

Campeonato Nacional Clubes 2ª Divisão
 Estarreja, 2 - 3/12/2023

 Prova 29
 03/12/2023 - 16:00

Femin., 400m Estilos

 2ª Divisão FEM
 Resultados

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

Pontos: FINA 2023

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
1.	CARDEAL Beatriz Nunes	04	124753	Academico Viseu	4:52.35	+0,67	694	25,00	-
	50m: 30.43 30.43		150m: 1:44.79	39.55 250m: 3:05.18	42.19 350m: 4:20.67		32.88		
	100m: 1:05.24 34.81		200m: 2:22.99	38.20 300m: 3:47.79	42.61 400m: 4:52.35		31.68		
2.	LOPES Daniela Magalhaes	05	130098	Famalicao	4:53.91	+0,80	683	23,00	-
	50m: 31.37 31.37		150m: 1:45.23	38.74 250m: 3:04.87	41.17 350m: 4:20.81		34.25		
	100m: 1:06.49 35.12		200m: 2:23.70	38.47 300m: 3:46.56	41.69 400m: 4:53.91		33.10		
3.	VEIGA Ana Filipa	01	125558	Gafanha da Encarnacao	5:02.60	+0,75	626	22,00	-
	50m: 31.73 31.73		150m: 1:48.65	40.21 250m: 3:10.01	41.26 350m: 4:27.53		35.74		
	100m: 1:08.44 36.71		200m: 2:28.75	40.10 300m: 3:51.79	41.78 400m: 5:02.60		35.07		
4.	LOPES Francisca Macedo	05	129982	Vilacondense	5:08.76	+0,78	589	21,00	-
	50m: 32.44 32.44		150m: 1:50.19	39.92 250m: 3:13.44	43.64 350m: 4:34.24		35.78		
	100m: 1:10.27 37.83		200m: 2:29.80	39.61 300m: 3:58.46	45.02 400m: 5:08.76		34.52		
5.	SANTOS Rita Machita	07	205379	Naval Setubalense	5:09.48	+0,84	585	20,00	-
	50m: 32.83 32.83		150m: 1:51.48	41.27 250m: 3:15.06	42.72 350m: 4:35.57		36.92		
	100m: 1:10.21 37.38		200m: 2:32.34	40.86 300m: 3:58.65	43.59 400m: 5:09.48		33.91		
6.	MONTEIRO Margarida Cabral	02	117474	Galitos / Bresimar	5:10.26	+0,80	581	19,00	-
	50m: 33.96 33.96		150m: 1:53.33	41.30 250m: 3:18.08	43.74 350m: 4:37.38		34.96		
	100m: 1:12.03 38.07		200m: 2:34.34	41.01 300m: 4:02.42	44.34 400m: 5:10.26		32.88		
7.	LEAL Matilde Barros	07	132883	Aquatico Pacense	5:10.54	+0,79	579	18,00	-
	50m: 34.08 34.08		150m: 1:54.89	42.47 250m: 3:17.73	40.91 350m: 4:35.88		36.28		
	100m: 1:12.42 38.34		200m: 2:36.82	41.93 300m: 3:59.60	41.87 400m: 5:10.54		34.66		
8.	LIGEIRO Daniela Silva	04	127210	Viana Natacao	5:10.99	+0,67	577	17,00	-
	50m: 32.77 32.77		150m: 1:51.34	41.24 250m: 3:16.37	44.58 350m: 4:37.12		35.01		
	100m: 1:10.10 37.33		200m: 2:31.79	40.45 300m: 4:02.11	45.74 400m: 5:10.99		33.87		
9.	RIBEIRO Maria Joao	05	133241	Sao Joao Ver	5:12.82	+0,76	567	16,00	-
	50m: 32.90 32.90		150m: 1:52.19	41.89 250m: 3:16.68	42.70 350m: 4:37.41		36.77		
	100m: 1:10.30 37.40		200m: 2:33.98	41.79 300m: 4:00.64	43.96 400m: 5:12.82		35.41		
10.	CRUZ Laura Maria	07	203984	Colegio Monte Maior	5:14.35	+0,78	558	15,00	-
	50m: 33.55 33.55		150m: 1:52.58	38.27 250m: 3:15.91	45.54 350m: 4:38.33		36.75		
	100m: 1:14.31 40.76		200m: 2:30.37	37.79 300m: 4:01.58	45.67 400m: 5:14.35		36.02		
11.	GOMES Lia Beatriz	06	200413	Vitoria Guimaraes	5:22.26	+0,80	518	14,00	-
	50m: 32.73 32.73		150m: 1:53.54	43.71 250m: 3:21.70	46.03 350m: 4:46.95		37.40		
	100m: 1:09.83 37.10		200m: 2:35.67	42.13 300m: 4:09.55	47.85 400m: 5:22.26		35.31		
12.	ALVES Catarina Alexandra	07	205924	Gesloures	5:22.62	+0,73	517	13,00	-
	50m: 32.42 32.42		150m: 1:52.70	42.23 250m: 3:20.36	46.61 350m: 4:45.83		38.23		
	100m: 1:10.47 38.05		200m: 2:33.75	41.05 300m: 4:07.60	47.24 400m: 5:22.62		36.79		
13.	JONES Angelina Bermejo	04	203392	Portinado	5:25.64	+0,70	502	12,00	-
	50m: 33.90 33.90		150m: 1:54.04	41.79 250m: 3:22.42	47.12 350m: 4:49.46		38.83		
	100m: 1:12.25 38.35		200m: 2:35.30	41.26 300m: 4:10.63	48.21 400m: 5:25.64		36.18		

