

Prova 24
01/04/2023 - 17:16

Femin., 400m Livres

Open
Resultados Final

Rec Nac Absoluto	4:09.49	Diana Margarida DURAES	POR	Tarragona (ESP)	25/06/2018
Rec Nac Sen	4:09.49	Diana Margarida DURAES	POR	Tarragona (ESP)	25/06/2018
Rec Nac Jun17	4:14.67	Tamila Hryhorivna HOLUB	SCB	Oeiras	23/07/2016
Rec Nac Jun16	4:20.37	Marta Andreia FERREIRA	POR	Berlim (GER)	04/08/2002

JO Absoluto: 4:07.90 / CMPL 19 +: 4:10.57 / CESub23 19 - 23: 4:16.58 / CEJun_Fem 14 - 17: 4:23.44 / TAC Sen 50m: 4:39.70 - 25m: 4:31.76; Jun 50m: 4:46.69 - 25m: 4:38.55

Pontos: FINA 2023

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA
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Final A

1.	Francisca Soares MARTINS <i>Minimos CE Sub23</i>	03	Foca Quinta da Lixa CNF	4:11.02	+0,67	835	
	50m: 28.83 28.83	150m: 1:31.47	31.57	250m: 2:35.91	32.06	350m: 3:40.00	31.67
	100m: 59.90 31.07	200m: 2:03.85	32.38	300m: 3:08.33	32.42	400m: 4:11.02	31.02
2.	Anna FOMINA	02	Sporting	4:22.91	+0,76	726	
	50m: 29.79 29.79	150m: 1:35.15	33.16	250m: 2:41.77	33.31	350m: 3:49.89	34.11
	100m: 1:01.99 32.20	200m: 2:08.46	33.31	300m: 3:15.78	34.01	400m: 4:22.91	33.02
3.	Ema Jeronimo CONCEICAO	03	Benfica	4:23.11	+0,77	725	
	50m: 29.74 29.74	150m: 1:34.32	32.61	250m: 2:42.06	33.91	350m: 3:50.20	33.81
	100m: 1:01.71 31.97	200m: 2:08.15	33.83	300m: 3:16.39	34.33	400m: 4:23.11	32.91
4.	Carolina Pereira VIANA	04	Sporting	4:26.11	+0,68	701	
	50m: 30.15 30.15	150m: 1:35.38	33.15	250m: 2:43.26	34.18	350m: 3:52.32	34.67
	100m: 1:02.23 32.08	200m: 2:09.08	33.70	300m: 3:17.65	34.39	400m: 4:26.11	33.79
5.	Ines Santos AMORIM	06	Desportiva de Viana	4:30.10	+0,82	670	
	50m: 30.59 30.59	150m: 1:36.94	33.61	250m: 2:44.68	33.85	350m: 3:55.12	35.32
	100m: 1:03.33 32.74	200m: 2:10.83	33.89	300m: 3:19.80	35.12	400m: 4:30.10	34.98
6.	Margaux Verger GOURSON	95	Fluvial Portuense	4:32.51	+0,71	652	
	50m: 31.38 31.38	150m: 1:39.67	34.54	250m: 2:49.70	34.71	350m: 3:59.35	34.28
	100m: 1:05.13 33.75	200m: 2:14.99	35.32	300m: 3:25.07	35.37	400m: 4:32.51	33.16
7.	Mafalda Martins MESQUITA	07	Famalicao	4:33.55	+0,74	645	
	50m: 31.07 31.07	150m: 1:40.01	34.92	250m: 2:50.27	34.96	350m: 4:00.02	34.72
	100m: 1:05.09 34.02	200m: 2:15.31	35.30	300m: 3:25.30	35.03	400m: 4:33.55	33.53
8.	Beatriz Silva LOURO	07	Louletano / Loule Concelho	4:35.82	+0,66	629	
	50m: 30.41 30.41	150m: 1:37.66	34.14	250m: 2:48.35	35.48	350m: 3:59.96	35.75
	100m: 1:03.52 33.11	200m: 2:12.87	35.21	300m: 3:24.21	35.86	400m: 4:35.82	35.86
9.	Maria Leonor COELHO	06	Benfica	4:38.54	+0,73	611	
	50m: 31.49 31.49	150m: 1:42.13	35.82	250m: 2:53.20	35.09	350m: 4:03.74	35.27
	100m: 1:06.31 34.82	200m: 2:18.11	35.98	300m: 3:28.47	35.27	400m: 4:38.54	34.80
10.	Margarida Vieira PINTO	07	Braga	4:42.27	+0,76	587	
	50m: 31.03 31.03	150m: 1:40.33	35.15	250m: 2:52.64	36.36	350m: 4:06.28	36.97
	100m: 1:05.18 34.15	200m: 2:16.28	35.95	300m: 3:29.31	36.67	400m: 4:42.27	35.99

