

Prova 42
15/12/2024 - 17:30

Femin., 400m Estilos

Absolutos
Resultados

| | | | | | |
|------------|---------|-------------------------|------|------------------|------------|
| RN25 Open | 4:36.19 | Victoria, Kaminskaya | POR | Copenhagen (DEN) | 13/12/2017 |
| RN25 Sen | 4:36.19 | Victoria, Kaminskaya | POR | Copenhagen (DEN) | 13/12/2017 |
| RN25 Jun18 | 4:41.02 | Victoria, Kaminskaya | PIMP | Porto | 07/12/2012 |
| RN25 Jun17 | 4:46.89 | Ines Neto, Rocha | CAP | Felgueiras | 15/04/2018 |
| RN25 Jun16 | 4:50.85 | Diana Margarida, Duraes | FOCA | Silves | 02/12/2011 |

Pontos: AQUA 2024

| Lugar | Nome | Ano | Clube | Tempo Final | TReac | AQUA |
|-------|------|-----|-------|-------------|-------|------|
|-------|------|-----|-------|-------------|-------|------|

Seniores

| | | | | | | |
|-----|--------------------------|---------------|----------------------------|---------------------|-------|-------|
| 1. | Mariana Pacheco, Cunha | 04 | Colegio Efanor | 4:44.96 | +0,69 | 750 |
| | 50m: 29.58 29.58 | 150m: 1:40.24 | 36.63 250m: 2:57.05 | 41.09 350m: 4:12.18 | | 33.26 |
| | 100m: 1:03.61 34.03 | 200m: 2:15.96 | 35.72 300m: 3:38.92 | 41.87 400m: 4:44.96 | | 32.78 |
| 2. | Angelica Maria, Andre | 94 | Porto | 4:47.38 | +0,74 | 731 |
| | 50m: 31.28 31.28 | 150m: 1:43.98 | 37.41 250m: 3:01.13 | 40.56 350m: 4:14.83 | | 32.87 |
| | 100m: 1:06.57 35.29 | 200m: 2:20.57 | 36.59 300m: 3:41.96 | 40.83 400m: 4:47.38 | | 32.55 |
| 3. | Ines Jacinto, Henriques | 00 | Louzan Natacao/EFAPEL | 4:48.36 | +0,70 | 724 |
| | 50m: 30.26 30.26 | 150m: 1:42.38 | 37.71 250m: 3:01.06 | 41.39 350m: 4:16.34 | | 33.40 |
| | 100m: 1:04.67 34.41 | 200m: 2:19.67 | 37.29 300m: 3:42.94 | 41.88 400m: 4:48.36 | | 32.02 |
| 4. | Daniela Magalhaes, Lopes | 05 | Porto | 4:50.10 | +0,77 | 711 |
| | 50m: 31.59 31.59 | 150m: 1:45.37 | 38.77 250m: 3:04.27 | 40.96 350m: 4:17.79 | | 32.85 |
| | 100m: 1:06.60 35.01 | 200m: 2:23.31 | 37.94 300m: 3:44.94 | 40.67 400m: 4:50.10 | | 32.31 |
| 5. | Mariana Amaral, Mendes | 02 | Sporting | 4:50.79 | +0,74 | 706 |
| | 50m: 31.29 31.29 | 150m: 1:46.27 | 39.49 250m: 3:05.76 | 40.83 350m: 4:19.36 | | 32.88 |
| | 100m: 1:06.78 35.49 | 200m: 2:24.93 | 38.66 300m: 3:46.48 | 40.72 400m: 4:50.79 | | 31.43 |
| 6. | Beatriz Nunes, Cardeal | 04 | Condeixa Aqua Clube | 4:52.00 | +0,70 | 697 |
| | 50m: 29.91 29.91 | 150m: 1:42.64 | 38.34 250m: 3:02.93 | 42.49 350m: 4:19.53 | | 33.95 |
| | 100m: 1:04.30 34.39 | 200m: 2:20.44 | 37.80 300m: 3:45.58 | 42.65 400m: 4:52.00 | | 32.47 |
| 7. | Ana Filipa, Veiga | 01 | Gafanha da Encarnacao | 5:00.52 | +0,74 | 639 |
| | 50m: 32.06 32.06 | 150m: 1:48.86 | 39.85 250m: 3:09.48 | 41.12 350m: 4:26.04 | | 35.24 |
| | 100m: 1:09.01 36.95 | 200m: 2:28.36 | 39.50 300m: 3:50.80 | 41.32 400m: 5:00.52 | | 34.48 |
| 8. | Ana Rita, Matos | 02 | Clube Futebol Os Belenense | 5:07.37 | +0,65 | 597 |
| | 50m: 32.36 32.36 | 150m: 1:48.17 | 39.06 250m: 3:11.10 | 44.81 350m: 4:32.51 | | 35.41 |
| | 100m: 1:09.11 36.75 | 200m: 2:26.29 | 38.12 300m: 3:57.10 | 46.00 400m: 5:07.37 | | 34.86 |
| 9. | Matilde Nunes, Lopes | 06 | Benfica | 5:07.45 | +0,68 | 597 |
| | 50m: 31.71 31.71 | 150m: 1:46.64 | 39.04 250m: 3:11.08 | 44.60 350m: 4:31.58 | | 35.52 |
| | 100m: 1:07.60 35.89 | 200m: 2:26.48 | 39.84 300m: 3:56.06 | 44.98 400m: 5:07.45 | | 35.87 |
| 10. | Maria Joao, Ribeiro | 05 | Sporting Clube Sao Joao Ve | 5:08.76 | +0,72 | 589 |
| | 50m: 32.50 32.50 | 150m: 1:51.65 | 42.09 250m: 3:13.98 | 41.22 350m: 4:33.00 | | 36.39 |
| | 100m: 1:09.56 37.06 | 200m: 2:32.76 | 41.11 300m: 3:56.61 | 42.63 400m: 5:08.76 | | 35.76 |
| 11. | Alice Jesus, Morgado | 04 | Sporting | 5:09.40 | +0,76 | 586 |
| | 50m: 32.56 32.56 | 150m: 1:50.53 | 40.46 250m: 3:13.87 | 43.69 350m: 4:34.83 | | 35.95 |
| | 100m: 1:10.07 37.51 | 200m: 2:30.18 | 39.65 300m: 3:58.88 | 45.01 400m: 5:09.40 | | 34.57 |

