

Prova 12

Femin., 400m Livres

Open

04/04/2025 - 17:18

Resultados Final

Recordes Nacionais 50m Open	4:08.77	MARTINS, Francisca Soares	FOCA	Canet-en-Roussillion (FRA)	14/05/2023
Recordes Nacionais 50m 18 +	4:08.77	MARTINS, Francisca Soares	FOCA	Canet-en-Roussillion (FRA)	14/05/2023
Recordes Nacionais 50m Jun 17	4:14.67	HOLUB, Tamila Hryhorivna	SCB	Oeiras	23/07/2016
Recordes Nacionais 50m Jun 16	4:20.37	FERREIRA, Marta Andreia	POR	Berlim (GER)	04/08/2002
Recordes Nacionais 50m Juv A	4:20.78	HOLUB, Tamila Hryhorivna	POR	Porto	07/06/2014
Recordes Nacionais 50m Juv B	4:26.20	CABRAL, Maria Francisca	FCP	Oeiras	26/07/2014
Recordes Nacionais 50m 13	4:31.53	SILVA, Alexandra Maria	POR	Skovde (SWE)	08/08/1980
Recordes Nacionais 50m 12	4:43.70	SILVA, Alexandra Maria	FCP	Funchal	27/07/1979

Pontos: AQUA 2024

Lugar	Name	Ano	Nac	Club	Time	TReac	AQUA
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Final A

1.	MARTINS, Francisca Soares	03	POR	Foca Quinta Da Lixa - Cnf	4:11.40	+0,68	820
	50m: 29.10 29.10	150m: 1:31.90 31.90	250m: 2:36.13 32.36	350m: 3:40.57 32.24			
	100m: 1:00.00 30.90	200m: 2:03.77 31.87	300m: 3:08.33 32.20	400m: 4:11.40 30.83			
2.	FOMINA, Anna	02	POR	Sporting	4:18.17	+0,77	757
	50m: 29.31 29.31	150m: 1:32.64 32.13	250m: 2:38.29 33.18	350m: 3:44.74 33.61			
	100m: 1:00.51 31.20	200m: 2:05.11 32.47	300m: 3:11.13 32.84	400m: 4:18.17 33.43			
3.	CARDEAL, Joana Nunes	02	POR	Condeixa Aqua Clube	4:24.92	+0,83	701
	50m: 29.97 29.97	150m: 1:35.56 33.36	250m: 2:42.71 33.82	350m: 3:51.31 34.56			
	100m: 1:02.20 32.23	200m: 2:08.89 33.33	300m: 3:16.75 34.04	400m: 4:24.92 33.61			
4.	TONGGUER, Li	08	CHN	Benfica	4:26.94	+0,74	685
	50m: 30.80 30.80	150m: 1:37.41 33.51	250m: 2:45.15 33.92	350m: 3:53.50 34.01			
	100m: 1:03.90 33.10	200m: 2:11.23 33.82	300m: 3:19.49 34.34	400m: 4:26.94 33.44			
5.	VIANA, Carolina Pereira	04	POR	Sporting	4:27.12	+0,74	684
	50m: 30.42 30.42	150m: 1:36.80 33.82	250m: 2:45.02 34.26	350m: 3:54.16 34.60			
	100m: 1:02.98 32.56	200m: 2:10.76 33.96	300m: 3:19.56 34.54	400m: 4:27.12 32.96			
6.	CARDEAL, Leonor Nunes	10	POR	Condeixa Aqua Clube	4:34.20	+0,90	632
	50m: 30.77 30.77	150m: 1:38.37 34.37	250m: 2:48.98 34.96	350m: 4:00.40 35.51			
	100m: 1:04.00 33.23	200m: 2:14.02 35.65	300m: 3:24.89 35.91	400m: 4:34.20 33.80			
7.	CABRAL, Carolina Vizinho	07	POR	Cn Vagos	4:34.33	+0,79	631
	50m: 31.07 31.07	150m: 1:39.02 34.28	250m: 2:49.15 34.94	350m: 4:00.94 35.86			
	100m: 1:04.74 33.67	200m: 2:14.21 35.19	300m: 3:25.08 35.93	400m: 4:34.33 33.39			
8.	SANTOS, Leonor Castanho	07	POR	Sporting	4:34.47	+0,73	630
	50m: 31.39 31.39	150m: 1:39.82 34.35	250m: 2:49.79 34.96	350m: 4:00.32 35.11			
	100m: 1:05.47 34.08	200m: 2:14.83 35.01	300m: 3:25.21 35.42	400m: 4:34.47 34.15			
9.	LOPES, Daniela Magalhaes	05	POR	Porto	4:35.75	+0,82	621
	50m: 31.24 31.24	150m: 1:39.51 34.53	250m: 2:49.43 34.80	350m: 4:00.43 35.12			
	100m: 1:04.98 33.74	200m: 2:14.63 35.12	300m: 3:25.31 35.88	400m: 4:35.75 35.32			
10.	LOPES, Francisca Macedo	05	POR	Vilacondense	4:35.77	+0,78	621
	50m: 31.05 31.05	150m: 1:39.15 34.27	250m: 2:49.33 35.21	350m: 4:00.84 35.78			
	100m: 1:04.88 33.83	200m: 2:14.12 34.97	300m: 3:25.06 35.73	400m: 4:35.77 34.93			

