

Prova 29  
10/04/2022 - 16:00

Femin., 400m Estilos  
1ª Divisão

1ª Divisão FEM  
Resultados

RN Absoluto	4:40.11	KAMINSKAYA Victoria	POR	Pontevedra (ESP)	09/04/2017
RN Sen	4:40.11	KAMINSKAYA Victoria	POR	Pontevedra (ESP)	09/04/2017
RN Jun17	4:52.12	KAMINSKAYA Victoria	PIMP	Oeiras	27/07/2012
RN Jun16	4:54.00	ROCHA Ines Neto	SANNP	Gijón (ESP)	20/05/2017
RN Juv A	4:58.08	DURAES Diana Margarida	FOCA	Povoa de Varzim	05/08/2011
RN Juv B	5:01.00	ROCHA Ines Neto	CAP	Coimbra	24/07/2015
RN Inf A	5:11.29	ROCHA Diana Ramos	EDV	Faro	20/07/2007
RN Inf B	5:14.05	RUIVO Filipa Vilas	DNMG	S. Joao da Madeira	24/07/2009

CEJun\_Fem 14 - 17: 4:55.87 / CMJun\_Fem 14 - 17: 4:50.07 / CEPL 15 +: 4:44.10 / CMPL 15 +: 4:43.06

Pontos: FINA 2022

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	PEREIRA Raquel Gomes	00	118469	Benfica	<b>4:51.62</b>	+0,75	762	31,0(-)
	50m: 30.66 30.66	150m: 1:45.95 39.36	250m: 3:06.08 40.59	350m: 4:19.37 33.10				
	100m: 1:06.59 35.93	200m: 2:25.49 39.54	300m: 3:46.27 40.19	400m: 4:51.62 32.25				
2.	ANDRE Angelica Maria	94	15497	Porto	<b>4:56.28</b>	+0,92	726	29,0(-)
	50m: 31.39 31.39	150m: 1:45.35 38.62	250m: 3:08.04 42.79	350m: 4:22.75 33.21				
	100m: 1:06.73 35.34	200m: 2:25.25 39.90	300m: 3:49.54 41.50	400m: 4:56.28 33.53				
3.	MESQUITA Francisca Salvador	02	123935	Sporting	<b>4:58.51</b>	+0,69	710	28,0(-)
	50m: 31.34 31.34	150m: 1:47.58 40.44	250m: 3:08.86 41.96	350m: 4:25.16 34.49				
	100m: 1:07.14 35.80	200m: 2:26.90 39.32	300m: 3:50.67 41.81	400m: 4:58.51 33.35				
4.	MENDES Mariana Amaral	02	123959	Sporting	<b>4:59.32</b>	+0,85	704	27,0(-)
	50m: 31.80 31.80	150m: 1:49.12 41.07	250m: 3:10.94 42.69	350m: 4:26.91 33.62				
	100m: 1:08.05 36.25	200m: 2:28.25 39.13	300m: 3:53.29 42.35	400m: 4:59.32 32.41				
5.	VARGAS Giovanna Vaz	00	110957	Nautico da Marinha Grande	<b>5:09.83</b>	+0,84	635	26,0(-)
	50m: 32.19 32.19	150m: 1:48.89 40.35	250m: 3:13.61 44.92	350m: 4:34.48 36.43				
	100m: 1:08.54 36.35	200m: 2:28.69 39.80	300m: 3:58.05 44.44	400m: 5:09.83 35.35				
6.	PIRES Marta Joao	05	147235	Alges	<b>5:11.65</b>	+0,75	624	25,0(-)
	50m: 32.00 32.00	150m: 1:51.26 42.12	250m: 3:17.37 45.04	350m: 4:38.65 34.67				
	100m: 1:09.14 37.14	200m: 2:32.33 41.07	300m: 4:03.98 46.61	400m: 5:11.65 33.00				
7.	RODRIGUES Lidiana Correia	04	130399	Belenenses	<b>5:14.07</b>	+0,73	609	24,0(-)
	50m: 33.25 33.25	150m: 1:55.49 43.56	250m: 3:18.73 42.52	350m: 4:39.01 38.54				
	100m: 1:11.93 38.68	200m: 2:36.21 40.72	300m: 4:00.47 41.74	400m: 5:14.07 35.06				
8.	PINTO Leonor Filipa	06	132842	Porto	<b>5:14.34</b>	+0,69	608	23,0(-)
	50m: 32.64 32.64	150m: 1:52.44 40.90	250m: 3:17.37 44.71	350m: 4:39.82 36.77				
	100m: 1:11.54 38.90	200m: 2:32.66 40.22	300m: 4:03.05 45.68	400m: 5:14.34 34.52				
9.	LOPES Daniela Magalhaes	05	130098	Famalicao	<b>5:14.90</b>	+0,84	605	22,0(-)
	50m: 32.94 32.94	150m: 1:53.31 42.71	250m: 3:20.23 45.66	350m: 4:40.93 36.02				
	100m: 1:10.60 37.66	200m: 2:34.57 41.26	300m: 4:04.91 44.68	400m: 5:14.90 33.97				
10.	DIAZ Sofia Salamanca	00	208144	Louletano/Loule Concelho	<b>5:16.99</b>	+0,79	593	21,0(-)
	50m: 33.92 33.92	150m: 1:52.91 40.67	250m: 3:18.13 45.07	350m: 4:40.59 37.38				
	100m: 1:12.24 38.32	200m: 2:33.06 40.15	300m: 4:03.21 45.08	400m: 5:16.99 36.40				
11.	SILVA FIDALGO Aroa	02	214801	Louletano/Loule Concelho	<b>5:17.17</b>	+0,78	592	20,0(-)
	50m: 32.21 32.21	150m: 1:51.09 41.00	250m: 3:18.12 47.56	350m: 4:42.98 36.67				
	100m: 1:10.09 37.88	200m: 2:30.56 39.47	300m: 4:06.31 48.19	400m: 5:17.17 34.19				

