

Prova 29  
22/12/2024 - 16:00

Femin., 400m Estilos

1ª Divisão FEM  
Resultados

RN Open	4:36.19	Victoria, Kaminskaya	POR	Copenhagen (DEN)	13/12/2017
RN Sen	4:36.19	Victoria, Kaminskaya	POR	Copenhagen (DEN)	13/12/2017
RN Jun 18	4:41.02	Victoria, Kaminskaya	PIMP	Porto	07/12/2012
RN Jun17	4:46.89	Ines Neto, Rocha	CAP	Felgueiras	15/04/2018
RN Jun 16	4:50.85	Diana Margarida, Duraes	FOCA	Silves	02/12/2011
RN Juv A	4:51.85	Ana Claudia, Santos	SFUAP	Setubal	21/11/2004
RN Juv B	4:56.53	Mariana Pacheco, Cunha	CFP	Porto	05/05/2018
RN Inf A	5:03.94	Carolina Miranda, Fernandes	CGA	Condeixa	12/05/2018
RN Inf B	5:15.68	Susana Patricia, Miguel	SFUAP	Rio Maior	06/07/2002

Lugar	Nome	Ano	Licença	Clube	Tempo Final	Pts
1.	Angelica Maria, Andre	94	15497	Porto	<b>4:44.33</b>	16,00 -
	50m: 30.72 30.72	150m: 1:40.92 35.93	250m: 2:57.71 40.21	350m: 4:11.78 33.43		
	100m: 1:04.99 34.27	200m: 2:17.50 36.58	300m: 3:38.35 40.64	400m: 4:44.33 32.55		
2.	Mariana Amaral, Mendes	02	123959	Sporting	<b>4:46.42</b>	14,00 -
	50m: 31.01 31.01	150m: 1:44.65 38.80	250m: 3:02.64 40.54	350m: 4:15.28 32.72		
	100m: 1:05.85 34.84	200m: 2:22.10 37.45	300m: 3:42.56 39.92	400m: 4:46.42 31.14		
3.	Ines Jacinto, Henriques	00	120220	Louzan Natacao/EFAPEL	<b>4:46.58</b>	13,00 -
	50m: 30.06 30.06	150m: 1:40.92 36.87	250m: 2:59.16 41.89	350m: 4:14.68 33.63		
	100m: 1:04.05 33.99	200m: 2:17.27 36.35	300m: 3:41.05 41.89	400m: 4:46.58 31.90		
4.	Beatriz Nunes, Cardeal	04	124753	Condeixa Aqua Clube	<b>4:47.04</b>	12,00 -
	50m: 30.69 30.69	150m: 1:42.99 38.17	250m: 3:01.33 41.45	350m: 4:16.17 33.58		
	100m: 1:04.82 34.13	200m: 2:19.88 36.89	300m: 3:42.59 41.26	400m: 4:47.04 30.87		
5.	Marta Joao, Pires	05	147235	Sport Alges e Dafundo	<b>4:53.48</b>	11,00 -
	50m: 30.48 30.48	150m: 1:43.70 38.62	250m: 3:03.82 42.40	350m: 4:20.46 33.59		
	100m: 1:05.08 34.60	200m: 2:21.42 37.72	300m: 3:46.87 43.05	400m: 4:53.48 33.02		
6.	Ana Filipa, Veiga	01	125558	Gafanha da Encarnacao	<b>4:57.16</b>	10,00 -
	50m: 31.23 31.23	150m: 1:47.21 39.90	250m: 3:07.75 40.87	350m: 4:23.35 34.52		
	100m: 1:07.31 36.08	200m: 2:26.88 39.67	300m: 3:48.83 41.08	400m: 4:57.16 33.81		
7.	Matilde Nunes, Lopes	06	201711	Benfica	<b>5:03.34</b>	9,00 -
	50m: 31.48 31.48	150m: 1:45.80 38.62	250m: 3:08.94 44.13	350m: 4:28.16 35.15		
	100m: 1:07.18 35.70	200m: 2:24.81 39.01	300m: 3:53.01 44.07	400m: 5:03.34 35.18		
8.	Margarida Vieira, Pinto	07	204344	Sporting Clube de Braga	<b>5:05.71</b>	8,00 -
	50m: 32.06 32.06	150m: 1:48.97 39.44	250m: 3:10.78 43.03	350m: 4:30.92 35.80		
	100m: 1:09.53 37.47	200m: 2:27.75 38.78	300m: 3:55.12 44.34	400m: 5:05.71 34.79		
9.	Raquel Sofia, Bras	09	208973	Clube Futebol Os Belenenses	<b>5:08.05</b>	7,00 -
	50m: 32.21 32.21	150m: 1:51.51 41.61	250m: 3:14.62 42.89	350m: 4:33.55 35.39		
	100m: 1:09.90 37.69	200m: 2:31.73 40.22	300m: 3:58.16 43.54	400m: 5:08.05 34.50		
10.	Carolina Ratola, Taveira	10	209341	Galitos / Bresimar	<b>5:09.94</b>	6,00 -
	50m: 30.94 30.94	150m: 1:44.91 38.32	250m: 3:11.21 47.55	350m: 4:35.50 36.82		
	100m: 1:06.59 35.65	200m: 2:23.66 38.75	300m: 3:58.68 47.47	400m: 5:09.94 34.44		
11.	Maria Rita, Cunha	10	206403	Colegio Efanor	<b>5:13.28</b>	5,00 -
	50m: 33.38 33.38	150m: 1:51.13 39.12	250m: 3:15.40 46.11	350m: 4:37.43 36.03		
	100m: 1:12.01 38.63	200m: 2:29.29 38.16	300m: 4:01.40 46.00	400m: 5:13.28 35.85		
12.	Ana Carolina, Neves	08	200350	Fluvial Portuense	<b>5:17.66</b>	4,00 -
	50m: 32.97 32.97	150m: 1:54.35 41.78	250m: 3:22.26 46.45	350m: 4:43.24 34.15		
	100m: 1:12.57 39.60	200m: 2:35.81 41.46	300m: 4:09.09 46.83	400m: 5:17.66 34.42		
13.	Maria Joao, Costa	08	201391	Vilacondense	<b>5:20.48</b>	3,00 -
	50m: 32.73 32.73	150m: 1:52.89 42.29	250m: 3:20.46 46.14	350m: 4:44.80 37.04		
	100m: 1:10.60 37.87	200m: 2:34.32 41.43	300m: 4:07.76 47.30	400m: 5:20.48 35.68		
14.	Leonor Carnide, Silva	09	151721	Gcwr	<b>5:31.95</b>	2,00 -
	50m: 33.00 33.00	150m: 1:54.97 42.93	250m: 3:26.37 48.69	350m: 4:54.26 39.68		
	100m: 1:12.04 39.04	200m: 2:37.68 42.71	300m: 4:14.58 48.21	400m: 5:31.95 37.69		

Prova 29, Femin., 400m Estilos, 1ª Divisão FEM

Lugar	Nome	Ano	Licença	Clube	Tempo Final				Pts			
15.	Matilde Sousa, Andrade	08	205152	Naval Do Funchal	<b>5:33.80</b>				1,00 -			
	50m:	32.74	32.74	150m:	1:54.49	42.73	250m:	3:24.95	49.76	350m:	4:55.47	39.40
	100m:	1:11.76	39.02	200m:	2:35.19	40.70	300m:	4:16.07	51.12	400m:	5:33.80	38.33