



Torneio Nadador Completo de Categorias
Alcobaça, 21 - 22/12/2024

Prova 7 Femin., 400m Livres Infantil B FEM
21/12/2024 - 17:35 Resultados

Rec Nac Open	4:04.57	Francisca Soares, MARTINS	POR	Otopeni (ROU)	10/12/2023
Rec Nac INF B	4:38.40	Filipa Vilas, RUIVO	DNMG	Alcobaça	13/06/2009

Pontos: AQUA 2024

Lugar			Ano			Tempo final	Pts
1. Alicia Ferreira, OLIVEIRA			13	Ba-Leiria		5:52.89	281
50m:	39.88	39.88	150m:	2:11.43	46.23	250m:	3:39.96
100m:	1:25.20	45.32	200m:	2:55.70	44.27	300m:	4:25.15
						44.26	350m:
						45.19	400m:
							5:52.89
							45.48
2. Maria Luisa, CASTILLO			13	Nautico Marinha Grande		5:53.46	280
50m:	40.99	40.99	150m:	2:10.06	44.55	250m:	3:39.95
100m:	1:25.51	44.52	200m:	2:54.55	44.49	300m:	4:25.94
						45.40	350m:
						45.99	400m:
							5:53.46
							42.04
3. Maria Joao, OLIVEIRA			13	Alcobaca		5:57.42	271
50m:	41.36	41.36	150m:	2:13.97	47.37	250m:	3:44.57
100m:	1:26.60	45.24	200m:	2:59.21	45.24	300m:	4:29.72
						45.36	350m:
						45.15	400m:
							5:57.42
							44.32
							43.38
4. Lara Sofia, MARCELINO			13	Vieirense		6:06.50	251
50m:	43.06	43.06	150m:	2:16.04	46.91	250m:	3:51.25
100m:	1:29.13	46.07	200m:	3:03.70	47.66	300m:	4:38.37
						47.55	350m:
						47.12	400m:
							6:06.50
							45.50
							42.63
5. Emma Henriques, SOUTO			13	Óbidos		6:20.21	225
50m:	43.81	43.81	150m:	2:20.37	48.94	250m:	3:58.62
100m:	1:31.43	47.62	200m:	3:10.12	49.75	300m:	4:47.24
						48.50	350m:
						48.62	400m:
							6:20.21
							44.82
6. Avron Dawn, SANTOS			13	Vieirense		6:31.84	205
50m:	46.33	46.33	150m:	2:26.86	50.47	250m:	4:06.00
100m:	1:36.39	50.06	200m:	3:17.18	50.32	300m:	4:55.61
						48.82	350m:
						49.61	400m:
							6:31.84
							46.44
7. Violeta Neves, SILVA			13	Nucleo de Pombal		6:33.08	203
50m:	44.49	44.49	150m:	2:24.26	50.17	250m:	4:05.37
100m:	1:34.09	49.60	200m:	3:14.90	50.64	300m:	4:56.13
						50.47	350m:
						50.76	400m:
							6:33.08
							50.71
							46.24
8. Maria Leal, ALVES			13	Alcobaca		6:42.08	190
50m:	45.17	45.17	150m:	2:27.74	51.30	250m:	4:11.07
100m:	1:36.44	51.27	200m:	3:19.65	51.91	300m:	5:00.67
						51.42	350m:
						49.60	400m:
							6:42.08
							53.13
							48.28
9. Elisa Rodrigues, SIMOES			13	Benedita		6:53.11	175
50m:	48.51	48.51	150m:	2:33.44	52.74	250m:	4:20.14
100m:	1:40.70	52.19	200m:	3:27.02	53.58	300m:	5:13.04
						53.12	350m:
						52.90	400m:
							6:53.11
							48.89
10. Nuria Rocha, BOTAS			13	Vieirense		7:03.64	162
50m:	46.56	46.56	150m:	2:31.73	53.18	250m:	4:21.33
100m:	1:38.55	51.99	200m:	3:25.81	54.08	300m:	5:16.28
						55.52	350m:
						54.95	400m:
							7:03.64
							51.48
11. Ines Barreto, CALDEIREIRO			13	Vieirense		7:06.03	160
50m:	47.46	47.46	150m:	2:39.03	56.44	250m:	4:28.64
100m:	1:42.59	55.13	200m:	3:33.95	54.92	300m:	5:23.96
						54.69	350m:
						55.32	400m:
							7:06.03
							47.87
12. Sara Machado, JANUARIO			13	Alcobaca		7:22.51	142
50m:	48.03	48.03	150m:	2:37.27	55.60	250m:	4:30.31
100m:	1:41.67	53.64	200m:	3:33.01	55.74	300m:	5:28.10
						57.30	350m:
						57.79	400m:
							7:22.51
							54.82
13. Constanca Teopisto, CARVALHO			13	Alcobaca		7:37.50	129
50m:	52.22	52.22	150m:	2:48.73	58.38	250m:	4:45.86
100m:	1:50.35	58.13	200m:	3:47.09	58.36	300m:	5:46.01
						58.77	350m:
						1:00.15	400m:
							7:37.50
							54.22
DNS Carminho Jose, LOPES			13	Benedita			DNS



