



XXVII Torneio Taça Cidade de Alcobaca
Alcobaca, 15/2/2025



Prova 11

Femin., 400m Livres

OPEN (INF+JUV+JUN+SEN)

15/02/2025 - 18:13

Resultados

Rec. Tor.	4:21.75	Filipa Vilas, RUIVO		Alcobaca	2012
Rec. Nac. Open	4:04.57	Francisca Soares, MARTINS	POR	Otopeni (ROU)	2023
Rec. Nac. SEN	4:04.57	Francisca Soares, MARTINS	POR	Otopeni (ROU)	2023
Rec. Nac. 18	4:11.18	Francisca Soares, MARTINS	FOCA	Mealhada	2020
Rec. Nac. 17	4:10.52	Tamila Hryhorivna, HOLUB	SCB	Porto	2015
Rec. Nac. 16	4:13.53	Ana Reis, SOUSA	CNLA	Porto	2017
Rec. Nac. JUV A	4:18.39	Ana Claudia, SANTOS	SFUAP	Cantanhede	2004
Rec. Nac. JUV B	4:23.08	Susana Patricia, MIGUEL	SFUAP	Alhandra	2004
Rec. Nac. INF A	4:25.30	Alexandra Maria, SILVA	FCP	Porto	1980
Rec. Nac. INF B	4:38.40	Filipa Vilas, RUIVO	DNMG	Alcobaca	2009

Pontos: AQUA 2024

Lugar	Ano	Tempo final	Pts
1. Rita Barros, FRISCHKNECHT <i>Recorde do Torneio ABS</i>	98 Benfica	4:19.99 9,00	704
50m: 29.69 29.69	150m: 1:34.98 33.12	250m: 2:41.90 33.53	350m: 3:48.11 32.64
100m: 1:01.86 32.17	200m: 2:08.37 33.39	300m: 3:15.47 33.57	400m: 4:19.99 31.88
2. Luana Ferreira, CRAVEIRO	09 Nautico Marinha Grande	4:33.21 7,00	606
50m: 31.07 31.07	150m: 1:39.72 34.74	250m: 2:48.57 33.88	350m: 3:58.51 35.36
100m: 1:04.98 33.91	200m: 2:14.69 34.97	300m: 3:23.15 34.58	400m: 4:33.21 34.70
3. Alana Costa, MATIAS	09 Nautico Academico	4:36.18 6,00	587
50m: 31.42 31.42	150m: 1:40.06 34.70	250m: 2:50.39 35.24	350m: 4:01.26 35.52
100m: 1:05.36 33.94	200m: 2:15.15 35.09	300m: 3:25.74 35.35	400m: 4:36.18 34.92
4. Rita Lucas, SANTOS	10 Condeixa Aqua Clube	4:38.04 5,00	575
50m: 31.40 31.40	150m: 1:41.51 35.46	250m: 2:52.33 35.70	350m: 4:04.28 36.00
100m: 1:06.05 34.65	200m: 2:16.63 35.12	300m: 3:28.28 35.95	400m: 4:38.04 33.76
5. Constanca Baptista, TOMAS	09 Alcobaca	4:41.46 4,00	554
50m: 31.30 31.30	150m: 1:42.47 36.25	250m: 2:55.26 36.42	350m: 4:06.99 35.46
100m: 1:06.22 34.92	200m: 2:18.84 36.37	300m: 3:31.53 36.27	400m: 4:41.46 34.47
6. Ana Carolina, MONTEIRO	04 Academica de Coimbra	4:44.36 3,00	538
50m: 32.75 32.75	150m: 1:43.76 36.09	250m: 2:55.96 36.18	350m: 4:09.02 36.67
100m: 1:07.67 34.92	200m: 2:19.78 36.02	300m: 3:32.35 36.39	400m: 4:44.36 35.34
7. Uxia Romero, COSTA	09 Fluvial Portuense	4:44.48 2,00	537
50m: 33.33 33.33	150m: 1:46.23 36.46	250m: 2:57.89 35.75	350m: 4:09.45 35.80
100m: 1:09.77 36.44	200m: 2:22.14 35.91	300m: 3:33.65 35.76	400m: 4:44.48 35.03
8. Iris Pereira, CARRAO	05 Uniao Piedense	4:46.37 1,00	526
50m: 32.13 32.13	150m: 1:42.76 35.83	250m: 2:55.24 36.37	350m: 4:09.92 37.34
100m: 1:06.93 34.80	200m: 2:18.87 36.11	300m: 3:32.58 37.34	400m: 4:46.37 36.45
9. Diana Isabel, ALVES	10 Pimpoes/Cimai	4:53.86 -	487
50m: 33.27 33.27	150m: 1:46.98 37.03	250m: 3:01.59 37.57	350m: 4:17.62 37.66
100m: 1:09.95 36.68	200m: 2:24.02 37.04	300m: 3:39.96 38.37	400m: 4:53.86 36.24
10. Vida Sofia, VELEZ	10 Ba-Leiria	5:03.29 -	443
50m: 34.99 34.99	150m: 1:53.71 40.03	250m: 3:08.88 37.85	350m: 4:25.06 37.76
100m: 1:13.68 38.69	200m: 2:31.03 37.32	300m: 3:47.30 38.42	400m: 5:03.29 38.23





