

XV Memorial Luís Lopes da Conceição (Masters)
Coimbra, 17/11/2024

Prova 2 Femin., 400m Livres 25 - 94 anos
17/11/2024 - 16:15 Resultados

Rec Nac A	4:36.93	Bruna Martins, RIESENBERGER	CIRL	Funchal	22/11/2023
Rec Nac B	4:27.23	Ana Paula, GRILO	UDCA	Inatel	25/05/2002
Rec Nac C	4:30.30	Ana Paula, GRILO	UDCA	Palma Maiorca (ESP)	18/04/2004
Rec Nac D	4:49.44	Susana Clara, GOMES	CNF	Mealhada	18/01/2019
Rec Nac E	5:03.00	Ana Paula, GRILO	NDCO	Mealhada	26/01/2014
Rec Nac F	5:11.44	Maria Luisa, COSTA	CFP	Caldas da Rainha	26/01/2024
Rec Nac G	5:22.20	Isabel Baptista, FERREIRA	ADRCIMM	Caldas da Rainha	26/01/2024
Rec Nac H	6:01.46	Ana Maria, FERREIRA	SAD	Tomar	29/01/2012
Rec Nac I	6:06.65	Ana Maria, FERREIRA	SAD	Sines	04/03/2017
Rec Nac J	6:23.87	Ana Maria, FERREIRA	SAD	Sines	07/03/2020
Rec Nac K	7:11.81	Luisa Bessone, BASTO	SAD	Mealhada	18/01/2019
Rec Nac L	59:00.00	start,			
Rec Nac M	59:00.00	start,			

Pontos: AQUA 2024

Lugar Ano Tempo final Pts
25 - 29 anos

1. Ana Margarida, RODRIGUES 96 Galitos / Bresimar 5:10.06 415
 50m: 34.36 34.36 150m: 1:50.12 38.61 250m: 3:09.41 39.77 350m: 4:30.12 40.25
 100m: 1:11.51 37.15 200m: 2:29.64 39.52 300m: 3:49.87 40.46 400m: 5:10.06 39.94

50 - 54 anos

1. Sandra, SOLDAN 73 Sharks - Adsc 6:09.91 244
 50m: 39.27 39.27 150m: 2:09.76 46.94 250m: 3:46.39 48.10 350m: 5:22.85 48.48
 100m: 1:22.82 43.55 200m: 2:58.29 48.53 300m: 4:34.37 47.98 400m: 6:09.91 47.06

60 - 64 anos

1. Maria Margarida, URBANO 63 Académica de Coimbra 6:39.84 193
 50m: 46.56 46.56 150m: 2:26.89 50.73 250m: 4:08.14 50.98 350m: 5:49.34 50.41
 100m: 1:36.16 49.60 200m: 3:17.16 50.27 300m: 4:58.93 50.79 400m: 6:39.84 50.50

2. Carla Luisa, GONZALEZ 61 Estarreja 8:30.69 92
 50m: 48.86 48.86 150m: 2:58.15 1:06.89 250m: 5:11.08 1:05.82 350m: 7:26.33 1:07.88
 100m: 1:51.26 1:02.40 200m: 4:05.26 1:07.11 300m: 6:18.45 1:07.37 400m: 8:30.69 1:04.36