Torneio Nadador Completo de Categorias
Alcobaça, 21 - 22/12/2024

Prova 7, Femin., 400m Livres

Prova 7 Femin., 400m Livres Infantil A FEM
21/12/2024 - 17:35 Resultados

Rec Nac Open	4:04.57	Francisca Soares, MARTINS	POR	Otopeni (ROU)	10/12/2023
Rec Nac INF A	4:25.30	Alexandra Maria, SILVA	FCP	Porto	19/07/1980

Pontos: AQUA 2024

Lugar	Ano			Tempo final				Pts
1. Emma, AVRAMESCU	12	Nautico Marinha Grande		5:15.77				393
50m: 35.83 35.83	150m: 1:57.20 40.79	250m: 3:18.80 40.51	350m: 4:38.56 39.37					
100m: 1:16.41 40.58	200m: 2:38.29 41.09	300m: 3:59.19 40.39	400m: 5:15.77 37.21					
2. Laura Krempel, VARELA	12	Pimpoes/Cimai		5:21.88				371
50m: 36.79 36.79	150m: 1:59.10 40.76	250m: 3:21.28 40.14	350m: 4:43.36 40.52					
100m: 1:18.34 41.55	200m: 2:41.14 42.04	300m: 4:02.84 41.56	400m: 5:21.88 38.52					
3. Mafalda Varela, BERNARDINO	12	Alcobaca		5:28.54				348
50m: 38.43 38.43	150m: 2:00.08 41.43	250m: 3:23.72 41.80	350m: 4:47.60 41.27					
100m: 1:18.65 40.22	200m: 2:41.92 41.84	300m: 4:06.33 42.61	400m: 5:28.54 40.94					
4. Ines Pinto, MARTINS	12	Pimpoes/Cimai		5:30.02				344
50m: 37.83 37.83	150m: 2:01.76 41.86	250m: 3:26.39 42.08	350m: 4:50.43 41.36					
100m: 1:19.90 42.07	200m: 2:44.31 42.55	300m: 4:09.07 42.68	400m: 5:30.02 39.59					
5. Luna Francisco, PEREIRA	12	Nucleo de Pombal		5:30.26				343
50m: 37.34 37.34	150m: 2:01.68 42.48	250m: 3:26.60 42.45	350m: 4:50.60 41.67					
100m: 1:19.20 41.86	200m: 2:44.15 42.47	300m: 4:08.93 42.33	400m: 5:30.26 39.66					
6. Julia Pinto, PINHEIRO	12	Pimpoes/Cimai		5:35.74				326
50m: 38.23 38.23	150m: 2:02.70 42.78	250m: 3:28.42 42.78	350m: 4:54.39 42.38					
100m: 1:19.92 41.69	200m: 2:45.64 42.94	300m: 4:12.01 43.59	400m: 5:35.74 41.35					
7. Emiliana Arruda, SARAIVA	12	Vieirense		5:36.84				323
50m: 35.48 35.48	150m: 2:00.49 43.58	250m: 3:28.56 43.46	350m: 4:56.07 43.34					
100m: 1:16.91 41.43	200m: 2:45.10 44.61	300m: 4:12.73 44.17	400m: 5:36.84 40.77					
8. Safira Pedro, FONSECA	12	Vieirense		5:39.91				315
50m: 38.74 38.74	150m: 2:06.50 44.59	250m: 3:32.63 42.25	350m: 4:59.49 43.43					
100m: 1:21.91 43.17	200m: 2:50.38 43.88	300m: 4:16.06 43.43	400m: 5:39.91 40.42					
9. Beatriz Julio, CORREIA	12	CNLeiria - VOID		5:42.37				308
50m: 38.94 38.94	150m: 2:06.18 44.55	250m: 3:33.42 43.57	350m: 5:00.89 43.66					
100m: 1:21.63 42.69	200m: 2:49.85 43.67	300m: 4:17.23 43.81	400m: 5:42.37 41.48					
10. Benedita Nunes, FELIX	12	Pimpoes/Cimai		5:43.70				304
50m: 38.40 38.40	150m: 2:05.76 43.96	250m: 3:35.59 44.79	350m: 5:04.21 43.68					
100m: 1:21.80 43.40	200m: 2:50.80 45.04	300m: 4:20.53 44.94	400m: 5:43.70 39.49					
11. Maria Leonor, ASSUNCAO	12	Pimpoes/Cimai		5:56.05				274
50m: 41.12 41.12	150m: 2:13.34 46.09	250m: 3:44.88 45.92	350m: 5:14.35 43.79					
100m: 1:27.25 46.13	200m: 2:58.96 45.62	300m: 4:30.56 45.68	400m: 5:56.05 41.70					
12. Daniela Carvalho, FERREIRA	12	Nucleo de Pombal		6:02.19				260
50m: 41.71 41.71	150m: 2:12.77 46.36	250m: 3:45.40 46.37	350m: 5:18.43 46.87					
100m: 1:26.41 44.70	200m: 2:59.03 46.26	300m: 4:31.56 46.16	400m: 6:02.19 43.76					
13. Yaroslava, TABUNSCHYK	12	CNLeiria - VOID		6:03.75				257
50m: 40.79 40.79	150m: 2:11.97 44.98	250m: 3:43.48 46.33	350m: 5:16.58 45.85					
100m: 1:26.99 46.20	200m: 2:57.15 45.18	300m: 4:30.73 47.25	400m: 6:03.75 47.17					