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Lugar	Ano	Tempo final	Pts
11. Beatriz Ribeiro, LIMA	09 Geslours	5:07.94	- 423
50m: 34.60 34.60	150m: 1:51.22 38.56	250m: 3:09.36 39.03	350m: 4:28.49 39.67
100m: 1:12.66 38.06	200m: 2:30.33 39.11	300m: 3:48.82 39.46	400m: 5:07.94 39.45
12. Carlota Sa, SANTOS	11 Nucleo de Pombal	5:08.74	- 420
50m: 35.28 35.28	150m: 1:51.66 38.86	250m: 3:09.51 39.07	350m: 4:29.60 40.25
100m: 1:12.80 37.52	200m: 2:30.44 38.78	300m: 3:49.35 39.84	400m: 5:08.74 39.14
13. Laura Samora, GONCALVES	10 CNLeiria - VOID	5:11.81	- 408
50m: 35.67 35.67	150m: 1:54.65 39.66	250m: 3:14.61 40.01	350m: 4:33.76 39.30
100m: 1:14.99 39.32	200m: 2:34.60 39.95	300m: 3:54.46 39.85	400m: 5:11.81 38.05
14. Leonor Ribeiro, FERREIRA	12 Columbofila Cantanhedense	5:12.56	- 405
50m: 35.93 35.93	150m: 1:53.48 38.73	250m: 3:11.83 39.34	350m: 4:32.27 40.05
100m: 1:14.75 38.82	200m: 2:32.49 39.01	300m: 3:52.22 40.39	400m: 5:12.56 40.29
15. Leonor Pereira, SILVA	10 Óbidos	5:14.42	- 398
50m: 35.94 35.94	150m: 1:55.10 39.95	250m: 3:16.14 40.70	350m: 4:37.36 41.06
100m: 1:15.15 39.21	200m: 2:35.44 40.34	300m: 3:56.30 40.16	400m: 5:14.42 37.06
16. Emiliania Arruda, SARAIVA	12 Vieiraense	5:20.46	- 376
50m: 35.77 35.77	150m: 1:57.44 41.34	250m: 3:21.76 42.09	350m: 4:44.04 40.60
100m: 1:16.10 40.33	200m: 2:39.67 42.23	300m: 4:03.44 41.68	400m: 5:20.46 36.42
17. Maria Lin, MONIZ	12 Naval Setubalense	5:35.09	- 328
50m: 36.40 36.40	150m: 2:01.31 42.74	250m: 3:27.46 43.20	350m: 4:54.00 43.05
100m: 1:18.57 42.17	200m: 2:44.26 42.95	300m: 4:10.95 43.49	400m: 5:35.09 41.09
DNS Anna, FOMINA	02 Sporting	-	-

