

Prova 1
30/11/2025 - 9:30

Femin., 400m Livres

2ª 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.	Giulia, RAMATELLI	00	223010	Naval Do Funchal	4:10.24	+0,88	25,0(-)	
	50m: 30.04 30.04	150m: 1:31.97 31.11	250m: 2:35.23 31.74	350m: 3:39.22 32.09	100m: 1:00.86 30.82	200m: 2:03.49 31.52	300m: 3:07.13 31.90	400m: 4:10.24 31.02
2.	Mafalda Sofia, ROSA	03	127310	Academico Viseu Futebol Clube	4:21.06	+0,81	23,0(-)	
	50m: 30.19 30.19	150m: 1:34.66 32.50	250m: 2:40.65 33.16	350m: 3:47.75 33.78	100m: 1:02.16 31.97	200m: 2:07.49 32.83	300m: 3:13.97 33.32	400m: 4:21.06 33.31
3.	Maria Carvalho, PINTO	09	206343	Viana Natacao	4:26.11	+0,92	22,0(-)	
	50m: 30.70 30.70	150m: 1:37.14 33.61	250m: 2:44.71 33.85	350m: 3:53.44 34.43	100m: 1:03.53 32.83	200m: 2:10.86 33.72	300m: 3:19.01 34.30	400m: 4:26.11 32.67
4.	Maria Ornelas, ARMAS	98	106961	Adrcimm	4:26.30	+0,98	21,0(-)	
	50m: 30.65 30.65	150m: 1:36.67 33.19	250m: 2:44.28 33.97	350m: 3:53.16 34.58	100m: 1:03.48 32.83	200m: 2:10.31 33.64	300m: 3:18.58 34.30	400m: 4:26.30 33.14
5.	Mafalda Martins, MESQUITA	07	202805	Famalicão	4:27.72	+0,82	20,0(-)	
	50m: 30.76 30.76	150m: 1:38.00 34.08	250m: 2:46.12 34.15	350m: 3:54.42 33.99	100m: 1:03.92 33.16	200m: 2:11.97 33.97	300m: 3:20.43 34.31	400m: 4:27.72 33.30
6.	Sara Sofia, ALVES	07	202517	Palmela Desporto	4:31.94	+0,84	19,0(-)	
	50m: 30.31 30.31	150m: 1:37.30 33.89	250m: 2:46.55 34.47	350m: 3:56.77 35.36	100m: 1:03.41 33.10	200m: 2:12.08 34.78	300m: 3:21.41 34.86	400m: 4:31.94 35.17
7.	Sofia Hryhorivna, HOLUB	11	211911	Vitória Sport Clube	4:33.23	+0,77	18,0(-)	
	50m: 30.39 30.39	150m: 1:38.21 34.21	250m: 2:48.02 35.09	350m: 3:58.51 35.35	100m: 1:04.00 33.61	200m: 2:12.93 34.72	300m: 3:23.16 35.14	400m: 4:33.23 34.72
8.	Joana Francisca, RODRIGUES	04	127509	Leixoes Sport Clube	4:35.87	+0,79	17,0(-)	
	50m: 30.50 30.50	150m: 1:39.46 35.13	250m: 2:48.99 34.54	350m: 4:00.32 35.93	100m: 1:04.33 33.83	200m: 2:14.45 34.99	300m: 3:24.39 35.40	400m: 4:35.87 35.55
9.	Constanca Baptista, TOMAS	09	206496	Alcobaca	4:36.58	+0,78	16,0(-)	
	50m: 30.43 30.43	150m: 1:39.67 35.20	250m: 2:51.63 35.86	350m: 4:02.77 35.15	100m: 1:04.47 34.04	200m: 2:15.77 36.10	300m: 3:27.62 35.99	400m: 4:36.58 33.81
10.	Alana Costa, MATIAS	09	209589	Cnac	4:37.09	+0,84	15,0(-)	
	50m: 31.19 31.19	150m: 1:39.89 34.55	250m: 2:49.68 35.21	350m: 4:01.27 36.08	100m: 1:05.34 34.15	200m: 2:14.47 34.58	300m: 3:25.19 35.51	400m: 4:37.09 35.82
11.	Luana Ferreira, CRAVEIRO	09	144313	Nautico Marinha Grande	4:37.46	+0,76	14,0(-)	
	50m: 30.58 30.58	150m: 1:38.70 34.80	250m: 2:50.04 35.84	350m: 4:02.16 36.46	100m: 1:03.90 33.32	200m: 2:14.20 35.50	300m: 3:25.70 35.66	400m: 4:37.46 35.30
12.	Sara Calisto, PIMENTEL	05	128091	Aac	4:38.92	+0,85	13,0(-)	
	50m: 31.97 31.97	150m: 1:41.82 35.31	250m: 2:52.14 34.93	350m: 4:03.08 35.78	100m: 1:06.51 34.54	200m: 2:17.21 35.39	300m: 3:27.30 35.16	400m: 4:38.92 35.84
13.	Margarida Maria, LUIZ	08	211814	Lagoa Academico Clube	4:41.82	+0,77	12,0(-)	
	50m: 31.10 31.10	150m: 1:40.61 35.19	250m: 2:52.22 36.13	350m: 4:05.28 36.55	100m: 1:05.42 34.32	200m: 2:16.09 35.48	300m: 3:28.73 36.51	400m: 4:41.82 36.54
14.	Carolina Melo, LOPES	10	211880	Portinado	4:42.88	+0,79	11,0(-)	
	50m: 30.65 30.65	150m: 1:39.92 35.17	250m: 2:52.21 36.39	350m: 4:05.95 37.00	100m: 1:04.75 34.10	200m: 2:15.82 35.90	300m: 3:28.95 36.74	400m: 4:42.88 36.93
15.	Diana Isabel, ALVES	10	205555	Pimpoes/Cimai	4:45.59	+0,86	10,0(-)	
	50m: 31.12 31.12	150m: 1:41.14 35.71	250m: 2:54.60 36.68	350m: 4:09.13 37.45	100m: 1:05.43 34.31	200m: 2:17.92 36.78	300m: 3:31.68 37.08	400m: 4:45.59 36.46