Final B

11.	CRAVEIRO, Luana Ferreira	09	POR	Nautico Marinha Grande	4:33.36	+0,72	638
	50m: 30.45 30.45	150m: 1:38.54 34.55	250m: 2:48.43 34.84	350m: 3:58.82 34.67			
	100m: 1:03.99 33.54	200m: 2:13.59 35.05	300m: 3:24.15 35.72	400m: 4:33.36 34.54			

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Lugar	Name	Ano	Nac	Club	Time	TReac	AQUA
12.	MARCELO, Camila Duarte	10	POR	Condeixa Aqua Clube	4:35.02	+0,84	626
	50m: 32.06 32.06	150m: 1:41.55 34.98	250m: 2:51.18 34.97	350m: 4:00.91 34.72			
	100m: 1:06.57 34.51	200m: 2:16.21 34.66	300m: 3:26.19 35.01	400m: 4:35.02 34.11			
13.	ARMAS, Maria Ornelas	98	POR	Adrcimm	4:35.45	+0,93	623
	50m: 31.72 31.72	150m: 1:40.01 34.64	250m: 2:49.83 35.09	350m: 4:00.76 35.60			
	100m: 1:05.37 33.65	200m: 2:14.74 34.73	300m: 3:25.16 35.33	400m: 4:35.45 34.69			
14.	RODRIGUES, Helena Nunes	03	POR	Condeixa Aqua Clube	4:37.99	+0,79	607
	50m: 30.77 30.77	150m: 1:40.04 35.10	250m: 2:50.62 35.07	350m: 4:01.93 35.90			
	100m: 1:04.94 34.17	200m: 2:15.55 35.51	300m: 3:26.03 35.41	400m: 4:37.99 36.06			
15.	MATIAS, Alana Costa	09	POR	Cnac	4:39.35	+0,79	598
	50m: 31.27 31.27	150m: 1:41.08 35.54	250m: 2:52.74 35.74	350m: 4:04.78 36.06			
	100m: 1:05.54 34.27	200m: 2:17.00 35.92	300m: 3:28.72 35.98	400m: 4:39.35 34.57			
16.	TOMAS, Constanca Baptista	09	POR	Alcobaca	4:41.00	+0,72	587
	50m: 31.46 31.46	150m: 1:42.62 36.24	250m: 2:55.64 36.44	350m: 4:07.62 35.73			
	100m: 1:06.38 34.92	200m: 2:19.20 36.58	300m: 3:31.89 36.25	400m: 4:41.00 33.38			
17.	HOLUB, Sofia Hryhorivna	11	POR	Vitória Sport Clube	4:41.37	+0,95	585
	50m: 31.31 31.31	150m: 1:41.52 35.68	250m: 2:54.02 36.19	350m: 4:07.10 35.87			
	100m: 1:05.84 34.53	200m: 2:17.83 36.31	300m: 3:31.23 37.21	400m: 4:41.37 34.27			
18.	MESQUITA, Mafalda Martins	07	POR	Famalicão	4:42.81	+0,87	576
	50m: 31.29 31.29	150m: 1:41.28 35.62	250m: 2:54.10 36.72	350m: 4:07.31 36.75			
	100m: 1:05.66 34.37	200m: 2:17.38 36.10	300m: 3:30.56 36.46	400m: 4:42.81 35.50			
19.	FERREIRA, Carolina Amadeu	08	POR	Leixoes Sport Clube	4:43.16	+0,81	574
	50m: 32.05 32.05	150m: 1:42.63 35.80	250m: 2:55.31 36.78	350m: 4:08.51 36.54			
	100m: 1:06.83 34.78	200m: 2:18.53 35.90	300m: 3:31.97 36.66	400m: 4:43.16 34.65			
20.	MOREIRA, Madalena Valente	09	POR	Colegio Efanor	4:44.91	+0,85	563
	50m: 31.76 31.76	150m: 1:43.34 36.32	250m: 2:56.37 36.56	350m: 4:08.87 36.08			
	100m: 1:07.02 35.26	200m: 2:19.81 36.47	300m: 3:32.79 36.42	400m: 4:44.91 36.04			