

Prova 29  
01/12/2025 - 16:30

Femin., 400m Estilos

2ª Divisão FEM  
Resultados

Rec Nac Open	4:36.19	Victoria, KAMINSKAYA	POR	Copenhagen (DEN)	13/12/2017
Rec Nac Sen	4:36.19	Victoria, KAMINSKAYA	POR	Copenhagen (DEN)	13/12/2017
Rec Nac Jun18	4:41.02	Victoria, KAMINSKAYA	PIMP	Porto	07/12/2012
Rec Nac Jun17	4:46.89	Ines Neto, ROCHA	CAP	Felgueiras	15/04/2018
Rec Nac Juv A	4:50.85	Diana Margarida, DURAES	FOCA	Silves	02/12/2011
Rec Nac Juv B	4:51.85	Ana Claudia, SANTOS	SFUAP	Setubal	21/11/2004
Rec Nac Inf A	4:56.53	Mariana Pacheco, CUNHA	CFP	Porto	05/05/2018
Rec Nac Inf B	5:03.94	Carolina Miranda, FERNANDES	CGA	Condeixa	12/05/2018

Lugar	Nome	Ano	Licença	Clube	Tempo Final	TReac	Pts
1.	Lucie, CHRISTOPHE	06	227358	Naval Do Funchal	<b>4:56.32</b>	+0,74	25,0(-)
	50m: 30.83 30.83	150m: 1:44.34 38.84	250m: 3:04.32 41.91	350m: 4:22.88 35.70			
	100m: 1:05.50 34.67	200m: 2:22.41 38.07	300m: 3:47.18 42.86	400m: 4:56.32 33.44			
2.	Ana Filipa, VEIGA	01	125558	Gafanha da Encarnacao	<b>4:59.31</b>	+0,84	23,0(-)
	50m: 31.43 31.43	150m: 1:48.14 40.41	250m: 3:08.68 40.96	350m: 4:24.91 35.14			
	100m: 1:07.73 36.30	200m: 2:27.72 39.58	300m: 3:49.77 41.09	400m: 4:59.31 34.40			
3.	Mafalda Sofia, ROSA	03	127310	Academico Viseu Futebol Clube	<b>5:02.92</b>		22,0(-)
	50m: 33.59 33.59	150m: 1:50.22 38.65	250m: 3:12.80 45.18	350m: 4:30.65 32.85			
	100m: 1:11.57 37.98	200m: 2:27.62 37.40	300m: 3:57.80 45.00	400m: 5:02.92 32.27			
4.	Beatriz Costa, DIAS	08	204424	Aquatico Pacense	<b>5:04.76</b>	+0,82	21,0(-)
	50m: 30.77 30.77	150m: 1:45.73 39.10	250m: 3:10.10 46.27	350m: 4:30.44 34.60			
	100m: 1:06.63 35.86	200m: 2:23.83 38.10	300m: 3:55.84 45.74	400m: 5:04.76 34.32			
5.	Luana Ferreira, CRAVEIRO	09	144313	Nautico Marinha Grande	<b>5:04.83</b>	+0,77	20,0(-)
	50m: 32.60 32.60	150m: 1:51.46 40.45	250m: 3:13.02 42.03	350m: 4:31.34 35.30			
	100m: 1:11.01 38.41	200m: 2:30.99 39.53	300m: 3:56.04 43.02	400m: 5:04.83 33.49			
6.	Ana Carolina, MONTEIRO	04	129474	Aac	<b>5:08.03</b>	+0,79	19,0(-)
	50m: 31.61 31.61	150m: 1:48.10 40.83	250m: 3:12.32 43.66	350m: 4:33.08 36.19			
	100m: 1:07.27 35.66	200m: 2:28.66 40.56	300m: 3:56.89 44.57	400m: 5:08.03 34.95			
7.	Francisca Moreira, FELICIANO	11	213295	Alcobaca	<b>5:10.61</b>	+0,81	18,0(-)
	50m: 32.10 32.10	150m: 1:49.97 40.55	250m: 3:13.18 43.69	350m: 4:35.55 37.14			
	100m: 1:09.42 37.32	200m: 2:29.49 39.52	300m: 3:58.41 45.23	400m: 5:10.61 35.06			
8.	Sofia Hryhorivna, HOLUB	11	211911	Vitória Sport Clube	<b>5:12.47</b>		17,0(-)
	50m: 31.46 31.46	150m: 1:49.54 40.77	250m: 3:17.24 47.70	350m: 4:39.29 33.62			
	100m: 1:08.77 37.31	200m: 2:29.54 40.00	300m: 4:05.67 48.43	400m: 5:12.47 33.18			
9.	Bruna Martins, RIESENBERGER	97	105541	Laranjeiro	<b>5:16.42</b>	+0,72	16,0(-)
	50m: 32.98 32.98	150m: 1:53.22 41.13	250m: 3:18.28 44.62	350m: 4:41.28 36.86			
	100m: 1:12.09 39.11	200m: 2:33.66 40.44	300m: 4:04.42 46.14	400m: 5:16.42 35.14			
10.	Laura Sofia, RODRIGUES	07	148425	Juventude Atlantico Clube	<b>5:17.01</b>	+0,83	15,0(-)
	50m: 33.26 33.26	150m: 1:53.60 40.73	250m: 3:17.47 44.37	350m: 4:39.99 38.28			
	100m: 1:12.87 39.61	200m: 2:33.10 39.50	300m: 4:01.71 44.24	400m: 5:17.01 37.02			
11.	Carolina Amadeu, FERREIRA	08	202815	Leixoes Sport Clube	<b>5:19.27</b>		14,0(-)
	50m: 32.74 32.74	150m: 1:52.89 41.70	250m: 3:20.96 48.14	350m: 4:45.38 36.36			
	100m: 1:11.19 38.45	200m: 2:32.82 39.93	300m: 4:09.02 48.06	400m: 5:19.27 33.89			
12.	Vania Soares, NEVES	90	12380	Viana Natacao	<b>5:19.92</b>	+0,84	13,0(-)
	50m: 33.40 33.40	150m: 1:53.10 40.82	250m: 3:19.97 46.08	350m: 4:43.97 37.43			
	100m: 1:12.28 38.88	200m: 2:33.89 40.79	300m: 4:06.54 46.57	400m: 5:19.92 35.95			
13.	Matilde Lopes, FIALHO	09	208396	Palmela Desporto	<b>5:20.35</b>	+0,84	12,0(-)
	50m: 32.94 32.94	150m: 1:51.52 39.55	250m: 3:17.50 46.87	350m: 4:43.25 38.07			
	100m: 1:11.97 39.03	200m: 2:30.63 39.11	300m: 4:05.18 47.68	400m: 5:20.35 37.10			
14.	Mariana Canarias, JESUS	12	213801	Lagoa Academico Clube	<b>5:22.71</b>	+0,70	11,0(-)
	50m: 33.20 33.20	150m: 1:53.21 40.83	250m: 3:20.71 47.14	350m: 4:46.16 38.35			
	100m: 1:12.38 39.18	200m: 2:33.57 40.36	300m: 4:07.81 47.10	400m: 5:22.71 36.55			
15.	Angelina Bermejo, JONES	04	203392	Portinado	<b>5:23.27</b>	+0,75	10,0(-)
	50m: 32.38 32.38	150m: 1:51.26 41.64	250m: 3:18.31 46.00	350m: 4:45.53 39.60			
	100m: 1:09.62 37.24	200m: 2:32.31 41.05	300m: 4:05.93 47.62	400m: 5:23.27 37.74			

