

Prova 1  
03/12/2022 - 9:30

Femin., 400m Livres

2ª Divisão FEM  
Resultados

RN25 Absoluto	4:04.61	Diana Margarida DURAES	POR	Copenhagen (DEN)	17/12/2017
RN25 Sen	4:04.61	Diana Margarida DURAES	POR	Copenhagen (DEN)	17/12/2017
RN25 Jun17	4:10.52	Tamila Hryhorivna HOLUB	SCB	Porto	12/12/2015
RN25 Jun16	4:13.53	Ana Reis SOUSA	CNLA	Porto	09/12/2017
RN25 Juv A	4:18.39	Ana Claudia SANTOS	SFUAP	Cantanhede	20/12/2004
RN25 Juv B	4:23.08	Susana Patricia MIGUEL	SFUAP	Alhandra	15/05/2004
RN25 Inf A	4:25.30	Alexandra Maria SILVA	FCP	Porto	19/07/1980
RN25 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.	Francisca Soares MARTINS	+0,70	F	126504	03	Foca Quinta da Lixa CNF	<b>4:13.93</b>	28,0(-)
	50m: 29.54 29.54	150m: 1:33.41 32.15	250m: 2:37.85 32.24	350m: 3:42.67 32.52	100m: 1:01.26 31.72	200m: 2:05.61 32.20	300m: 3:10.15 32.30	400m: 4:13.93 31.26
2.	Carlotta TONI	+0,78	F	217346	95	Naval do Funchal	<b>4:14.79</b>	26,0(-)
	50m: 29.88 29.88	150m: 1:33.63 31.94	250m: 2:37.64 31.79	350m: 3:42.45 32.54	100m: 1:01.69 31.81	200m: 2:05.85 32.22	300m: 3:09.91 32.27	400m: 4:14.79 32.34
3.	Joana Nunes CARDEAL	+0,94	F	124752	02	Academico Viseu	<b>4:18.04</b>	25,0(-)
	50m: 30.32 30.32	150m: 1:36.06 32.87	250m: 2:41.12 32.33	350m: 3:46.17 32.61	100m: 1:03.19 32.87	200m: 2:08.79 32.73	300m: 3:13.56 32.44	400m: 4:18.04 31.87
4.	Ines Jacinto HENRIQUES	+0,75	F	120220	00	Louzan Natacao/EFAPEL	<b>4:22.11</b>	24,0(-)
	50m: 30.19 30.19	150m: 1:35.28 32.74	250m: 2:41.49 33.18	350m: 3:48.69 33.81	100m: 1:02.54 32.35	200m: 2:08.31 33.03	300m: 3:14.88 33.39	400m: 4:22.11 33.42
5.	Mafalda Martins MESQUITA	+0,82	F	202805	07	Famalicao	<b>4:27.58</b>	23,0(-)
	50m: 31.28 31.28	150m: 1:38.40 33.80	250m: 2:46.33 34.05	350m: 3:55.22 34.65	100m: 1:04.60 33.32	200m: 2:12.28 33.88	300m: 3:20.57 34.24	400m: 4:27.58 32.36
6.	Maria Ornelas ARMAS		F	106961	98	Vikings	<b>4:27.70</b>	22,0(-)
	50m: 30.88 30.88	150m: 1:37.58 33.54	250m: 2:45.37 34.02	350m: 3:54.08 34.30	100m: 1:04.04 33.16	200m: 2:11.35 33.77	300m: 3:19.78 34.41	400m: 4:27.70 33.62
7.	Ines Santos AMORIM	+0,82	F	200626	06	Desportiva de Viana	<b>4:29.82</b>	21,0(-)
