

Taça Meio-Fundo
Coimbra, 3/11/2024

Prova 1 Femin., 400m Livres 12 anos e mais velhos
03/11/2024 - 9:30 Resultados

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 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
Rec Reg Open	4:15.70	Camila Rodrigues, REBELO	ALN		01/01/2023
Rec Reg Sen	4:15.70	Camila Rodrigues, REBELO	ALN		01/01/2023
Rec Reg 18	4:44.81	Marta Andre, AGUILAR	CNAC	Coimbra	20/10/2024
Rec Reg 17	4:18.48	Maria Miguel, VELOSO	CNAC		01/01/2009
Rec Reg 16	4:22.18	Alexandra Couto, FRAZAO	CASPAE		01/01/2018
Rec Reg Juv A	4:25.30	Alexandra Couto, FRAZAO	IND		01/01/2017
Rec Reg Juv B	4:28.96	Mariana, ROSA	ALN		01/01/2019
Rec Reg Inf A	4:34.72	Sara Sofia, ALVES	SCC		01/01/2014
Rec Reg Inf B	4:45.02	Sara Sofia, ALVES	SCC		01/01/2013

Pontos: AQUA 2024

Lugar	Ano				Tempo final				Pts
Inf									
1.	Leonor Ribeiro, FERREIRA			12	Columbofila Cantanhedense			5:18.69	382
	50m:	36.91	36.91	150m:	1:56.51	39.78	250m:	3:17.31	40.87
	100m:	1:16.73	39.82	200m:	2:36.44	39.93	300m:	3:58.86	41.55
							350m:	4:39.10	40.24
							400m:	5:18.69	39.59
2.	Ambar Alcacer, MACKINLAY			13	Náutico Academico			5:23.09	366
	50m:	35.62	35.62	150m:	1:59.32	42.53	250m:	3:22.08	41.15
	100m:	1:16.79	41.17	200m:	2:40.93	41.61	300m:	4:03.34	41.26
							350m:	4:44.23	40.89
							400m:	5:23.09	38.86
3.	Beatriz Pires, SOARES			12	Miranda do Corvo			6:05.76	252
	50m:	41.75	41.75	150m:	2:14.21	47.12	250m:	3:46.61	46.38
	100m:	1:27.09	45.34	200m:	3:00.23	46.02	300m:	4:33.46	46.85
							350m:	5:20.22	46.76
							400m:	6:05.76	45.54
4.	Maria Mar, JESUS			13	Columbofila Cantanhedense			6:14.35	235
	50m:	39.51	39.51	150m:	2:12.47	47.05	250m:	3:50.18	50.22
	100m:	1:25.42	45.91	200m:	2:59.96	47.49	300m:	4:37.95	47.77
							350m:	5:22.39	44.44
							400m:	6:14.35	51.96
5.	Maria Filipa, GOMES			12	Náutico Academico			6:21.19	223
	50m:	43.33	43.33	150m:	2:20.00	48.17	250m:	3:55.62	48.04
	100m:	1:31.83	48.50	200m:	3:07.58	47.58	300m:	4:44.39	48.77
							350m:	5:32.99	48.60
							400m:	6:21.19	48.20
6.	Joana Simoes, BAPTISTA			12	S. Pedro Alva			8:02.04	110
	50m:	54.57	54.57	150m:	2:52.91	1:01.15	250m:	4:57.91	1:02.98
	100m:	1:51.76	57.19	200m:	3:54.93	1:02.02	300m:	6:02.59	1:04.68
							350m:	7:06.92	1:04.33
							400m:	8:02.04	55.12