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Lugar	Nome	Ano	Licença	Clube	Tempo Final	TReac	Pts
16.	Vida Sofia, VELEZ	10	209976	Ba Leiria / Sk Coffee 1	<b>5:24.39</b>	+0,95	9,0(-)
	50m: 34.82 34.82	150m: 1:58.07 41.63	250m: 3:24.74 47.04	350m: 4:49.21 37.18			
	100m: 1:16.44 41.62	200m: 2:37.70 39.63	300m: 4:12.03 47.29	400m: 5:24.39 35.18			
17.	Ana Filipa, SERRA	11	211617	Adrcimm	<b>5:24.46</b>	+0,82	8,0(-)
	50m: 33.16 33.16	150m: 1:57.14 43.19	250m: 3:23.77 45.41	350m: 4:47.43 37.98			
	100m: 1:13.95 40.79	200m: 2:38.36 41.22	300m: 4:09.45 45.68	400m: 5:24.46 37.03			
18.	Ana Moreira, ANTUNES	09	203682	Famalicão	<b>5:24.83</b>	+0,99	7,0(-)
	50m: 33.93 33.93	150m: 1:55.14 40.67	250m: 3:22.54 48.05	350m: 4:48.41 37.93			
	100m: 1:14.47 40.54	200m: 2:34.49 39.35	300m: 4:10.48 47.94	400m: 5:24.83 36.42			
19.	Maria Madalena, MONTEIRO	08	202887	Torres Novas	<b>5:28.15</b>	+0,78	6,0(-)
	50m: 33.93 33.93	150m: 1:56.73 43.19	250m: 3:25.60 46.46	350m: 4:51.71 38.48			
	100m: 1:13.54 39.61	200m: 2:39.14 42.41	300m: 4:13.23 47.63	400m: 5:28.15 36.44			
20.	Maria Joao, VALA	11	209706	Pimpoes/Cimai	<b>5:28.57</b>	+0,86	5,0(-)
	50m: 33.95 33.95	150m: 1:55.48 42.13	250m: 3:23.81 48.17	350m: 4:51.28 38.77			
	100m: 1:13.35 39.40	200m: 2:35.64 40.16	300m: 4:12.51 48.70	400m: 5:28.57 37.29			
21.	Maria Ines, GANTE	10	211156	Cnac	<b>5:28.91</b>	+0,82	4,0(-)
	50m: 35.19 35.19	150m: 1:56.59 42.43	250m: 3:27.91 48.57	350m: 4:53.14 37.32			
	100m: 1:14.16 38.97	200m: 2:39.34 42.75	300m: 4:15.82 47.91	400m: 5:28.91 35.77			
22.	Luisa Anjos, FRISCHKNECHT	10	210973	Naval Setubalense	<b>5:30.44</b>	+0,75	3,0(-)
	50m: 33.50 33.50	150m: 1:54.75 43.34	250m: 3:24.95 46.85	350m: 4:52.61 39.80			
	100m: 1:11.41 37.91	200m: 2:38.10 43.35	300m: 4:12.81 47.86	400m: 5:30.44 37.83			
23.	Sofia Roma, BRIZIDA	10	207308	CNLeiria - VOID	<b>5:43.78</b>	+0,75	2,0(-)
	50m: 34.88 34.88	150m: 2:02.87 42.81	250m: 3:32.75 47.34	350m: 5:03.73 44.19			
	100m: 1:20.06 45.18	200m: 2:45.41 42.54	300m: 4:19.54 46.79	400m: 5:43.78 40.05			
24.	Matilde Teixeira, SOUSA	06	129947	Natacao de Valongo	<b>5:47.91</b>	+0,82	1,0(-)
	50m: 33.69 33.69	150m: 2:00.07 46.44	250m: 3:36.05 50.37	350m: 5:08.01 41.66			
	100m: 1:13.63 39.94	200m: 2:45.68 45.61	300m: 4:26.35 50.30	400m: 5:47.91 39.90			