

Prova 22	Femin., 400m Estilos				Absoluto
09/11/2024 - 16:05					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
Meet Rec	4:47.11	Diana Margarida, Duraes	POR	Albufeira	11/11/2023

Pontos: AQUA 2024

Lugar	Ano			Tempo final	FINA Pts	Pts
1. Mariana Amaral, Mendes	02	Sporting		4:52.98	690	8,00
50m: 32.34 32.34	150m: 1:47.84	39.81 250m: 3:07.08	41.23	350m: 4:21.19	33.76	
100m: 1:08.03 35.69	200m: 2:25.85	38.01 300m: 3:47.43	40.35	400m: 4:52.98	31.79	
2. Ana Filipa, Veiga	01	Gafanha da Encarnacao		5:00.93	637	7,00
50m: 32.07 32.07	150m: 1:47.95	39.61 250m: 3:09.15	41.49	350m: 4:25.82	35.38	
100m: 1:08.34 36.27	200m: 2:27.66	39.71 300m: 3:50.44	41.29	400m: 5:00.93	35.11	
3. Matilde Nunes, Lopes	06	Benfica		5:02.72	625	6,00
50m: 32.32 32.32	150m: 1:47.83	39.38 250m: 3:10.85	44.11	350m: 4:28.95	34.23	
100m: 1:08.45 36.13	200m: 2:26.74	38.91 300m: 3:54.72	43.87	400m: 5:02.72	33.77	
4. Carolina Mendes, Nunes	08	Clube Desportivo de Estarreja		5:18.15	539	5,00
50m: 33.25 33.25	150m: 1:52.50	41.32 250m: 3:19.51	46.83	350m: 4:42.24	36.36	
100m: 1:11.18 37.93	200m: 2:32.68	40.18 300m: 4:05.88	46.37	400m: 5:18.15	35.91	
5. Maria Rita, Cunha	10	Colegio Efanor		5:27.07	496	4,00
50m: 35.29 35.29	150m: 1:57.08	41.43 250m: 3:25.21	48.13	350m: 4:50.84	37.46	
100m: 1:15.65 40.36	200m: 2:37.08	40.00 300m: 4:13.38	48.17	400m: 5:27.07	36.23	
6. Maria Ines, Neto	09	Selecao dos Acores		5:34.80	462	3,00
50m: 34.60 34.60	150m: 1:58.98	44.43 250m: 3:29.68	48.01	350m: 4:56.32	38.47	
100m: 1:14.55 39.95	200m: 2:41.67	42.69 300m: 4:17.85	48.17	400m: 5:34.80	38.48	
7. Luisa Anjos, Frischknecht	10	Naval Setubalense		5:43.31	429	2,00
50m: 35.92 35.92	150m: 2:02.10	44.77 250m: 3:35.82	49.15	350m: 5:05.14	39.92	
100m: 1:17.33 41.41	200m: 2:46.67	44.57 300m: 4:25.22	49.40	400m: 5:43.31	38.17	
DSQ Alice Machado, Capareira	11	Selecao dos Acores				-
102 - O(a) atleta não completou o percurso - SW 10.2						