

Prova 21  
 24/11/2024 - 17:06

Femin., 400m Livres

 Open  
 Resultados

Rec Nac Univ 4:15.43 Tamila, HOLUB AAUM Senhora da Hora 08/12/2021

Pontos: AQUA 2024

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	FINA	Pts
1.	Beatriz, CARDEAL	04	Instituto Politecnico de Viseu	<b>4:18.01</b>		720	
	50m: 30.24 30.24	150m: 1:34.93	32.40 250m: 2:40.18 32.68	350m: 3:46.94	33.17		
	100m: 1:02.53 32.29	200m: 2:07.50	32.57 300m: 3:13.77 33.59	400m: 4:18.01	31.07		
2.	Ines Jacinto, HENRIQUES	00	Associacao Academica de Co	<b>4:18.15</b>		719	
	50m: 30.27 30.27	150m: 1:35.10	32.54 250m: 2:40.45 32.67	350m: 3:46.64	33.19		
	100m: 1:02.56 32.29	200m: 2:07.78	32.68 300m: 3:13.45 33.00	400m: 4:18.15	31.51		
3.	Anna, FOMINA	02	AE da FML	<b>4:18.45</b>		716	
	50m: 30.49 30.49	150m: 1:35.56	32.73 250m: 2:41.45 32.55	350m: 3:46.83	32.71		
	100m: 1:02.83 32.34	200m: 2:08.90	33.34 300m: 3:14.12 32.67	400m: 4:18.45	31.62		
4.	Helena Nunes, RODRIGUES	03	Associacao Academica de Co	<b>4:30.56</b>		624	
	50m: 31.93 31.93	150m: 1:40.88	34.57 250m: 2:49.59 34.30	350m: 3:57.71	33.87		
	100m: 1:06.31 34.38	200m: 2:15.29	34.41 300m: 3:23.84 34.25	400m: 4:30.56	32.85		
5.	Daniela Magalhaes, LOPES	05	Universidade do Porto	<b>4:31.62</b>		617	
	50m: 31.67 31.67	150m: 1:39.33	34.09 250m: 2:48.65 34.72	350m: 3:57.83	34.58		
	100m: 1:05.24 33.57	200m: 2:13.93	34.60 300m: 3:23.25 34.60	400m: 4:31.62	33.79		
6.	Carolina, PEIXOTO	06	Assoc Academica da UM	<b>4:33.87</b>		602	
	50m: 32.11 32.11	150m: 1:40.38	34.41 250m: 2:49.94 34.72	350m: 3:59.73	34.79		
	100m: 1:05.97 33.86	200m: 2:15.22	34.84 300m: 3:24.94 35.00	400m: 4:33.87	34.14		
7.	Leonor, FARIA	06	Associacao Academica de Co	<b>4:46.15</b>		528	
	50m: 32.99 32.99	150m: 1:43.98	35.72 250m: 2:56.70 36.42	350m: 4:09.96	36.53		
	100m: 1:08.26 35.27	200m: 2:20.28	36.30 300m: 3:33.43 36.73	400m: 4:46.15	36.19		
8.	Vanessa Sofia, OLIVEIRA	05	Assoc Academica da UA	<b>4:58.16</b>		466	
	50m: 34.12 34.12	150m: 1:47.42	37.09 250m: 3:02.94 37.91	350m: 4:20.10	38.78		
	100m: 1:10.33 36.21	200m: 2:25.03	37.61 300m: 3:41.32 38.38	400m: 4:58.16	38.06		
DNF	Sheila, HUMPHREYS	82	Universidade Nova de Lisboa				