

Prova 23
08/11/2025 - 17:40

Femin., 400m Livres

Absolutos
Resultados

Rec Nac Open	4:04.57	Francisca Soares, MARTINS	POR	Otopeni (ROU)	10/12/2023
Rec Nac SEN	4:04.57	Francisca Soares, MARTINS	POR	Otopeni (ROU)	10/12/2023
Rec Nac JUN 18	4:11.18	Francisca Soares, MARTINS	FOCA	Mealhada	14/11/2020
Rec Nac JUN 17	4:10.52	Tamila Hryhorivna, HOLUB	SCB	Porto	12/12/2015
Rec Nac JUV A	4:13.53	Ana Reis, SOUSA	CNLA	Porto	09/12/2017
Rec Nac JUV B	4:18.39	Ana Claudia, SANTOS	SFUAP	Cantanhede	20/12/2004
Rec Nac INF A	4:23.08	Susana Patricia, MIGUEL	SFUAP	Alhandra	15/05/2004
Rec Nac INF B	4:25.30	Alexandra Maria, SILVA	FCP	Porto	19/07/1980

Lugar	Nome	Ano	Licença	Clube	TReac	Tempo Final	Pontos
1.	Francisca Ramos, NUNES	09	204735	Naval de Peniche	+0,85	4:44.23	19,00 -
	50m: 31.94 31.94	150m: 1:41.87	35.33	250m: 2:54.59	36.45	350m: 4:08.39	36.75
	100m: 1:06.54 34.60	200m: 2:18.14	36.27	300m: 3:31.64	37.05	400m: 4:44.23	35.84
2.	Beatriz Peguinho, SIMOES	10	218944	Rio Maior	+0,74	4:55.79	17,00 -
	50m: 32.63 32.63	150m: 1:46.30	37.59	250m: 3:01.94	37.75	350m: 4:18.63	38.70
	100m: 1:08.71 36.08	200m: 2:24.19	37.89	300m: 3:39.93	37.99	400m: 4:55.79	37.16
3.	Rita Maria, LOURA	12	213759	RIA Aqua Tavira	+0,78	4:56.28	16,00 -
	50m: 32.42 32.42	150m: 1:47.46	37.99	250m: 3:04.52	38.16	350m: 4:20.87	37.63
	100m: 1:09.47 37.05	200m: 2:26.36	38.90	300m: 3:43.24	38.72	400m: 4:56.28	35.41
4.	Sara Goncalves, VIEIRA	10	213776	Naval Praia da Vitoria		4:57.97	15,00 -
5.	Constanca Sousa, FONTINHA	12	212496	O Crasto	+0,80	5:02.13	14,00 -
	50m: 33.91 33.91	150m: 1:50.69	39.61	250m: 3:08.77	38.61	350m: 4:24.98	37.87
	100m: 1:11.08 37.17	200m: 2:30.16	39.47	300m: 3:47.11	38.34	400m: 5:02.13	37.15
6.	Maria Joao, COSTA	09	205801	Clube Naval de Ponta Delgada		5:02.82	13,00 -
7.	Maria Ines, LUIS	11	209579	Aljustrelense	+0,77	5:03.77	12,00 -
	50m: 32.54 32.54	150m: 1:48.16	38.96	250m: 3:06.92	39.37	350m: 4:25.08	39.04
	100m: 1:09.20 36.66	200m: 2:27.55	39.39	300m: 3:46.04	39.12	400m: 5:03.77	38.69
8.	Maria Mendes, CUNHA	10	206293	Natação Clube de Fafe	+0,82	5:09.06	11,00 -
	50m: 34.53 34.53	150m: 1:52.66	39.94	250m: 3:11.30	39.61	350m: 4:31.74	39.83
	100m: 1:12.72 38.19	200m: 2:31.69	39.03	300m: 3:51.91	40.61	400m: 5:09.06	37.32
