

Prova 23
29/11/2025 - 18:20

Femin., 400m Livres

3ª Divisão FEM
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 Jun18	4:11.18	Francisca Soares, MARTINS	FOCA	Mealhada	14/11/2020
Rec Nac Jun17	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	Tempo Final	TReac	Pts
1.	Madalena Azevedo, MESSIAS	09	209662	Viver Santarem	4:35.92	+0,73	33,00 -
	50m: 31.75 31.75	150m: 1:41.44 35.21	250m: 2:51.87 35.24	350m: 4:01.55 34.04			
	100m: 1:06.23 34.48	200m: 2:16.63 35.19	300m: 3:27.51 35.64	400m: 4:35.92 34.37			
2.	Maria Joao, RIBEIRO	05	133241	Clube Desportivo Feirense	4:37.80	+0,76	31,00 -
	50m: 31.13 31.13	150m: 1:40.35 34.77	250m: 2:50.61 35.39	350m: 4:01.98 35.60			
	100m: 1:05.58 34.45	200m: 2:15.22 34.87	300m: 3:26.38 35.77	400m: 4:37.80 35.82			
3.	Leonor Sombreiro, MARTINS	10	211313	BUZIOS - Coruche	4:41.24	+0,87	30,00 -
	50m: 31.22 31.22	150m: 1:41.19 35.64	250m: 2:53.39 36.43	350m: 4:06.37 36.64			
	100m: 1:05.55 34.33	200m: 2:16.96 35.77	300m: 3:29.73 36.34	400m: 4:41.24 34.87			
4.	Filipa Ferreira, LOISAS	11	213294	Columbofila Cantanhedense	4:41.62	+0,70	29,00 -
	50m: 31.98 31.98	150m: 1:42.33 35.11	250m: 2:53.82 35.83	350m: 4:06.06 36.10			
	100m: 1:07.22 35.24	200m: 2:17.99 35.66	300m: 3:29.96 36.14	400m: 4:41.62 35.56			
5.	Carolina Marques, MADEIRA	09	208728	Nacional de Natação	4:42.88	+0,85	28,00 -
	50m: 31.84 31.84	150m: 1:43.53 36.28	250m: 2:56.48 36.40	350m: 4:08.27 35.63			
	100m: 1:07.25 35.41	200m: 2:20.08 36.55	300m: 3:32.64 36.16	400m: 4:42.88 34.61			
6.	Francisca Ramos, NUNES	09	204735	Naval de Peniche	4:43.18	+0,81	27,00 -
	50m: 30.24 30.24	150m: 1:40.41 35.65	250m: 2:53.85 37.05	350m: 4:08.02 37.01			
	100m: 1:04.76 34.52	200m: 2:16.80 36.39	300m: 3:31.01 37.16	400m: 4:43.18 35.16			
7.	Ines Carvalhinho, RIBEIRO	09	203712	Natacao da Maia	4:43.84	+0,71	26,00 -
	50m: 31.47 31.47	150m: 1:41.99 35.68	250m: 2:54.46 36.20	350m: 4:07.90 36.65			
	100m: 1:06.31 34.84	200m: 2:18.26 36.27	300m: 3:31.25 36.79	400m: 4:43.84 35.94			
8.	Carolina Brito, SANTOS	10	212564	Louletano / Loule Aqui e Agora	4:48.38	+0,78	25,00 -
	50m: 32.18 32.18	150m: 1:44.11 36.48	250m: 2:57.87 37.15	350m: 4:12.28 37.61			
	100m: 1:07.63 35.45	200m: 2:20.72 36.61	300m: 3:34.67 36.80	400m: 4:48.38 36.10			
9.	Marta Matos, LARANJEIRA	08	205884	Fisica Torres Vedras	4:50.12	+0,89	24,00 -
	50m: 32.28 32.28	150m: 1:44.61 36.48	250m: 2:58.73 37.38	350m: 4:13.32 37.00			
	100m: 1:08.13 35.85	200m: 2:21.35 36.74	300m: 3:36.32 37.59	400m: 4:50.12 36.80			
10.	Beatriz Rocha, SANTOS	02	129667	Cdca	4:51.02	+0,76	23,00 -
	50m: 31.66 31.66	150m: 1:43.78 36.86	250m: 2:58.10 37.20	350m: 4:13.43 37.75			
	100m: 1:06.92 35.26	200m: 2:20.90 37.12	300m: 3:35.68 37.58	400m: 4:51.02 37.59			
11.	Raquel Campos, CARDOSO	09	153184	Bombeiros de Ponta Delgada	4:53.03	+0,73	22,00 -
	50m: 33.35 33.35	150m: 1:46.32 36.87	250m: 3:00.90 37.29	350m: 4:16.11 37.96			
	100m: 1:09.45 36.10	200m: 2:23.61 37.29	300m: 3:38.15 37.25	400m: 4:53.03 36.92			
12.	Mariana Bagagem, CARVALHO	10	211148	Miranda do Corvo	4:54.07	+0,87	21,00 -
	50m: 33.37 33.37	150m: 1:47.20 37.13	250m: 3:02.37 37.53	350m: 4:17.98 37.63			
	100m: 1:10.07 36.70	200m: 2:24.84 37.64	300m: 3:40.35 37.98	400m: 4:54.07 36.09			
13.	Rita Maria, LOURA	12	213759	RIA Aqua Tavira	4:55.40	+0,77	20,00 -
	50m: 31.98 31.98	150m: 1:46.29 37.80	250m: 3:03.60 38.50	350m: 4:19.15 37.70			
	100m: 1:08.49 36.51	200m: 2:25.10 38.81	300m: 3:41.45 37.85	400m: 4:55.40 36.25			
14.	Sara Goncalves, VIEIRA	10	213776	Naval Praia da Vitoria	4:56.98	+0,75	19,00 -
	50m: 32.80 32.80	150m: 1:49.16 38.42	250m: 3:05.25 37.32	350m: 4:20.64 37.64			
	100m: 1:10.74 37.94	200m: 2:27.93 38.77	300m: 3:43.00 37.75	400m: 4:56.98 36.34			
15.	Margarida Carreiro, SOUSA	08	205606	Clube Desportivo Escolar de Ag	4:58.89	+0,77	18,00 -
	50m: 32.42 32.42	150m: 1:46.89 37.98	250m: 3:05.12 39.33	350m: 4:22.46 38.20			
	100m: 1:08.91 36.49	200m: 2:25.79 38.90	300m: 3:44.26 39.14	400m: 4:58.89 36.43			

