

Prova 40 Femin., 400m Livres Absolutos
10/03/2024 - 9:40 Resultados

Recordes Reg ANCPN 25m Open	4:15.59	Joana Nunes Cardeal	AVFC	Albufeira	12/11/2022
Recordes Reg ANCPN 25m Sen	4:15.59	Joana Nunes Cardeal	AVFC	Albufeira	12/11/2022
Recordes Reg ANCPN 25m Jun17	4:19.23	Joana Costa Amador	CGA	Mealhada	16/06/2018
Recordes Reg ANCPN 25m Jun16	4:21.32	Joana Nunes Cardeal	AVFC	Mealhada	16/06/2018
Recordes Reg ANCPN 25m Juv A	4:25.40	Joana Costa Amador	CGA	Viseu	22/05/2016
Recordes Reg ANCPN 25m Juv B	4:29.85	Joana Costa Amador	CGA	Gafanha da Nazaré	24/05/2015

TAC-N Fem Sen 19+ 19 -: 4:31.76 / TAC-N Fem Sen 18 18: 4:33.12 / TAC-N Fem Jun 17 Jun17: 4:38.55 / TAC-N Fem Jun 16 Jun16: 4:39.91 / TAC-N Fem Juv A Juv A: 4:46.71 / TAC-N Fem Juv B Juv B: 4:53.50

Pontos: FINA 2023

Lugar Nome Sexo Licença Ano Clube Tp. insc Tempo Final pts FINA Obs

Juvenis B

1. Leonor Nunes Cardeal	F	201021	10	Individual ANCPN	4:42.36	4:44.62	536	
<i>TAC Nacional</i>								
50m:	32.01	32.01	150m:	1:43.71	36.53	250m:	2:56.78	36.50
100m:	1:07.18	35.17	200m:	2:20.28	36.57	300m:	3:33.42	36.64
350m:	4:10.10	36.68	400m:	4:44.62	36.50	400m:	4:44.62	34.52
2. Mariana Pina Macedo	F	212237	10	Estamos Juntos	5:31.32	5:14.54	397	
50m:	34.91	34.91	150m:	1:55.30	41.01	250m:	3:16.63	40.65
100m:	1:14.29	39.38	200m:	2:35.98	40.68	300m:	3:56.89	40.26
350m:	4:37.06	40.17	400m:	5:14.54	40.26	400m:	5:14.54	37.48
3. Leonor Delgadinho Rocha	F	212157	10	Sporting Clube Sao Joao Ver	5:39.60	5:18.01	384	
50m:	34.57	34.57	150m:	1:53.54	39.98	250m:	3:15.25	40.96
100m:	1:13.56	38.99	200m:	2:34.29	40.75	300m:	3:55.82	40.57
350m:	4:36.95	41.13	400m:	5:18.01	40.57	400m:	5:18.01	41.06
4. Luana Silva Valente	F	213020	10	Estarreja/PROZINCO	5:28.21	5:25.88	357	
50m:	36.22	36.22	150m:	1:56.15	40.54	250m:	3:19.50	41.82
100m:	1:15.61	39.39	200m:	2:37.68	41.53	300m:	4:02.26	42.76
350m:	4:44.56	42.30	400m:	5:25.88	42.76	400m:	5:25.88	41.32
5. Ines Sousa Ferreira	F	212456	10	Estamos Juntos	5:58.30	5:55.02	276	
50m:	40.39	40.39	150m:	2:09.95	45.39	250m:	3:40.94	45.83
100m:	1:24.56	44.17	200m:	2:55.11	45.16	300m:	4:27.14	46.20
350m:	5:12.39	45.25	400m:	5:55.02	46.20	400m:	5:55.02	42.63
6. Matilde Martins Barbosa	F	221258	10	CN Vagos	NT	6:25.64	215	
50m:	40.41	40.41	150m:	2:17.48	50.14	250m:	3:57.81	50.85
100m:	1:27.34	46.93	200m:	3:06.96	49.48	300m:	4:48.66	50.85
350m:	5:38.30	49.64	400m:	6:25.64	50.85	400m:	6:25.64	47.34

