

Torneio de Inverno
Ponte da Barca, 11 - 12/1/2025

Prova 5 Femin., 400m Livres Open Resultados
11/01/2025 - 16:05

Rec. Reg. ANMinho Open	4:08.53	Tamila Hryhorivna Holub	SCB	Leiria	10/12/2022
Rec. Reg. ANMinho Sen	4:08.53	Tamila Hryhorivna Holub	SCB	Leiria	10/12/2022
Rec. Reg. ANMinho Jun 3	4:12.38	Tamila Hryhorivna Holub	SCB	Moscovo (RUS)	03/08/2017
Rec. Reg. ANMinho Jun 2	4:10.52	Tamila Hryhorivna Holub	SCB	Porto	12/12/2015
Rec. Reg. ANMinho Jun 1	4:15.43	Tamila Hryhorivna Holub	SCB	Porto	20/12/2014
Rec. Reg. ANMinho Juv A	4:20.32	Tamila Hryhorivna Holub	SCB	Vila Praia de Âncora	15/03/2014
Rec. Reg. ANMinho Juv B	4:25.47	Tamila Hryhorivna Holub	SCB	Abrantes	13/04/2013
Rec. Reg. ANMinho Inf A	4:35.75	Diana Ramos Rocha	EDV	Torres Novas	21/04/2007
Rec. Reg. ANMinho Inf B	4:51.13	Diana Ramos Rocha	EDV	Arcos de Valdevez	07/03/2010

Pontos: FINA 2023

Lugar	Ano			Tempo final	Pts
Infantis B					
1.	13	Beatriz VilasBoas Machado	Braga	5:15.70	393
		50m: 33.77 33.77	150m: 250m:	350m:	
		100m: 1:12.10 38.33	200m: 2:32.97	300m: 3:55.77	400m: 5:15.70
2.	13	Eva Pinho Carvalho	Braga	5:34.04	331
		50m: 36.21 36.21	150m: 250m:	350m:	
		100m: 1:16.89 40.68	200m: 2:42.42	300m: 4:09.45	400m: 5:34.04
Infantis A					
1.	12	Carolina Torres Cortes	Braga	5:16.51	390
		50m: 35.23 35.23	150m: 250m:	350m:	
		100m: 1:13.61 38.38	200m: 2:34.74	300m: 3:56.68	400m: 5:16.51
Juvenis B					
1.	11	Valeria Koslova	Braga	4:56.40	475
		50m: 32.40 32.40	150m: 250m:	350m:	
		100m: 1:07.72 35.32	200m: 2:22.78	300m: 3:39.97	400m: 4:56.40
Juvenis A					
1.	10	Ana Jose Marques	Braga	4:54.43	484
		50m: 33.93 33.93	150m: 250m:	350m:	
		100m: 1:10.80 36.87	200m: 2:25.58	300m: 3:40.12	400m: 4:54.43
Juniores					
1.	08	Maria Gomes Neves	Braga	4:32.66	610
		50m: 31.69 31.69	150m: 250m:	350m:	
		100m: 1:05.16 33.47	200m: 2:14.25	300m: 3:23.08	400m: 4:32.66
Seniores					
1.	06	Carolina Esteves Peixoto	Braga	4:36.78	583
		50m: 32.40 32.40	150m: 250m:	350m:	
		100m: 1:06.40 34.00	200m: 2:16.91	300m: 3:26.76	400m: 4:36.78
Open					
1.	08	Maria Gomes Neves	Braga	4:32.66	610
		50m: 31.69 31.69	150m: 250m:	350m:	
		100m: 1:05.16 33.47	200m: 2:14.25	300m: 3:23.08	400m: 4:32.66
2.	06	Carolina Esteves Peixoto	Braga	4:36.78	583
		50m: 32.40 32.40	150m: 250m:	350m:	
		100m: 1:06.40 34.00	200m: 2:16.91	300m: 3:26.76	400m: 4:36.78

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Prova 5, Femin., 400m Livres, Open

Lugar			Ano				Tempo final	Pts
3.	Ana Jose Marques		10	Braga			4:54.43	484
	50m:	33.93	33.93	150m:		250m:	350m:	
	100m:	1:10.80	36.87	200m:	2:25.58	300m:	400m:	4:54.43
4.	Valeria Koslova		11	Braga			4:56.40	475
	50m:	32.40	32.40	150m:		250m:	350m:	
	100m:	1:07.72	35.32	200m:	2:22.78	300m:	400m:	4:56.40
5.	Beatriz VilasBoas Machado		13	Braga			5:15.70	393
	50m:	33.77	33.77	150m:		250m:	350m:	
	100m:	1:12.10	38.33	200m:	2:32.97	300m:	400m:	5:15.70
6.	Carolina Torres Cortes		12	Braga			5:16.51	390
	50m:	35.23	35.23	150m:		250m:	350m:	
	100m:	1:13.61	38.38	200m:	2:34.74	300m:	400m:	5:16.51
7.	Eva Pinho Carvalho		13	Braga			5:34.04	331
	50m:	36.21	36.21	150m:		250m:	350m:	
	100m:	1:16.89	40.68	200m:	2:42.42	300m:	400m:	5:34.04