

# RUMO A PARIS 2024

## Campeonato Nacional Clubes 2ª Divisão

### Estarreja, 4- - 5-12-2021



Prova 29	Femin., 400m Estilos				2ª Divisão FEM
05-12-2021 - 16:00					Resultados
RN25 Absoluto	4:36.19	KAMINSKAYA Victoria	POR	Copenhagen (DEN)	13-12-2017
RN25 Sen	4:36.19	KAMINSKAYA Victoria	POR	Copenhagen (DEN)	13-12-2017
RN25 Jun17	4:46.89	ROCHA Ines Neto	CAP	Felgueiras	15-04-2018
RN25 Jun16	4:50.85	DURAES Diana Margarida	FOCA	Silves	02-12-2011
RN25 Juv A	4:51.85	SANTOS Ana Claudia	SFUAP	Setubal	21-11-2004
RN25 Juv B	4:56.53	CUNHA Mariana Pacheco	CFP	Porto	05-05-2018
RN25 Inf A	5:03.94	FERNANDES Carolina Miranda	CGA	Condeixa	12-05-2018
RN25 Inf B	5:15.68	MIGUEL Susana Patricia	SFUAP	Rio Maior	06-07-2002

Pontos: FINA 2021

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	CUNHA Mariana Pacheco	04	124577	Colegio Efanor	<b>4:48.70</b>	+0,71	721	25,0(-)
	50m: 29.53 29.53			150m: 1:40.53 37.06	42.29		350m: 4:14.68 33.93	
	100m: 1:03.47 33.94			200m: 2:16.78 36.25	41.68		400m: 4:48.70 34.02	
2.	MARTINS Francisca Soares	03	126504	Foca Quinta da Lixa CNF	<b>4:50.67</b>	+0,72	706	23,0(-)
	50m: 30.43 30.43			150m: 1:41.24 36.18	43.59		350m: 4:18.48 33.52	
	100m: 1:05.06 34.63			200m: 2:16.72 35.48	44.65		400m: 4:50.67 32.19	
3.	CARDEAL Beatriz Nunes	04	124753	Academico Viseu	<b>4:58.41</b>	+0,63	653	22,0(-)
	50m: 31.00 31.00			150m: 1:46.27 39.41	43.41		350m: 4:26.34 34.33	
	100m: 1:06.86 35.86			200m: 2:24.65 38.38	43.95		400m: 4:58.41 32.07	
4.	REBELO Maria Carlota	03	119714	Condeixa Clube	<b>4:59.77</b>	+0,72	644	21,0(-)
	50m: 31.31 31.31			150m: 1:46.87 39.30	41.99		350m: 4:25.83 35.35	
	100m: 1:07.57 36.26			200m: 2:25.67 38.80	42.82		400m: 4:59.77 33.94	
5.	LOPES Francisca Macedo	05	129982	Vilacondense	<b>5:08.71</b>	+0,79	590	20,0(-)
	50m: 33.64 33.64			150m: 1:52.01 39.83	43.85		350m: 4:34.78 35.29	
	100m: 1:12.18 38.54			200m: 2:31.03 39.02	44.61		400m: 5:08.71 33.93	
6.	LIGEIRO Daniela Silva	04	127210	Viana Natacao	<b>5:08.73</b>	+0,77	590	19,0(-)
	50m: 32.14 32.14			150m: 1:49.54 40.52	46.10		350m: 4:35.04 33.65	
	100m: 1:09.02 36.88			200m: 2:29.50 39.96	45.79		400m: 5:08.73 33.69	
7.	RIBEIRO Margarida Messias	98	110544	Gesloures	<b>5:08.79</b>	+0,70	589	18,0(-)
	50m: 32.27 32.27			150m: 1:51.52 40.61	42.69		350m: 4:34.68 36.47	
	100m: 1:10.91 38.64			200m: 2:31.24 39.72	44.28		400m: 5:08.79 34.11	
8.	CAMACHO Carolina Martins	06	202646	Uniao Piedense	<b>5:12.52</b>	+0,94	568	17,0(-)
	50m: 33.72 33.72			150m: 1:50.70 38.59	45.40		350m: 4:36.18 36.06	
	100m: 1:12.11 38.39			200m: 2:28.59 37.89	46.13		400m: 5:12.52 36.34	
9.	SIMÕES Dania Rodrigues	07	133520	Louzan Natacao/EFAPEL	<b>5:15.63</b>	+0,93	552	16,0(-)
	50m: 35.04 35.04			150m: 1:54.17 40.25	45.40		350m: 4:40.30 36.80	
	100m: 1:13.92 38.88			200m: 2:33.76 39.59	44.34		400m: 5:15.63 35.33	
10.	CARDOSO Tatiana Alexandre	01	127355	Amadora	<b>5:19.35</b>	+0,82	533	15,0(-)
	50m: 34.59 34.59			150m: 1:54.79 40.68	45.04		350m: 4:43.71 37.53	
	100m: 1:14.11 39.52			200m: 2:35.84 41.05	45.30		400m: 5:19.35 35.64	
11.	FERREIRA Maria Leonor	04	130410	Desportivo Nacional	<b>5:27.08</b>	+0,76	496	14,0(-)
	50m: 33.39 33.39			150m: 1:54.28 40.93	48.40		350m: 4:49.50 38.88	
	100m: 1:13.35 39.96			200m: 2:34.53 40.25	47.69		400m: 5:27.08 37.58	
12.	GOMES Lia Beatriz	06	200413	Vitoria Guimaraes	<b>5:31.13</b>	+0,75	478	13,0(-)
	50m: 34.13 34.13			150m: 1:56.67 43.31	49.98		350m: 4:55.60 36.22	
	100m: 1:13.36 39.23			200m: 2:40.11 43.44	49.29		400m: 5:31.13 35.53	

