

Prova 23
01/12/2023 - 18:15

Femin., 400m Livres
3ª Divisão

3ª Divisão FEM
Resultados

| | | | | | |
|---------------|---------|-------------------------|-------|------------------|------------|
| Rec Nac Open | 4:04.61 | DURAES Diana Margarida | POR | Copenhagen (DEN) | 17/12/2017 |
| Rec Nac Sen | 4:04.61 | DURAES Diana Margarida | POR | Copenhagen (DEN) | 17/12/2017 |
| Rec Nac Jun17 | 4:10.52 | HOLUB Tamila Hryhorivna | SCB | Porto | 12/12/2015 |
| Rec Nac Jun16 | 4:13.53 | SOUSA Ana Reis | CNLA | Porto | 09/12/2017 |
| Rec Nac Juv A | 4:18.39 | SANTOS Ana Claudia | SFUAP | Cantanhede | 20/12/2004 |
| Rec Nac Juv B | 4:23.08 | MIGUEL Susana Patricia | SFUAP | Alhandra | 15/05/2004 |
| Rec Nac Inf A | 4:25.30 | SILVA Alexandra Maria | FCP | Porto | 19/07/1980 |
| Rec Nac Inf B | 4:38.40 | RUIVO Filipa Vilas | DNMG | Alcobaça | 13/06/2009 |

Pontos: FINA 2023

| Lugar | Nome | Ano | Cod | Clube | Tempo Final | TReac | Pts FINA | Pts | Pts |
|-------|-------------------------------|---------------------|---------------------|------------------------|----------------|-------|----------|-----|-----|
| 1. | CRAVEIRO Luana Ferreira | 09 | | Nautico Marinha Grande | 4:32.78 | +0,75 | 609 | | - |
| | 50m: 30.54 30.54 | 150m: 1:39.05 34.77 | 250m: 2:48.89 34.38 | 350m: 3:58.73 34.84 | | | | | |
| | 100m: 1:04.28 33.74 | 200m: 2:14.51 35.46 | 300m: 3:23.89 35.00 | 400m: 4:32.78 34.05 | | | | | |
| 2. | TEJO Beatriz Costa | 02 | | Academica de Coimbra | 4:35.75 | +0,69 | 590 | | - |
| | 50m: 31.09 31.09 | 150m: 1:40.28 35.10 | 250m: 2:50.69 35.07 | 350m: 4:01.12 35.35 | | | | | |
| | 100m: 1:05.18 34.09 | 200m: 2:15.62 35.34 | 300m: 3:25.77 35.08 | 400m: 4:35.75 34.63 | | | | | |
| 3. | TOMAS Constanca Baptista | 09 | | Alcobaça | 4:42.05 | +0,92 | 551 | | - |
| | 50m: 31.53 31.53 | 150m: 1:42.41 36.01 | 250m: 2:55.57 36.26 | 350m: 4:07.58 35.98 | | | | | |
| | 100m: 1:06.40 34.87 | 200m: 2:19.31 36.90 | 300m: 3:31.60 36.03 | 400m: 4:42.05 34.47 | | | | | |
| 4. | CAMARA Ines Cruz | 07 | | Desportivo Nacional | 4:42.20 | +0,74 | 550 | | - |
| | 50m: 31.70 31.70 | 150m: 1:43.05 36.36 | 250m: 2:55.51 36.35 | 350m: 4:08.22 36.18 | | | | | |
| | 100m: 1:06.69 34.99 | 200m: 2:19.16 36.11 | 300m: 3:32.04 36.53 | 400m: 4:42.20 33.98 | | | | | |
| 5. | MENDES Rafaela Ferreira | 08 | | Torres Novas | 4:42.63 | +0,90 | 548 | | - |
| | 50m: 30.93 30.93 | 150m: 1:40.74 35.53 | 250m: 2:53.89 36.88 | 350m: 4:08.07 37.29 | | | | | |
| | 100m: 1:05.21 34.28 | 200m: 2:17.01 36.27 | 300m: 3:30.78 36.89 | 400m: 4:42.63 34.56 | | | | | |
| 6. | SILVA Sofia Oliveira | 99 | | Litoral Alentejano | 4:46.86 | +0,80 | 524 | | - |
| | 50m: 33.38 33.38 | 150m: 1:46.02 36.19 | 250m: 2:58.21 36.07 | 350m: 4:11.69 36.72 | | | | | |
| | 100m: 1:09.83 36.45 | 200m: 2:22.14 36.12 | 300m: 3:34.97 36.76 | 400m: 4:46.86 35.17 | | | | | |
| 7. | BUCHA Marta Filipa | 06 | | Viver Santarem | 4:46.87 | +0,85 | 524 | | - |
| | 50m: 33.31 33.31 | 150m: 1:45.43 36.29 | 250m: 2:57.85 35.91 | 350m: 4:11.30 36.88 | | | | | |
| | 100m: 1:09.14 35.83 | 200m: 2:21.94 36.51 | 300m: 3:34.42 36.57 | 400m: 4:46.87 35.57 | | | | | |
| 8. | RIBEIRO Ines Carvalhinho | 09 | | Natacao da Maia | 4:49.57 | +0,71 | 509 | | - |
| | 50m: 32.73 32.73 | 150m: 1:46.02 36.87 | 250m: 3:00.14 37.10 | 350m: 4:14.42 37.29 | | | | | |
| | 100m: 1:09.15 36.42 | 200m: 2:23.04 37.02 | 300m: 3:37.13 36.99 | 400m: 4:49.57 35.15 | | | | | |
| 9. | WERUM Mia Alena | 07 | | Lagoa AC | 4:53.21 | +0,89 | 490 | | - |
| | 50m: 33.15 33.15 | 150m: 1:46.66 36.81 | 250m: 3:01.30 37.10 | 350m: 4:16.20 37.12 | | | | | |
| | 100m: 1:09.85 36.70 | 200m: 2:24.20 37.54 | 300m: 3:39.08 37.78 | 400m: 4:53.21 37.01 | | | | | |
| 10. | MARGARIDO Paula Aguiar | 09 | | Juventude Atlantico | 4:54.22 | +0,94 | 485 | | - |
| | 50m: 33.54 33.54 | 150m: 1:46.73 37.12 | 250m: 3:02.37 38.38 | 350m: 4:18.38 37.60 | | | | | |
| | 100m: 1:09.61 36.07 | 200m: 2:23.99 37.26 | 300m: 3:40.78 38.41 | 400m: 4:54.22 35.84 | | | | | |
| 11. | FIALHO Matilde Lopes | 09 | | Palmela | 4:54.51 | +0,79 | 484 | | - |
| | 50m: 32.14 32.14 | 150m: 1:45.71 37.52 | 250m: 3:00.88 37.85 | 350m: 4:17.48 38.42 | | | | | |
| | 100m: 1:08.19 36.05 | 200m: 2:23.03 37.32 | 300m: 3:39.06 38.18 | 400m: 4:54.51 37.03 | | | | | |
| 12. | MARTINS Leonor Sombreibreir10 | | | BUZIOS - Coruche | 4:54.62 | +0,80 | 483 | | - |
| | 50m: 33.35 33.35 | 150m: 1:48.45 38.12 | 250m: 3:04.54 37.86 | 350m: 4:19.38 37.00 | | | | | |
| | 100m: 1:10.33 36.98 | 200m: 2:26.68 38.23 | 300m: 3:42.38 37.84 | 400m: 4:54.62 35.24 | | | | | |