Juvenis A

1. Lara Catarina Maia	F	205712	09	Estarreja/PROZINCO	4:40.47	4:40.32	561	
<i>TAC Nacional</i>								
50m:	30.91	30.91	150m:	1:39.62	34.82	250m:	2:51.72	36.24
100m:	1:04.80	33.89	200m:	2:15.48	35.86	300m:	3:28.35	36.63
350m:	4:05.05	36.70	400m:	4:40.32	36.63	400m:	4:40.32	35.27
2. Maria Rita Oliveira	F	214185	09	Academico Viseu Futebol Clube	NT	5:07.15	427	
50m:	35.41	35.41	150m:	1:52.82	39.34	250m:	3:11.11	39.47
100m:	1:13.48	38.07	200m:	2:31.64	38.82	300m:	3:50.37	39.26
350m:	4:29.25	38.88	400m:	5:07.15	39.26	400m:	5:07.15	37.90
3. Carolina Mortagua Melo	F	208223	09	Estarreja/PROZINCO	5:13.95	5:07.40	426	
50m:	34.64	34.64	150m:	1:50.73	38.78	250m:	3:10.36	39.84
100m:	1:11.95	37.31	200m:	2:30.52	39.79	300m:	3:50.11	39.75
350m:	4:29.59	39.48	400m:	5:07.40	39.75	400m:	5:07.40	37.81
4. Gabriela Lopes Fernandes	F	203902	09	O Crasto	5:12.74	5:15.78	392	
50m:	34.74	34.74	150m:	1:54.71	40.70	250m:	3:16.44	40.77
100m:	1:14.01	39.27	200m:	2:35.67	40.96	300m:	3:57.05	40.61
350m:	4:37.59	40.54	400m:	5:15.78	40.61	400m:	5:15.78	38.19

Juniores

1. Carolina Vizinho Cabral	F	206307	07	CN Vagos	NT	4:30.67	624	
<i>TAC Nacional</i>								
50m:	31.72	31.72	150m:	1:39.51	34.36	250m:	2:48.45	34.51
100m:	1:05.15	33.43	200m:	2:13.94	34.43	300m:	3:22.90	34.45
350m:	3:57.35	34.45	400m:	4:30.67	34.45	400m:	4:30.67	33.32
2. Bianca Filipa Almeida	F	204110	07	Algés e Águeda XXI	4:34.02	4:37.32	580	
<i>TAC Nacional</i>								
50m:	32.18	32.18	150m:	1:42.14	35.31	250m:	2:52.93	35.02
100m:	1:06.83	34.65	200m:	2:17.91	35.77	300m:	3:27.64	35.02
350m:	4:02.56	34.92	400m:	4:37.32	34.71	400m:	4:37.32	34.76
3. Erica Domitila Amador	F	202625	07	Estarreja/PROZINCO	NT	4:47.42	521	
50m:	32.74	32.74	150m:	1:44.33	35.89	250m:	2:58.06	37.04
100m:	1:08.44	35.70	200m:	2:21.02	36.69	300m:	3:34.67	36.61
350m:	4:11.42	36.75	400m:	4:47.42	36.61	400m:	4:47.42	36.00
4. Sofia Pereira Jorge	F	141291	08	Galitos / Bresimar	4:49.65	4:53.12	491	
50m:	32.12	32.12	150m:	1:43.95	36.58	250m:	2:59.39	37.68
100m:	1:07.37	35.25	200m:	2:21.71	37.76	300m:	3:37.66	38.27
350m:	4:15.94	38.28	400m:	4:53.12	38.27	400m:	4:53.12	37.18