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Lugar	Nome	Ano	Licença	Clube	Tempo Final	TReac	Pts
16.	Zoe, FRITSCHÉ	09	208440	Natacao de Valongo	4:46.75	+0,84	9,0(-)
	50m: 31.02 31.02	150m: 1:41.48 35.64	250m: 2:55.87 37.39	350m: 4:11.10 37.62			
	100m: 1:05.84 34.82	200m: 2:18.48 37.00	300m: 3:33.48 37.61	400m: 4:46.75 35.65			
17.	Vanessa Sofia, OLIVEIRA	05	127640	Gafanha da Encarnacao	4:46.80	+0,79	8,0(-)
	50m: 32.42 32.42	150m: 1:43.84 36.16	250m: 2:57.42 36.81	350m: 4:11.40 36.74			
	100m: 1:07.68 35.26	200m: 2:20.61 36.77	300m: 3:34.66 37.24	400m: 4:46.80 35.40			
18.	Maria Madalena, MONTEIRO	08	202887	Torres Novas	4:48.98	+0,74	7,0(-)
	50m: 32.95 32.95	150m: 1:45.84 36.38	250m: 2:59.16 36.23	350m: 4:14.04 37.55			
	100m: 1:09.46 36.51	200m: 2:22.93 37.09	300m: 3:36.49 37.33	400m: 4:48.98 34.94			
19.	Matilde Violante, VIANA	07	205552	CNLeiria - VOID	4:52.81	+0,90	6,0(-)
	50m: 32.36 32.36	150m: 1:43.31 36.30	250m: 2:58.67 37.96	350m: 4:15.21 38.61			
	100m: 1:07.01 34.65	200m: 2:20.71 37.40	300m: 3:36.60 37.93	400m: 4:52.81 37.60			
20.	Joana Pontes, PRIOR	08	213993	Laranjeiro	4:54.43	+0,82	5,0(-)
	50m: 31.65 31.65	150m: 1:44.08 36.90	250m: 2:59.61 37.58	350m: 4:16.17 38.30			
	100m: 1:07.18 35.53	200m: 2:22.03 37.95	300m: 3:37.87 38.26	400m: 4:54.43 38.26			
21.	Vida Sofia, VELEZ	10	209976	Ba Leiria / Sk Coffee 1	5:02.85	+0,87	4,0(-)
	50m: 31.66 31.66	150m: 1:45.66 38.28	250m: 3:05.06 39.94	350m: 4:24.09 39.53			
	100m: 1:07.38 35.72	200m: 2:25.12 39.46	300m: 3:44.56 39.50	400m: 5:02.85 38.76			
22.	Margarida Santos, BOTELHO	07	202518	Naval Setubalense	5:03.86	+0,74	3,0(-)
	50m: 33.15 33.15	150m: 1:47.55 37.88	250m: 3:05.71 39.47	350m: 4:25.09 39.63			
	100m: 1:09.67 36.52	200m: 2:26.24 38.69	300m: 3:45.46 39.75	400m: 5:03.86 38.77			
23.	Ana Pereira, FERREIRA	10	215312	Juventude Atlantico Clube	5:04.05	+0,93	2,0(-)
	50m: 33.80 33.80	150m: 1:50.62 38.76	250m: 3:08.87 39.26	350m: 4:27.50 38.94			
	100m: 1:11.86 38.06	200m: 2:29.61 38.99	300m: 3:48.56 39.69	400m: 5:04.05 36.55			
24.	Ines Teixeira, COELHO	11	212142	Aquatico Pacense	5:17.53	+0,85	1,0(-)
	50m: 33.50 33.50	150m: 1:48.07 38.32	250m: 3:09.04 41.19	350m: 4:34.15 43.09			
	100m: 1:09.75 36.25	200m: 2:27.85 39.78	300m: 3:51.06 42.02	400m: 5:17.53 43.38			