

VII Torneio Natação de Conímbriga
Condeixa-a-Nova, 24/5/2025

Prova 11 Femin., 400m Livres Open
24/05/2025 - 12:55 Resultados

Recordes Nacionais 25m Open	4:04.57	Francisca Soares, MARTINS	POR	Otopeni (ROU)	10/12/2023
Recordes Nacionais 25m 19 +	4:04.57	Francisca Soares, MARTINS	POR	Otopeni (ROU)	10/12/2023
Recordes Nacionais 25m 18	4:11.18	Francisca Soares, MARTINS	FOCA	Mealhada	14/11/2020
Recordes Nacionais 25m 17	4:10.52	Tamila Hryhorivna, HOLUB	SCB	Porto	12/12/2015
Recordes Nacionais 25m 16	4:13.53	Ana Reis, SOUSA	CNLA	Porto	09/12/2017
Recordes Nacionais 25m Juv A	4:18.39	Ana Claudia, SANTOS	SFUAP	Cantanhede	20/12/2004
Recordes Nacionais 25m Juv B	4:23.08	Susana Patricia, MIGUEL	SFUAP	Alhandra	15/05/2004
Recordes Nacionais 25m Inf A	4:25.30	Alexandra Maria, SILVA	FCP	Porto	19/07/1980
Recordes Nacionais 25m Inf B	4:38.40	Filipa Vilas, RUIVO	DNMG	Alcobaça	13/06/2009
Recordes do Torneio Open	4:18.48	Maria Miguel, VELOSO	CNAC		13/06/2009
Recordes do Torneio Sen	4:20.62	Florbela Cavaco, MACHADO	CNAC		12/06/2013
Recordes do Torneio 17	4:18.48	Maria Miguel, VELOSO	CNAC		12/06/2009
Recordes do Torneio 16	4:22.18	Alexandra Couto, FRAZÃO	FBSC		12/06/2018
Recordes do Torneio Juv A	4:25.67	Sara Sofia, ALVES	ASSSCC		12/06/2015
Recordes do Torneio Juv B	4:28.96	Mariana Carmo, ROSA	ALN		12/06/2019
Recordes do Torneio Inf A	4:34.72	Sara Sofia, ALVES	ASSSCC		11/06/2014
Recordes do Torneio Inf B	4:45.02	Sara Sofia, ALVES	ASSSCC		11/06/2013

Lugar	Ano										Tempo final	Pts
1.	Camila Rodrigues, REBELO				03	Louzan Natacao/EFAPEL					4:14.53	20,00
	Recorde do Torneio											
	50m:	30.34	30.34	150m:	1:34.74	32.51	250m:	2:39.30	31.85	350m:	3:43.40	31.96
	100m:	1:02.23	31.89	200m:	2:07.45	32.71	300m:	3:11.44	32.14	400m:	4:14.53	31.13
2.	Joana Nunes, CARDEAL				02	Condeixa Clube					4:16.43	18,00
	50m:	29.74	29.74	150m:	1:34.73	33.02	250m:	2:39.89	31.98	350m:	3:44.48	32.09
	100m:	1:01.71	31.97	200m:	2:07.91	33.18	300m:	3:12.39	32.50	400m:	4:16.43	31.95
3.	Beatriz Belo, CLARA				09	CNLeiria - VOID					4:48.30	17,00
	50m:	31.29	31.29	150m:	1:43.58	36.62	250m:	2:57.69	36.82	350m:	4:12.43	37.05
	100m:	1:06.96	35.67	200m:	2:20.87	37.29	300m:	3:35.38	37.69	400m:	4:48.30	35.87
4.	Sara Ferreira, SANTOS				11	Columbofila Cantanhedense					4:53.75	16,00
	50m:	33.76	33.76	150m:	1:47.06	36.81	250m:	3:01.80	37.56	350m:	4:17.07	37.31
	100m:	1:10.25	36.49	200m:	2:24.24	37.18	300m:	3:39.76	37.96	400m:	4:53.75	36.68
5.	Maria Carolina, ALVES				10	Bairro dos Anjos-Leiria					4:54.22	15,00
	50m:	34.03	34.03	150m:	1:47.57	36.84	250m:	3:01.31	37.02	350m:	4:16.30	37.79
	100m:	1:10.73	36.70	200m:	2:24.29	36.72	300m:	3:38.51	37.20	400m:	4:54.22	37.92
6.	Maria Luisa, NOGUEIRA				12	Academica de Coimbra					4:55.42	14,00
	50m:	34.35	34.35	150m:	1:48.14	37.38	250m:	3:03.26	37.58	350m:	4:19.02	37.94
	100m:	1:10.76	36.41	200m:	2:25.68	37.54	300m:	3:41.08	37.82	400m:	4:55.42	36.40
7.	Caetana Amado, SANTOS				09	Miranda do Corvo					4:55.50	13,00
	50m:	33.72	33.72	150m:	1:49.29	37.62	250m:	3:04.84	37.80	350m:	4:19.33	37.36
	100m:	1:11.67	37.95	200m:	2:27.04	37.75	300m:	3:41.97	37.13	400m:	4:55.50	36.17
8.	Maria Ines, GANTE				10	Náutico Académico					4:57.16	12,00
	50m:	33.84	33.84	150m:	1:48.85	38.12	250m:	3:05.00	37.99	350m:	4:20.90	37.83
	100m:	1:10.73	36.89	200m:	2:27.01	38.16	300m:	3:43.07	38.07	400m:	4:57.16	36.26
9.	Constanca Lopes, CRUZ				09	Colégio Monte Maior					4:59.22	11,00
	50m:	34.44	34.44	150m:	1:49.50	38.02	250m:	3:05.87	38.34	350m:	4:22.18	37.82
	100m:	1:11.48	37.04	200m:	2:27.53	38.03	300m:	3:44.36	38.49	400m:	4:59.22	37.04
10.	Mariana Rei, OLIVEIRA				10	Leixões					5:01.61	10,00
	50m:	32.76	32.76	150m:	1:47.21	37.94	250m:	3:04.89	39.09	350m:	4:24.24	39.69
	100m:	1:09.27	36.51	200m:	2:25.80	38.59	300m:	3:44.55	39.66	400m:	5:01.61	37.37
11.	Beatriz Ribeiro, VELOSO				10	Vigor da Mocidade					5:07.31	9,00
	50m:	35.05	35.05	150m:	1:51.69	38.86	250m:	3:11.13	39.84	350m:	4:29.89	39.41
	100m:	1:12.83	37.78	200m:	2:31.29	39.60	300m:	3:50.48	39.35	400m:	5:07.31	37.42
12.	Bruna Maria, BARBOSA				08	Aquatico Pacense					5:07.93	8,00
	50m:	34.97	34.97	150m:	1:52.66	39.17	250m:	3:10.72	38.90	350m:	4:29.62	39.53
	100m:	1:13.49	38.52	200m:	2:31.82	39.16	300m:	3:50.09	39.37	400m:	5:07.93	38.31