Prova 40, Femin., 400m Livres, Juniores

Lugar	Nome	Sexo	Licença	Ano	Clube	Tp. insc	Tempo Final	pts	FINA	Obs
5.	Leonor Oliveira Teixeira	F	207427	08	Estarreja/PROZINCO	5:05.59	5:03.49		442	
	50m: 33.32	33.32	150m: 1:46.26	36.87	250m: 3:02.20	38.39	350m: 4:22.65	40.77		
	100m: 1:09.39	36.07	200m: 2:23.81	37.55	300m: 3:41.88	39.68	400m: 5:03.49	40.84		
6.	Rafaela Calvo Coutinho	F	207581	08	Campinho	5:04.49	5:04.18		439	
	50m: 34.26	34.26	150m: 1:51.82	39.29	250m: 3:09.96	38.61	350m: 4:27.59	38.73		
	100m: 1:12.53	38.27	200m: 2:31.35	39.53	300m: 3:48.86	38.90	400m: 5:04.18	36.59		
7.	Maria Joao Lobo	F	207173	07	Sporting Clube de Aveiro	5:02.93	5:05.23		435	
	50m: 33.42	33.42	150m: 1:48.57	38.60	250m: 3:08.38	39.56	350m: 4:27.05	39.52		
	100m: 1:09.97	36.55	200m: 2:28.82	40.25	300m: 3:47.53	39.15	400m: 5:05.23	38.18		
8.	Maria Miguel Resende	F	205715	08	Estarreja/PROZINCO	5:10.88	5:15.09		395	
	50m: 34.86	34.86	150m: 1:52.94	39.63	250m: 3:13.51	40.17	350m: 4:35.18	41.06		
	100m: 1:13.31	38.45	200m: 2:33.34	40.40	300m: 3:54.12	40.61	400m: 5:15.09	39.91		
9.	Mariana Catarina Gomes	F	209319	08	Sporting Clube Sao Joao Ver	5:22.93	5:44.47		302	
	50m: 37.97	37.97	150m: 2:02.55	42.72	250m: 3:31.56	44.54	350m: 5:01.63	45.61		
	100m: 1:19.83	41.86	200m: 2:47.02	44.47	300m: 4:16.02	44.46	400m: 5:44.47	42.84		
10.	Beatriz Vilas Pereira	F	210935	07	UD Oliveirense/FERSILVA	5:41.93	5:57.85		270	
	50m: 39.14	39.14	150m: 2:08.57	44.93	250m: 3:38.88	45.83	350m: 5:10.28	45.59		
	100m: 1:23.64	44.50	200m: 2:53.05	44.48	300m: 4:24.69	45.81	400m: 5:57.85	47.57		

Seniores

1.	Joana Barbas Ramos	F	153484	06	Gafanha da Encarnacao	4:31.08	4:30.50		625	
	<i>TAC Nacional</i>									
	50m: 31.63	31.63	150m: 1:39.79	34.23	250m: 2:48.23	34.08	350m: 3:57.16	34.33		
	100m: 1:05.56	33.93	200m: 2:14.15	34.36	300m: 3:22.83	34.60	400m: 4:30.50	33.34		
2.	Miriam Mortagua Soares	F	129027	06	Galitos / Bresimar	4:38.61	4:40.15		562	
	50m: 31.67	31.67	150m: 1:41.02	34.90	250m: 2:52.12	35.76	350m: 4:05.48	36.73		
	100m: 1:06.12	34.45	200m: 2:16.36	35.34	300m: 3:28.75	36.63	400m: 4:40.15	34.67		
3.	Barbara Nunes Marques	F	200027	06	Estarreja/PROZINCO	4:53.95	4:51.13		501	
	50m: 32.67	32.67	150m: 1:44.73	36.45	250m: 2:58.42	36.82	350m: 4:13.86	37.90		
	100m: 1:08.28	35.61	200m: 2:21.60	36.87	300m: 3:35.96	37.54	400m: 4:51.13	37.27		
4.	Ana Rita Monteiro	F	124464	01	Sporting de Espinho	5:28.83	5:19.33		380	
	50m: 36.50	36.50	150m: 1:55.88	40.13	250m: 3:16.83	40.65	350m: 4:38.84	40.94		
	100m: 1:15.75	39.25	200m: 2:36.18	40.30	300m: 3:57.90	41.07	400m: 5:19.33	40.49		