

RUMO A PARIS 2024

Campeonato Nacional Clubes 1ª Divisão
Oeiras, 06 e 07 de Abril de 2023



Prova 29
07/04/2023 - 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

JO : 4:38.53 / CEJun_Fem 14 - 17: 4:55.87

Pontos: FINA 2023

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	FINA	Pts
1.	ANDRE Angelica Maria 50m: 31.35 31.35 100m: 1:06.31 34.96	94	15497	Porto	4:53.75 150m: 1:44.30 37.99 250m: 3:04.43 200m: 2:21.63 37.33 300m: 3:46.92	+0,75 350m: 4:20.99 400m: 4:53.75	745 34.07 32.76	25,0(-)
2.	DURAES Diana Margarida 50m: 31.80 31.80 100m: 1:07.82 36.02	96	102992	Benfica	4:56.79 150m: 1:46.18 38.36 250m: 3:06.93 200m: 2:23.55 37.37 300m: 3:50.27	+0,77 350m: 4:24.00 400m: 4:56.79	722 33.73 32.79	23,0(-)
3.	MESQUITA Francisca Salvador 50m: 31.36 31.36 100m: 1:07.19 35.83	02	123935	Sporting	5:00.82 150m: 1:47.43 40.24 250m: 3:09.55 200m: 2:26.41 38.98 300m: 3:52.92	+0,77 350m: 4:27.63 400m: 5:00.82	694 34.71 33.19	22,0(-)
4.	MENDES Mariana Amaral 50m: 32.07 32.07 100m: 1:07.82 35.75	02	123959	Sporting	5:02.74 150m: 1:48.76 40.94 250m: 3:12.48 200m: 2:28.34 39.58 300m: 3:55.62	+0,85 350m: 4:29.89 400m: 5:02.74	681 34.27 32.85	21,0(-)
5.	PIRES Marta Joao 50m: 31.39 31.39 100m: 1:07.95 36.56	05	147235	Alges	5:05.33 150m: 1:48.72 40.77 250m: 3:12.51 200m: 2:28.89 40.17 300m: 3:57.38	+0,75 350m: 4:31.73 400m: 5:05.33	663 34.35 33.60	20,0(-)
6.	LOPES Matilde Nunes 50m: 32.65 32.65 100m: 1:10.05 37.40	06	201711	Benfica	5:10.63 150m: 1:51.15 41.10 250m: 3:16.81 200m: 2:31.52 40.37 300m: 4:01.56	+0,75 350m: 4:36.33 400m: 5:10.63	630 34.77 34.30	19,0(-)
7.	PINTO Margarida Vieira 50m: 33.17 33.17 100m: 1:11.92 38.75	07	204344	Braga	5:13.31 150m: 1:53.80 41.88 250m: 3:19.64 200m: 2:34.19 40.39 300m: 4:04.97	+0,82 350m: 4:39.64 400m: 5:13.31	614 34.67 33.67	18,0(-)
8.	MONTEIRO Margarida Cabral 50m: 34.10 34.10 100m: 1:11.33 37.23	02	117474	Galitos/ Bresimar	5:15.34 150m: 1:53.20 41.87 250m: 3:19.48 200m: 2:34.70 41.50 300m: 4:05.50	+0,85 350m: 4:41.54 400m: 5:15.34	602 36.04 33.80	17,0(-)
9.	RODRIGUES Lidiana Correia 50m: 33.83 33.83 100m: 1:11.93 38.10	04	130399	Belenenses	5:15.59 150m: 1:55.37 43.44 250m: 3:19.24 200m: 2:35.72 40.35 300m: 4:02.62	+0,90 350m: 4:40.21 400m: 5:15.59	601 37.59 35.38	16,0(-)
10.	GOURSON Margaux Verger 50m: 33.79 33.79 100m: 1:14.19 40.40	95	218761	Fluvial Portuense	5:16.66 150m: 1:55.66 41.47 250m: 3:22.42 200m: 2:36.38 40.72 300m: 4:09.21	+0,76 350m: 4:43.93 400m: 5:16.66	595 34.72 32.73	15,0(-)
11.	ALMEIDA Maria Emilia 50m: 32.71 32.71 100m: 1:09.97 37.26	07	131568	Colegio Efanor	5:17.03 150m: 1:51.31 41.34 250m: 3:19.22 200m: 2:31.82 40.51 300m: 4:06.06	+0,83 350m: 4:42.46 400m: 5:17.03	593 36.40 34.57	14,0(-)