Splash Meet Manager, 11.71436

Registered to Federacao Portuguesa De Natacao

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ORGANIZAÇÃO



PATROCINADOR PRINCIPAL



PATROCINADOR OFICIAL



PARCEIROS INSTITUCIONAIS



FORNecedor OFICIAL



PARCEIROS



**RUMO A PARIS 2024**  
Campeonato Nacional Clubes 2ª Divisão  
Estarreja, 4- - 5-12-2021



Prova 29, Femin., 400m Estilos, 2ª Divisão FEM

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
13.	VARANDAS Joana Filipa	02	124305	Laranjeiro	<b>5:32.41</b>	+0,83	472	12,0(-)
	50m: 34.34 34.34	150m: 1:57.74	43.25	250m: 3:29.67	49.21	350m: 4:56.53	36.89	
	100m: 1:14.49 40.15	200m: 2:40.46	42.72	300m: 4:19.64	49.97	400m: 5:32.41	35.88	
14.	DOMINGUES Vitoria Cruz	06	132163	Natacao de Vagos	<b>5:33.10</b>	+0,75	469	11,0(-)
	50m: 34.45 34.45	150m: 1:55.93	41.68	250m: 3:25.73	47.83	350m: 4:54.86	39.57	
	100m: 1:14.25 39.80	200m: 2:37.90	41.97	300m: 4:15.29	49.56	400m: 5:33.10	38.24	
15.	ROCHA Gabriela Santos	05	204325	Natacao de Valongo	<b>5:34.30</b>	+0,78	464	10,0(-)
	50m: 33.64 33.64	150m: 2:00.15	45.59	250m: 3:29.22	45.17	350m: 4:56.54	40.00	
	100m: 1:14.56 40.92	200m: 2:44.05	43.90	300m: 4:16.54	47.32	400m: 5:34.30	37.76	
16.	MARQUES Barbara Nunes	06	200027	Estarreja	<b>5:34.32</b>	+0,85	464	9,0(-)
	50m: 35.35 35.35	150m: 1:59.35	42.93	250m: 3:28.73	47.44	350m: 4:56.64	39.36	
	100m: 1:16.42 41.07	200m: 2:41.29	41.94	300m: 4:17.28	48.55	400m: 5:34.32	37.68	
17.	CUNHA Rita Moreira	03	130198	Desportiva de Viana	<b>5:36.26</b>	+0,94	456	8,0(-)
	50m: 35.84 35.84	150m: 2:00.05	42.01	250m: 3:29.85	48.58	350m: 4:58.92	38.86	
	100m: 1:18.04 42.20	200m: 2:41.27	41.22	300m: 4:20.06	50.21	400m: 5:36.26	37.34	
18.	ARROJA Margarida Marques	06	202361	Pimpoes/Cimai	<b>5:39.01</b>	+0,88	445	7,0(-)
	50m: 35.07 35.07	150m: 1:57.97	42.17	250m: 3:29.86	49.63	350m: 5:00.98	41.34	
	100m: 1:15.80 40.73	200m: 2:40.23	42.26	300m: 4:19.64	49.78	400m: 5:39.01	38.03	
19.	ANDRADE Matilde Sousa	08	205152	Naval do Funchal	<b>5:40.34</b>	+0,77	440	6,0(-)
	50m: 34.33 34.33	150m: 1:58.33	43.92	250m: 3:32.96	50.66	350m: 5:02.09	39.05	
	100m: 1:14.41 40.08	200m: 2:42.30	43.97	300m: 4:23.04	50.08	400m: 5:40.34	38.25	
20.	MALFEITO Maria Francisca	07	141513	Natacao de Lisboa	<b>5:41.73</b>	+0,86	435	5,0(-)
	50m: 36.11 36.11	150m: 2:05.98	45.37	250m: 3:36.36	46.57	350m: 5:03.73	39.08	
	100m: 1:20.61 44.50	200m: 2:49.79	43.81	300m: 4:24.65	48.29	400m: 5:41.73	38.00	
21.	SILVEIRA Sofia Pereira	05	131899	Bombeiros de Ponta Delgada	<b>5:47.95</b>	+0,88	412	4,0(-)
	50m: 37.71 37.71	150m: 2:09.15	46.37	250m: 3:41.79	46.72	350m: 5:08.41	39.91	
	100m: 1:22.78 45.07	200m: 2:55.07	45.92	300m: 4:28.50	46.71	400m: 5:47.95	39.54	
22.	BRAZ Maria Manuel	09	209417	Ginasio de Vila Real	<b>6:05.91</b>	+0,94	354	3,0(-)
	50m: 42.54 42.54	150m: 2:20.24	46.38	250m: 3:54.64	48.37	350m: 5:26.64	42.11	
	100m: 1:33.86 51.32	200m: 3:06.27	46.03	300m: 4:44.53	49.89	400m: 6:05.91	39.27	

