

Prova 32

Femin., 400m Estilos

Open

06/04/2025 - 16:00

Resultados Final

Recordes Nacionais 50m Open	4:40.11	KAMINSKAYA, Victoria	POR	Pontevedra (ESP)	09/04/2017
Recordes Nacionais 50m 18 +	4:40.11	KAMINSKAYA, Victoria	POR	Pontevedra (ESP)	09/04/2017
Recordes Nacionais 50m Jun 17	4:52.12	KAMINSKAYA, Victoria	PIMP	Oeiras	27/07/2012
Recordes Nacionais 50m Jun 16	4:54.00	ROCHA, Ines Neto	SANNP	Gijón (ESP)	20/05/2017
Recordes Nacionais 50m Juv A	4:58.08	DURAES, Diana Margarida	FOCA	Povoa de Varzim	05/08/2011
Recordes Nacionais 50m Juv B	5:01.00	ROCHA, Ines Neto	CAP	Coimbra	24/07/2015
Recordes Nacionais 50m 13	5:11.29	ROCHA, Diana Ramos	EDV	Faro	20/07/2007
Recordes Nacionais 50m 12	5:14.05	RUIVO, Filipa Vilas	DNMG	S. Joao da Madeira	24/07/2009

Pontos: AQUA 2024

Lugar	Name	Ano	Nac	Club	Time	TReac	AQUA
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Final A

1.	CARDEAL, Beatriz Nunes	04	POR	Condeixa Aqua Clube	<b>5:00.86</b>	+0,71	690
	50m: 30.48 30.48	150m: 1:45.57	40.39	250m: 3:08.45	44.04	350m: 4:27.48	35.26
	100m: 1:05.18 34.70	200m: 2:24.41	38.84	300m: 3:52.22	43.77	400m: 5:00.86	33.38
2.	LOPES, Daniela Magalhaes	05	POR	Porto	<b>5:07.64</b>	+0,79	645
	50m: 32.08 32.08	150m: 1:49.14	40.40	250m: 3:13.36	44.17	350m: 4:32.98	35.49
	100m: 1:08.74 36.66	200m: 2:29.19	40.05	300m: 3:57.49	44.13	400m: 5:07.64	34.66
3.	AMBRUS, Beatriz Alves	09	POR	Porto	<b>5:12.49</b>	+0,76	615
	50m: 32.87 32.87	150m: 1:51.04	40.67	250m: 3:16.20	45.51	350m: 4:38.31	36.34
	100m: 1:10.37 37.50	200m: 2:30.69	39.65	300m: 4:01.97	45.77	400m: 5:12.49	34.18
4.	ALVES, Catarina Alexandra	07	POR	Geslours	<b>5:14.48</b>	+0,74	604
	50m: 32.40 32.40	150m: 1:50.55	41.93	250m: 3:17.27	45.91	350m: 4:39.79	36.60
	100m: 1:08.62 36.22	200m: 2:31.36	40.81	300m: 4:03.19	45.92	400m: 5:14.48	34.69
5.	AZEVEDO, Constanca Lourencr	10	POR	Lagoa Academico Clube	<b>5:20.02</b>	+0,73	573
	50m: 34.15 34.15	150m: 1:54.59	40.73	250m: 3:20.82	47.55	350m: 4:44.29	37.29
	100m: 1:13.86 39.71	200m: 2:33.27	38.68	300m: 4:07.00	46.18	400m: 5:20.02	35.73
6.	KOSLOVA, Valeria	11	POR	Braga	<b>5:21.37</b>	+0,77	566
	50m: 33.40 33.40	150m: 1:56.89	43.33	250m: 3:21.85	43.45	350m: 4:44.33	37.76
	100m: 1:13.56 40.16	200m: 2:38.40	41.51	300m: 4:06.57	44.72	400m: 5:21.37	37.04
7.	BRAS, Raquel Sofia	09	POR	Os Belenenses	<b>5:22.78</b>	+0,79	558
	50m: 33.73 33.73	150m: 1:55.95	43.08	250m: 3:23.16	45.41	350m: 4:46.57	37.62
	100m: 1:12.87 39.14	200m: 2:37.75	41.80	300m: 4:08.95	45.79	400m: 5:22.78	36.21
8.	SIMOES, Maria Neto	10	POR	Condeixa Aqua Clube	<b>5:23.77</b>	+0,81	553
	50m: 32.93 32.93	150m: 1:55.67	42.78	250m: 3:25.23	46.14	350m: 4:47.56	36.46
	100m: 1:12.89 39.96	200m: 2:39.09	43.42	300m: 4:11.10	45.87	400m: 5:23.77	36.21
9.	MARCELO, Camila Duarte	10	POR	Condeixa Aqua Clube	<b>5:24.02</b>	+0,85	552
	50m: 33.81 33.81	150m: 1:56.52	44.23	250m: 3:25.84	47.00	350m: 4:49.63	36.03
	100m: 1:12.29 38.48	200m: 2:38.84	42.32	300m: 4:13.60	47.76	400m: 5:24.02	34.39
10.	RIBEIRO, Maria Joao	05	POR	Sporting Clube Sao Joao Ver	<b>5:25.96</b>	+0,71	542
	50m: 33.00 33.00	150m: 1:55.29	44.34	250m: 3:23.46	44.24	350m: 4:47.80	38.74
	100m: 1:10.95 37.95	200m: 2:39.22	43.93	300m: 4:09.06	45.60	400m: 5:25.96	38.16