Splash Meet Manager, 11.76418

Registered to Federacao Portuguesa De Natacao

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ORGANIZAÇÃO



PATROCINADOR PRINCIPAL



PATROCINADOR OFICIAL



PARCEIROS INSTITUCIONAIS



PARCEIROS



Campeonato Nacional Clubes 1ª Divisão
 Oeiras, 06 e 07 de Abril de 2023

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

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	FINA	Pts
12.	FERREIRA Constanca Santos	08	205945	Alges	5:20.23	+0,76	575	13,0(-)
	50m: 32.18 32.18	150m: 1:52.13 41.43	250m: 3:19.16 45.95	350m: 4:43.19 36.87				
	100m: 1:10.70 38.52	200m: 2:33.21 41.08	300m: 4:06.32 47.16	400m: 5:20.23 37.04				
13.	FIAL Sofia Nunes	03	127329	Porto	5:22.00	+0,80	566	12,0(-)
	50m: 33.66 33.66	150m: 1:55.69 42.99	250m: 3:20.94 43.49	350m: 4:44.53 38.66				
	100m: 1:12.70 39.04	200m: 2:37.45 41.76	300m: 4:05.87 44.93	400m: 5:22.00 37.47				
14.	BOLEIXA Carlota Costa	08	206163	Louletano/Loule Concelho	5:23.95	+0,76	555	11,0(-)
	50m: 33.86 33.86	150m: 1:56.44 42.35	250m: 3:25.16 47.66	350m: 4:49.02 35.54				
	100m: 1:14.09 40.23	200m: 2:37.50 41.06	300m: 4:13.48 48.32	400m: 5:23.95 34.93				
15.	MATOS Ana Rita	02	127501	Belenenses	5:25.15	+0,77	549	10,0(-)
	50m: 33.03 33.03	150m: 1:52.53 42.14	250m: 3:20.67 47.73	350m: 4:47.42 38.26				
	100m: 1:10.39 37.36	200m: 2:32.94 40.41	300m: 4:09.16 48.49	400m: 5:25.15 37.73				
16.	FERNANDES Filipa Viamonte	02	122198	Vitoria Guimaraes	5:25.20	+0,83	549	9,0(-)
	50m: 32.57 32.57	150m: 1:55.20 45.45	250m: 3:25.99 47.80	350m: 4:50.79 37.43				
	100m: 1:09.75 37.18	200m: 2:38.19 42.99	300m: 4:13.36 47.37	400m: 5:25.20 34.41				
17.	PEIXOTO Carolina Esteves	06	133308	Braga	5:25.23	+0,81	549	8,0(-)
	50m: 35.81 35.81	150m: 2:01.80 43.97	250m: 3:28.04 43.32	350m: 4:50.40 36.27				
	100m: 1:17.83 42.02	200m: 2:44.72 42.92	300m: 4:14.13 46.09	400m: 5:25.23 34.83				
18.	SILVA Joana Ferreira	05	131358	Colegio Efanor	5:27.23	+0,76	539	7,0(-)
	50m: 32.87 32.87	150m: 1:54.87 43.91	250m: 3:22.94 46.08	350m: 4:49.60 38.60				
	100m: 1:10.96 38.09	200m: 2:36.86 41.99	300m: 4:11.00 48.06	400m: 5:27.23 37.63				
19.	NEVES Ana Carolina	08	200350	Fluvial Portuense	5:33.07	+0,67	511	6,0(-)
	50m: 33.82 33.82	150m: 1:59.12 43.45	250m: 3:31.75 49.53	350m: 4:57.79 36.38				
	100m: 1:15.67 41.85	200m: 2:42.22 43.10	300m: 4:21.41 49.66	400m: 5:33.07 35.28				
20.	ALVES Catarina Alexandra	07	205924	Geslours	5:33.87	+0,82	507	5,0(-)
	50m: 34.33 34.33	150m: 1:58.94 44.53	250m: 3:29.90 48.20	350m: 4:57.07 38.53				
	100m: 1:14.41 40.08	200m: 2:41.70 42.76	300m: 4:18.54 48.64	400m: 5:33.87 36.80				
21.	GOMES Lia Beatriz	06	200413	Vitoria Guimaraes	5:37.11	+0,81	493	4,0(-)
	50m: 34.00 34.00	150m: 1:59.03 45.58	250m: 3:33.06 49.25	350m: 5:00.25 37.97				
	100m: 1:13.45 39.45	200m: 2:43.81 44.78	300m: 4:22.28 49.22	400m: 5:37.11 36.86				
22.	PAIXAO Maria Saraiva	08	152960	Galitos/ Bresimar	5:41.85	+0,81	473	3,0(-)
	50m: 34.12 34.12	150m: 2:01.36 46.89	250m: 3:36.28 48.96	350m: 5:03.79 38.17				
	100m: 1:14.47 40.35	200m: 2:47.32 45.96	300m: 4:25.62 49.34	400m: 5:41.85 38.06				
23.	CERQUEIRA Ana Margarida	07	202937	Louletano/Loule Concelho	6:01.34	+0,83	400	2,0(-)
	50m: 36.72 36.72	150m: 2:10.37 48.88	250m: 3:46.59 49.48	350m: 5:20.63 42.48				
	100m: 1:21.49 44.77	200m: 2:57.11 46.74	300m: 4:38.15 51.56	400m: 6:01.34 40.71				
DSQ	HENRIQUES Patricia Subtil	08	206063	Geslours				-
	8.10 - O(A) nadador(a), após a viragem dos 50 metros, executou movimento não simultâneo de pernas durante o percurso subaquático - SW 8.3							