

Prova 21
 15/11/2025 - 17:05

Femin., 400m Livres

 Open
 Resultados

Recordes Nacionais 25m Open	4:04.57	Francisca Soares, Martins	POR	Otopeni (ROU)	10/12/2023
Recordes Nacionais 25m 19 +	4:04.57	Francisca Soares, Martins	POR	Otopeni (ROU)	10/12/2023
Recordes Nacionais 25m 18	4:11.18	Francisca Soares, Martins	FOCA	Mealhada	14/11/2020
Rec Nac Universitarios 25 Metros	4:15.43	Tamila, Holub	AAUM	Senhora da Hora	08/12/2021

Lugar	Nome	Classe	Ano	Universidade	Tempo Final
1.	Joana, Cardeal		02	IP Viseu	4:14.53
	<i>Recorde Nacional Universitário</i>				
	50m: 29.35	29.35	150m: 1:32.77	32.06	250m: 2:37.31
	100m: 1:00.71	31.36	200m: 2:05.01	32.24	300m: 3:10.17
					32.30
					32.86
					350m: 3:43.07
					32.90
					400m: 4:14.53
					31.46
2.	Mafalda, Rosa		03	IP Viseu	4:23.64
	50m: 30.32	30.32	150m: 1:35.33	32.92	250m: 2:42.53
	100m: 1:02.41	32.09	200m: 2:08.77	33.44	300m: 3:16.40
					33.76
					33.87
					350m: 3:50.24
					33.84
					400m: 4:23.64
					33.40
3.	Helena, Rodrigues		03	Associacao Academica de Coimbr	4:24.62
	50m: 30.72	30.72	150m: 1:37.07	33.60	250m: 2:44.40
	100m: 1:03.47	32.75	200m: 2:11.04	33.97	300m: 3:18.39
					33.36
					33.99
					350m: 3:52.00
					33.61
					400m: 4:24.62
					32.62
4.	Sara, Alves		07	Politecnico de Setubal	4:32.27
	50m: 30.73	30.73	150m: 1:37.82	34.02	250m: 2:47.21
	100m: 1:03.80	33.07	200m: 2:12.40	34.58	300m: 3:22.23
					34.81
					35.02
					350m: 3:57.57
					35.34
					400m: 4:32.27
					34.70
5.	Carolina, Cabral		07	Universidade de Aveiro	4:33.65
	50m: 31.05	31.05	150m: 1:38.62	34.01	250m: 2:48.99
	100m: 1:04.61	33.56	200m: 2:13.53	34.91	300m: 3:24.64
					35.46
					35.65
					350m: 3:59.59
					34.95
					400m: 4:33.65
					34.06
6.	Carolina, Peixoto		06	Universidade do Minho	4:34.39
	50m: 31.39	31.39	150m: 1:39.54	34.54	250m: 2:49.98
	100m: 1:05.00	33.61	200m: 2:14.83	35.29	300m: 3:25.15
					35.15
					35.17
					350m: 4:00.14
					34.99
					400m: 4:34.39
					34.25
7.	Joana, Ferreira		05	Politecnico de Leiria	4:46.62
	50m: 31.56	31.56	150m: 1:42.95	35.89	250m: 2:57.26
	100m: 1:07.06	35.50	200m: 2:20.08	37.13	300m: 3:34.73
					37.18
					37.47
					350m: 4:11.73
					37.00
					400m: 4:46.62
					34.89
8.	Sara, Pimentel		05	Associacao Academica de Coimbr	4:46.89
	50m: 33.12	33.12	150m: 1:46.15	36.71	250m: 3:00.10
	100m: 1:09.44	36.32	200m: 2:23.18	37.03	300m: 3:36.56
					36.92
					36.46
					350m: 4:12.23
					35.67
					400m: 4:46.89
					34.66
9.	Ines, Martins		04	Universidade do Porto	5:02.13
	50m: 34.80	34.80	150m: 1:50.23	38.24	250m: 3:06.76
	100m: 1:11.99	37.19	200m: 2:28.52	38.29	300m: 3:45.06
					38.24
					38.30
					350m: 4:23.83
					38.77
					400m: 5:02.13
					38.30