Campeonato Nacional Clubes 2ª Divisão
 Estarreja, 2 - 3/12/2023

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

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
14.	DIOGO Ines Miranda	07	200416	Nautico Academico	5:26.94	+0,85	496	11,00	-
	50m: 34.25 34.25	150m: 1:55.03	40.89	250m: 3:23.97	48.89	350m: 4:50.48	38.38		
	100m: 1:14.14 39.89	200m: 2:35.08	40.05	300m: 4:12.10	48.13	400m: 5:26.94	36.46		
15.	ANDRADE Matilde Sousa	08	205152	Naval do Funchal	5:28.18	+0,68	491	10,00	-
	50m: 33.09 33.09	150m: 1:53.04	41.68	250m: 3:22.16	48.27	350m: 4:50.86	38.09		
	100m: 1:11.36 38.27	200m: 2:33.89	40.85	300m: 4:12.77	50.61	400m: 5:28.18	37.32		
16.	ROCHA Gabriela Santos	05	204325	Natacao de Valongo	5:28.20	+0,77	491	9,00	-
	50m: 32.95 32.95	150m: 1:56.22	44.37	250m: 3:24.13	44.60	350m: 4:49.84	39.51		
	100m: 1:11.85 38.90	200m: 2:39.53	43.31	300m: 4:10.33	46.20	400m: 5:28.20	38.36		
17.	VARANDAS Joana Filipa	02	124305	Laranjeiro	5:29.33	+0,84	486	8,00	-
	50m: 34.00 34.00	150m: 1:56.80	43.82	250m: 3:28.59	48.58	350m: 4:53.67	37.07		
	100m: 1:12.98 38.98	200m: 2:40.01	43.21	300m: 4:16.60	48.01	400m: 5:29.33	35.66		
18.	NETO Maria Ines	09	202390	Bombeiros de Ponta Delgada	5:33.45	+0,78	468	7,00	-
	50m: 33.86 33.86	150m: 1:58.28	44.86	250m: 3:30.28	49.04	350m: 4:57.08	37.49		
	100m: 1:13.42 39.56	200m: 2:41.24	42.96	300m: 4:19.59	49.31	400m: 5:33.45	36.37		
19.	RODRIGUES Clara Sobreiro	09	208694	Pimpoes/Cimai	5:34.16	+0,80	465	6,00	-
	50m: 35.61 35.61	150m: 1:58.90	42.50	250m: 3:30.18	48.99	350m: 4:57.44	38.24		
	100m: 1:16.40 40.79	200m: 2:41.19	42.29	300m: 4:19.20	49.02	400m: 5:34.16	36.72		
20.	FERREIRA Marta Oliveira	08	205100	Colegio Vasco da Gama	5:47.53	+0,83	413	5,00	-
	50m: 36.73 36.73	150m: 2:04.84	43.79	250m: 3:35.19	47.33	350m: 5:06.07	41.59		
	100m: 1:21.05 44.32	200m: 2:47.86	43.02	300m: 4:24.48	49.29	400m: 5:47.53	41.46		
21.	FREITAS Sofia Oliveira	10	206257	O Crasto	6:04.48	+0,61	358	4,00	-
	50m: 39.98 39.98	150m: 2:12.84	45.86	250m: 3:51.20	53.63	350m: 5:25.26	41.27		
	100m: 1:26.98 47.00	200m: 2:57.57	44.73	300m: 4:43.99	52.79	400m: 6:04.48	39.22		
DSQ	PIRES Ana Beatriz	08	205416	Uniao Piedense					-
	<i>613 - Não efectuou a viragem aos 125 m logo após terminar movimento continuo dos braços - SW 6.4</i>								
DSQ	GOMES Mariana Rosado	10	212857	Aminata					-
	<i>809 - Movimento alternado de pernas durante o percurso - SW 8.3</i>								