

Campeonato Nacional Juniores e Seniores PC  
Tomar, 13 - 15/12/2024

Prova 20  
14/12/2024 - 17:10

Femin., 400m Livres

Absolutos  
Resultados

RN25 Open	4:04.57	Francisca Soares, Martins	POR	Otopeni (ROU)	10/12/2023
RN25 Sen	4:04.57	Francisca Soares, Martins	POR	Otopeni (ROU)	10/12/2023
RN25 Jun18	4:11.18	Francisca Soares, Martins	FOCA	Mealhada	14/11/2020
RN25 Jun17	4:10.52	Tamila Hryhorivna, Holub	SCB	Porto	12/12/2015
RN25 Jun16	4:13.53	Ana Reis, Sousa	CNLA	Porto	09/12/2017

Pontos: AQUA 2024

Lugar	Nome	Ano	Clube	Tempo Final	TReac	AQUA	
<b>Seniores</b>							
1.	Joana Nunes, Cardeal	02	Condeixa Aqua Clube	<b>4:13.00</b>	+0,76	764	
	50m: 29.26 29.26	150m: 1:33.58	32.69	250m: 2:38.18	31.91	350m: 3:42.42	32.16
	100m: 1:00.89 31.63	200m: 2:06.27	32.69	300m: 3:10.26	32.08	400m: 4:13.00	30.58
2.	Anna, Fomina	02	Sporting	<b>4:15.36</b>	+0,71	743	
	50m: 29.84 29.84	150m: 1:33.75	32.28	250m: 2:39.38	32.91	350m: 3:44.52	32.35
	100m: 1:01.47 31.63	200m: 2:06.47	32.72	300m: 3:12.17	32.79	400m: 4:15.36	30.84
3.	Maria Ferreira, Moura	04	Sporting	<b>4:17.69</b>	+0,77	723	
	50m: 29.82 29.82	150m: 1:34.48	32.55	250m: 2:40.13	32.71	350m: 3:45.66	32.73
	100m: 1:01.93 32.11	200m: 2:07.42	32.94	300m: 3:12.93	32.80	400m: 4:17.69	32.03
4.	Mariana Amaral, Mendes	02	Sporting	<b>4:17.78</b>	+0,79	722	
	50m: 30.75 30.75	150m: 1:35.70	32.58	250m: 2:41.20	32.85	350m: 3:46.25	32.41
	100m: 1:03.12 32.37	200m: 2:08.35	32.65	300m: 3:13.84	32.64	400m: 4:17.78	31.53
5.	Mafalda Sofia, Rosa	03	Academico Viseu Futebol Cl	<b>4:19.38</b>	+0,77	709	
	50m: 30.08 30.08	150m: 1:34.32	32.40	250m: 2:40.02	32.92	350m: 3:46.53	33.37
	100m: 1:01.92 31.84	200m: 2:07.10	32.78	300m: 3:13.16	33.14	400m: 4:19.38	32.85
6.	Daniela Magalhaes, Lopes	05	Porto	<b>4:21.79</b>	+0,76	689	
	50m: 30.21 30.21	150m: 1:35.55	32.83	250m: 2:42.01	33.07	350m: 3:48.73	33.28
	100m: 1:02.72 32.51	200m: 2:08.94	33.39	300m: 3:15.45	33.44	400m: 4:21.79	33.06
7.	Carolina Pereira, Viana	04	Sporting	<b>4:22.31</b>	+0,69	685	
	50m: 29.75 29.75	150m: 1:34.41	32.65	250m: 2:40.74	33.36	350m: 3:48.35	34.06
	100m: 1:01.76 32.01	200m: 2:07.38	32.97	300m: 3:14.29	33.55	400m: 4:22.31	33.96
8.	Ines Santos, Amorim	06	Escola Desportiva de Viana	<b>4:23.89</b>		673	
	50m: 30.27 30.27	150m: 1:35.67	33.05	250m: 2:42.02	33.20	350m: 3:50.36	34.38
	100m: 1:02.62 32.35	200m: 2:08.82	33.15	300m: 3:15.98	33.96	400m: 4:23.89	33.53
9.	Maria Ornelas, Armas	98	Clube Oriental de Lisboa	<b>4:25.03</b>	+0,86	664	
	50m: 31.01 31.01	150m: 1:37.35	33.22	250m: 2:44.33	33.58	350m: 3:51.82	33.73
	100m: 1:04.13 33.12	200m: 2:10.75	33.40	300m: 3:18.09	33.76	400m: 4:25.03	33.21
10.	Carolina Esteves, Peixoto	06	Sporting Clube de Braga	<b>4:29.96</b>	+0,79	628	
	50m: 31.13 31.13	150m: 1:38.17	33.88	250m: 2:46.07	33.76	350m: 3:55.23	34.73
	100m: 1:04.29 33.16	200m: 2:12.31	34.14	300m: 3:20.50	34.43	400m: 4:29.96	34.73
11.	Francisca Macedo, Lopes	05	Vilacondense	<b>4:30.07</b>	+0,76	628	
	50m: 29.99 29.99	150m: 1:35.71	33.31	250m: 2:44.12	34.44	350m: 3:54.75	35.70
	100m: 1:02.40 32.41	200m: 2:09.68	33.97	300m: 3:19.05	34.93	400m: 4:30.07	35.32
12.	Leonor Verissimo, Faria	06	Cnac	<b>4:45.06</b>	+0,76	534	
	50m: 31.93 31.93	150m: 1:42.45	35.94	250m: 2:55.04	36.48	350m: 4:08.88	37.07
	100m: 1:06.51 34.58	200m: 2:18.56	36.11	300m: 3:31.81	36.77	400m: 4:45.06	36.18