Prova 29, Femin., 400m Estilos, 1ª Divisão FEM

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
12.	ALMEIDA Maria Emilia	07	131568	Galitos/ Bresimar	<b>5:17.19</b>	+0,86	592	19,0(-)
	50m: 32.75 32.75	150m: 1:50.42	40.82	250m: 3:18.49	47.67	350m: 4:42.06	36.16	
	100m: 1:09.60 36.85	200m: 2:30.82	40.40	300m: 4:05.90	47.41	400m: 5:17.19	35.13	
13.	TEJO Beatriz Costa	02	122103	Academica de Coimbra	<b>5:21.09</b>	+0,72	570	18,0(-)
	50m: 31.73 31.73	150m: 1:53.36	43.96	250m: 3:23.43	46.59	350m: 4:46.47	35.92	
	100m: 1:09.40 37.67	200m: 2:36.84	43.48	300m: 4:10.55	47.12	400m: 5:21.09	34.62	
14.	MONTEIRO Margarida Cabral	02	117474	Galitos/ Bresimar	<b>5:21.76</b>	+0,73	567	17,0(-)
	50m: 33.50 33.50	150m: 1:53.99	41.35	250m: 3:21.19	45.48	350m: 4:45.66	37.95	
	100m: 1:12.64 39.14	200m: 2:35.71	41.72	300m: 4:07.71	46.52	400m: 5:21.76	36.10	
15.	LOPES Matilde Nunes	06	201711	Benfica	<b>5:22.76</b>	+0,76	562	16,0(-)
	50m: 33.07 33.07	150m: 1:53.99	42.98	250m: 3:22.27	45.10	350m: 4:45.87	37.32	
	100m: 1:11.01 37.94	200m: 2:37.17	43.18	300m: 4:08.55	46.28	400m: 5:22.76	36.89	
16.	MARTINS Ana Beatriz	99	108375	Famalicao	<b>5:24.38</b>	+0,82	553	15,0(-)
	50m: 32.46 32.46	150m: 1:54.91	44.22	250m: 3:25.22	47.39	350m: 4:48.25	37.18	
	100m: 1:10.69 38.23	200m: 2:37.83	42.92	300m: 4:11.07	45.85	400m: 5:24.38	36.13	
17.	FERREIRA Constanca Santos	08	205945	Alges	<b>5:25.32</b>	+0,65	548	14,0(-)
	50m: 32.47 32.47	150m: 1:54.32	43.69	250m: 3:23.07	46.43	350m: 4:48.79	37.89	
	100m: 1:10.63 38.16	200m: 2:36.64	42.32	300m: 4:10.90	47.83	400m: 5:25.32	36.53	
18.	PEIXOTO Carolina Esteves	06	133308	Braga	<b>5:27.74</b>	+0,86	536	13,0(-)
	50m: 35.63 35.63	150m: 2:02.17	44.45	250m: 3:30.02	45.02	350m: 4:52.37	36.23	
	100m: 1:17.72 42.09	200m: 2:45.00	42.83	300m: 4:16.14	46.12	400m: 5:27.74	35.37	
19.	PIMENTEL Marta Lima	04	130230	Fluvial Portuense	<b>5:28.08</b>	+0,69	535	12,0(-)
	50m: 34.72 34.72	150m: 1:58.05	43.11	250m: 3:28.93	49.54	350m: 4:53.99	35.61	
	100m: 1:14.94 40.22	200m: 2:39.39	41.34	300m: 4:18.38	49.45	400m: 5:28.08	34.09	
20.	CARAPINHA Ariana Bento	06	148277	Nautico da Marinha Grande	<b>5:28.23</b>	+0,84	534	11,0(-)
	50m: 32.27 32.27	150m: 1:53.25	41.50	250m: 3:21.85	47.88	350m: 4:49.39	38.13	
	100m: 1:11.75 39.48	200m: 2:33.97	40.72	300m: 4:11.26	49.41	400m: 5:28.23	38.84	
21.	MATOS Ana Rita	02	127501	Belenenses	<b>5:28.48</b>	+0,76	533	10,0(-)
	50m: 33.20 33.20	150m: 1:53.45	42.26	250m: 3:23.14	48.44	350m: 4:50.11	37.87	
	100m: 1:11.19 37.99	200m: 2:34.70	41.25	300m: 4:12.24	49.10	400m: 5:28.48	38.37	
22.	PINTO Margarida Vieira	07	204344	Braga	<b>5:28.83</b>	+0,80	531	9,0(-)
	50m: 34.87 34.87	150m: 2:00.78	42.85	250m: 3:28.07	45.89	350m: 4:53.23	38.06	
	100m: 1:17.93 43.06	200m: 2:42.18	41.40	300m: 4:15.17	47.10	400m: 5:28.83	35.60	
23.	COSTA Daniela Alexandra	06	129441	Leixoes	<b>5:30.35</b>	+0,93	524	8,0(-)
	50m: 35.44 35.44	150m: 1:59.46	41.46	250m: 3:28.54	48.04	350m: 4:54.43	37.26	
	100m: 1:18.00 42.56	200m: 2:40.50	41.04	300m: 4:17.17	48.63	400m: 5:30.35	35.92	
24.	FROIS Maria Francisca	06	129330	Bairro dos Anjos/ Leiria	<b>5:30.54</b>	+0,82	523	7,0(-)
	50m: 33.89 33.89	150m: 2:00.12	43.85	250m: 3:29.61	47.19	350m: 4:54.26	36.80	
	100m: 1:16.27 42.38	200m: 2:42.42	42.30	300m: 4:17.46	47.85	400m: 5:30.54	36.28	
25.	GASPAR Beatriz Ferreira	04	126345	Academica de Coimbra	<b>5:30.80</b>	+0,93	522	6,0(-)
	50m: 33.66 33.66	150m: 1:55.71	42.82	250m: 3:26.02	48.26	350m: 4:54.34	37.78	
	100m: 1:12.89 39.23	200m: 2:37.76	42.05	300m: 4:16.56	50.54	400m: 5:30.80	36.46	
26.	ALVES Maria Madalena	06	132854	Bairro dos Anjos/ Leiria	<b>5:33.17</b>	+0,83	510	5,0(-)
	50m: 34.84 34.84	150m: 1:59.40	44.18	250m: 3:29.67	47.17	350m: 4:55.35	38.89	
	100m: 1:15.22 40.38	200m: 2:42.50	43.10	300m: 4:16.46	46.79	400m: 5:33.17	37.82	