Final B

11.	Carolina Esteves PEIXOTO	06	Braga	4:36.27	+0,76	626	
	50m: 31.03 31.03	150m: 1:39.33	34.53	250m: 2:50.25	35.23	350m: 4:02.04	35.61
	100m: 1:04.80 33.77	200m: 2:15.02	35.69	300m: 3:26.43	36.18	400m: 4:36.27	34.23

Prova 24, Femin., 400m Livres, Final, Open

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA
12.	Ana Beatriz VIEIRA	07		Foca Quinta da Lixa CNF	4:36.39	+0,69	625
	50m: 30.94 30.94	150m: 1:39.12	34.69	250m: 2:50.75	35.67	350m: 4:02.31	35.34
	100m: 1:04.43 33.49	200m: 2:15.08	35.96	300m: 3:26.97	36.22	400m: 4:36.39	34.08
13.	Leonor Verissimo FARIA	06		Nucleo de Pombal	4:38.77	+0,70	609
	50m: 31.51 31.51	150m: 1:40.83	35.15	250m: 2:52.39	35.76	350m: 4:04.50	35.94
	100m: 1:05.68 34.17	200m: 2:16.63	35.80	300m: 3:28.56	36.17	400m: 4:38.77	34.27
14.	Maria Neto FERREIRA	06		Nautico Academico	4:38.96	+0,80	608
	50m: 32.16 32.16	150m: 1:41.99	35.20	250m: 2:52.69	35.13	350m: 4:03.88	35.58
	100m: 1:06.79 34.63	200m: 2:17.56	35.57	300m: 3:28.30	35.61	400m: 4:38.96	35.08
15.	Mariana Marques MERCEDES	03		Vikings	4:39.56	+0,70	604
	50m: 31.63 31.63	150m: 1:42.19	35.27	250m: 2:53.33	35.59	350m: 4:05.46	35.96
	100m: 1:06.92 35.29	200m: 2:17.74	35.55	300m: 3:29.50	36.17	400m: 4:39.56	34.10
16.	Francisca Macedo LOPES	05		Vilacondense	4:39.93	+0,75	602
	50m: 31.34 31.34	150m: 1:41.28	35.64	250m: 2:53.23	35.78	350m: 4:05.00	35.88
	100m: 1:05.64 34.30	200m: 2:17.45	36.17	300m: 3:29.12	35.89	400m: 4:39.93	34.93
17.	Carolina Vizinho CABRAL	07		Natacao de Vagos	4:40.23	+0,72	600
	50m: 31.91 31.91	150m: 1:41.77	35.41	250m: 2:53.54	35.79	350m: 4:06.76	36.67
	100m: 1:06.36 34.45	200m: 2:17.75	35.98	300m: 3:30.09	36.55	400m: 4:40.23	33.47
18.	Catarina Gaspar PIRES	06		Porto	4:42.61	+0,91	585
	50m: 31.79 31.79	150m: 1:42.66	35.95	250m: 2:54.21	35.98	350m: 4:06.64	36.48
	100m: 1:06.71 34.92	200m: 2:18.23	35.57	300m: 3:30.16	35.95	400m: 4:42.61	35.97
19.	Bianca Filipa ALMEIDA	07		Alges e Agueda XXI	4:44.29	+0,76	574
	50m: 31.78 31.78	150m: 1:42.30	35.82	250m: 2:54.40	36.02	350m: 4:07.97	36.86
	100m: 1:06.48 34.70	200m: 2:18.38	36.08	300m: 3:31.11	36.71	400m: 4:44.29	36.32
20.	Ines Miranda DIOGO	07		Nautico Academico	4:44.75	+0,72	572
	50m: 32.57 32.57	150m: 1:43.19	35.48	250m: 2:55.18	36.10	350m: 4:08.40	36.52
	100m: 1:07.71 35.14	200m: 2:19.08	35.89	300m: 3:31.88	36.70	400m: 4:44.75	36.35

Prova 24
01/04/2023 - 17:16

Femin., 400m Livres

Juvenis
Resultados Final

Rec Nac Absoluto	4:09.49	Diana Margarida DURAES	POR	Tarragona (ESP)	25/06/2018
Rec Nac Juv A	4:20.78	Tamila Hryhorivna HOLUB	POR	Porto	07/06/2014
Rec Nac Juv B	4:26.20	Maria Francisca CABRAL	FCP	Oeiras	26/07/2014

