

Prova 43
10/12/2023 - 17:30

Femin., 400m Estilos

Absolutos
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

Pontos: FINA 2023

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
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Seniores

1.	DURAES Diana Margarida	96	Benfica	4:45.33	+0,75	747	
	50m: 30.91 30.91	150m: 1:42.39	37.18	250m: 2:58.86	40.30	350m: 4:13.00	33.18
	100m: 1:05.21 34.30	200m: 2:18.56	36.17	300m: 3:39.82	40.96	400m: 4:45.33	32.33
2.	CARDEAL Joana Nunes	02	Academico Viseu	4:49.80	+0,72	713	
	50m: 30.65 30.65	150m: 1:43.79	38.16	250m: 3:02.55	41.63	350m: 4:18.58	33.25
	100m: 1:05.63 34.98	200m: 2:20.92	37.13	300m: 3:45.33	42.78	400m: 4:49.80	31.22
3.	MENDES Mariana Amaral	02	Sporting	4:49.86	+0,74	712	
	50m: 31.39 31.39	150m: 1:45.25	38.79	250m: 3:04.27	40.95	350m: 4:18.57	32.97
	100m: 1:06.46 35.07	200m: 2:23.32	38.07	300m: 3:45.60	41.33	400m: 4:49.86	31.29
4.	LOPES Daniela Magalhaes	05	Famalicao	4:54.12	+0,77	682	
	50m: 31.55 31.55	150m: 1:45.47	38.78	250m: 3:05.38	41.97	350m: 4:21.02	34.14
	100m: 1:06.69 35.14	200m: 2:23.41	37.94	300m: 3:46.88	41.50	400m: 4:54.12	33.10
5.	CARDEAL Beatriz Nunes	04	Academico Viseu	4:55.58	+0,60	672	
	50m: 30.26 30.26	150m: 1:42.50	37.89	250m: 3:03.21	43.45	350m: 4:21.38	34.23
	100m: 1:04.61 34.35	200m: 2:19.76	37.26	300m: 3:47.15	43.94	400m: 4:55.58	34.20
6.	LOPES Matilde Nunes	06	Benfica	4:58.69	+0,70	651	
	50m: 31.46 31.46	150m: 1:45.09	38.27	250m: 3:06.60	43.14	350m: 4:24.36	34.27
	100m: 1:06.82 35.36	200m: 2:23.46	38.37	300m: 3:50.09	43.49	400m: 4:58.69	34.33
7.	VEIGA Ana Filipa	01	Gafanha da Encarnacao	5:01.46	+0,75	633	
	50m: 31.77 31.77	150m: 1:47.24	39.48	250m: 3:08.10	41.81	350m: 4:26.11	36.08
	100m: 1:07.76 35.99	200m: 2:26.29	39.05	300m: 3:50.03	41.93	400m: 5:01.46	35.35
8.	PINTO Leonor Filipa	06	Porto	5:06.75	+0,79	601	
	50m: 32.38 32.38	150m: 1:47.84	38.19	250m: 3:09.95	44.00	350m: 4:30.96	36.43
	100m: 1:09.65 37.27	200m: 2:25.95	38.11	300m: 3:54.53	44.58	400m: 5:06.75	35.79
9.	MATOS Ana Rita	02	Belenenses	5:11.59	+0,68	573	
	50m: 32.57 32.57	150m: 1:50.14	40.52	250m: 3:14.45	45.30	350m: 4:36.45	35.96
	100m: 1:09.62 37.05	200m: 2:29.15	39.01	300m: 4:00.49	46.04	400m: 5:11.59	35.14
10.	MORGADO Alice Jesus	04	Sporting	5:12.34	+0,78	569	
	50m: 33.78 33.78	150m: 1:53.65	41.25	250m: 3:17.76	44.26	350m: 4:38.49	35.68
	100m: 1:12.40 38.62	200m: 2:33.50	39.85	300m: 4:02.81	45.05	400m: 5:12.34	33.85
11.	MONTEIRO Ana Carolina	04	Uniao Coimbra	5:14.29	+0,65	559	
	50m: 32.26 32.26	150m: 1:51.76	42.56	250m: 3:17.87	44.42	350m: 4:39.41	36.15
	100m: 1:09.20 36.94	200m: 2:33.45	41.69	300m: 4:03.26	45.39	400m: 5:14.29	34.88
12.	RODRIGUES Lidiana Correia	04	Belenenses	5:17.77	+0,74	541	
	50m: 33.59 33.59	150m: 1:54.57	42.41	250m: 3:17.54	42.12	350m: 4:39.99	38.67
	100m: 1:12.16 38.57	200m: 2:35.42	40.85	300m: 4:01.32	43.78	400m: 5:17.77	37.78

Prova 43, Femin., 400m Estilos, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
DSQ	SILVA Ana Francisca	06	Alcobaca				
<i>704 - Mais de uma pernada de golfinho na braçada submarina após viragem aos 250 m - SW 7.1</i>							
DNS	REBELO Maria Carlota	03	Condeixa Clube				
DNS	LOPES Francisca Macedo	05	Vilacondense				
DNS	HENRIQUES Ines Jacinto	00	Louzan Natacao/EFAPEL				