Prova 23, Femin., 400m Livres, 3ª Divisão FEM

Lugar	Nome	Ano	Licença	Clube	Tempo Final	TReac	Pts
16.	Constanca Sousa, FONTINHA	12	212496	O Crasto	5:00.58	+0,90	17,00 -
	50m: 34.68 34.68	150m: 1:52.33 39.27	250m: 3:09.19 37.53	350m: 4:24.61 37.23			
	100m: 1:13.06 38.38	200m: 2:31.66 39.33	300m: 3:47.38 38.19	400m: 5:00.58 35.97			
17.	Leticia Rodrigues, MAGALHAES	07	205089	União Piedense	5:00.88	+0,84	16,00 -
	50m: 33.05 33.05	150m: 1:47.50 37.96	250m: 3:04.39 38.51	350m: 4:22.75 39.26			
	100m: 1:09.54 36.49	200m: 2:25.88 38.38	300m: 3:43.49 39.10	400m: 5:00.88 38.13			
18.	Sara Beatriz, MELIM	09	206793	Clube Desportivo Nacional	5:05.59	+0,73	15,00 -
	50m: 34.69 34.69	150m: 1:52.53 39.20	250m: 3:10.38 38.60	350m: 4:28.42 38.96			
	100m: 1:13.33 38.64	200m: 2:31.78 39.25	300m: 3:49.46 39.08	400m: 5:05.59 37.17			
19.	Leonor Pereira, ROCHA	08	205433	Sporting de Espinho	5:06.18	+0,80	14,00 -
	50m: 34.52 34.52	150m: 1:51.62 38.76	250m: 3:11.25 40.19	350m: 4:30.55 39.67			
	100m: 1:12.86 38.34	200m: 2:31.06 39.44	300m: 3:50.88 39.63	400m: 5:06.18 35.63			
20.	Maria Mendes, CUNHA	10	206293	Natação Clube de Fafe	5:07.33	+0,82	13,00 -
	50m: 34.21 34.21	150m: 1:50.25 38.51	250m: 3:09.74 39.68	350m: 4:30.70 40.51			
	100m: 1:11.74 37.53	200m: 2:30.06 39.81	300m: 3:50.19 40.45	400m: 5:07.33 36.63			
21.	Joana Alexandra, SILVA	10	207187	Centro Popular de Cultura e Despor	5:07.90	+0,88	12,00 -
	50m: 35.08 35.08	150m: 1:55.54 41.17	250m: 3:14.58 39.73	350m: 4:31.39 37.56			
	100m: 1:14.37 39.29	200m: 2:34.85 39.31	300m: 3:53.83 39.25	400m: 5:07.90 36.51			
22.	Maria Ines, LUIS	11	209579	Aljustrelense	5:08.84	+0,80	11,00 -
	50m: 33.61 33.61	150m: 1:52.24 40.16	250m: 3:11.56 39.43	350m: 4:31.05 39.29			
	100m: 1:12.08 38.47	200m: 2:32.13 39.89	300m: 3:51.76 40.20	400m: 5:08.84 37.79			
23.	Maria Joao, COSTA	09	205801	Clube Naval de Ponta Delgada	5:09.42	+0,72	10,00 -
	50m: 32.16 32.16	150m: 1:48.23 39.14	250m: 3:09.43 40.67	350m: 4:30.84 40.52			
	100m: 1:09.09 36.93	200m: 2:28.76 40.53	300m: 3:50.32 40.89	400m: 5:09.42 38.58			
24.	Beatriz Ribeiro, VELOSO	10	211036	Caspae	5:10.09	+0,82	9,00 -