Torneio Nadador Completo de Categorias
Alcobaça, 21 - 22/12/2024

Prova 7, Femin., 400m Livres, Infantil A FEM

Lugar	Nome			Ano	Clube			Tempo final	Pts
14.	Iara Maria, CAMACHO			12	Pimpoes/Cimai			6:04.07	256
	50m: 41.64	41.64	150m: 2:14.88	47.48	250m: 3:48.78	46.72	350m: 5:21.90	46.50	
	100m: 1:27.40	45.76	200m: 3:02.06	47.18	300m: 4:35.40	46.62	400m: 6:04.07	42.17	
15.	Valeria, MORITS			12	Nautico Marinha Grande			6:09.41	245
	50m: 39.42	39.42	150m: 2:12.71	47.14	250m: 3:47.33	47.19	350m: 5:22.87	48.97	
	100m: 1:25.57	46.15	200m: 3:00.14	47.43	300m: 4:33.90	46.57	400m: 6:09.41	46.54	
16.	Rita Alexandra, JORDAO			12	Uniao Juncalense			6:10.08	244
	50m: 43.14	43.14	150m: 2:18.79	48.17	250m: 3:52.70	46.89	350m: 5:26.39	46.64	
	100m: 1:30.62	47.48	200m: 3:05.81	47.02	300m: 4:39.75	47.05	400m: 6:10.08	43.69	
17.	Maria Ines, GOMES			12	Nucleo de Pombal			6:13.91	236
	50m: 41.47	41.47	150m: 2:14.08	46.93	250m: 3:49.68	48.06	350m: 5:26.25	48.09	
	100m: 1:27.15	45.68	200m: 3:01.62	47.54	300m: 4:38.16	48.48	400m: 6:13.91	47.66	
18.	Mariana Duarte, ANTUNES			12	Alcobaca			6:22.31	221
	50m: 41.14	41.14	150m: 2:17.37	49.56	250m: 3:57.25	49.75	350m: 5:36.13	48.49	
	100m: 1:27.81	46.67	200m: 3:07.50	50.13	300m: 4:47.64	50.39	400m: 6:22.31	46.18	
19.	Rita Francisco, SIMOES			12	Vieirense			6:22.84	220
	50m: 44.57	44.57	150m: 2:22.40	49.59	250m: 4:00.91	48.67	350m: 5:36.93	47.62	
	100m: 1:32.81	48.24	200m: 3:12.24	49.84	300m: 4:49.31	48.40	400m: 6:22.84	45.91	
20.	Maria Leonor, FERREIRA			12	Óbidos			6:32.79	204
	50m: 44.33	44.33	150m: 2:26.57	50.87	250m: 4:07.74	50.90	350m: 5:47.48	49.90	
	100m: 1:35.70	51.37	200m: 3:16.84	50.27	300m: 4:57.58	49.84	400m: 6:32.79	45.31	
21.	Jessica Garcia, FERREIRA			12	Óbidos			6:33.17	203
	50m: 44.36	44.36	150m: 2:27.64	52.03	250m: 4:07.95	50.35	350m: 5:47.05	49.39	
	100m: 1:35.61	51.25	200m: 3:17.60	49.96	300m: 4:57.66	49.71	400m: 6:33.17	46.12	
22.	Constanca Santos, COUTINHO			12	Naval da Nazaré			6:38.38	195
	50m: 42.92	42.92	150m: 2:23.83	51.47	250m: 4:07.57	52.70	350m: 5:50.43	51.25	
	100m: 1:32.36	49.44	200m: 3:14.87	51.04	300m: 4:59.18	51.61	400m: 6:38.38	47.95	