JO Absoluto: 4:07.90 / CEJun_Fem 14 - 17: 4:23.44 / TAC 50m: 4:59.28 - 25m: 4:50.78

Pontos: FINA 2023

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA
1.	Maria Gomes NEVES	08		Braga	4:39.34	+0,73	606
	50m: 31.51 31.51	150m: 1:41.43	35.51	250m: 2:52.49	34.94	350m: 4:04.23	35.53
	100m: 1:05.92 34.41	200m: 2:17.55	36.12	300m: 3:28.70	36.21	400m: 4:39.34	35.11
2.	Lara Catarina MAIA	09		Estarreja/PROZINCO	4:42.37	+0,57	586
	50m: 32.11 32.11	150m: 1:42.98	35.73	250m: 2:55.84	36.24	350m: 4:08.29	35.60
	100m: 1:07.25 35.14	200m: 2:19.60	36.62	300m: 3:32.69	36.85	400m: 4:42.37	34.08
3.	Carolina Amadeu FERREIRA	08		Leixoes	4:42.73	+0,77	584
	50m: 32.39 32.39	150m: 1:43.43	36.02	250m: 2:56.24	36.58	350m: 4:08.63	35.91
	100m: 1:07.41 35.02	200m: 2:19.66	36.23	300m: 3:32.72	36.48	400m: 4:42.73	34.10

Splash Meet Manager, 11.76418

Registered to Federacao Portuguesa De Natacao

02/04/2023 19:55 - Página 2

ORGANIZAÇÃO		PARCEIROS INSTITUCIONAIS LOCAIS					
PATROCINADOR PRINCIPAL		PATROCINADOR OFICIAL		PARCEIROS INSTITUCIONAIS		PARCEIROS	

Prova 24, Femin., 400m Livres, Final, Juvenis

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA
4.	Maria Carvalho PINTO	09	Viana Natacao	4:43.65	+0,93	578
	50m: 32.00 32.00	150m: 1:43.50	35.98 250m: 2:56.26	36.01 350m: 4:09.28	36.05	
	100m: 1:07.52 35.52	200m: 2:20.25	36.75 300m: 3:33.23	36.97 400m: 4:43.65	34.37	
5.	Carolina Sofia BAPTISTA	09	Estarreja/PROZINCO	4:44.58	+0,72	573
	50m: 32.38 32.38	150m: 1:43.88	36.15 250m: 2:56.97	36.28 350m: 4:09.69	36.22	
	100m: 1:07.73 35.35	200m: 2:20.69	36.81 300m: 3:33.47	36.50 400m: 4:44.58	34.89	
6.	Luana Ferreira CRAVEIRO	09	Nautico Marinha Grande	4:48.26	+0,72	551
	50m: 31.96 31.96	150m: 1:43.70	36.75 250m: 2:57.70	37.13 350m: 4:12.35	37.47	
	100m: 1:06.95 34.99	200m: 2:20.57	36.87 300m: 3:34.88	37.18 400m: 4:48.26	35.91	
7.	Ana Carolina CRUZ	08	Famalicao	4:48.70	+0,75	549
	50m: 31.93 31.93	150m: 1:44.54	36.89 250m: 2:59.54	37.65 350m: 4:13.46	36.83	
	100m: 1:07.65 35.72	200m: 2:21.89	37.35 300m: 3:36.63	37.09 400m: 4:48.70	35.24	
8.	Margarida Maria LUIZ	08	Lagoa AC	4:49.46	+0,72	544
	50m: 32.25 32.25	150m: 1:43.22	36.17 250m: 2:57.40	37.27 350m: 4:12.99	37.81	
	100m: 1:07.05 34.80	200m: 2:20.13	36.91 300m: 3:35.18	37.78 400m: 4:49.46	36.47	
9.	Raquel Campos CARDOSO	09	Bombeiros de Ponta Delgada	4:49.60	+0,74	543
	50m: 32.16 32.16	150m: 1:44.80	36.83 250m: 2:59.74	37.61 350m: 4:13.92	36.80	
	100m: 1:07.97 35.81	200m: 2:22.13	37.33 300m: 3:37.12	37.38 400m: 4:49.60	35.68	
10.	Madalena Valente MOREIRA	09	Colegio Efanor	4:53.05	+0,72	524
	50m: 32.37 32.37	150m: 1:44.96	36.37 250m: 3:00.22	37.57 350m: 4:16.02	37.85	
	100m: 1:08.59 36.22	200m: 2:22.65	37.69 300m: 3:38.17	37.95 400m: 4:53.05	37.03	