350m:	4:14.08	37.38
100m:	1:08.60	35.89	200m:	2:21.81	36.93	300m:	3:36.70	37.66	400m:	4:50.09	36.01
15. Mia Alena, Werum			07	Lagoa Academico Clube				4:50.69	503	-	
50m:	33.27	33.27	150m:	1:45.67	36.50	250m:	2:59.80	37.13	350m:	4:14.35	37.24
100m:	1:09.17	35.90	200m:	2:22.67	37.00	300m:	3:37.11	37.31	400m:	4:50.69	36.34
16. Maria Rita, Cunha			10	Colegio Efanor				4:52.24	495	-	
50m:	33.43	33.43	150m:	1:46.45	36.77	250m:	3:00.83	37.39	350m:	4:15.43	37.32
100m:	1:09.68	36.25	200m:	2:23.44	36.99	300m:	3:38.11	37.28	400m:	4:52.24	36.81