Prova 7
21/12/2024 - 17:35

Femin., 400m Livres

Juvenil B FEM
Resultados

Rec Nac Open	4:04.57	Francisca Soares, MARTINS	POR	Otopeni (ROU)	10/12/2023
Rec Nac JUV B	4:23.08	Susana Patricia, MIGUEL	SFUAP	Alhandra	15/05/2004

Pontos: AQUA 2024

Lugar	Nome			Ano	Clube			Tempo final	Pts
1.	Francisca Moreira, FELICIANO			11	Alcobaca			4:59.20	462
	50m: 33.08	33.08	150m: 1:49.04	37.85	250m: 3:05.64	38.45	350m: 4:22.07	38.90	
	100m: 1:11.19	38.11	200m: 2:27.19	38.15	300m: 3:43.17	37.53	400m: 4:59.20	37.13	
2.	Anastasiya, PRYMACHENKO			11	Nucleo de Pombal			5:00.71	455
	50m: 34.56	34.56	150m: 1:50.38	38.11	250m: 3:07.61	38.46	350m: 4:23.69	37.44	
	100m: 1:12.27	37.71	200m: 2:29.15	38.77	300m: 3:46.25	38.64	400m: 5:00.71	37.02	
3.	Carlota Sa, SANTOS			11	Nucleo de Pombal			5:02.60	446
	50m: 34.36	34.36	150m: 1:48.99	37.94	250m: 3:06.60	38.98	350m: 4:24.26	38.35	
	100m: 1:11.05	36.69	200m: 2:27.62	38.63	300m: 3:45.91	39.31	400m: 5:02.60	38.34	
4.	Carolina Silva, CASTANHEIRA			11	CNLeiria - VOID			5:05.82	432
	50m: 34.69	34.69	150m: 1:50.52	38.34	250m: 3:07.78	38.95	350m: 4:26.92	39.53	
	100m: 1:12.18	37.49	200m: 2:28.83	38.31	300m: 3:47.39	39.61	400m: 5:05.82	38.90	