Prova 42, Femin., 400m Estilos

Juniores

| | | | | | | |
|-----|----------------------------|---------------|-------------------------------|----------------|---------------|-------|
| 1. | Margarida Vieira, Pinto | 07 | Sporting Clube de Braga | 5:02.01 | +0,71 | 630 |
| | 50m: 32.04 32.04 | 150m: 1:48.51 | 39.10 250m: 3:09.59 | 42.86 | 350m: 4:28.26 | 35.00 |
| | 100m: 1:09.41 37.37 | 200m: 2:26.73 | 38.22 300m: 3:53.26 | 43.67 | 400m: 5:02.01 | 33.75 |
| 2. | Beatriz Alves, Ambrus | 09 | Porto | 5:02.69 | +0,70 | 626 |
| | 50m: 33.17 33.17 | 150m: 1:47.47 | 37.30 250m: 3:08.56 | 44.08 | 350m: 4:28.14 | 35.24 |
| | 100m: 1:10.17 37.00 | 200m: 2:24.48 | 37.01 300m: 3:52.90 | 44.34 | 400m: 5:02.69 | 34.55 |
| 3. | Laura Sofia, Rodrigues | 07 | Juventude Atlantico Clube | 5:09.61 | +0,78 | 584 |
| | 50m: 32.98 32.98 | 150m: 1:50.90 | 39.87 250m: 3:12.18 | 42.41 | 350m: 4:33.54 | 37.71 |
| | 100m: 1:11.03 38.05 | 200m: 2:29.77 | 38.87 300m: 3:55.83 | 43.65 | 400m: 5:09.61 | 36.07 |
| 4. | Catarina Alexandra, Alves | 07 | Gesloures | 5:10.80 | +0,71 | 578 |
| | 50m: 31.82 31.82 | 150m: 1:50.28 | 41.37 250m: 3:14.54 | 44.42 | 350m: 4:36.29 | 36.62 |
| | 100m: 1:08.91 37.09 | 200m: 2:30.12 | 39.84 300m: 3:59.67 | 45.13 | 400m: 5:10.80 | 34.51 |
| 5. | Raquel Sofia, Bras | 09 | Clube Futebol Os Belenense | 5:10.85 | +0,66 | 578 |
| | 50m: 32.67 32.67 | 150m: 1:52.11 | 41.60 250m: 3:16.15 | 43.78 | 350m: 4:36.20 | 35.75 |
| | 100m: 1:10.51 37.84 | 200m: 2:32.37 | 40.26 300m: 4:00.45 | 44.30 | 400m: 5:10.85 | 34.65 |
| 6. | Francisca Martins, Gomes | 07 | Porto | 5:12.05 | +0,83 | 571 |
| | 50m: 34.01 34.01 | 150m: 1:55.33 | 42.11 250m: 3:20.09 | 44.03 | 350m: 4:38.52 | 35.17 |
| | 100m: 1:13.22 39.21 | 200m: 2:36.06 | 40.73 300m: 4:03.35 | 43.26 | 400m: 5:12.05 | 33.53 |
| 7. | Matilde Lopes, Fialho | 09 | Palmela Desporto | 5:14.83 | +0,81 | 556 |
| | 50m: 33.22 33.22 | 150m: 1:51.89 | 39.53 250m: 3:16.40 | 46.01 | 350m: 4:39.01 | 36.23 |
| | 100m: 1:12.36 39.14 | 200m: 2:30.39 | 38.50 300m: 4:02.78 | 46.38 | 400m: 5:14.83 | 35.82 |
| 8. | Carolina Mendes, Nunes | 08 | Clube Desportivo de Estarreja | 5:15.43 | +0,81 | 553 |
| | 50m: 32.81 32.81 | 150m: 1:52.26 | 41.33 250m: 3:17.28 | 44.66 | 350m: 4:39.12 | 36.26 |
| | 100m: 1:10.93 38.12 | 200m: 2:32.62 | 40.36 300m: 4:02.86 | 45.58 | 400m: 5:15.43 | 36.31 |
| 9. | Constanca Baptista, Tomas | 09 | Alcobaca | 5:15.94 | +0,72 | 550 |
| | 50m: 32.90 32.90 | 150m: 1:54.20 | 42.38 250m: 3:21.24 | 44.74 | 350m: 4:41.40 | 34.83 |
| | 100m: 1:11.82 38.92 | 200m: 2:36.50 | 42.30 300m: 4:06.57 | 45.33 | 400m: 5:15.94 | 34.54 |
| 10. | Constanca Santos, Ferreira | 08 | Sport Alges e Dafundo | 5:16.00 | +0,72 | 550 |
| | 50m: 32.65 32.65 | 150m: 1:50.22 | 39.66 250m: 3:14.82 | 44.87 | 350m: 4:38.54 | 38.02 |
| | 100m: 1:10.56 37.91 | 200m: 2:29.95 | 39.73 300m: 4:00.52 | 45.70 | 400m: 5:16.00 | 37.46 |
| 11. | Maria Joao, Costa | 08 | Vilacondense | 5:16.19 | +0,80 | 549 |
| | 50m: 32.92 32.92 | 150m: 1:52.61 | 41.87 250m: 3:18.49 | 44.90 | 350m: 4:40.69 | 36.44 |
| | 100m: 1:10.74 37.82 | 200m: 2:33.59 | 40.98 300m: 4:04.25 | 45.76 | 400m: 5:16.19 | 35.50 |
| 12. | Laura Maria, Cruz | 07 | Adrcimm | 5:17.00 | +0,77 | 545 |
| | 50m: 34.68 34.68 | 150m: 1:55.26 | 39.24 250m: 3:18.98 | 45.76 | 350m: 4:42.29 | 36.87 |
| | 100m: 1:16.02 41.34 | 200m: 2:33.22 | 37.96 300m: 4:05.42 | 46.44 | 400m: 5:17.00 | 34.71 |
| 13. | Nuria Soares, Silva | 07 | Sporting Clube Sao Joao Ve | 5:17.03 | +0,79 | 544 |
| | 50m: 32.57 32.57 | 150m: 1:53.07 | 41.99 250m: 3:18.79 | 44.47 | 350m: 4:41.04 | 37.20 |
| | 100m: 1:11.08 38.51 | 200m: 2:34.32 | 41.25 300m: 4:03.84 | 45.05 | 400m: 5:17.03 | 35.99 |
| 14. | Eleine Vieira, Mateus | 09 | Clube Desportivo Nacional | 5:19.02 | +0,46 | 534 |
| | 50m: 33.20 33.20 | 150m: 1:51.89 | 40.46 250m: 3:18.96 | 47.07 | 350m: 4:43.45 | 37.62 |
| | 100m: 1:11.43 38.23 | 200m: 2:31.89 | 40.00 300m: 4:05.83 | 46.87 | 400m: 5:19.02 | 35.57 |
| 15. | Teresa Isabel, Rodrigues | 09 | Foca Quinta Da Lixa - Cnf | 5:24.31 | +0,76 | 508 |
| | 50m: 34.41 34.41 | 150m: 1:56.12 | 41.36 250m: 3:22.01 | 45.55 | 350m: 4:47.15 | 38.45 |
| | 100m: 1:14.76 40.35 | 200m: 2:36.46 | 40.34 300m: 4:08.70 | 46.69 | 400m: 5:24.31 | 37.16 |

