

Prova 10

09/12/2022 - 19:10

Femin., 400m Estilos

Absolutos

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

Pontos: FINA 2022

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA
Seniores							
1.	Angelica Maria ANDRE	94		Porto	4:43.69	+0,77	760
	50m: 31.00 31.00	150m: 1:43.32	37.81	250m: 3:00.21	39.20	350m: 4:12.26	32.50
	100m: 1:05.51 34.51	200m: 2:21.01	37.69	300m: 3:39.76	39.55	400m: 4:43.69	31.43
2.	Ana Catarina MONTEIRO	93		Vilacondense	4:44.55	+0,71	753
	50m: 29.93 29.93	150m: 1:40.55	37.42	250m: 2:58.04	41.13	350m: 4:12.93	33.63
	100m: 1:03.13 33.20	200m: 2:16.91	36.36	300m: 3:39.30	41.26	400m: 4:44.55	31.62
3.	Joana Nunes CARDEAL	02		Academico Viseu	4:50.60	+0,98	707
	50m: 30.47 30.47	150m: 1:44.03	38.85	250m: 3:02.30	41.11	350m: 4:18.66	33.95
	100m: 1:05.18 34.71	200m: 2:21.19	37.16	300m: 3:44.71	42.41	400m: 4:50.60	31.94
4.	Mariana Amaral MENDES	02		Sporting	4:53.21	+0,83	688
	50m: 31.75 31.75	150m: 1:46.19	39.10	250m: 3:06.44	41.51	350m: 4:21.64	33.67
	100m: 1:07.09 35.34	200m: 2:24.93	38.74	300m: 3:47.97	41.53	400m: 4:53.21	31.57
5.	Ines Jacinto HENRIQUES	00		Louzan Natacao/EFAPEL	4:53.65	+0,77	685
	50m: 30.01 30.01	150m: 1:41.58	37.42	250m: 3:02.12	42.88	350m: 4:19.88	34.77
	100m: 1:04.16 34.15	200m: 2:19.24	37.66	300m: 3:45.11	42.99	400m: 4:53.65	33.77
6.	Ana Filipa VEIGA	01		Gafanha da Encarnacao	4:55.69	+0,79	671
	50m: 31.61 31.61	150m: 1:47.23	39.59	250m: 3:06.91	40.62	350m: 4:22.14	34.56
	100m: 1:07.64 36.03	200m: 2:26.29	39.06	300m: 3:47.58	40.67	400m: 4:55.69	33.55
7.	Francisca Salvador MESQUITA02			Sporting	4:57.36	+0,74	660
	50m: 31.37 31.37	150m: 1:46.68	39.15	250m: 3:07.11	42.29	350m: 4:24.31	34.53
	100m: 1:07.53 36.16	200m: 2:24.82	38.14	300m: 3:49.78	42.67	400m: 4:57.36	33.05
8.	Daniela Magalhaes LOPES	05		Famalicao	5:02.46	+0,84	627
	50m: 31.75 31.75	150m: 1:47.56	39.87	250m: 3:10.26	43.30	350m: 4:28.54	34.84
	100m: 1:07.69 35.94	200m: 2:26.96	39.40	300m: 3:53.70	43.44	400m: 5:02.46	33.92
9.	Sofia Nunes FIAL	03		Porto	5:02.47	+0,81	627
	50m: 32.17 32.17	150m: 1:50.16	40.61	250m: 3:10.22	41.07	350m: 4:28.41	35.58
	100m: 1:09.55 37.38	200m: 2:29.15	38.99	300m: 3:52.83	42.61	400m: 5:02.47	34.06
10.	Alice Jesus MORGADO	04		Sporting	5:08.38	+0,86	592
	50m: 32.10 32.10	150m: 1:47.70	39.79	250m: 3:11.67	44.36	350m: 4:32.87	35.82
	100m: 1:07.91 35.81	200m: 2:27.31	39.61	300m: 3:57.05	45.38	400m: 5:08.38	35.51
11.	Laura Fabiana ESTEVENS	05		Naval de Faro	5:08.63	+0,75	590
	50m: 32.40 32.40	150m: 1:50.76	39.96	250m: 3:13.95	43.78	350m: 4:34.08	35.41
	100m: 1:10.80 38.40	200m: 2:30.17	39.41	300m: 3:58.67	44.72	400m: 5:08.63	34.55
12.	Daniela Silva LIGEIRO	04		Viana Natacao	5:14.81	+0,76	556
	50m: 32.74 32.74	150m: 1:51.20	41.58	250m: 3:18.43	46.22	350m: 4:39.68	34.99
	100m: 1:09.62 36.88	200m: 2:32.21	41.01	300m: 4:04.69	46.26	400m: 5:14.81	35.13
DNS	Francisca Macedo LOPES	05		Vilacondense			
WDR	Camila Rodrigues REBELO	03		Louzan Natacao/EFAPEL			

