

Prova 23  
02/12/2022 - 18:25

Femin., 400m Livres  
3ª Divisão

3ª Divisão FEM  
Resultados

Rec Nac Absoluto	4:04.61	Diana Margarida DURAES	POR	Copenhagen (DEN)	17/12/2017
Rec Nac Sen	4:04.61	Diana Margarida DURAES	POR	Copenhagen (DEN)	17/12/2017
Rec Nac Jun17	4:10.52	Tamila Hryhorivna HOLUB	SCB	Porto	12/12/2015
Rec Nac Jun16	4:13.53	Ana Reis SOUSA	CNLA	Porto	09/12/2017
Rec Nac Juv A	4:18.39	Ana Claudia SANTOS	SFUAP	Cantanhede	20/12/2004
Rec Nac Juv B	4:23.08	Susana Patricia MIGUEL	SFUAP	Alhandra	15/05/2004
Rec Nac Inf A	4:25.30	Alexandra Maria SILVA	FCP	Porto	19/07/1980
Rec Nac Inf B	4:38.40	Filipa Vilas RUIVO	DNMG	Alcobaça	13/06/2009

Lugar	Nome	T. Reação	Sexo	Licença	Ano	Clube	Tempo Final	Pts
1.	Catarina Isabel CARLOTA	+0,71	F	132493	05	BUZIOS - Coruche	<b>4:41.92</b>	34,0(-)
	50m: 31.93 31.93	150m: 1:43.47 36.12	250m: 2:55.59 36.01	350m: 4:07.28 35.78				
	100m: 1:07.35 35.42	200m: 2:19.58 36.11	300m: 3:31.50 35.91	400m: 4:41.92 34.64				
2.	Maria Joao RIBEIRO	+0,84	F	133241	05	Sao Joao Ver	<b>4:43.38</b>	32,0(-)
	50m: 32.32 32.32	150m: 1:42.60 35.66	250m: 2:55.19 36.11	350m: 4:08.09 36.49				
	100m: 1:06.94 34.62	200m: 2:19.08 36.48	300m: 3:31.60 36.41	400m: 4:43.38 35.29				
3.	Raquel Campos CARDOSO	+0,73	F	153184	09	Bombeiros Ponta Delgada	<b>4:43.72</b>	31,0(-)
	50m: 32.46 32.46	150m: 1:43.49 35.92	250m: 2:55.81 36.36	350m: 4:08.34 36.28				
	100m: 1:07.57 35.11	200m: 2:19.45 35.96	300m: 3:32.06 36.25	400m: 4:43.72 35.38				
4.	Maria Francisca FROIS	+0,81	F	129330	06	CNLeiria	<b>4:44.96</b>	30,0(-)
	50m: 31.16 31.16	150m: 1:42.34 36.28	250m: 2:55.73 36.67	350m: 4:10.18 37.30				
	100m: 1:06.06 34.90	200m: 2:19.06 36.72	300m: 3:32.88 37.15	400m: 4:44.96 34.78				
5.	Ines Mira PINO	+0,73	F	208131	06	Pimpoes/Cimai	<b>4:45.72</b>	29,0(-)
	50m: 32.79 32.79	150m: 1:45.01 36.49	250m: 2:58.48 36.85	350m: 4:11.28 36.31				
	100m: 1:08.52 35.73	200m: 2:21.63 36.62	300m: 3:34.97 36.49	400m: 4:45.72 34.44				
6.	Andreia Monteiro BARREIRA	+0,73	F	204638	06	Peso da Regua	<b>4:47.45</b>	28,0(-)
	50m: 32.13 32.13	150m: 1:42.49 35.69	250m: 2:55.70 37.15	350m: 4:10.59 37.75				
	100m: 1:06.80 34.67	200m: 2:18.55 36.06	300m: 3:32.84 37.14	400m: 4:47.45 36.86				
