

Prova 33
16/12/2025 - 17:33

Femin., 400m Livres

Absolutos
Resultados

RN25m Open	4:04.57	Francisca Soares, MARTINS	POR	Otopeni (ROU)	10/12/2023
RN25m Sen	4:04.57	Francisca Soares, MARTINS	POR	Otopeni (ROU)	10/12/2023
RN25m Jun18	4:11.18	Francisca Soares, MARTINS	FOCA	Mealhada	14/11/2020
RN25m Jun17	4:10.52	Tamila Hryhorivna, HOLUB	SCB	Porto	12/12/2015

Pontos: AQUA 2025

Lugar	Nome	Ano	Clube	Tempo Final	TReac	AQUA
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Juniores

1.	Maria Gomes, NEVES	08	Braga	4:22.86		672
	50m: 29.98 29.98	150m: 1:34.90	32.97	250m: 2:41.71	33.68	350m: 3:49.10 33.91
	100m: 1:01.93 31.95	200m: 2:08.03	33.13	300m: 3:15.19	33.48	400m: 4:22.86 33.76
2.	Maria Carvalho, PINTO	09	Viana Natacao	4:26.40		645
	50m: 30.33 30.33	150m: 1:35.95	33.21	250m: 2:43.87	34.00	350m: 3:52.49 34.50
	100m: 1:02.74 32.41	200m: 2:09.87	33.92	300m: 3:17.99	34.12	400m: 4:26.40 33.91
3.	Alana Costa, MATIAS	09	Cnac	4:32.42		603
	50m: 31.00 31.00	150m: 1:38.64	34.03	250m: 2:47.33	34.60	350m: 3:57.79 35.42
	100m: 1:04.61 33.61	200m: 2:12.73	34.09	300m: 3:22.37	35.04	400m: 4:32.42 34.63
4.	Constanca Baptista, TOMAS	09	Alcobaca	4:37.21		573
	50m: 31.10 31.10	150m: 1:41.84	35.95	250m: 2:53.68	35.81	350m: 4:03.94 35.11
	100m: 1:05.89 34.79	200m: 2:17.87	36.03	300m: 3:28.83	35.15	400m: 4:37.21 33.27
5.	Luana Ferreira, CRAVEIRO	09	Nautico Marinha Grande	4:38.01		568
	50m: 30.44 30.44	150m: 1:38.99	35.03	250m: 2:50.86	35.84	350m: 4:03.55 35.86
	100m: 1:03.96 33.52	200m: 2:15.02	36.03	300m: 3:27.69	36.83	400m: 4:38.01 34.46

Seniores

1.	Francisca Soares, MARTINS	03	FOCA Quinta Da Lixa - Cnf	4:04.91		830
	50m: 28.27 28.27	150m: 1:29.73	30.90	250m: 2:32.18	31.28	350m: 3:34.70 31.17
	100m: 58.83 30.56	200m: 2:00.90	31.17	300m: 3:03.53	31.35	400m: 4:04.91 30.21
2.	Anna, FOMINA	02	Sporting	4:09.42		786
	50m: 28.54 28.54	150m: 1:30.60	31.34	250m: 2:33.87	31.71	350m: 3:37.68 32.04
	100m: 59.26 30.72	200m: 2:02.16	31.56	300m: 3:05.64	31.77	400m: 4:09.42 31.74
3.	Joana Nunes, CARDEAL	02	Condeixa Aqua Clube	4:12.14		761
	50m: 28.77 28.77	150m: 1:31.18	31.49	250m: 2:35.23	32.21	350m: 3:40.58 32.86
	100m: 59.69 30.92	200m: 2:03.02	31.84	300m: 3:07.72	32.49	400m: 4:12.14 31.56
4.	Ines Jacinto, HENRIQUES	00	Louzan Natacao/EFAPEL	4:16.07		726
	50m: 29.21 29.21	150m: 1:33.10	32.09	250m: 2:38.21	32.74	350m: 3:43.91 32.88
	100m: 1:01.01 31.80	200m: 2:05.47	32.37	300m: 3:11.03	32.82	400m: 4:16.07 32.16
5.	Diana Margarida, DURAES	96	Benfica	4:16.62		722
	50m: 29.77 29.77	150m: 1:33.77	32.11	250m: 2:38.83	32.50	350m: 3:44.17 32.72
	100m: 1:01.66 31.89	200m: 2:06.33	32.56	300m: 3:11.45	32.62	400m: 4:16.62 32.45
6.	Carolina Pereira, VIANA	04	Sporting	4:18.28		708
	50m: 29.54 29.54	150m: 1:33.67	32.39	250m: 2:39.53	32.88	350m: 3:46.09 33.32
	100m: 1:01.28 31.74	200m: 2:06.65	32.98	300m: 3:12.77	33.24	400m: 4:18.28 32.19
7.	Carolina Vizinho, CABRAL	07	Galitos / Bresimar	4:28.75		628
	50m: 30.17 30.17	150m: 1:36.49	33.71	250m: 2:45.09	34.45	350m: 3:54.22 34.36
	100m: 1:02.78 32.61	200m: 2:10.64	34.15	300m: 3:19.86	34.77	400m: 4:28.75 34.53

Prova 33, Femin., 400m Livres, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	AQUA
8.	Francisca Macedo, LOPES	05	Fluvial Portuense	4:31.03		613
	50m: 30.27 30.27	150m: 1:37.20	33.93	250m: 2:46.14	34.41	350m: 3:55.99 35.03
	100m: 1:03.27 33.00	200m: 2:11.73	34.53	300m: 3:20.96	34.82	400m: 4:31.03 35.04
9.	Beatriz Silva, LOURO	07	Sporting	4:32.97		600
	50m: 30.28 30.28	150m: 1:36.75	33.77	250m: 2:46.40	35.02	350m: 3:57.68 35.69
	100m: 1:02.98 32.70	200m: 2:11.38	34.63	300m: 3:21.99	35.59	400m: 4:32.97 35.29
10.	Leonor Castanho, SANTOS	07	Sporting	4:35.90		581
	50m: 30.67 30.67	150m: 1:38.25	34.24	250m: 2:48.53	35.29	350m: 4:00.36 36.07
	100m: 1:04.01 33.34	200m: 2:13.24	34.99	300m: 3:24.29	35.76	400m: 4:35.90 35.54
EXH	Li, TONGGUER	08	Sport Alges e Dafundo	4:23.78		665
	50m: 29.48 29.48	150m: 1:33.63	32.69	250m: 2:40.00	33.22	350m: 3:49.74 35.46
	100m: 1:00.94 31.46	200m: 2:06.78	33.15	300m: 3:14.28	34.28	400m: 4:23.78 34.04