

Taça Meio-Fundo
Coimbra, 3/11/2024

Prova 12 Femin., 400m Estilos 12 anos e mais velhos
03/11/2024 - 16:35 Resultados

Rec Nac Open	4:36.19	Victoria, KAMINSKAYA	POR	Copenhagen (DEN)	13/12/2017
Rec Nac 18 +	4:36.19	Victoria, KAMINSKAYA	POR	Copenhagen (DEN)	13/12/2017
Rec Nac 17	4:46.89	Ines Neto, ROCHA	CAP	Felgueiras	15/04/2018
Rec Nac 16	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
Rec Reg Open	4:48.15	Camila Rodrigues, REBELO	ALN		01/01/2023
Rec Reg Sen	4:48.15	Camila Rodrigues, REBELO	ALN		01/01/2023
Rec Reg 18	59:00.00	tempo limite,			
Rec Reg 17	4:52.71	Maria Miguel, VELOSO	CNAC		01/01/2009
Rec Reg 16	4:54.82	Maria Carlota, REBELO	ALN		01/01/2018
Rec Reg Juv A	4:58.18	Camila Rodrigues, REBELO	ALN		01/01/2018
Rec Reg Juv B	5:04.01	Mariana, GUERRA	SCC		01/01/2011
Rec Reg Inf A	5:14.11	Mariana, GUERRA	SCC		01/01/2011
Rec Reg Inf B	5:25.15	Ana Miguel, REIS	SCC		01/01/2012

Pontos: AQUA 2024

Lugar	Ano		Tempo final		Pts
Inf					
1. Margarida Paiva, CORREIA	12	Miranda do Corvo	6:10.65	340	
50m: 39.74 39.74	150m: 2:13.12	47.05	250m: 3:51.78	52.92	350m: 5:28.50 43.31
100m: 1:26.07 46.33	200m: 2:58.86	45.74	300m: 4:45.19	53.41	400m: 6:10.65 42.15
2. Emilia Matilde, GADANHA	12	Náutico Academico	7:05.51	225	
50m: 51.17 51.17	150m: 2:47.68	55.05	250m: 4:35.81	55.35	350m: 6:20.48 46.60
100m: 1:52.63 1:01.46	200m: 3:40.46	52.78	300m: 5:33.88	58.07	400m: 7:05.51 45.03
Juv					
1. Maria Ines, GANTE	10	Náutico Academico	5:32.29	473	
50m: 36.08 36.08	150m: 1:58.94	42.46	250m: 3:28.62	48.43	350m: 4:55.49 38.04
100m: 1:16.48 40.40	200m: 2:40.19	41.25	300m: 4:17.45	48.83	400m: 5:32.29 36.80
2. Rita Cravino, RIBEIRO	11	Náutico Academico	7:33.10	186	
50m: 47.85 47.85	150m: 2:50.01	58.49	250m: 4:48.07	1:01.68	350m: 6:41.82 50.79
100m: 1:51.52 1:03.67	200m: 3:46.39	56.38	300m: 5:51.03	1:02.96	400m: 7:33.10 51.28
Jun					
1. Rita Calado, CRUZ	09	Náutico Academico	5:26.55	498	
50m: 35.88 35.88	150m: 1:58.31	42.45	250m: 3:23.95	44.27	350m: 4:48.68 38.81
100m: 1:15.86 39.98	200m: 2:39.68	41.37	300m: 4:09.87	45.92	400m: 5:26.55 37.87
2. Cristiana Sofia, DUARTE	07	Académica Coimbra	5:31.95	474	
<i>Rec Reg</i>					
50m: 33.51 33.51	150m: 1:54.11	41.85	250m: 3:24.16	49.24	350m: 4:53.43 39.79
100m: 1:12.26 38.75	200m: 2:34.92	40.81	300m: 4:13.64	49.48	400m: 5:31.95 38.52
3. Caetana Amado, SANTOS	09	Miranda do Corvo	5:36.21	456	
50m: 36.24 36.24	150m: 2:01.50	40.62	250m: 3:30.95	49.51	350m: 4:58.96 38.16
100m: 1:20.88 44.64	200m: 2:41.44	39.94	300m: 4:20.80	49.85	400m: 5:36.21 37.25
4. Ines Miranda, DIOGO	07	Náutico Academico	5:41.04	437	
50m: 35.66 35.66	150m: 2:01.13	43.58	250m: 3:33.46	49.89	350m: 5:02.53 39.48
100m: 1:17.55 41.89	200m: 2:43.57	42.44	300m: 4:23.05	49.59	400m: 5:41.04 38.51
Sen					
1. Ana Carolina, MONTEIRO	04	Académica Coimbra	5:17.10	544	
50m: 32.63 32.63	150m: 1:52.45	42.59	250m: 3:19.08	45.56	350m: 4:41.90 36.65
100m: 1:09.86 37.23	200m: 2:33.52	41.07	300m: 4:05.25	46.17	400m: 5:17.10 35.20