7.	Ana Teresa ROMAO	+0,86	F	200128	06	Naval de Faro	<b>4:48.92</b>	27,0(-)
	50m: 32.49 32.49	150m: 1:45.03 36.72	250m: 2:58.85 36.99	350m: 4:13.24 37.04				
	100m: 1:08.31 35.82	200m: 2:21.86 36.83	300m: 3:36.20 37.35	400m: 4:48.92 35.68				
8.	Catarina Isabel ALVES	+0,89	F	201198	06	Aminata	<b>4:49.15</b>	26,0(-)
	50m: 33.10 33.10	150m: 1:45.88 36.83	250m: 3:00.16 36.97	350m: 4:14.37 37.21				
	100m: 1:09.05 35.95	200m: 2:23.19 37.31	300m: 3:37.16 37.00	400m: 4:49.15 34.78				
9.	Angelina Bernejo JONES	+0,69	F	203392	04	Portinado	<b>4:49.78</b>	25,0(-)
	50m: 31.33 31.33	150m: 1:45.25 37.59	250m: 3:00.67 37.83	350m: 4:15.11 36.78				
	100m: 1:07.66 36.33	200m: 2:22.84 37.59	300m: 3:38.33 37.66	400m: 4:49.78 34.67				
10.	Sofia Oliveira SILVA	+0,79	F	121399	99	Litoral Alentejano	<b>4:50.62</b>	24,0(-)
	50m: 33.47 33.47	150m: 1:46.17 36.73	250m: 3:00.23 36.90	350m: 4:14.91 37.65				
	100m: 1:09.44 35.97	200m: 2:23.33 37.16	300m: 3:37.26 37.03	400m: 4:50.62 35.71				
11.	Leticia Rodrigues MAGALHAES	+0,88	F	205089	07	Naval Setubalense	<b>4:51.91</b>	23,0(-)
	50m: 32.54 32.54	150m: 1:44.60 36.30	250m: 2:58.80 37.53	350m: 4:14.97 37.79				
	100m: 1:08.30 35.76	200m: 2:21.27 36.67	300m: 3:37.18 38.38	400m: 4:51.91 36.94				
12.	Beatriz Costa DIAS	+0,88	F	204424	08	Aquatico Pacense	<b>4:54.30</b>	22,0(-)
	50m: 34.10 34.10	150m: 1:47.88 37.56	250m: 3:03.08 37.64	350m: 4:18.84 38.03				
	100m: 1:10.32 36.22	200m: 2:25.44 37.56	300m: 3:40.81 37.73	400m: 4:54.30 35.46				
13.	Susana Pereira VEIGA	+0,77	F	121936	00	Colegio Vasco da Gama	<b>4:55.91</b>	21,0(-)
	50m: 32.88 32.88	150m: 1:45.34 37.12	250m: 3:01.08 38.32	350m: 4:18.68 39.01				
	100m: 1:08.22 35.34	200m: 2:22.76 37.42	300m: 3:39.67 38.59	400m: 4:55.91 37.23				
14.	Isabel Pires ALMEIDA	+0,70	F	201164	06	Nucleo Sporting da Terceira	<b>5:00.16</b>	20,0(-)
	50m: 33.70 33.70	150m: 1:49.95 38.33	250m: 3:07.11 38.92	350m: 4:23.18 37.44				
	100m: 1:11.62 37.92	200m: 2:28.19 38.24	300m: 3:45.74 38.63	400m: 5:00.16 36.98				
15.	Ana Carmo PINHEIRO	+0,78	F	124856	02	Ginasio Santo Tirso	<b>5:02.08</b>	19,0(-)
	50m: 33.91 33.91	150m: 1:49.91 38.40	250m: 3:07.60 38.92	350m: 4:25.95 39.21				
	100m: 1:11.51 37.60	200m: 2:28.68 38.77	300m: 3:46.74 39.14	400m: 5:02.08 36.13				