## Prova 29, Femin., 400m Estilos, 1ª Divisão FEM

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
27.	MENDES Leonor Roque	06	203844	Colegio Monte Maior	<b>5:45.63</b>	+0,73	457	4,0(-)
	50m: 36.37 36.37	150m: 2:04.06	45.73	250m: 3:37.53	49.54	350m: 5:07.77	39.69	
	100m: 1:18.33 41.96	200m: 2:47.99	43.93	300m: 4:28.08	50.55	400m: 5:45.63	37.86	
28.	CRUZ Constanca Lopes	09	208279	Colegio Monte Maior	<b>5:47.94</b>	+0,76	448	3,0(-)
	50m: 38.04 38.04	150m: 2:09.93	46.82	250m: 3:43.20	49.12	350m: 5:11.51	39.36	
	100m: 1:23.11 45.07	200m: 2:54.08	44.15	300m: 4:32.15	48.95	400m: 5:47.94	36.43	
29.	NOGUEIRA Ines Aires	06	203625	Fluvial Portuense	<b>5:48.71</b>	+0,84	445	2,0(-)
	50m: 35.22 35.22	150m: 2:06.24	47.60	250m: 3:41.92	49.24	350m: 5:10.62	37.74	
	100m: 1:18.64 43.42	200m: 2:52.68	46.44	300m: 4:32.88	50.96	400m: 5:48.71	38.09	
30.	CAIXEIRO Mafalda Rego	08	201092	Leixoes	<b>6:08.52</b>	+0,84	377	1,0(-)
	50m: 36.06 36.06	150m: 2:10.86	48.97	250m: 3:50.38	53.20	350m: 5:26.00	42.59	
	100m: 1:21.89 45.83	200m: 2:57.18	46.32	300m: 4:43.41	53.03	400m: 6:08.52	42.52	

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PARCEIRO OFICIAL DE NUTRIÇÃO DESPORTIVA E ALIMENTAÇÃO FUNCIONAL



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