

Prova 5 Femin., 400m Estilos Absolutos
08/03/2024 - 17:25 Resultados

Recordes Reg ANCPN 25m Open	4:49.39	Ana Sofia Pina	CACRCCD Vila Real Stº António	04/11/2018
Recordes Reg ANCPN 25m Sen	4:50.31	Joana Nunes Cardeal	AVFC Mealhada	14/11/2020
Recordes Reg ANCPN 25m Jun17	4:49.39	Ana Sofia Pina	CRASTO Vila Real Stº António	04/11/2018
Recordes Reg ANCPN 25m Jun16	4:53.90	Ana Sofia Pina	CACRCCD Porto	08/12/2017
Recordes Reg ANCPN 25m Juv A	4:59.34	Ana Sofia Pina	CACRCCD Ponte da Barca	02/12/2016
Recordes Reg ANCPN 25m Juv B	5:09.54	Rita Costa Amador	CGA Espinho	03/02/2013

TAC-N Fem Sen 19+ 19+: 5:12.08 / TAC-N Fem Sen 18 18: 5:13.64 / TAC-N Fem Jun 17 Jun17: 5:19.88 / TAC-N Fem Jun 16 Jun16: 5:21.44 / TAC-N Fem Juv A Juv A: 5:29.24 / TAC-N Fem Juv B Juv B: 5:37.05

Pontos: FINA 2023

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

1.	Leonor Nunes Cardeal <i>TAC Nacional</i>	F	201021	10	Individual ANCPN	5:24.47	5:26.10	500		
	50m: 34.18 100m: 1:14.13	34.18 39.95	150m: 1:57.01 200m: 2:38.98	42.88 41.97	250m: 3:24.77 300m: 4:13.16	45.79 48.39	350m: 4:50.25 400m: 5:26.10	37.09 35.85		
2.	Eva Santos Ferreira	F	206253	10	O Crasto	6:20.96	5:47.55	413		
	50m: 38.52 100m: 1:27.94	38.52 49.42	150m: 2:11.73 200m: 2:53.39	43.79 41.66	250m: 3:43.14 300m: 4:31.92	49.75 48.78	350m: 5:10.35 400m: 5:47.55	38.43 37.20		
3.	Sofia Oliveira Freitas	F	206257	10	O Crasto	6:04.48	5:53.48	393		
	50m: 38.60 100m: 1:24.69	38.60 46.09	150m: 2:11.06 200m: 2:56.35	46.37 45.29	250m: 3:46.00 300m: 4:36.83	49.65 50.83	350m: 5:15.21 400m: 5:53.48	38.38 38.27		

Juvenis A

1.	Marta Oliveira Silva	F	208167	09	Sanjoanense/FEPSA	5:26.17	5:41.68	435		
	50m: 34.70 100m: 1:15.77	34.70 41.07	150m: 2:01.15 200m: 2:44.86	45.38 43.71	250m: 3:33.41 300m: 4:23.09	48.55 49.68	350m: 5:02.83 400m: 5:41.68	39.74 38.85		
2.	Matilde Lopes Silva	F	206365	09	Sporting Clube Sao Joao Ver	5:52.28	5:49.31	407		
	50m: 35.80 100m: 1:21.23	35.80 45.43	150m: 2:07.04 200m: 2:51.16	45.81 44.12	250m: 3:39.99 300m: 4:29.88	48.83 49.89	350m: 5:10.96 400m: 5:49.31	41.08 38.35		
3.	Maria Rita Oliveira	F	214185	09	Academico Viseu Futebol Clube	5:59.20	5:57.34	380		
	50m: 37.24 100m: 1:21.42	37.24 44.18	150m: 2:09.34 200m: 2:54.03	47.92 44.69	250m: 3:46.52 300m: 4:39.12	52.49 52.60	350m: 5:18.57 400m: 5:57.34	39.45 38.77		

Juniores

1.	Nuria Soares Silva <i>TAC Nacional</i>	F	203604	07	Sporting Clube Sao Joao Ver	5:27.88	5:13.13	565		
	50m: 33.79 100m: 1:12.18	33.79 38.39	150m: 1:53.49 200m: 2:33.82	41.31 40.33	250m: 3:17.14 300m: 4:00.45	43.32 43.31	350m: 4:37.81 400m: 5:13.13	37.36 35.32		
2.	Carolina Mendes Nunes <i>TAC Nacional</i>	F	205710	08	Estarreja/PROZINCO	5:11.09	5:14.10	560		
	50m: 33.48 100m: 1:11.93	33.48 38.45	150m: 1:52.90 200m: 2:33.06	40.97 40.16	250m: 3:19.26 300m: 4:04.03	46.20 44.77	350m: 4:39.98 400m: 5:14.10	35.95 34.12		

Seniores

1.	Ana Filipa Veiga <i>TAC Nacional</i>	F	125558	01	Gafanha da Encarnacao	4:58.90	5:01.20	635		
	50m: 32.79 100m: 1:10.32	32.79 37.53	150m: 1:49.93 200m: 2:29.09	39.61 39.16	250m: 3:10.61 300m: 3:52.05	41.52 41.44	350m: 4:27.06 400m: 5:01.20	35.01 34.14		
2.	Maria Joao Ribeiro <i>TAC Nacional</i>	F	133241	05	Sporting Clube Sao Joao Ver	5:12.82	5:11.51	574		
	50m: 33.05 100m: 1:10.41	33.05 37.36	150m: 1:52.28 200m: 2:33.56	41.87 41.28	250m: 3:16.61 300m: 3:59.50	43.05 42.89	350m: 4:35.92 400m: 5:11.51	36.42 35.59		