

Prova 29  
22/12/2023 - 16:00

Femin., 400m Estilos

Absolutos  
Resultados

Recordes Nacionais 25m Open	4:36.19	Victoria, KAMINSKAYA	POR	Copenhagen (DEN)	13/12/2017
Recordes Nacionais 25m Sen	4:36.19	Victoria, KAMINSKAYA	POR	Copenhagen (DEN)	13/12/2017
Recordes Nacionais 25m Jun 17	4:46.89	Ines Neto, ROCHA	CAP	Felgueiras	15/04/2018
Recordes Nacionais 25m Jun 16	4:50.85	Diana Margarida, DURAES	FOCA	Silves	02/12/2011
Recordes Nacionais 25m Juv A	4:51.85	Ana Claudia, SANTOS	SFUAP	Setubal	21/11/2004
Recordes Nacionais 25m Juv B	4:56.53	Mariana Pacheco, CUNHA	CFP	Porto	05/05/2018
Recordes Nacionais 25m Inf A	5:03.94	Carolina Miranda, FERNANDES	CGA	Condeixa	12/05/2018
Recordes Nacionais 25m Inf B	5:15.68	Susana Patricia, MIGUEL	SFUAP	Rio Maior	06/07/2002

Pontos: FINA 2023

Lugar	Nome	TReac	Licença	Ano	Clube	Tempo Final	FINA	Pts
1.	Diana Margarida, DURAES	+0,71	102992	96	Benfica	<b>4:43.85</b>	759	17,00
	50m: 30.84 30.84	150m: 1:42.07 36.95	250m: 2:59.51 41.16	350m: 4:13.40 32.95				
	100m: 1:05.12 34.28	200m: 2:18.35 36.28	300m: 3:40.45 40.94	400m: 4:43.85 30.45				
2.	Mariana Amaral, MENDES	+0,77	123959	02	Sporting	<b>4:43.90</b>	758	15,00
	50m: 30.79 30.79	150m: 1:43.46 38.23	250m: 3:00.60 40.02	350m: 4:13.62 32.76				
	100m: 1:05.23 34.44	200m: 2:20.58 37.12	300m: 3:40.86 40.26	400m: 4:43.90 30.28				
3.	Ines Mourenza, ROCHA	+0,78	220088	07	Fluvial Portuense	<b>4:56.43</b>	666	14,00
	50m: 30.28 30.28	150m: 1:43.05 37.86	250m: 3:05.07 44.93	350m: 4:23.60 33.72				
	100m: 1:05.19 34.91	200m: 2:20.14 37.09	300m: 3:49.88 44.81	400m: 4:56.43 32.83				
4.	Maria Carlota, REBELO	+0,73	119714	03	Condeixa Aqua Clube	<b>4:56.86</b>	663	13,00
	50m: 30.67 30.67	150m: 1:45.18 39.11	250m: 3:06.01 42.10	350m: 4:22.97 34.65				
	100m: 1:06.07 35.40	200m: 2:23.91 38.73	300m: 3:48.32 42.31	400m: 4:56.86 33.89				
5.	Leonor Filipa, PINTO	+0,84	132842	06	Porto	<b>4:59.05</b>	649	12,00
	50m: 31.47 31.47	150m: 1:45.90 38.36	250m: 3:07.10 43.10	350m: 4:24.77 34.76				
	100m: 1:07.54 36.07	200m: 2:24.00 38.10	300m: 3:50.01 42.91	400m: 4:59.05 34.28				
6.	Maria Emilia, ALMEIDA	+0,79	131568	07	Colegio Efanor	<b>5:06.30</b>	604	11,00
	50m: 31.41 31.41	150m: 1:45.90 38.57	250m: 3:11.44 46.87	350m: 4:32.11 34.40				
	100m: 1:07.33 35.92	200m: 2:24.57 38.67	300m: 3:57.71 46.27	400m: 5:06.30 34.19				
7.	Margarida Vieira, PINTO	+0,79	204344	07	Braga	<b>5:07.00</b>	600	10,00