	50m: 30.61 30.61	150m: 1:37.75 33.99	250m: 2:46.74 34.59	350m: 3:55.91 34.49	100m: 1:03.76 33.15	200m: 2:12.15 34.40	300m: 3:21.42 34.68	400m: 4:29.82 33.91
8.	Mariana Carmo ROSA	+0,71	F	130218	05	Condeixa Clube	<b>4:32.92</b>	20,0(-)
	50m: 31.01 31.01	150m: 1:38.53 34.12	250m: 2:48.01 34.67	350m: 3:58.08 35.10	100m: 1:04.41 33.40	200m: 2:13.34 34.81	300m: 3:22.98 34.97	400m: 4:32.92 34.84
9.	Joana Barbas RAMOS	+0,77	F	153484	06	Gafanha da Encarnacao	<b>4:35.39</b>	19,0(-)
	50m: 31.40 31.40	150m: 1:39.11 34.20	250m: 2:49.05 35.16	350m: 4:00.25 35.80	100m: 1:04.91 33.51	200m: 2:13.89 34.78	300m: 3:24.45 35.40	400m: 4:35.39 35.14
10.	Carolina Amadeu FERREIRA	+0,76	F	202815	08	Leixoes	<b>4:35.92</b>	18,0(-)
	50m: 31.67 31.67	150m: 1:41.68 35.39	250m: 2:52.09 35.17	350m: 4:02.04 34.83	100m: 1:06.29 34.62	200m: 2:16.92 35.24	300m: 3:27.21 35.12	400m: 4:35.92 33.88
11.	Maria Neto FERREIRA	+0,82	F	131467	06	Nautico Academico	<b>4:36.53</b>	17,0(-)
	50m: 31.17 31.17	150m: 1:40.52 35.37	250m: 2:50.92 34.73	350m: 4:02.49 35.34	100m: 1:05.15 33.98	200m: 2:16.19 35.67	300m: 3:27.15 36.23	400m: 4:36.53 34.04
12.	Ines Martins SILVA	+0,86	F	127134	04	Vilacondense	<b>4:40.25</b>	16,0(-)
	50m: 31.48 31.48	150m: 1:40.08 34.92	250m: 2:51.21 35.88	350m: 4:03.92 36.13	100m: 1:05.16 33.68	200m: 2:15.33 35.25	300m: 3:27.79 36.58	400m: 4:40.25 36.33
13.	Ana Francisca SILVA		F	200045	06	Alcobaca	<b>4:40.69</b>	15,0(-)
	50m: 31.05 31.05	150m: 1:40.35 35.40	250m: 2:51.40 34.92	350m: 4:04.19 36.25	100m: 1:04.95 33.90	200m: 2:16.48 36.13	300m: 3:27.94 36.54	400m: 4:40.69 36.50
14.	Mafalda Santos COSTA	+0,90	F	132453	05	Colegio Monte Maior	<b>4:43.89</b>	14,0(-)
	50m: 31.82 31.82	150m: 1:41.57 35.44	250m: 2:53.92 35.98	350m: 4:07.46 37.02	100m: 1:06.13 34.31	200m: 2:17.94 36.37	300m: 3:30.44 36.52	400m: 4:43.89 36.43
15.	Iris Pereira CARRAO	+0,82	F	201392	05	Laranjeiro	<b>4:44.23</b>	13,0(-)
	50m: 32.26 32.26	150m: 1:43.36 35.84	250m: 2:55.36 35.85	350m: 4:08.09 36.41	100m: 1:07.52 35.26	200m: 2:19.51 36.15	300m: 3:31.68 36.32	400m: 4:44.23 36.14