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PATROCINADOR PRINCIPAL



PATROCINADOR OFICIAL



PARCEIROS INSTITUCIONAIS



PARCEIROS



Prova 23, Femin., 400m Livres, 3ª Divisão FEM

| Lugar | Nome | Ano Cod | Clube | Tempo Final | TReac | Pts FINA | Pts | Pts |
|-------|--------------------------|---------------------|------------------------------|---------------------|-------|----------|-----|-----|
| 13. | MACEDO Alice Mendes | 08 | Estamos Juntos | 4:55.70 | | 478 | | - |
| | 50m: 33.77 33.77 | 150m: 1:46.99 37.05 | 250m: 3:01.84 37.76 | 350m: 4:18.28 38.35 | | | | |
| | 100m: 1:09.94 36.17 | 200m: 2:24.08 37.09 | 300m: 3:39.93 38.09 | 400m: 4:55.70 37.42 | | | | |
| 14. | ALMEIDA Isabel Pires | 06 | Nucleo Sporting da Terceira | 4:59.14 | +0,75 | 462 | | - |
| | 50m: 33.28 33.28 | 150m: 1:48.98 38.43 | 250m: 3:06.58 38.61 | 350m: 4:22.29 37.04 | | | | |
| | 100m: 1:10.55 37.27 | 200m: 2:27.97 38.99 | 300m: 3:45.25 38.67 | 400m: 4:59.14 36.85 | | | | |
| 15. | GONCALVES M. | 04 | Gualdim Pais | 4:59.25 | +0,79 | 461 | | - |
| | 50m: 33.34 33.34 | 150m: 1:48.82 38.12 | 250m: 3:05.92 39.17 | 350m: 4:22.19 38.52 | | | | |
| | 100m: 1:10.70 37.36 | 200m: 2:26.75 37.93 | 300m: 3:43.67 37.75 | 400m: 4:59.25 37.06 | | | | |
| 16. | FERREIRA Lara Mota | 08 | Fafe | 5:01.03 | +0,86 | 453 | | - |
| | 50m: 33.81 33.81 | 150m: 1:49.06 37.91 | 250m: 3:06.04 38.45 | 350m: 4:23.78 38.93 | | | | |
| | 100m: 1:11.15 37.34 | 200m: 2:27.59 38.53 | 300m: 3:44.85 38.81 | 400m: 5:01.03 37.25 | | | | |
| 17. | GASPAR Joana Melo | 09 | Nacional de Natacao | 5:01.93 | +0,89 | 449 | | - |
| | 50m: 34.89 34.89 | 150m: 1:52.38 39.14 | 250m: 3:09.65 38.53 | 350m: 4:25.90 37.99 | | | | |
| | 100m: 1:13.24 38.35 | 200m: 2:31.12 38.74 | 300m: 3:47.91 38.26 | 400m: 5:01.93 36.03 | | | | |
| 18. | CRAVEIRO Leonor Moca | 09 | Naval Povoense | 5:02.57 | +0,85 | 446 | | - |
| | 50m: 33.47 33.47 | 150m: 1:48.87 38.31 | 250m: 3:06.65 38.72 | 350m: 4:24.40 38.61 | | | | |
| | 100m: 1:10.56 37.09 | 200m: 2:27.93 39.06 | 300m: 3:45.79 39.14 | 400m: 5:02.57 38.17 | | | | |
| 19. | LOPES Isabella Scavone | 10 | Miranda do Corvo | 5:04.29 | +0,98 | 439 | | - |
| | 50m: 34.39 34.39 | 150m: 1:51.90 38.88 | 250m: 3:10.75 39.44 | 350m: 4:27.70 38.64 | | | | |
| | 100m: 1:13.02 38.63 | 200m: 2:31.31 39.41 | 300m: 3:49.06 38.31 | 400m: 5:04.29 36.59 | | | | |