	50m: 33.06 33.06	150m: 1:52.87 40.72	250m: 3:14.85 42.81	350m: 4:34.35 35.23				
	100m: 1:12.15 39.09	200m: 2:32.04 39.17	300m: 3:59.12 44.27	400m: 5:07.00 32.65				
8.	Constanca Santos, FERREIRA	+0,82	205945	08	Sport Alges e Dafundo	<b>5:08.02</b>	594	9,00
	50m: 31.19 31.19	150m: 1:46.35 38.74	250m: 3:09.62 44.35	350m: 4:32.55 36.68				
	100m: 1:07.61 36.42	200m: 2:25.27 38.92	300m: 3:55.87 46.25	400m: 5:08.02 35.47				
9.	Carolina Mendes, NUNES	+0,99	205710	08	Estarreja/PROZINCO	<b>5:11.09</b>	576	8,00
	50m: 32.83 32.83	150m: 1:50.96 40.71	250m: 3:15.73 44.98	350m: 4:36.72 36.22				
	100m: 1:10.25 37.42	200m: 2:30.75 39.79	300m: 4:00.50 44.77	400m: 5:11.09 34.37				
10.	Ana Rita, MATOS	+0,77	127501	02	Clube Futebol Os Belenenses	<b>5:12.66</b>	568	7,00
	50m: 32.20 32.20	150m: 1:48.65 39.65	250m: 3:13.20 45.51	350m: 4:36.36 36.19				
	100m: 1:09.00 36.80	200m: 2:27.69 39.04	300m: 4:00.17 46.97	400m: 5:12.66 36.30				
11.	Angela Rodrigues, REBELO	+0,70	131719	07	Louzan Natacao/EFAPEL	<b>5:17.22</b>	543	6,00
	50m: 31.82 31.82	150m: 1:51.08 41.64	250m: 3:16.43 44.47	350m: 4:39.89 37.91				
	100m: 1:09.44 37.62	200m: 2:31.96 40.88	300m: 4:01.98 45.55	400m: 5:17.22 37.33				
12.	Teresa Isabel, RODRIGUES	+0,61	207950	09	Foca Quinta Da Lixa - Cnf	<b>5:18.78</b>	535	5,00
	50m: 33.83 33.83	150m: 1:54.96 41.66	250m: 3:20.55 44.36	350m: 4:42.67 36.65				
	100m: 1:13.30 39.47	200m: 2:36.19 41.23	300m: 4:06.02 45.47	400m: 5:18.78 36.11				
13.	Ana Urbina, LOZADA	+0,78	221247	08	Louletano / Loule Concelho	<b>5:20.11</b>	529	4,00
	50m: 33.31 33.31	150m: 1:53.42 42.66	250m: 3:20.18 45.90	350m: 4:44.31 37.55				
	100m: 1:10.76 37.45	200m: 2:34.28 40.86	300m: 4:06.76 46.58	400m: 5:20.11 35.80				
14.	Leonor Carnide, SILVA	+0,83	151721	09	Ginasio Vila Real	<b>5:32.88</b>	470	3,00
	50m: 32.82 32.82	150m: 1:57.83 41.94	250m: 3:28.18 48.47	350m: 4:56.03 39.08				
	100m: 1:15.89 43.07	200m: 2:39.71 41.88	300m: 4:16.95 48.77	400m: 5:32.88 36.85				
15.	Ana Sofia, INACIO	+0,87	202686	04	Vikings	<b>5:58.27</b>	377	2,00
	50m: 33.65 33.65	150m: 2:00.50 46.37	250m: 3:38.96 53.05	350m: 5:16.52 43.90				
	100m: 1:14.13 40.48	200m: 2:45.91 45.41	300m: 4:32.62 53.66	400m: 5:58.27 41.75				
16.	Luana Ferreira, CASTRO	+0,90	130194	04	Escola Desportiva de Viana	<b>6:22.17</b>	311	1,00
	50m: 37.45 37.45	150m: 2:12.93 46.78	250m: 3:53.59 54.82	350m: 5:37.35 45.96				
	100m: 1:26.15 48.70	200m: 2:58.77 45.84	300m: 4:51.39 57.80	400m: 6:22.17 44.82				