VII Torneio Natação de Conímbriga
Condeixa-a-Nova, 24/5/2025

Prova 11, Femin., 400m Livres, Open

Lugar				Ano					Tempo final	Pts
13.	Diana Soares, BARBOSA			11	Propaganda da Natação				5:15.14	7,00
	50m:	35.87	35.87	150m:	1:55.90	40.51	250m:	3:17.08	40.65	350m: 4:37.48 39.88
	100m:	1:15.39	39.52	200m:	2:36.43	40.53	300m:	3:57.60	40.52	400m: 5:15.14 37.66
14.	Mafalda Varela, BERNARDINO			12	Alcobaca				5:25.40	6,00
	50m:	37.19	37.19	150m:	2:00.40	42.36	250m:	3:24.08	41.58	350m: 4:45.95 40.95
	100m:	1:18.04	40.85	200m:	2:42.50	42.10	300m:	4:05.00	40.92	400m: 5:25.40 39.45
15.	Maria Ines, PADILHA			10	S. Pedro Alva				5:52.31	5,00
	50m:	40.29	40.29	150m:	2:07.42	43.75	250m:	3:36.08	44.55	350m: 5:07.70 46.05
	100m:	1:23.67	43.38	200m:	2:51.53	44.11	300m:	4:21.65	45.57	400m: 5:52.31 44.61
16.	Matilde Abelho, VAZ			12	CLAC-Entroncamento				5:56.76	4,00
	50m:	40.31	40.31	150m:	2:09.98	45.11	250m:	3:41.82	46.01	350m: 5:14.12 45.34
	100m:	1:24.87	44.56	200m:	2:55.81	45.83	300m:	4:28.78	46.96	400m: 5:56.76 42.64
17.	Maria Pilar, ANTUNES			12	CASPAE				5:59.19	3,00
	50m:	39.99	39.99	150m:	2:11.42	46.31	250m:	3:46.11	46.62	350m: 5:19.22 46.18
	100m:	1:25.11	45.12	200m:	2:59.49	48.07	300m:	4:33.04	46.93	400m: 5:59.19 39.97
EXH	Maria Leonor, LOBO			12	Condeixa Clube				4:58.25	-
	50m:	34.19	34.19	150m:	1:49.13	37.86	250m:	3:05.72	38.41	350m: 4:21.34 38.11
	100m:	1:11.27	37.08	200m:	2:27.31	38.18	300m:	3:43.23	37.51	400m: 4:58.25 36.91
EXH	Matilde Conde, FIGUEIREDO			11	Condeixa Clube				5:01.85	-
	50m:	35.23	35.23	150m:	1:51.95	38.64	250m:	3:08.36	38.19	350m: 4:24.77 38.29
	100m:	1:13.31	38.08	200m:	2:30.17	38.22	300m:	3:46.48	38.12	400m: 5:01.85 37.08
EXH	Isabella Scavone, LOPES			10	Miranda do Corvo				5:19.89	-
	50m:	36.24	36.24	150m:	1:56.20	40.56	250m:	3:17.91	40.83	350m: 4:39.71 41.14
	100m:	1:15.64	39.40	200m:	2:37.08	40.88	300m:	3:58.57	40.66	400m: 5:19.89 40.18
EXH	Sofia Cioga, MOREIRA			13	Condeixa Clube				5:33.71	-
	50m:	40.41	40.41	150m:	2:06.04	43.21	250m:	3:30.84	42.33	350m: 4:54.70 41.91
	100m:	1:22.83	42.42	200m:	2:48.51	42.47	300m:	4:12.79	41.95	400m: 5:33.71 39.01
EXH	Alice Silva, SENNA			12	Condeixa Clube				5:35.49	-
	50m:	38.72	38.72	150m:	2:03.78	42.98	250m:	3:29.61	42.84	350m: 4:54.86 42.49
	100m:	1:20.80	42.08	200m:	2:46.77	42.99	300m:	4:12.37	42.76	400m: 5:35.49 40.63