

Prova 29
04/12/2022 - 16:00

Femin., 400m Estilos

2ª Divisao FEM
Resultados

RN25 Absoluto	4:36.19	Victoria KAMINSKAYA	POR	Copenhagen (DEN)	13/12/2017
RN25 Sen	4:36.19	Victoria KAMINSKAYA	POR	Copenhagen (DEN)	13/12/2017
RN25 Jun17	4:46.89	Ines Neto ROCHA	CAP	Felgueiras	15/04/2018
RN25 Jun16	4:50.85	Diana Margarida DURAES	FOCA	Silves	02/12/2011
RN25 Juv A	4:51.85	Ana Claudia SANTOS	SFUAP	Setubal	21/11/2004
RN25 Juv B	4:56.53	Mariana Pacheco CUNHA	CFP	Porto	05/05/2018
RN25 Inf A	5:03.94	Carolina Miranda FERNANDES	CGA	Condeixa	12/05/2018
RN25 Inf B	5:15.68	Susana Patricia MIGUEL	SFUAP	Rio Maior	06/07/2002

Lugar	Nome	T. Reaçao	Sexo	Licenca	Ano	Clube	Tempo Final	Pts
1.	Francisca Soares MARTINS	+0,69	F	126504	03	Foca Quinta da Lixa CNF	4:48.55	28,0€
	50m: 30.70 30.70	150m: 1:41.66 36.52	250m: 3:00.42 42.71	350m: 4:15.89 32.41				
	100m: 1:05.14 34.44	200m: 2:17.71 36.05	300m: 3:43.48 43.06	400m: 4:48.55 32.66				
2.	Ana Filipa VEIGA	+0,99	F	125558	01	Gafanha da Encarnacao	4:54.81	26,0€
	50m: 31.47 31.47	150m: 1:46.33 39.24	250m: 3:05.29 40.40	350m: 4:20.99 34.66				
	100m: 1:07.09 35.62	200m: 2:24.89 38.56	300m: 3:46.33 41.04	400m: 4:54.81 33.82				
3.	Maria Carlota REBELO	+0,75	F	119714	03	Condeixa Clube	4:56.34	25,0€
	50m: 31.35 31.35	150m: 1:46.22 38.73	250m: 3:07.02 42.32	350m: 4:23.39 34.05				
	100m: 1:07.49 36.14	200m: 2:24.70 38.48	300m: 3:49.34 42.32	400m: 4:56.34 32.95				
4.	Beatriz Nunes CARDEAL	+0,72	F	124753	04	Academico Viseu	4:58.45	24,0€
	50m: 30.63 30.63	150m: 1:45.74 39.62	250m: 3:07.72 43.67	350m: 4:25.71 34.48				
	100m: 1:06.12 35.49	200m: 2:24.05 38.31	300m: 3:51.23 43.51	400m: 4:58.45 32.74				
5.	Daniela Magalhaes LOPES	+0,81	F	130098	05	Famalicao	5:03.42	23,0€
	50m: 31.89 31.89	150m: 1:48.30 40.19	250m: 3:11.16 43.12	350m: 4:29.89 35.16				
	100m: 1:08.11 36.22	200m: 2:28.04 39.74	300m: 3:54.73 43.57	400m: 5:03.42 33.53				
6.	Giovanna Vaz VARGAS	+0,85	F	110957	00	Nautico Marinha Grande	5:03.86	22,0€
	50m: 30.99 30.99	150m: 1:45.67 39.40	250m: 3:08.90 44.33	350m: 4:29.08 36.07				
	100m: 1:06.27 35.28	200m: 2:24.57 38.90	300m: 3:53.01 44.11	400m: 5:03.86 34.78				