	50m: 33.14 33.14	150m: 1:49.53 38.96	250m: 3:09.94 40.08	350m: 4:30.85 40.59			
	100m: 1:10.57 37.43	200m: 2:29.86 40.33	300m: 3:50.26 40.32	400m: 5:10.09 39.24			
25.	Mariana Pina, MACEDO	10	212237	Aej	5:13.25	+0,73	8,00 -
	50m: 34.57 34.57	150m: 1:53.64 40.18	250m: 3:14.37 40.05	350m: 4:34.36 39.73			
	100m: 1:13.46 38.89	200m: 2:34.32 40.68	300m: 3:54.63 40.26	400m: 5:13.25 38.89			
26.	Isabela Lourenco, COSTA	11	219180	Naval da Horta	5:13.69		7,00 -
	50m: 35.08 35.08	150m: 1:54.47 40.45	250m: 3:14.86 40.07	350m: 4:35.52 40.25			
	100m: 1:14.02 38.94	200m: 2:34.79 40.32	300m: 3:55.27 40.41	400m: 5:13.69 38.17			
27.	Lara Amorim, PEREIRA	13	219560	Litoral Alentejano	5:14.78	+0,72	6,00 -
	50m: 35.37 35.37	150m: 1:54.26 39.85	250m: 3:15.04 40.53	350m: 4:36.82 40.89			
	100m: 1:14.41 39.04	200m: 2:34.51 40.25	300m: 3:55.93 40.89	400m: 5:14.78 37.96			
28.	Margarida Madeira, PIRES	12	218976	Rio Maior	5:20.16	+0,80	5,00 -
	50m: 36.36 36.36	150m: 1:57.06 40.76	250m: 3:18.53 40.41	350m: 4:40.27 40.99			
	100m: 1:16.30 39.94	200m: 2:38.12 41.06	300m: 3:59.28 40.75	400m: 5:20.16 39.89			
29.	Teresa Ribeiro, ROCHA	11	218395	Aminata	5:26.61	+0,70	4,00 -
	50m: 35.27 35.27	150m: 1:58.04 41.92	250m: 3:20.63 41.23	350m: 4:45.09 42.15			
	100m: 1:16.12 40.85	200m: 2:39.40 41.36	300m: 4:02.94 42.31	400m: 5:26.61 41.52			
30.	Mariana Raimundo, TRINDADE	09	208566	Peso da Regua	5:29.39	+0,78	3,00 -
	50m: 36.63 36.63	150m: 1:59.26 41.85	250m: 3:23.30 42.08	350m: 4:48.41 42.80			
	100m: 1:17.41 40.78	200m: 2:41.22 41.96	300m: 4:05.61 42.31	400m: 5:29.39 40.98			
31.	Laura Candeias, MATIAS	08	207746	Natação de Iagos	5:30.74	+0,89	2,00 -
	50m: 35.02 35.02	150m: 1:55.89 41.86	250m: 3:22.12 43.38	350m: 4:48.93 43.34			
	100m: 1:14.03 39.01	200m: 2:38.74 42.85	300m: 4:05.59 43.47	400m: 5:30.74 41.81			
32.	Eva Pinheiro, BERNARDO	01	127623	Natacao do Fundao/Yes Energy	5:36.43	+0,95	1,00 -
	50m: 37.11 37.11	150m: 1:59.64 42.10	250m: 3:26.09 43.41	350m: 4:53.51 43.53			
	100m: 1:17.54 40.43	200m: 2:42.68 43.04	300m: 4:09.98 43.89	400m: 5:36.43 42.92			