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Lugar	Nome	T. Reação	Sexo	Licença	Ano	Clube	Tempo Final	Pts
16.	Alana Costa MATIAS	+0,80	F	209589	09	Uniao Coimbra	<b>5:02.40</b>	18,0(-)
	50m: 33.84 33.84	150m: 1:49.04 37.78	250m: 3:06.63 38.95	350m: 4:24.98 39.23				
	100m: 1:11.26 37.42	200m: 2:27.68 38.64	300m: 3:45.75 39.12	400m: 5:02.40 37.42				
17.	Lara Mota FERREIRA	+0,74	F	209955	08	Fafe	<b>5:03.42</b>	17,0(-)
	50m: 33.97 33.97	150m: 1:50.45 38.63	250m: 3:08.55 38.95	350m: 4:26.21 38.75				
	100m: 1:11.82 37.85	200m: 2:29.60 39.15	300m: 3:47.46 38.91	400m: 5:03.42 37.21				
18.	Bruna Filipa LOURENCO	+0,98	F	203897	08	O Crasto	<b>5:03.57</b>	16,0(-)
	50m: 33.87 33.87	150m: 1:49.77 38.65	250m: 3:08.55 39.72	350m: 4:26.84 38.82				
	100m: 1:11.12 37.25	200m: 2:28.83 39.06	300m: 3:48.02 39.47	400m: 5:03.57 36.73				
19.	Paula Aguiar MARGARIDO	+0,91	F	204386	09	Juventude Atlantico	<b>5:03.78</b>	15,0(-)
	50m: 33.75 33.75	150m: 1:49.55 38.11	250m: 3:07.55 39.31	350m: 4:25.85 39.16				
	100m: 1:11.44 37.69	200m: 2:28.24 38.69	300m: 3:46.69 39.14	400m: 5:03.78 37.93				
20.	Lara Pinho SILVA	+0,71	F	204992	07	Feirense	<b>5:05.33</b>	14,0(-)
	50m: 33.82 33.82	150m: 1:52.04 39.43	250m: 3:12.51 40.07	350m: 4:31.03 38.84				
	100m: 1:12.61 38.79	200m: 2:32.44 40.40	300m: 3:52.19 39.68	400m: 5:05.33 34.30				
21.	Margarida Faria MIRANDA	+0,75	F	205932	09	Palmela	<b>5:05.65</b>	13,0(-)
	50m: 34.67 34.67	150m: 1:50.71 38.31	250m: 3:08.59 39.12	350m: 4:27.63 39.64				
	100m: 1:12.40 37.73	200m: 2:29.47 38.76	300m: 3:47.99 39.40	400m: 5:05.65 38.02				
22.	Beatriz Ferreira BATISTA	+0,87	F	205653	09	CPCD-Povoas St Iria	<b>5:08.15</b>	12,0(-)
	50m: 34.78 34.78	150m: 1:52.13 39.42	250m: 3:11.32 39.61	350m: 4:30.33 39.53				
	100m: 1:12.71 37.93	200m: 2:31.71 39.58	300m: 3:50.80 39.48	400m: 5:08.15 37.82				
23.	Eduarda Galvao RAPOSO	+0,89	F	209623	09	Natacao do Fundao	<b>5:08.21</b>	11,0(-)
	50m: 34.33 34.33	150m: 1:52.22 39.57	250m: 3:12.73 40.19	350m: 4:31.47 38.81				
	100m: 1:12.65 38.32	200m: 2:32.54 40.32	300m: 3:52.66 39.93	400m: 5:08.21 36.74				
24.	Leonor Moca CRAVEIRO	+0,95	F	211383	09	Naval Povoense	<b>5:14.04</b>	10,0(-)
	50m: 35.05 35.05	150m: 1:53.86 39.55	250m: 3:14.03 39.96	350m: 4:35.93 40.83				
	100m: 1:14.31 39.26	200m: 2:34.07 40.21	300m: 3:55.10 41.07	400m: 5:14.04 38.11				
25.	Ines Marques GARCIA	+0,83	F	132415	03	Nautico Abrantes	<b>5:18.88</b>	9,0(-)
	50m: 34.74 34.74	150m: 1:53.87 40.53	250m: 3:16.06 41.25	350m: 4:38.83 41.65				
	100m: 1:13.34 38.60	200m: 2:34.81 40.94	300m: 3:57.18 41.12	400m: 5:18.88 40.05				
26.	Leonor Pereira ROCHA	+0,84	F	205433	08	Sporting de Espinho	<b>5:19.47</b>	8,0(-)
	50m: 34.89 34.89	150m: 1:52.87 39.62	250m: 3:14.44 41.32	350m: 4:39.27 42.55				
	100m: 1:13.25 38.36	200m: 2:33.12 40.25	300m: 3:56.72 42.28	400m: 5:19.47 40.20				
27.	Rafaela Calvo COUTINHO	+0,79	F	207581	08	Campinho	<b>5:27.58</b>	7,0(-)
	50m: 35.77 35.77	150m: 1:57.94 41.57	250m: 3:22.12 41.90	350m: 4:47.34 42.66				
	100m: 1:16.37 40.60	200m: 2:40.22 42.28	300m: 4:04.68 42.56	400m: 5:27.58 40.24				
28.	Maria Madalena MONTEIRO	+0,77	F	202887	08	Gualdim Pais	<b>5:27.71</b>	6,0(-)
	50m: 35.62 35.62	150m: 1:58.70 42.51	250m: 3:24.08 42.63	350m: 4:47.95 41.38				
	100m: 1:16.19 40.57	200m: 2:41.45 42.75	300m: 4:06.57 42.49	400m: 5:27.71 39.76				
29.	Jessica Bernardino LOPES	+0,76	F	212317	10	Fisica Torres Vedras	<b>5:28.00</b>	5,0(-)
	50m: 35.54 35.54	150m: 1:59.07 42.56	250m: 3:23.77 42.26	350m: 4:48.79 42.18				
	100m: 1:16.51 40.97	200m: 2:41.51 42.44	300m: 4:06.61 42.84	400m: 5:28.00 39.21				
30.	Carolina Santos SILVA	+0,69	F	202546	06	CCDSerta	<b>5:31.41</b>	4,0(-)
	50m: 36.53 36.53	150m: 1:59.24 42.22	250m: 3:24.97 43.31	350m: 4:51.28 43.50				
	100m: 1:17.02 40.49	200m: 2:41.66 42.42	300m: 4:07.78 42.81	400m: 5:31.41 40.13				
31.	Benedita Cardoso MELO	+0,88	F	152518	07	Naval Praia da Vitoria	<b>5:39.26</b>	3,0(-)
	50m: 38.25 38.25	150m: 2:02.13 42.78	250m: 3:28.54 42.98	350m: 4:56.37 43.75				
	100m: 1:19.35 41.10	200m: 2:45.56 43.43	300m: 4:12.62 44.08	400m: 5:39.26 42.89				
32.	Vitoria Morao ALMEIDA	+0,92	F	206749	09	Albicastrense	<b>5:51.40</b>	2,0(-)
	50m: 38.24 38.24	150m: 2:05.81 44.94	250m: 3:36.17 45.26	350m: 5:07.72 45.83				
	100m: 1:20.87 42.63	200m: 2:50.91 45.10	300m: 4:21.89 45.72	400m: 5:51.40 43.68				
DSQ	Margarida Carreiro SOUSA		F	205606	08	Agua de Pau		-
	4.2 - Falsa Partida – SW 4.4							