7.	Catarina Martins MESTRE	+0,78	F	120724	00	Natacao de Lisboa	5:05.23	21,0€
	50m: 31.68 31.68	150m: 1:45.65 37.11	250m: 3:08.45 45.50	350m: 4:30.25 36.83				
	100m: 1:08.54 36.86	200m: 2:22.95 37.30	300m: 3:53.42 44.97	400m: 5:05.23 34.98				
8.	Daniela Silva LIGEIRO	+0,69	F	127210	04	Viana Natacao	5:08.94	20,0€
	50m: 32.37 32.37	150m: 1:49.36 40.19	250m: 3:16.21 46.34	350m: 4:36.57 34.29				
	100m: 1:09.17 36.80	200m: 2:29.87 40.51	300m: 4:02.28 46.07	400m: 5:08.94 32.37				
9.	Carolina Martins CAMACHO	+0,93	F	202646	06	Uniao Piedense	5:09.09	19,0€
	50m: 33.57 33.57	150m: 1:50.32 38.13	250m: 3:12.14 45.02	350m: 4:34.38 36.46				
	100m: 1:12.19 38.62	200m: 2:27.12 36.80	300m: 3:57.92 45.78	400m: 5:09.09 34.71				
10.	Francisca Macedo LOPES	+0,81	F	129982	05	Vilacondense	5:09.13	18,0€
	50m: 33.48 33.48	150m: 1:50.81 39.72	250m: 3:13.70 43.93	350m: 4:34.39 36.01				
	100m: 1:11.09 37.61	200m: 2:29.77 38.96	300m: 3:58.38 44.68	400m: 5:09.13 34.74				
11.	Maria Ornelas ARMAS	+0,93	F	106961	98	Vikings	5:17.71	17,0€
	50m: 33.79 33.79	150m: 1:51.17 37.61	250m: 3:17.17 47.69	350m: 4:42.24 36.50				
	100m: 1:13.56 39.77	200m: 2:29.48 38.31	300m: 4:05.74 48.57	400m: 5:17.71 35.47				
12.	Dania Rodrigues SIMOES	+0,83	F	133520	07	Louzan Natacao/EFAPEL	5:18.31	16,0€
	50m: 33.00 33.00	150m: 1:52.26 40.42	250m: 3:20.11 46.90	350m: 4:42.54 36.67				
	100m: 1:11.84 38.84	200m: 2:33.21 40.95	300m: 4:05.87 45.76	400m: 5:18.31 35.77				
13.	Daniela Alexandra COSTA	+0,95	F	129441	06	Leixoes	5:18.65	15,0€
	50m: 34.49 34.49	150m: 1:54.63 40.04	250m: 3:20.76 47.27	350m: 4:43.59 35.50				
	100m: 1:14.59 40.10	200m: 2:33.49 38.86	300m: 4:08.09 47.33	400m: 5:18.65 35.06				
14.	Matilde Militao GUERRA	+0,90	F	208968	08	Colegio Monte Maior	5:21.60	14,0€
	50m: 35.55 35.55	150m: 1:59.09 41.45	250m: 3:25.02 44.34	350m: 4:45.91 36.75				
	100m: 1:17.64 42.09	200m: 2:40.68 41.59	300m: 4:09.16 44.14	400m: 5:21.60 35.69				
15.	Beatriz Andre GASPAR	+0,69	F	132656	06	Nautico Academico	5:22.22	13,0€
	50m: 33.72 33.72	150m: 1:56.67 43.24	250m: 3:22.47 42.70	350m: 4:45.62 38.13				
	100m: 1:13.43 39.71	200m: 2:39.77 43.10	300m: 4:07.49 45.02	400m: 5:22.22 36.60				