9.	Beatriz Ribeiro, VELOSO	10	211036	Caspae	+0,77	5:09.69	10,00 -
	50m: 33.97 33.97	150m: 1:52.05	39.71	250m: 3:11.21	39.51	350m: 4:31.82	39.96
	100m: 1:12.34 38.37	200m: 2:31.70	39.65	300m: 3:51.86	40.65	400m: 5:09.69	37.87
10.	Margarida Carreiro, SOUSA	08	205606	Clube Desportivo Escolar de Ag		5:10.19	9,00 -
11.	Eliana Beatriz, LUIS	11	211998	Lousada Séc.XXI	+0,90	5:23.25	8,00 -
	50m: 34.69 34.69	150m: 1:54.71	40.43	250m: 3:18.34	42.35	350m: 4:42.57	42.01
	100m: 1:14.28 39.59	200m: 2:35.99	41.28	300m: 4:00.56	42.22	400m: 5:23.25	40.68
12.	Leonor Pereira, ROCHA	08	205433	Sporting de Espinho	+0,74	5:23.56	7,00 -
	50m: 33.93 33.93	150m: 1:51.14	39.42	250m: 3:14.80	42.11	350m: 4:40.81	43.15
	100m: 1:11.72 37.79	200m: 2:32.69	41.55	300m: 3:57.66	42.86	400m: 5:23.56	42.75
13.	Joana Nobre, JESUS	11	217536	Natacao Guarda	+0,79	5:34.40	6,00 -
	50m: 35.62 35.62	150m: 1:57.37	41.82	250m: 3:25.75	44.08	350m: 4:52.70	43.55
	100m: 1:15.55 39.93	200m: 2:41.67	44.30	300m: 4:09.15	43.40	400m: 5:34.40	41.70
14.	Mariana Raimundo, TRINDADE	09	208566	Peso da Regua	+0,78	5:37.86	5,00 -
	50m: 37.32 37.32	150m: 2:02.65	43.32	250m: 3:29.17	43.17	350m: 4:55.79	42.87
	100m: 1:19.33 42.01	200m: 2:46.00	43.35	300m: 4:12.92	43.75	400m: 5:37.86	42.07
15.	Catia Sofia, SILVA	10	141299	Sporting Clube de Aveiro	+0,90	5:38.76	4,00 -
	50m: 36.74 36.74	150m: 2:01.35	42.65	250m: 3:28.28	44.61	350m: 4:56.45	43.74
	100m: 1:18.70 41.96	200m: 2:43.67	42.32	300m: 4:12.71	44.43	400m: 5:38.76	42.31
16.	Lara Daniela, SOUSA	10	205862	Penafiel	+0,94	5:49.90	3,00 -
	50m: 37.33 37.33	150m: 2:05.65	45.33	250m: 3:36.49	45.15	350m: 5:06.54	45.16
	100m: 1:20.32 42.99	200m: 2:51.34	45.69	300m: 4:21.38	44.89	400m: 5:49.90	43.36

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Lugar	Nome	Ano	Licença	Clube	TReac	Tempo Final	Pontos
17.	Kelly Simao, COSTA	11	219017	Obidos Criativa, EEM	+0,70	6:04.90	2,00 -
	50m: 38.26 38.26	150m: 2:05.06	44.45	250m: 3:39.52	47.79	350m: 5:16.49	47.81
	100m: 1:20.61 42.35	200m: 2:51.73	46.67	300m: 4:28.68	49.16	400m: 6:04.90	48.41
18.	Mafalda Ines, MARTINHO	13	217625	CLAC-Entroncamento		6:32.77	1,00 -
	50m: 43.27 43.27	150m: 2:23.10	50.96	250m: 4:02.68	50.32	350m: 5:44.09	50.43
	100m: 1:32.14 48.87	200m: 3:12.36	49.26	300m: 4:53.66	50.98	400m: 6:32.77	48.68