Prova 20, Femin., 400m Livres

Juniores

1.	Carolina Vizinho, Cabral	07	Cn Vagos	<b>4:24.53</b>	+0,76	668
	50m: 30.29 30.29	150m: 1:36.64	33.39 250m: 2:44.45	34.02	350m: 3:52.44	33.84
	100m: 1:03.25 32.96	200m: 2:10.43	33.79 300m: 3:18.60	34.15	400m: 4:24.53	32.09
2.	Beatriz Silva, Louro	07	Louletano / Loule Aqui e Agc	<b>4:26.61</b>	+0,63	652
	50m: 30.15 30.15	150m: 1:35.93	33.18 250m: 2:43.77	34.13	350m: 3:52.71	34.49
	100m: 1:02.75 32.60	200m: 2:09.64	33.71 300m: 3:18.22	34.45	400m: 4:26.61	33.90
3.	Leonor Castanho, Santos	07	Sporting	<b>4:27.57</b>	+0,77	645
	50m: 30.42 30.42	150m: 1:36.60	33.26 250m: 2:44.85	34.37	350m: 3:54.19	35.02
	100m: 1:03.34 32.92	200m: 2:10.48	33.88 300m: 3:19.17	34.32	400m: 4:27.57	33.38
4.	Alana Costa, Matias	09	Cnac	<b>4:31.74</b>	+0,75	616
	50m: 30.85 30.85	150m: 1:38.61	34.33 250m: 2:47.62	34.34	350m: 3:57.26	35.01
	100m: 1:04.28 33.43	200m: 2:13.28	34.67 300m: 3:22.25	34.63	400m: 4:31.74	34.48
5.	Luana Ferreira, Craveiro	09	Nautico Marinha Grande	<b>4:32.50</b>	+0,68	611
	50m: 30.04 30.04	150m: 1:37.88	34.25 250m: 2:47.48	34.61	350m: 3:57.99	35.16
	100m: 1:03.63 33.59	200m: 2:12.87	34.99 300m: 3:22.83	35.35	400m: 4:32.50	34.51
6.	Matilde Violante, Viana	07	CNLeiria - VOID	<b>4:34.41</b>	+0,84	598
	50m: 30.72 30.72	150m: 1:39.23	34.85 250m: 2:49.78	35.27	350m: 4:00.52	35.27
	100m: 1:04.38 33.66	200m: 2:14.51	35.28 300m: 3:25.25	35.47	400m: 4:34.41	33.89
7.	Carolina Amadeu, Ferreira	08	Leixoes Sport Clube	<b>4:34.51</b>	+0,78	598
	50m: 30.65 30.65	150m: 1:38.69	34.38 250m: 2:49.10	35.28	350m: 3:59.86	35.53
	100m: 1:04.31 33.66	200m: 2:13.82	35.13 300m: 3:24.33	35.23	400m: 4:34.51	34.65
8.	Diana Gomes, Freitas	08	Amigos da Montanha	<b>4:35.10</b>	+0,81	594
	50m: 31.22 31.22	150m: 1:39.31	34.50 250m: 2:49.66	35.36	350m: 4:01.33	35.95
	100m: 1:04.81 33.59	200m: 2:14.30	34.99 300m: 3:25.38	35.72	400m: 4:35.10	33.77
9.	Margarida Maria, Luiz	08	Lagoa Academico Clube	<b>4:36.54</b>	+0,74	585
	50m: 32.38 32.38	150m: 1:42.18	35.15 250m: 2:52.61	35.17	350m: 4:02.67	34.85