Prova 1, Femin., 400m Livres, 2ª Divisão FEM

Lugar	Nome	T. Reação	Sexo	Licença	Ano	Clube	Tempo Final	Pts
16.	Carolina Vizinho CABRAL	+0,83	F	206307	07	Natacao de Vagos	<b>4:45.07</b>	12,00-
	50m: 31.65 31.65	150m: 1:40.43 34.56	250m: 2:53.12 36.93	350m: 4:08.16 37.82	100m: 1:06.87 34.22	200m: 2:16.19 35.76	300m: 3:30.34 37.22	400m: 4:45.07 36.91
17.	Lara Catarina MAIA		F	205712	09	Estarreja/PROZINCO	<b>4:46.37</b>	11,00-
	50m: 32.00 32.00	150m: 1:42.73 35.91	250m: 2:56.07 36.68	350m: 4:10.22 37.22	100m: 1:06.82 34.82	200m: 2:19.39 36.66	300m: 3:33.00 36.93	400m: 4:46.37 36.15
18.	Ines Mariana PINHEIRO	+0,73	F	125610	03	Academica de Coimbra	<b>4:48.20</b>	10,00-
	50m: 31.89 31.89	150m: 1:43.52 36.65	250m: 2:57.86 37.19	350m: 4:12.54 37.37	100m: 1:06.87 34.98	200m: 2:20.67 37.15	300m: 3:35.17 37.31	400m: 4:48.20 35.66
19.	Diana Valadas HORTA	+0,84	F	201782	04	Uniao Piedense	<b>4:48.21</b>	9,00-
	50m: 31.85 31.85	150m: 1:43.48 36.48	250m: 2:57.80 37.14	350m: 4:12.17 36.98	100m: 1:07.00 35.15	200m: 2:20.66 37.18	300m: 3:35.19 37.39	400m: 4:48.21 36.04
20.	Natalia Passeira NEVES	+0,92	F	200503	05	Natacao de Valongo	<b>4:48.56</b>	8,00-
	50m: 30.80 30.80	150m: 1:42.19 36.33	250m: 2:56.63 37.34	350m: 4:12.26 38.00	100m: 1:05.86 35.06	200m: 2:19.29 37.10	300m: 3:34.26 37.63	400m: 4:48.56 36.30
21.	Maria Silva PEREIRA	+0,78	F	209414	08	Ginasio de Vila Real	<b>4:48.60</b>	7,00-
	50m: 32.03 32.03	150m: 1:44.29 36.71	250m: 2:57.97 36.85	350m: 4:12.21 37.18	100m: 1:07.58 35.55	200m: 2:21.12 36.83	300m: 3:35.03 37.06	400m: 4:48.60 36.39
22.	Maria Carvalho PINTO	+0,92	F	206343	09	Viana Natacao	<b>4:49.18</b>	6,00-
	50m: 31.82 31.82	150m: 1:44.91 37.96	250m: 2:58.28 36.19	350m: 4:13.12 37.56	100m: 1:06.95 35.13	200m: 2:22.09 37.18	300m: 3:35.56 37.28	400m: 4:49.18 36.06
23.	Margarida Correia MADEIRA	+0,86	F	200050	06	Nautico Marinha Grande	<b>4:49.97</b>	5,00-
	50m: 32.31 32.31	150m: 1:43.82 36.37	250m: 2:57.80 37.28	350m: 4:13.06 37.71	100m: 1:07.45 35.14	200m: 2:20.52 36.70	300m: 3:35.35 37.55	400m: 4:49.97 36.91
24.	Ines Cruz CAMARA		F	131346	07	Desportivo Nacional	<b>4:55.93</b>	4,00-
	50m: 32.08 32.08	150m: 1:44.84 37.36	250m: 3:00.76 37.98	350m: 4:17.93 38.92	100m: 1:07.48 35.40	200m: 2:22.78 37.94	300m: 3:39.01 38.25	400m: 4:55.93 38.00
25.	Maria Madalena ALVES	+0,76	F	132854	06	Ba-Leiria	<b>5:01.91</b>	3,00-
	50m: 32.77 32.77	150m: 1:47.04 37.95	250m: 3:04.23 38.78	350m: 4:23.44 39.90	100m: 1:09.09 36.32	200m: 2:25.45 38.41	300m: 3:43.54 39.31	400m: 5:01.91 38.47
26.	Iris Castro CAMPOS	+0,83	F	205634	06	Amadora	<b>5:05.04</b>	2,00-
	50m: 33.75 33.75	150m: 1:48.79 37.79	250m: 3:05.62 38.75	350m: 4:25.85 40.65	100m: 1:11.00 37.25	200m: 2:26.87 38.08	300m: 3:45.20 39.58	400m: 5:05.04 39.19
27.	Manoella Saad BARBOSA	+0,81	F	216199	02	Natacao de Lisboa	<b>5:43.73</b>	1,00-
	50m: 33.30 33.30	150m: 1:52.55 41.13	250m: 3:22.03 45.87	350m: 4:56.78 47.77	100m: 1:11.42 38.12	200m: 2:36.16 43.61	300m: 4:09.01 46.98	400m: 5:43.73 46.95