Final B

11.	CRAVEIRO, Luana Ferreira	09	POR	Nautico Marinha Grande	<b>5:18.06</b>	+0,73	584
	50m: 33.85 33.85	150m: 1:55.69	42.64	250m: 3:22.43	44.80	350m: 4:42.94	37.16
	100m: 1:13.05 39.20	200m: 2:37.63	41.94	300m: 4:05.78	43.35	400m: 5:18.06	35.12

Prova 32, Femin., 400m Estilos, Final, Open

Lugar	Name	Ano	Nac	Club	Time	TReac	AQUA
12.	CUNHA, Maria Rita	10	POR	Colegio Efanor	<b>5:24.93</b>	+0,79	547
	50m: 34.75 34.75	150m: 1:56.61	41.41	250m: 3:23.68	46.45	350m: 4:48.38	37.42
	100m: 1:15.20 40.45	200m: 2:37.23	40.62	300m: 4:10.96	47.28	400m: 5:24.93	36.55
13.	NUNES, Carolina Mendes	08	POR	Clube Desportivo de Estarreja	<b>5:27.52</b>	+0,80	534
	50m: 33.06 33.06	150m: 1:56.58	45.02	250m: 3:25.97	46.76	350m: 4:51.22	37.73
	100m: 1:11.56 38.50	200m: 2:39.21	42.63	300m: 4:13.49	47.52	400m: 5:27.52	36.30
14.	FELICIANO, Francisca Moreira	11	POR	Alcobaca	<b>5:27.90</b>	+0,78	533
	50m: 33.96 33.96	150m: 1:56.36	42.57	250m: 3:25.78	46.66	350m: 4:51.98	38.40
	100m: 1:13.79 39.83	200m: 2:39.12	42.76	300m: 4:13.58	47.80	400m: 5:27.90	35.92
15.	BRAZ, Sofia Pereira	07	POR	CLIP Teams	<b>5:29.01</b>	+0,81	527
	50m: 33.71 33.71	150m: 1:57.46	43.58	250m: 3:27.92	47.62	350m: 4:52.86	37.01
	100m: 1:13.88 40.17	200m: 2:40.30	42.84	300m: 4:15.85	47.93	400m: 5:29.01	36.15
16.	CRUZ, Laura Maria	07	POR	Adrcimm	<b>5:31.66</b>	+0,76	515
	50m: 35.88 35.88	150m: 1:59.48	41.11	250m: 3:27.73	48.09	350m: 4:55.39	38.43
	100m: 1:18.37 42.49	200m: 2:39.64	40.16	300m: 4:16.96	49.23	400m: 5:31.66	36.27
17.	CUNHA, Mariana Fernandes	11	POR	Foca Quinta Da Lixa - Cnf	<b>5:33.09</b>	+0,86	508
	50m: 35.33 35.33	150m: 2:01.60	43.37	250m: 3:32.12	48.45	350m: 4:56.99	36.57
	100m: 1:18.23 42.90	200m: 2:43.67	42.07	300m: 4:20.42	48.30	400m: 5:33.09	36.10
18.	MARQUES, Barbara Nunes	06	POR	Clube Desportivo de Estarreja	<b>5:33.22</b>	+0,70	507
	50m: 34.36 34.36	150m: 1:58.32	43.19	250m: 3:27.36	47.48	350m: 4:55.17	39.68
	100m: 1:15.13 40.77	200m: 2:39.88	41.56	300m: 4:15.49	48.13	400m: 5:33.22	38.05
19.	GOMES, Rita Cunha	07	POR	Viana Natacao	<b>5:37.46</b>	+0,92	489
	50m: 35.00 35.00	150m: 2:00.31	44.70	250m: 3:32.65	48.96	350m: 4:59.86	38.14
	100m: 1:15.61 40.61	200m: 2:43.69	43.38	300m: 4:21.72	49.07	400m: 5:37.46	37.60
DSQ	PIMENTEL, Eduarda Dias	10	POR	Porto			
	<i>609 - Não terminou percurso de costas na posição dorsal - SW 6.5</i>						