

Prova 1
21/12/2024 - 9:30

Femin., 400m Livres

1ª Divisão FEM
Resultados

RN Open	4:04.57	Francisca Soares, Martins	POR	Otopeni (ROU)	10/12/2023
RN Sen	4:04.57	Francisca Soares, Martins	POR	Otopeni (ROU)	10/12/2023
RN Jun 18	4:11.18	Francisca Soares, Martins	FOCA	Mealhada	14/11/2020
RN Jun17	4:10.52	Tamila Hryhorivna, Holub	SCB	Porto	12/12/2015
RN Jun 16	4:13.53	Ana Reis, Sousa	CNLA	Porto	09/12/2017
RN Juv A	4:18.39	Ana Claudia, Santos	SFUAP	Cantanhede	20/12/2004
RN Juv B	4:23.08	Susana Patricia, Miguel	SFUAP	Alhandra	15/05/2004
RN Inf A	4:25.30	Alexandra Maria, Silva	FCP	Porto	19/07/1980
RN Inf B	4:38.40	Filipa Vilas, Ruivo	DNMG	Alcobaça	13/06/2009

Lugar	Nome	Ano	Licença	Clube	Tempo Final	Pts
1.	Mariana Amaral, Mendes	02	123959	Sporting	4:14.75	16,00
	50m: 30.05 30.05	150m: 1:34.51 32.06	250m: 2:38.53 32.16	350m: 3:43.44 32.55		
	100m: 1:02.45 32.40	200m: 2:06.37 31.86	300m: 3:10.89 32.36	400m: 4:14.75 31.31		
2.	Ines Jacinto, Henriques	00	120220	Louzan Natacao/EFAPEL	4:18.97	14,00
	50m: 29.21 29.21	150m: 1:33.65 32.87	250m: 2:39.63 32.97	350m: 3:46.15 33.25		
	100m: 1:00.78 31.57	200m: 2:06.66 33.01	300m: 3:12.90 33.27	400m: 4:18.97 32.82		
3.	Marta Joao, Pires	05	147235	Sport Alges e Dafundo	4:21.28	13,00
	50m: 29.95 29.95	150m: 1:36.21 33.27	250m: 2:43.49 33.67	350m: 3:49.39 32.68		
	100m: 1:02.94 32.99	200m: 2:09.82 33.61	300m: 3:16.71 33.22	400m: 4:21.28 31.89		
4.	Daniela Magalhaes, Lopes	05	130098	Porto	4:21.72	12,00
	50m: 30.11 30.11	150m: 1:35.70 33.01	250m: 2:41.66 32.99	350m: 3:48.56 33.50		
	100m: 1:02.69 32.58	200m: 2:08.67 32.97	300m: 3:15.06 33.40	400m: 4:21.72 33.16		
5.	Helena Nunes, Rodrigues	03	125022	Condeixa Aqua Clube	4:24.18	11,00
	50m: 29.56 29.56	150m: 1:35.21 33.39	250m: 2:42.90 33.83	350m: 3:50.73 34.02		
	100m: 1:01.82 32.26	200m: 2:09.07 33.86	300m: 3:16.71 33.81	400m: 4:24.18 33.45		
6.	Francisca Macedo, Lopes	05	129982	Vilacondense	4:30.52	10,00
	50m: 30.59 30.59	150m: 1:37.77 33.73	250m: 2:45.88 34.14	350m: 3:55.61 34.86		
	100m: 1:04.04 33.45	200m: 2:11.74 33.97	300m: 3:20.75 34.87	400m: 4:30.52 34.91		
7.	Catarina Andrade, Franco	07	203865	Benfica	4:30.79	9,00
	50m: 29.94 29.94	150m: 1:35.81 33.19	250m: 2:44.03 34.25	350m: 3:54.89 35.82		
	100m: 1:02.62 32.68	200m: 2:09.78 33.97	300m: 3:19.07 35.04	400m: 4:30.79 35.90		
8.	Carolina Esteves, Peixoto	06	133308	Sporting Clube de Braga	4:32.60	8,00
	50m: 30.62 30.62	150m: 1:37.67 34.00	250m: 2:46.97 34.74	350m: 3:57.58 35.29		
	100m: 1:03.67 33.05	200m: 2:12.23 34.56	300m: 3:22.29 35.32	400m: 4:32.60 35.02		
9.	Maria Luis, Sa	06	131836	Fluvial Portuense	4:35.69	7,00
	50m: 30.08 30.08	150m: 1:38.07 34.47	250m: 2:48.39 35.29	350m: 3:59.99 35.91		
	100m: 1:03.60 33.52	200m: 2:13.10 35.03	300m: 3:24.08 35.69	400m: 4:35.69 35.70		
10.	Ana Rita, Matos	02	127501	Clube Futebol Os Belenenses	4:37.58	6,00
	50m: 31.55 31.55	150m: 1:40.21 34.90	250m: 2:50.98 35.44	350m: 4:02.28 35.73		
	100m: 1:05.31 33.76	200m: 2:15.54 35.33	300m: 3:26.55 35.57	400m: 4:37.58 35.30		
11.	Marta Lima, Pimentel	04	130230	Colegio Efanor	4:39.48	5,00
	50m: 32.22 32.22	150m: 1:41.95 35.18	250m: 2:53.34 35.79	350m: 4:04.47 35.48		
	100m: 1:06.77 34.55	200m: 2:17.55 35.60	300m: 3:28.99 35.65	400m: 4:39.48 35.01		
12.	Zoe Pinho, Nunes	11	209378	Galitos / Bresimar	4:46.63	4,00
	50m: 32.30 32.30	150m: 1:43.62 35.88	250m: 2:57.27 36.91	350m: 4:11.18 37.25		
	100m: 1:07.74 35.44	200m: 2:20.36 36.74	300m: 3:33.93 36.66	400m: 4:46.63 35.45		
13.	Cassandra Fatima, Pereira	10	219756	Gcvr	4:51.16	3,00
	50m: 32.06 32.06	150m: 1:45.78 37.49	250m: 3:01.09 37.76	350m: 4:15.50 36.97		
	100m: 1:08.29 36.23	200m: 2:23.33 37.55	300m: 3:38.53 37.44	400m: 4:51.16 35.66		
14.	Vera Franca, Jesus	11	211346	Naval Do Funchal	4:52.01	2,00
	50m: 31.85 31.85	150m: 1:44.78 37.04	250m: 2:59.95 37.40	350m: 4:15.38 37.46		
	100m: 1:07.74 35.89	200m: 2:22.55 37.77	300m: 3:37.92 37.97	400m: 4:52.01 36.63		

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Lugar	Nome	Ano	Licença	Clube	Tempo Final	Pts
15.	Ana Rita, Ribau	95	102808	Gafanha da Encarnacao	5:07.44	1,00 -
	50m:	32.95	32.95	150m:	1:47.45	37.63
	100m:	1:09.82	36.87	200m:	2:26.10	38.65
				250m:	3:05.90	39.80
				300m:	3:46.00	40.10
				350m:	4:26.94	40.94
				400m:	5:07.44	40.50