

11º Torneio de Natação Litoral Alentejano
Sines, 25/4/2025

Prova 2
25/04/2025 - 9:35

Femin., 400m Livres

12 anos e mais velhos

Resultados

Rec Torneio	4:19.44	Ana Reis SOUSA	CNLA	Sines	25/04/2018
Rec Nacional Open	4:04.57	Francisca Soares MARTINS	POR	Otopeni (ROU)	10/12/2023
Rec Nacional 19 +	4:04.57	Francisca Soares MARTINS	POR	Otopeni (ROU)	10/12/2023
Rec Nacional 18	4:11.18	Francisca Soares MARTINS	FOCA	Mealhada	14/11/2020
Rec Nacional 17	4:10.52	Tamila Hryhorivna HOLUB	SCB	Porto	12/12/2015
Rec Nacional 16	4:13.53	Ana Reis SOUSA	CNLA	Porto	09/12/2017
Rec Nacional 15	4:18.39	Ana Claudia SANTOS	SFUAP	Cantanhede	20/12/2004
Rec Nacional 14	4:23.08	Susana Patricia MIGUEL	SFUAP	Alhandra	15/05/2004
Rec Nacional 13	4:25.30	Alexandra Maria SILVA	FCP	Porto	19/07/1980
Rec Nacional 12	4:38.40	Filipa Vilas RUIVO	DNMG	Alcobaca	13/06/2009

Pontos: AOUA 2024

Lugar	Nome			Idade		Clube				Tempo final		Pontos
1.	Luisa Ponte JORGE			18		União Piedense				4:46.16		528
	50m:	32.82	32.82	150m:	1:45.31	36.35	250m:	2:58.44	36.42	350m:	4:11.60	36.91
	100m:	1:08.96	36.14	200m:	2:22.02	36.71	300m:	3:34.69	36.25	400m:	4:46.16	34.56
2.	Sofia Oliveira SILVA			26		Litoral Alentejano				4:46.22		527
	50m:	32.99	32.99	150m:	1:45.32	36.40	250m:	2:58.33	36.30	350m:	4:11.33	36.91
	100m:	1:08.92	35.93	200m:	2:22.03	36.71	300m:	3:34.42	36.09	400m:	4:46.22	34.89
3.	Beatriz Ferreira BATISTA			16		CPCD Povia de Santa Iria				4:46.47		526
	50m:	32.52	32.52	150m:	1:44.55	36.45	250m:	2:58.45	37.06	350m:	4:12.15	36.32
	100m:	1:08.10	35.58	200m:	2:21.39	36.84	300m:	3:35.83	37.38	400m:	4:46.47	34.32
4.	Carolina Melo LOPES			15		Portinado				4:49.01		512
	50m:	32.54	32.54	150m:	1:44.73	36.55	250m:	2:58.72	36.99	350m:	4:13.23	37.08
	100m:	1:08.18	35.64	200m:	2:21.73	37.00	300m:	3:36.15	37.43	400m:	4:49.01	35.78
5.	Margarida Santos BOTELHO			18		Naval Setubalense				4:51.69		498
	50m:	32.79	32.79	150m:	1:45.47	36.66	250m:	2:59.47	37.14	350m:	4:14.88	37.62
	100m:	1:08.81	36.02	200m:	2:22.33	36.86	300m:	3:37.26	37.79	400m:	4:51.69	36.81
6.	Beatriz Paiva BRANCO			15		Laranjeiro				4:59.15		462
	50m:	33.57	33.57	150m:	1:47.73	37.36	250m:	3:03.18	37.98	350m:	4:20.84	39.06
	100m:	1:10.37	36.80	200m:	2:25.20	37.47	300m:	3:41.78	38.60	400m:	4:59.15	38.31
7.	Maria Inês FRYXELL			15		A Onda				5:02.14		448
	50m:	33.74	33.74	150m:	1:48.02	37.74	250m:	3:05.73	39.02	350m:	4:24.15	38.95
	100m:	1:10.28	36.54	200m:	2:26.71	38.69	300m:	3:45.20	39.47	400m:	5:02.14	37.99
8.	Beatriz Mocego NIZA			19		Clube Natação da Amadora				5:12.39		405
	50m:	33.39	33.39	150m:	1:49.85	39.19	250m:	3:10.69	40.60	350m:	4:32.75	41.34
	100m:	1:10.66	37.27	200m:	2:30.09	40.24	300m:	3:51.41	40.72	400m:	5:12.39	39.64
9.	Joana Afonso BANZA			16		Aljustrelense				5:21.04		373
	50m:	35.13	35.13	150m:	1:55.55	40.81	250m:	3:18.76	41.59	350m:	4:41.17	40.81
	100m:	1:14.74	39.61	200m:	2:37.17	41.62	300m:	4:00.36	41.60	400m:	5:21.04	39.87
10.	Leonor Neves MARINHEIRO			15		Zona Azul				5:25.53		358