Juniores

1.	ALMEIDA Maria Emilia	07	Colegio Efanor	5:07.20	+0,76	598	
	50m: 32.13 32.13	150m: 1:47.02	38.00 250m: 3:11.76	46.61 350m: 4:32.50	34.78		
	100m: 1:09.02 36.89	200m: 2:25.15	38.13 300m: 3:57.72	45.96 400m: 5:07.20	34.70		
2.	LEAL Matilde Barros	07	Aquatico Pacense	5:08.54	+0,80	591	
	50m: 33.49 33.49	150m: 1:53.44	42.20 250m: 3:15.54	40.80 350m: 4:33.10	36.15		
	100m: 1:11.24 37.75	200m: 2:34.74	41.30 300m: 3:56.95	41.41 400m: 5:08.54	35.44		
3.	SANTOS Rita Machita	07	Naval Setubalense	5:11.55	+0,81	574	
	50m: 32.98 32.98	150m: 1:52.81	41.92 250m: 3:17.52	43.26 350m: 4:37.57	36.26		
	100m: 1:10.89 37.91	200m: 2:34.26	41.45 300m: 4:01.31	43.79 400m: 5:11.55	33.98		
4.	COSTA Maria Joao	08	Vilacondense	5:15.01	+0,75	555	
	50m: 32.93 32.93	150m: 1:53.35	41.92 250m: 3:19.93	44.99 350m: 4:41.60	36.18		
	100m: 1:11.43 38.50	200m: 2:34.94	41.59 300m: 4:05.42	45.49 400m: 5:15.01	33.41		
5.	NUNES Carolina Mendes	08	Estarreja/PROZINCO	5:16.39	+0,89	548	
	50m: 33.67 33.67	150m: 1:54.46	41.39 250m: 3:20.30	46.04 350m: 4:41.44	35.78		
	100m: 1:13.07 39.40	200m: 2:34.26	39.80 300m: 4:05.66	45.36 400m: 5:16.39	34.95		
6.	FERREIRA Constanca Santos	08	Alges	5:16.65	+0,77	546	
	50m: 32.11 32.11	150m: 1:49.97	40.37 250m: 3:15.92	45.27 350m: 4:40.05	37.54		
	100m: 1:09.60 37.49	200m: 2:30.65	40.68 300m: 4:02.51	46.59 400m: 5:16.65	36.60		
7.	BARROS Adriana Ribeiro	08	Braga	5:20.51	+0,83	527	
	50m: 32.95 32.95	150m: 1:55.17	42.41 250m: 3:22.40	46.30 350m: 4:44.90	36.69		
	100m: 1:12.76 39.81	200m: 2:36.10	40.93 300m: 4:08.21	45.81 400m: 5:20.51	35.61		
8.	ALVES Sara Sofia	07	Palmela	5:22.76	+0,80	516	
	50m: 34.00 34.00	150m: 1:56.87	41.09 250m: 3:24.38	47.03 350m: 4:48.08	36.16		
	100m: 1:15.78 41.78	200m: 2:37.35	40.48 300m: 4:11.92	47.54 400m: 5:22.76	34.68		
9.	CAMARA Ines Cruz	07	Desportivo Nacional	5:23.96	+0,77	510	
	50m: 33.32 33.32	150m: 1:54.12	42.65 250m: 3:22.29	46.07 350m: 4:47.14	37.74		
	100m: 1:11.47 38.15	200m: 2:36.22	42.10 300m: 4:09.40	47.11 400m: 5:23.96	36.82		
10.	RODRIGUES Leonor Carreiro	07	Benfica	5:26.54	+0,69	498	
	50m: 34.13 34.13	150m: 1:56.65	42.12 250m: 3:24.21	45.99 350m: 4:49.36	38.42		
	100m: 1:14.53 40.40	200m: 2:38.22	41.57 300m: 4:10.94	46.73 400m: 5:26.54	37.18		
11.	SIMOES Dania Rodrigues	07	Louzan Natacao/EFAPEL	5:27.59	+0,74	493	
	50m: 34.61 34.61	150m: 1:56.87	42.90 250m: 3:25.18	46.66 350m: 4:50.06	37.95		
	100m: 1:13.97 39.36	200m: 2:38.52	41.65 300m: 4:12.11	46.93 400m: 5:27.59	37.53		
DSQ	PINTO Margarida Vieira	07	Braga				
<i>903 - Nadador não efectuou viragem dos 175 metros de acordo com as regras aplicadas para o estilo em particular - SW 9.4</i>							



Prova 43, Femin., 400m Estilos, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
DSQ	GOMES Francisca Martins <i>902 - Nadador não efectuou chegada dos 200 metros de acordo com as regras aplicadas para o estilo em particular - SW 9.4</i>	07	Porto				
DNS	LOURENCO Bruna Filipa	08	O Crasto				