Torneio Nadador Completo de Categorias
Alcobaça, 21 - 22/12/2024

Prova 7, Femin., 400m Livres, Juvenil B FEM

Lugar	Ano	Tempo final	Pts
5. Cristiana Henriques, ALMEIDA	11 Benedita	5:23.18	366
50m: 36.22 36.22	150m: 1:55.88 40.83	250m: 3:18.11 40.61	350m: 4:42.81 42.54
100m: 1:15.05 38.83	200m: 2:37.50 41.62	300m: 4:00.27 42.16	400m: 5:23.18 40.37
6. Beatriz Marques, GASPAR	11 Nautico Marinha Grande	5:24.02	363
50m: 36.18 36.18	150m: 1:59.89 42.35	250m: 3:23.76 41.70	350m: 4:46.27 40.64
100m: 1:17.54 41.36	200m: 2:42.06 42.17	300m: 4:05.63 41.87	400m: 5:24.02 37.75
7. Isabela Lourenco, COSTA	11 Benedita	5:26.01	357
50m: 36.92 36.92	150m: 1:59.09 41.62	250m: 3:22.35 41.63	350m: 4:45.84 42.11
100m: 1:17.47 40.55	200m: 2:40.72 41.63	300m: 4:03.73 41.38	400m: 5:26.01 40.17
8. Margarida Soares, MAIA	11 Nautico Marinha Grande	5:43.11	306
50m: 38.71 38.71	150m: 2:04.58 43.20	250m: 3:34.41 44.96	350m: 5:03.05 44.07
100m: 1:21.38 42.67	200m: 2:49.45 44.87	300m: 4:18.98 44.57	400m: 5:43.11 40.06
9. Maria Santos, FONSECA	11 CNLeiria - VOID	5:50.39	287
50m: 38.74 38.74	150m: 2:08.29 44.36	250m: 3:36.74 44.56	350m: 5:06.47 45.43
100m: 1:23.93 45.19	200m: 2:52.18 43.89	300m: 4:21.04 44.30	400m: 5:50.39 43.92
10. Margarida Lopes, RODRIGUES	11 Uniao Juncalense	5:58.15	269
50m: 38.50 38.50	150m: 2:07.62 45.04	250m: 3:38.21 46.16	350m: 5:12.59 47.48
100m: 1:22.58 44.08	200m: 2:52.05 44.43	300m: 4:25.11 46.90	400m: 5:58.15 45.56
11. Beatriz Morgado, SILVA	11 Benedita	6:14.74	235
50m: 45.61 45.61	150m: 2:20.15 47.40	250m: 3:54.86 47.53	350m: 5:28.93 46.61
100m: 1:32.75 47.14	200m: 3:07.33 47.18	300m: 4:42.32 47.46	400m: 6:14.74 45.81
DNS Kelly Simao, COSTA	11 Óbidos		DNS
DNS Mariana Sousa, MENDES	11 Alcobaca		DNS

Prova 7 Femin., 400m Livres Juvenil A FEM
21/12/2024 - 17:35 Resultados

Rec Nac Open	4:04.57	Francisca Soares, MARTINS	POR	Otopeni (ROU)	10/12/2023
Rec Nac JUV A	4:18.39	Ana Claudia, SANTOS	SFUAP	Cantanhede	20/12/2004

Pontos: AQUA 2024

Lugar	Ano	Tempo final	Pts
1. Sofia Roma, BRIZIDA	10 CNLeiria - VOID	5:08.88	419
50m: 32.04 32.04	150m: 1:46.33 37.94	250m: 3:07.55 41.14	350m: 4:30.33 40.91
100m: 1:08.39 36.35	200m: 2:26.41 40.08	300m: 3:49.42 41.87	400m: 5:08.88 38.55
2. Laura Samora, GONCALVES	10 CNLeiria - VOID	5:19.68	378
50m: 33.36 33.36	150m: 1:57.71 48.84	250m: 3:21.13 41.53	350m: 4:42.84 40.74
100m: 1:08.87 35.51	200m: 2:39.60 41.89	300m: 4:02.10 40.97	400m: 5:19.68 36.84
3. Leonor Silva, MARTINS	10 Óbidos	5:42.02	309
50m: 37.34 37.34	150m: 2:02.78 43.27	250m: 3:30.32 43.77	350m: 4:59.62 44.54
100m: 1:19.51 42.17	200m: 2:46.55 43.77	300m: 4:15.08 44.76	400m: 5:42.02 42.40
4. Mariana Sousa, OLIVEIRA	10 Alcobaca	5:52.28	283
50m: 39.32 39.32	150m: 2:08.83 44.54	250m: 3:39.02 44.86	350m: 5:09.41 45.34
100m: 1:24.29 44.97	200m: 2:54.16 45.33	300m: 4:24.07 45.05	400m: 5:52.28 42.87



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Alcobaça, 21 - 22/12/2024

Prova 7, Femin., 400m Livres

Prova 7
21/12/2024 - 17:35

Femin., 400m Livres

Junior FEM
Resultados

Rec Nac Open	4:04.57	Francisca Soares, MARTINS	POR	Otopeni (ROU)	10/12/2023
Rec Nac 18	4:11.18	Francisca Soares, MARTINS	FOCA	Mealhada	14/11/2020
Rec Nac 17	4:10.52	Tamila Hryhorivna, HOLUB	SCB	Porto	12/12/2015
Rec Nac 16	4:13.53	Ana Reis, SOUSA	CNLA	Porto	09/12/2017