Prova 42, Femin., 400m Estilos, Juniores

| Lugar | Nome | Ano | Clube | Tempo Final | TReac | AQUA |
|-------|--|---------------|-------------------------|----------------|-------|---------------------|
| 16. | Rita Cunha, Gomes | 07 | Viana Natacao | 5:25.83 | +0,86 | 501 |
| | 50m: 34.20 34.20 | 150m: 1:55.59 | 42.33 | 250m: 3:24.19 | 47.27 | 350m: 4:49.77 37.93 |
| | 100m: 1:13.26 39.06 | 200m: 2:36.92 | 41.33 | 300m: 4:11.84 | 47.65 | 400m: 5:25.83 36.06 |
| 17. | Rita Isabel, Neves | 08 | Condeixa Aqua Clube | 5:30.61 | +0,77 | 480 |
| | 50m: 34.96 34.96 | 150m: 1:56.19 | 43.04 | 250m: 3:25.91 | 47.52 | 350m: 4:53.54 39.19 |
| | 100m: 1:13.15 38.19 | 200m: 2:38.39 | 42.20 | 300m: 4:14.35 | 48.44 | 400m: 5:30.61 37.07 |
| DSQ | Adriana Ribeiro, Barros | 08 | Sporting Clube de Braga | | | |
| | 613 - O(a) atleta não efectuou movimento continuo nem imediato dos braços, na viragem aos 175 metros | | | | | |
| | - SW 6.4 | | | | | |