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

Lugar	Nome	T. Reação	Sexo	Licença	Ano	Clube	Tempo Final	Pts
16.	Carolina Mendes NUNES	+0,86	F	205710	08	Estarreja/PROZINCO	5:25.86	12,00-
	50m: 34.75 34.75	150m: 1:56.52 42.12	250m: 3:24.72 47.32	350m: 4:48.87 37.07				
	100m: 1:14.40 39.65	200m: 2:37.40 40.88	300m: 4:11.80 47.08	400m: 5:25.86 36.99				
17.	Leonor Carmide SILVA		F	151721	09	Ginasio de Vila Real	5:28.49	11,00-
	50m: 34.06 34.06	150m: 1:57.17 41.74	250m: 3:26.14 47.93	350m: 4:51.39 38.86				
	100m: 1:15.43 41.37	200m: 2:38.21 41.04	300m: 4:12.53 46.39	400m: 5:28.49 37.10				
18.	Juliana Rodrigues ALVES	+0,74	F	202188	08	Desportivo Nacional	5:29.38	10,00-
	50m: 33.90 33.90	150m: 1:55.21 42.34	250m: 3:24.30 46.98	350m: 4:51.46 39.49				
	100m: 1:12.87 38.97	200m: 2:37.32 42.11	300m: 4:11.97 47.67	400m: 5:29.38 37.92				
19.	Rita Rocha SILVA	+0,87	F	204600	08	Alcobaca	5:32.64	9,00-
	50m: 35.61 35.61	150m: 2:00.69 42.28	250m: 3:28.59 45.80	350m: 4:54.79 39.87				
	100m: 1:18.41 42.80	200m: 2:42.79 42.10	300m: 4:14.92 46.33	400m: 5:32.64 37.85				
20.	Matilde Sousa ANDRADE	+0,77	F	205152	08	Naval do Funchal	5:32.66	8,00-
	50m: 34.67 34.67	150m: 1:57.32 42.63	250m: 3:26.42 48.07	350m: 4:55.27 39.31				
	100m: 1:14.69 40.02	200m: 2:38.35 41.03	300m: 4:15.96 49.54	400m: 5:32.66 37.39				
21.	Gabriela Santos ROCHA	+0,79	F	204325	05	Natacao de Valongo	5:33.10	7,00-
	50m: 33.46 33.46	150m: 1:58.20 44.54	250m: 3:27.87 45.71	350m: 4:54.49 39.61				
	100m: 1:13.66 40.20	200m: 2:42.16 43.96	300m: 4:14.88 47.01	400m: 5:33.10 38.61				
22.	Ana Beatriz CAMPOS	+0,90	F	202249	08	Academica de Coimbra	5:33.77	6,00-
	50m: 35.25 35.25	150m: 1:59.68 43.98	250m: 3:29.11 47.04	350m: 4:56.64 40.08				
	100m: 1:15.70 40.45	200m: 2:42.07 42.39	300m: 4:16.56 47.45	400m: 5:33.77 37.13				
23.	Tatiana Alexandre CARDOSO	+0,84	F	127355	01	Amadora	5:35.14	5,00-
	50m: 35.83 35.83	150m: 1:58.48 41.71	250m: 3:26.07 45.85	350m: 4:54.39 41.06				
	100m: 1:16.77 40.94	200m: 2:40.22 41.74	300m: 4:13.33 47.26	400m: 5:35.14 40.75				
24.	Joana Filipa VARANDAS	+0,88	F	124305	02	Laranjeiro	5:36.15	4,00-
	50m: 34.28 34.28	150m: 1:58.13 44.57	250m: 3:31.05 49.31	350m: 4:59.80 38.58				
	100m: 1:13.56 39.28	200m: 2:41.74 43.61	300m: 4:21.22 50.17	400m: 5:36.15 36.35				
25.	Rita Moreira CUNHA	+0,77	F	130198	03	Desportiva de Viana	5:43.17	3,00-
	50m: 38.01 38.01	150m: 2:04.06 42.36	250m: 3:35.76 50.33	350m: 5:05.65 37.73				
	100m: 1:21.70 43.69	200m: 2:45.43 41.37	300m: 4:27.92 52.16	400m: 5:43.17 37.52				
26.	Maria Carolina ALVES	+0,77	F	210804	10	Ba-Leiria	6:20.84	2,00-
	50m: 39.87 39.87	150m: 2:19.07 46.77	250m: 3:56.96 52.21	350m: 5:38.20 46.46				
	100m: 1:32.30 52.43	200m: 3:04.75 45.68	300m: 4:51.74 54.78	400m: 6:20.84 42.64				
27.	Lia Tome MATEUS	+0,89	F	208054	11	Natacao de Vagos	7:28.17	1,00-
	50m: 53.73 53.73	150m: 2:52.18 53.95	250m: 4:47.88 1:02.60	350m: 6:41.59 47.53				
	100m: 1:58.23 1:04.50	200m: 3:45.28 53.10	300m: 5:54.06 1:06.18	400m: 7:28.17 46.58				