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Juniores

1. Leonor Filipa PINTO	06	Porto	5:02.22	+0,91	628
50m: 32.59 32.59	150m: 1:49.10 38.71	250m: 3:10.27 43.07	350m: 4:28.53 35.11		
100m: 1:10.39 37.80	200m: 2:27.20 38.10	300m: 3:53.42 43.15	400m: 5:02.22 33.69		
2. Matilde Nunes LOPES	06	Benfica	5:02.29	+0,75	628
50m: 32.81 32.81	150m: 1:49.56 40.41	250m: 3:11.81 42.68	350m: 4:29.12 33.72		
100m: 1:09.15 36.34	200m: 2:29.13 39.57	300m: 3:55.40 43.59	400m: 5:02.29 33.17		
3. Margarida Vieira PINTO	07	Braga	5:02.93	+0,83	624
50m: 32.29 32.29	150m: 1:50.96 40.25	250m: 3:11.64 42.58	350m: 4:29.88 34.60		
100m: 1:10.71 38.42	200m: 2:29.06 38.10	300m: 3:55.28 43.64	400m: 5:02.93 33.05		
4. Maria Emilia ALMEIDA	07	Colegio Efanor	5:08.22	+0,84	592
50m: 32.63 32.63	150m: 1:48.47 38.95	250m: 3:12.51 45.02	350m: 4:32.83 35.28		
100m: 1:09.52 36.89	200m: 2:27.49 39.02	300m: 3:57.55 45.04	400m: 5:08.22 35.39		
5. Ana Francisca SILVA	06	Alcobaca	5:11.33		575
50m: 32.93 32.93	150m: 1:50.83 40.04	250m: 3:15.20 45.81	350m: 4:36.61 35.65		
100m: 1:10.79 37.86	200m: 2:29.39 38.56	300m: 4:00.96 45.76	400m: 5:11.33 34.72		
6. Sara Sofia ALVES	07	Naval Setubalense	5:18.33	+0,83	538
50m: 34.56 34.56	150m: 1:53.88 39.58	250m: 3:20.05 46.79	350m: 4:43.40 36.09		
100m: 1:14.30 39.74	200m: 2:33.26 39.38	300m: 4:07.31 47.26	400m: 5:18.33 34.93		
7. Dania Rodrigues SIMOES	07	Louzan Natacao/EFAPEL	5:19.10	+0,87	534
50m: 33.37 33.37	150m: 1:52.18 40.01	250m: 3:18.59 46.56	350m: 4:42.45 37.41		
100m: 1:12.17 38.80	200m: 2:32.03 39.85	300m: 4:05.04 46.45	400m: 5:19.10 36.65		
8. Madalena Correa SA	06	Benfica	5:24.01	+0,90	510
50m: 34.34 34.34	150m: 1:58.76 44.62	250m: 3:25.64 43.64	350m: 4:47.75 37.57		
100m: 1:14.14 39.80	200m: 2:42.00 43.24	300m: 4:10.18 44.54	400m: 5:24.01 36.26		
9. Maria Francisca FROIS	06	CNLeiria	5:24.14	+0,87	509
50m: 33.03 33.03	150m: 1:56.20 42.42	250m: 3:22.93 45.05	350m: 4:48.13 37.58		
100m: 1:13.78 40.75	200m: 2:37.88 41.68	300m: 4:10.55 47.62	400m: 5:24.14 36.01		
10. Leticia Rodrigues MAGALHAES	07	Naval Setubalense	5:29.02	+0,84	487
50m: 34.24 34.24	150m: 1:56.55 40.91	250m: 3:24.18 46.26	350m: 4:51.17 38.93		
100m: 1:15.64 41.40	200m: 2:37.92 41.37	300m: 4:12.24 48.06	400m: 5:29.02 37.85		
DNS Ines Cruz CAMARA	07	Desportivo Nacional			
DNS Rita Machita SANTOS	07	Naval Setubalense			
DNS Joana Barbas RAMOS	06	Gafanha da Encarnacao			