| 20. | COUTINHO Rafaela Calvo | 08 | Campinho | 5:04.67 | +0,69 | 437 | | - |
| | 50m: 34.20 34.20 | 150m: 1:51.23 38.91 | 250m: 3:09.10 39.10 | 350m: 4:26.88 38.71 | | | | |
| | 100m: 1:12.32 38.12 | 200m: 2:30.00 38.77 | 300m: 3:48.17 39.07 | 400m: 5:04.67 37.79 | | | | |
| 21. | PIRES Rita Lobo | 09 | Natacao do Fundao | 5:06.32 | +0,94 | 430 | | - |
| | 50m: 35.26 35.26 | 150m: 1:52.26 38.83 | 250m: 3:10.07 38.86 | 350m: 4:27.99 39.10 | | | | |
| | 100m: 1:13.43 38.17 | 200m: 2:31.21 38.95 | 300m: 3:48.89 38.82 | 400m: 5:06.32 38.33 | | | | |
| 22. | AUGUSTO Raquel Rodrigues | 07 | FC Ferreiras/AlgarExperience | 5:06.59 | +0,76 | 429 | | - |
| | 50m: 34.20 34.20 | 150m: 1:51.16 38.51 | 250m: 3:09.78 39.25 | 350m: 4:28.17 38.95 | | | | |
| | 100m: 1:12.65 38.45 | 200m: 2:30.53 39.37 | 300m: 3:49.22 39.44 | 400m: 5:06.59 38.42 | | | | |
| 23. | PINHEIRO Ana Carmo | 02 | Ginasio Santo Tirso | 5:06.99 | +0,83 | 427 | | - |
| | 50m: 33.52 33.52 | 150m: 1:50.51 38.92 | 250m: 3:09.79 39.69 | 350m: 4:28.99 39.59 | | | | |
| | 100m: 1:11.59 38.07 | 200m: 2:30.10 39.59 | 300m: 3:49.40 39.61 | 400m: 5:06.99 38.00 | | | | |
| 24. | SILVA Mariana Medeiros | 08 | Naval da Horta | 5:07.42 | +0,96 | 425 | | - |
| | 50m: 34.84 34.84 | 150m: 1:52.73 39.47 | 250m: 3:11.28 38.35 | 350m: 4:29.75 39.72 | | | | |
| | 100m: 1:13.26 38.42 | 200m: 2:32.93 40.20 | 300m: 3:50.03 38.75 | 400m: 5:07.42 37.67 | | | | |
| 25. | BRANDAO Vitoria Maria | 07 | Salesianos | 5:07.93 | +0,81 | 423 | | - |
| | 50m: 34.88 34.88 | 150m: 1:52.32 38.87 | 250m: 3:11.20 39.16 | 350m: 4:29.13 39.35 | | | | |
| | 100m: 1:13.45 38.57 | 200m: 2:32.04 39.72 | 300m: 3:49.78 38.58 | 400m: 5:07.93 38.80 | | | | |
| 26. | TRINDADE Adriana Resende | 10 | Sporting de Espinho | 5:09.00 | +0,85 | 419 | | - |
| | 50m: 33.65 33.65 | 150m: 1:51.01 39.19 | 250m: 3:11.05 40.07 | 350m: 4:30.27 39.71 | | | | |
| | 100m: 1:11.82 38.17 | 200m: 2:30.98 39.97 | 300m: 3:50.56 39.51 | 400m: 5:09.00 38.73 | | | | |
| 27. | COUTINHO Eva Alexandra | 09 | Peso da Regua | 5:11.30 | +0,76 | 410 | | - |
| | 50m: 32.87 32.87 | 150m: 1:50.70 39.82 | 250m: 3:11.97 40.61 | 350m: 4:31.94 40.17 | | | | |
| | 100m: 1:10.88 38.01 | 200m: 2:31.36 40.66 | 300m: 3:51.77 39.80 | 400m: 5:11.30 39.36 | | | | |