Pontos: AQUA 2024

Lugar			Ano					Tempo final	Pts	
1.	Constanca Baptista, TOMAS		09	Alcobaca				4:38.60	572	
	50m:	31.54 31.54	150m:	1:41.99 35.66	250m:	2:53.33 35.69	350m:	4:04.43 35.09		
	100m:	1:06.33 34.79	200m:	2:17.64 35.65	300m:	3:29.34 36.01	400m:	4:38.60 34.17		
2.	Rita Rocha, SILVA		08	Alcobaca				4:54.71	483	
	50m:	33.11 33.11	150m:	1:46.99 37.23	250m:	3:02.35 37.61	350m:	4:17.96 38.11		
	100m:	1:09.76 36.65	200m:	2:24.74 37.75	300m:	3:39.85 37.50	400m:	4:54.71 36.75		
3.	Francisca Ramos, NUNES		09	Naval de Peniche				4:58.85	463	
	50m:	33.57 33.57	150m:	1:49.01 38.10	250m:	3:04.88 38.09	350m:	4:21.52 38.08		
	100m:	1:10.91 37.34	200m:	2:26.79 37.78	300m:	3:43.44 38.56	400m:	4:58.85 37.33		
4.	Matilde Andre, LUIS		08	Alcobaca				5:14.63	397	
	50m:	34.63 34.63	150m:	1:51.02 38.78	250m:	3:11.57 40.55	350m:	4:33.87 41.55		
	100m:	1:12.24 37.61	200m:	2:31.02 40.00	300m:	3:52.32 40.75	400m:	5:14.63 40.76		
5.	Diana Rita, FONSECA		08	Vieirense				5:22.04	370	
	50m:	35.73 35.73	150m:	1:57.18 41.33	250m:	3:20.14 41.40	350m:	4:42.41 40.21		
	100m:	1:15.85 40.12	200m:	2:38.74 41.56	300m:	4:02.20 42.06	400m:	5:22.04 39.63		
6.	Matilde Monteiro, NEVES		08	Nucleo de Pombal				5:28.37	349	
	50m:	36.74 36.74	150m:	1:59.15 41.53	250m:	3:22.82 41.82	350m:	4:47.10 42.33		
	100m:	1:17.62 40.88	200m:	2:41.00 41.85	300m:	4:04.77 41.95	400m:	5:28.37 41.27		
7.	Carolina Ferreira, FONSECA		07	Vieirense				5:34.78	329	
	50m:	38.65 38.65	150m:	2:02.68 42.23	250m:	3:27.90 42.46	350m:	4:52.90 42.81		
	100m:	1:20.45 41.80	200m:	2:45.44 42.76	300m:	4:10.09 42.19	400m:	5:34.78 41.88		
8.	Marta Cabete, GOMES		08	CNLeiria - VOID				5:42.73	307	
	50m:	39.34 39.34	150m:	2:05.09 43.17	250m:	3:32.82 43.78	350m:	4:59.85 43.80		
	100m:	1:21.92 42.58	200m:	2:49.04 43.95	300m:	4:16.05 43.23	400m:	5:42.73 42.88		
9.	Anjali, RAICAR		09	Naval de Peniche				5:45.39	300	
	50m:	36.01 36.01	150m:	2:00.15 42.98	250m:	3:28.85 44.48	350m:	5:00.50 46.22		
	100m:	1:17.17 41.16	200m:	2:44.37 44.22	300m:	4:14.28 45.43	400m:	5:45.39 44.89		
10.	Matilde Santos, COUTINHO		07	Naval da Nazaré				5:50.83	286	
	50m:	38.04 38.04	150m:	2:07.66 45.49	250m:	3:37.78 44.97	350m:	5:06.91 43.95		
	100m:	1:22.17 44.13	200m:	2:52.81 45.15	300m:	4:22.96 45.18	400m:	5:50.83 43.92		