Juv

1.	Carolina Damas, PITA			11	Náutico Academico			5:08.48	421
	50m:	36.26	36.26	150m:	1:54.66	39.36	250m:	3:12.23	38.36
	100m:	1:15.30	39.04	200m:	2:33.87	39.21	300m:	3:51.23	39.00
							350m:	4:30.42	39.19
							400m:	5:08.48	38.06
2.	Mariana Bagagem, CARVALHO			10	Miranda do Corvo			5:13.32	402
	50m:	34.66	34.66	150m:	1:54.28	40.28	250m:	3:14.80	40.58
	100m:	1:14.00	39.34	200m:	2:34.22	39.94	300m:	3:54.79	39.99
							350m:	4:35.02	40.23
							400m:	5:13.32	38.30
3.	Beatriz Ribeiro, VELOSO			10	Vigor da Mocidade			5:20.00	377
	50m:	36.94	36.94	150m:	2:00.04	42.25	250m:	3:22.76	41.14
	100m:	1:17.79	40.85	200m:	2:41.62	41.58	300m:	4:03.45	40.69
							350m:	4:43.20	39.75
							400m:	5:20.00	36.80
4.	Isabella Scavone, LOPES			10	Miranda do Corvo			5:21.83	371
	50m:	36.07	36.07	150m:	1:56.79	41.44	250m:	3:19.80	41.03
	100m:	1:15.35	39.28	200m:	2:38.77	41.98	300m:	4:00.75	40.95
							350m:	4:42.58	41.83
							400m:	5:21.83	39.25
5.	Sara Marques, LIMA			10	CASPAE			5:24.36	362
	50m:	36.85	36.85	150m:	1:59.18	41.97	250m:	3:23.25	42.48
	100m:	1:17.21	40.36	200m:	2:40.77	41.59	300m:	4:03.97	40.72
							350m:	4:44.98	41.01
							400m:	5:24.36	39.38

Taça Meio-Fundo
Coimbra, 3/11/2024

Prova 1, Femin., 400m Livres, Juv

Lugar			Ano					Tempo final	Pts		
6.	Maria Ines, PADILHA		10	S. Pedro Alva				6:20.65	224		
	50m:	42.90 42.90	150m:	2:17.47	47.87	250m:	3:54.69	48.56	350m:	5:33.24	50.15
	100m:	1:29.60 46.70	200m:	3:06.13	48.66	300m:	4:43.09	48.40	400m:	6:20.65	47.41
7.	Erica Maria, ALMEIDA		10	Vigor da Mocidade				6:34.49	201		
	50m:	43.07 43.07	150m:	2:21.56	50.60	250m:	4:03.48	50.27	350m:	5:46.14	51.41
	100m:	1:30.96 47.89	200m:	3:13.21	51.65	300m:	4:54.73	51.25	400m:	6:34.49	48.35
8.	Leonor Sofia, BATISTA		11	S. Pedro Alva				6:57.08	170		
	50m:	45.13 45.13	150m:	2:30.58	53.72	250m:	4:17.87	53.30	350m:	6:07.75	55.14
	100m:	1:36.86 51.73	200m:	3:24.57	53.99	300m:	5:12.61	54.74	400m:	6:57.08	49.33

Jun

1.	Alana Costa, MATIAS		09	Náutico Academico				4:39.64	565		
	50m:	31.72 31.72	150m:	1:41.36	35.05	250m:	2:52.30	35.68	350m:	4:04.63	36.31
	100m:	1:06.31 34.59	200m:	2:16.62	35.26	300m:	3:28.32	36.02	400m:	4:39.64	35.01
2.	Leonor Mil, MANO <i>Rec Reg</i>		07	Náutico Academico				4:42.00	551		
	50m:	32.16 32.16	150m:	1:43.36	35.87	250m:	2:54.96	35.50	350m:	4:06.65	35.58
	100m:	1:07.49 35.33	200m:	2:19.46	36.10	300m:	3:31.07	36.11	400m:	4:42.00	35.35
3.	Marta Andre, AGUILAR		07	Náutico Academico				4:43.16	545		
	50m:	32.38 32.38	150m:	1:44.13	36.56	250m:	2:55.16	35.81	350m:	4:08.30	37.06
	100m:	1:07.57 35.19	200m:	2:19.35	35.22	300m:	3:31.24	36.08	400m:	4:43.16	34.86
4.	Maria Manuel, CORTESAO		08	Náutico Academico				4:47.89	518		
	50m:	32.24 32.24	150m:	1:44.54	36.53	250m:	2:57.87	36.55	350m:	4:11.78	37.28
	100m:	1:08.01 35.77	200m:	2:21.32	36.78	300m:	3:34.50	36.63	400m:	4:47.89	36.11

Sen

1.	Leonor Verissimo, FARIA		06	Náutico Academico				4:48.15	517		
	50m:	33.44 33.44	150m:	1:45.34	36.11	250m:	2:58.39	36.59	350m:	4:12.27	37.15
	100m:	1:09.23 35.79	200m:	2:21.80	36.46	300m:	3:35.12	36.73	400m:	4:48.15	35.88