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Prova 23, Femin., 400m Livres, 3ª Divisão FEM

| Lugar | Nome | Ano Cod | Clube | Tempo Final | TReac | Pts FINA | Pts |
|-------|------------------------------|---------------------|----------------------|---------------------|-------|----------|-----|
| 28. | SERRA Ana Filipa | 11 | CPCD-Povoa St Iria | 5:12.41 | +0,82 | 405 | - |
| | 50m: 34.32 34.32 | 150m: 1:53.13 39.93 | 250m: 3:12.98 39.55 | 350m: 4:32.24 39.07 | | | |
| | 100m: 1:13.20 38.88 | 200m: 2:33.43 40.30 | 300m: 3:53.17 40.19 | 400m: 5:12.41 40.17 | | | |
| 29. | VIANA Joana Rebelo | 88 | Ba-Leiria | 5:14.36 | +0,75 | 398 | - |
| | 50m: 33.55 33.55 | 150m: 1:50.40 39.22 | 250m: 3:12.11 41.17 | 350m: 4:35.15 41.43 | | | |
| | 100m: 1:11.18 37.63 | 200m: 2:30.94 40.54 | 300m: 3:53.72 41.61 | 400m: 5:14.36 39.21 | | | |
| 30. | LOPES Jessica Bernardino | 10 | Fisica Torres Vedras | 5:14.94 | +0,77 | 396 | - |
| | 50m: 34.98 34.98 | 150m: 1:53.35 40.03 | 250m: 3:15.09 40.96 | 350m: 4:36.31 40.52 | | | |
| | 100m: 1:13.32 38.34 | 200m: 2:34.13 40.78 | 300m: 3:55.79 40.70 | 400m: 5:14.94 38.63 | | | |
| 31. | MENDES Marta Barbosa | 07 | Feirense | 5:15.26 | +0,84 | 394 | - |
| | 50m: 35.31 35.31 | 150m: 1:53.81 40.02 | 250m: 3:13.80 39.64 | 350m: 4:35.56 41.11 | | | |
| | 100m: 1:13.79 38.48 | 200m: 2:34.16 40.35 | 300m: 3:54.45 40.65 | 400m: 5:15.26 39.70 | | | |
| 32. | RODRIGUES Catarina Ferreir07 | | Amadora | 5:33.22 | +0,78 | 334 | - |
| | 50m: 37.17 37.17 | 150m: 1:58.90 41.19 | 250m: 3:23.82 42.85 | 350m: 4:50.87 43.46 | | | |
| | 100m: 1:17.71 40.54 | 200m: 2:40.97 42.07 | 300m: 4:07.41 43.59 | 400m: 5:33.22 42.35 | | | |

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