Torneio Nadador Completo de Categorias
Alcobaça, 21 - 22/12/2024

Prova 7, Femin., 400m Livres

Prova 7 Femin., 400m Livres Senior FEM
21/12/2024 - 17:35 Resultados

Rec Nac Open	4:04.57	Francisca Soares, MARTINS	POR	Otopeni (ROU)	10/12/2023
Rec Nac SEN	4:04.57	Francisca Soares, MARTINS	POR	Otopeni (ROU)	10/12/2023

Pontos: AQUA 2024

Lugar	Ano		Tempo final		Pts	
1. Ana Claudia, FERREIRA	90	Alcobaca	4:54.38	485		
50m: 33.05 33.05	150m: 1:45.88 36.71	250m: 3:00.47 37.43	350m: 4:16.61 38.21			
100m: 1:09.17 36.12	200m: 2:23.04 37.16	300m: 3:38.40 37.93	400m: 4:54.38 37.77			
2. Dalila Leal, BERNARDINO	06	Nucleo de Pombal	5:13.54	401		
50m: 34.93 34.93	150m: 1:52.23 39.11	250m: 3:13.53 41.16	350m: 4:34.96 40.45			
100m: 1:13.12 38.19	200m: 2:32.37 40.14	300m: 3:54.51 40.98	400m: 5:13.54 38.58			
3. Bruna Andreia, SIMOES	01	Vieirense	5:18.76	382		
50m: 34.29 34.29	150m: 1:54.01 40.71	250m: 3:16.86 41.38	350m: 4:39.79 41.42			
100m: 1:13.30 39.01	200m: 2:35.48 41.47	300m: 3:58.37 41.51	400m: 5:18.76 38.97			
EXH Zofie, PACHECO	09	Naval de Peniche	5:20.10	377		EXH
50m: 34.05 34.05	150m: 1:54.48 41.36	250m: 3:18.87 42.32	350m: 4:42.31 41.23			
100m: 1:13.12 39.07	200m: 2:36.55 42.07	300m: 4:01.08 42.21	400m: 5:20.10 37.79			
EXH Matilde Vitorino, FERREIRA	11	Naval de Peniche	6:00.02	265		EXH
50m: 40.86 40.86	150m: 2:12.83 46.15	250m: 3:45.32 46.16	350m: 5:17.09 45.88			
100m: 1:26.68 45.82	200m: 2:59.16 46.33	300m: 4:31.21 45.89	400m: 6:00.02 42.93			
EXH Barbara Serrano, LOMBA	12	Ba-Leiria	6:03.03	258		EXH
50m: 40.25 40.25	150m: 2:12.62 46.48	250m: 3:45.33 46.68	350m: 5:19.41 46.37			
100m: 1:26.14 45.89	200m: 2:58.65 46.03	300m: 4:33.04 47.71	400m: 6:03.03 43.62			
EXH Yara Silva, INES	11	Ba-Leiria	6:18.31	228		EXH
50m: 42.36 42.36	150m: 2:16.24 47.76	250m: 3:52.94 48.86	350m: 5:31.15 48.92			
100m: 1:28.48 46.12	200m: 3:04.08 47.84	300m: 4:42.23 49.29	400m: 6:18.31 47.16			
EXH Laura Silva, MARTINS	13	Ba-Leiria	6:37.73	196		EXH
50m: 44.94 44.94	150m: 2:28.97 51.96	250m: 4:14.19 52.60	350m: 5:51.83 47.08			
100m: 1:37.01 52.07	200m: 3:21.59 52.62	300m: 5:04.75 50.56	400m: 6:37.73 45.90			
EXH Erica Maria, FORTUNATO	13	Ba-Leiria	7:13.43	151		EXH
50m: 49.66 49.66	150m: 2:39.57 55.56	250m: 4:32.01 56.52	350m: 6:22.54 55.32			
100m: 1:44.01 54.35	200m: 3:35.49 55.92	300m: 5:27.22 55.21	400m: 7:13.43 50.89			
EXH Eduarda Antunes, BUGALHAO	13	Ba-Leiria	7:45.97	122		EXH
50m: 53.30 53.30	150m: 2:51.69 1:00.05	250m: 4:52.18 1:00.13	350m: 6:50.89 59.05			
100m: 1:51.64 58.34	200m: 3:52.05 1:00.36	300m: 5:51.84 59.66	400m: 7:45.97 55.08			