	100m: 1:07.03 34.65	200m: 2:17.44	35.26 300m: 3:27.82	35.21	400m: 4:36.54	33.87
10.	Sara Sofia, Alves	07	Palmela Desporto	<b>4:37.01</b>	+0,76	582
	50m: 31.07 31.07	150m: 1:39.24	34.60 250m: 2:49.95	35.46	350m: 4:01.78	36.22
	100m: 1:04.64 33.57	200m: 2:14.49	35.25 300m: 3:25.56	35.61	400m: 4:37.01	35.23
11.	Constanca Baptista, Tomas	09	Alcobaca	<b>4:37.31</b>	+0,75	580
	50m: 31.69 31.69	150m: 1:42.51	36.09 250m: 2:53.75	36.00	350m: 4:03.61	34.48
	100m: 1:06.42 34.73	200m: 2:17.75	35.24 300m: 3:29.13	35.38	400m: 4:37.31	33.70
12.	Maria Carvalho, Pinto	09	Viana Natacao	<b>4:37.60</b>	+0,83	578
	50m: 30.95 30.95	150m: 1:39.81	35.01 250m: 2:50.08	35.34	350m: 4:02.41	36.19
	100m: 1:04.80 33.85	200m: 2:14.74	34.93 300m: 3:26.22	36.14	400m: 4:37.60	35.19
13.	Catarina Maria, Lopes	08	Benfica	<b>4:37.91</b>	+0,78	576
	50m: 31.18 31.18	150m: 1:39.70	34.79 250m: 2:51.07	35.63	350m: 4:03.29	35.87
	100m: 1:04.91 33.73	200m: 2:15.44	35.74 300m: 3:27.42	36.35	400m: 4:37.91	34.62
14.	Teresa Oliveira, Santos	08	Sport Alges e Dafundo	<b>4:38.15</b>	+0,73	575
	50m: 31.75 31.75	150m: 1:42.19	36.05 250m: 2:53.83	35.42	350m: 4:04.77	35.09
	100m: 1:06.14 34.39	200m: 2:18.41	36.22 300m: 3:29.68	35.85	400m: 4:38.15	33.38
15.	Marta Andre, Aguilár	07	Cnac	<b>4:38.90</b>	+0,75	570
	50m: 31.10 31.10	150m: 1:40.80	35.15 250m: 2:51.78	35.62	350m: 4:03.99	36.29
	100m: 1:05.65 34.55	200m: 2:16.16	35.36 300m: 3:27.70	35.92	400m: 4:38.90	34.91

Campeonato Nacional Juniores e Seniores PC  
 Tomar, 13 - 15/12/2024

## Prova 20, Femin., 400m Livres, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	AQUA
16.	Lara Catarina, Maia	09	Clube Desportivo de Estarreja	<b>4:42.53</b>	+0,69	548
	50m: 31.67 31.67	150m: 1:40.89	35.12	250m: 2:53.51	36.45	350m: 4:07.02 36.73
	100m: 1:05.77 34.10	200m: 2:17.06	36.17	300m: 3:30.29	36.78	400m: 4:42.53 35.51
17.	Madalena Valente, Moreira	09	Colegio Efanor	<b>4:53.88</b>	+0,79	487
	50m: 31.60 31.60	150m: 1:43.88	36.82	250m: 3:00.15	38.23	350m: 4:16.69 38.08
	100m: 1:07.06 35.46	200m: 2:21.92	38.04	300m: 3:38.61	38.46	400m: 4:53.88 37.19