

Prova 21	Femin., 400m Livres				Absolutos
18/11/2023 - 14:45					Resultados
Recordes Nacionais 25m Open	4:04.61	Diana Margarida, DURAES	POR	Copenhagen (DEN)	17/12/2017
Recordes Nacionais 25m Sen	4:04.61	Diana Margarida, DURAES	POR	Copenhagen (DEN)	17/12/2017
Recordes Nacionais 25m Jun 17	4:10.52	Tamila Hryhorivna, HOLUB	SCB	Porto	12/12/2015
Recordes Nacionais 25m Jun 16	4:13.53	Ana Reis, SOUSA	CNLA	Porto	09/12/2017
Recordes Territoriais 25m Open	4:08.56	Francisca Soares, MARTINS	FOCA	Leiria	10/12/2022
Recordes Territoriais 25m Sen	4:08.56	Francisca Soares, MARTINS	FOCA	Leiria	10/12/2022
Recordes Territoriais 25m Jun 17	4:14.95	Joana Aguiar, RODRIGUES	FCP	Leiria	05/12/2009
Recordes Territoriais 25m Jun 16	4:17.74	Francisca Soares, MARTINS	FOCA	Felgueiras	28/04/2019

TLP Juniores Femininos Jun: 5:00.90 / TLP Seniores Femininos Sen: 4:46.78

Pontos: FINA 2022

Lugar	Nome	Licença	Ano	Clube	Tempo Final	FINA
<b>Juniores</b>						
1.	Mafalda Martins, MESQUITA	202805	07	Famaliç�o	<b>4:26.26</b>	678
	50m: 31.02 31.02	150m: 1:38.37 34.12	250m: 2:46.25 33.89	350m: 3:53.22 33.27		
	100m: 1:04.25 33.23	200m: 2:12.36 33.99	300m: 3:19.95 33.70	400m: 4:26.26 33.04		
2.	Maria Emilia, ALMEIDA	131568	07	Colegio Efanor	<b>4:33.08</b>	628
	50m: 31.55 31.55	150m: 1:40.02 34.36	250m: 2:49.25 34.50	350m: 3:58.78 34.89		
	100m: 1:05.66 34.11	200m: 2:14.75 34.73	300m: 3:23.89 34.64	400m: 4:33.08 34.30		
3.	Carolina Amadeu, FERREIRA	202815	08	Leixoes Sport Clube	<b>4:37.94</b>	596
	50m: 31.74 31.74	150m: 1:41.06 35.04	250m: 2:52.25 35.70	350m: 4:03.52 35.60		
	100m: 1:06.02 34.28	200m: 2:16.55 35.49	300m: 3:27.92 35.67	400m: 4:37.94 34.42		
4.	Sofia Alexandra, CARVALHO	133262	07	Fluvial Portuense	<b>4:43.44</b>	562
	50m: 31.64 31.64	150m: 1:41.16 35.28	250m: 2:53.71 36.36	350m: 4:06.95 36.46		
	100m: 1:05.88 34.24	200m: 2:17.35 36.19	300m: 3:30.49 36.78	400m: 4:43.44 36.49		
5.	Maria Joao, COSTA	201391	08	Vilacondense	<b>4:43.61</b>	561
	50m: 31.39 31.39	150m: 1:41.72 35.56	250m: 2:54.09 36.49	350m: 4:07.96 36.83		
	100m: 1:06.16 34.77	200m: 2:17.60 35.88	300m: 3:31.13 37.04	400m: 4:43.61 35.65		
6.	Joana Navega, TEIXEIRA	200355	07	Fluvial Portuense	<b>4:51.91</b>	514
	50m: 33.52 33.52	150m: 1:47.04 36.89	250m: 3:01.33 37.40	350m: 4:15.72 37.21		
	100m: 1:10.15 36.63	200m: 2:23.93 36.89	300m: 3:38.51 37.18	400m: 4:51.91 36.19		
7.	Ana Carolina, NEVES	200350	08	Fluvial Portuense	<b>4:52.36</b>	512
	50m: 31.31 31.31	150m: 1:42.25 36.28	250m: 2:58.52 38.51	350m: 4:15.19 38.40		
	100m: 1:05.97 34.66	200m: 2:20.01 37.76	300m: 3:36.79 38.27	400m: 4:52.36 37.17		
8.	Bruna Maria, BARBOSA	202261	08	Aquatico Pacense	<b>4:54.34</b>	501
	50m: 33.67 33.67	150m: 1:47.34 37.18	250m: 3:02.30 37.38	350m: 4:17.66 37.75		
	100m: 1:10.16 36.49	200m: 2:24.92 37.58	300m: 3:39.91 37.61	400m: 4:54.34 36.68		
9.	Lara Mota, FERREIRA	209955	08	Assoc. Desportiva de Fafe	<b>4:58.68</b>	480
	50m: 33.96 33.96	150m: 1:48.90 37.70	250m: 3:05.18 37.65	350m: 4:21.78 38.45		
	100m: 1:11.20 37.24	200m: 2:27.53 38.63	300m: 3:43.33 38.15	400m: 4:58.68 36.90		
10.	Mafalda Pinto, SOUSA	203348	08	Fluvial Portuense	<b>4:58.81</b>	479
	50m: 34.11 34.11	150m: 1:48.89 37.49	250m: 3:05.53 38.30	350m: 4:21.81 38.20		
	100m: 1:11.40 37.29	200m: 2:27.23 38.34	300m: 3:43.61 38.08	400m: 4:58.81 37.00		
11.	Matilde Vidal, SILVA	214613	08	Fluvial Portuense	<b>5:05.63</b>	448
	<i>FTL</i>					
	50m: 35.32 35.32	150m: 1:52.29 38.72	250m: 3:10.63 39.02	350m: 4:28.22 38.87		
	100m: 1:13.57 38.25	200m: 2:31.61 39.32	300m: 3:49.35 38.72	400m: 5:05.63 37.41		
12.	Filipa Oliveira, COSTA	203331	08	Natacao de Valongo	<b>5:06.46</b>	444
	<i>FTL</i>					
	50m: 34.86 34.86	150m: 1:51.26 38.50	250m: 3:08.86 38.96	350m: 4:27.91 39.76		
	100m: 1:12.76 37.90	200m: 2:29.90 38.64	300m: 3:48.15 39.29	400m: 5:06.46 38.55		
WDR	Rita Silva, GOMES	200932	08	Colegio Efanor		

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Prova 21, Femin., 400m Livres

Seniores

1.	Angelica Maria, ANDRE	15497	94	Porto	<b>4:17.86</b>	746
	50m: 30.33 30.33	150m: 1:34.43 32.47	250m: 2:39.52 32.48	350m: 3:45.13 32.90		
	100m: 1:01.96 31.63	200m: 2:07.04 32.61	300m: 3:12.23 32.71	400m: 4:17.86 32.73		
2.	Francisca Macedo, LOPES	129982	05	Vilacondense	<b>4:32.20</b>	634
	50m: 31.07 31.07	150m: 1:38.57 34.06	250m: 2:47.33 34.46	350m: 3:57.42 35.35		
	100m: 1:04.51 33.44	200m: 2:12.87 34.30	300m: 3:22.07 34.74	400m: 4:32.20 34.78		
3.	Catarina Gaspar, PIRES	129871	06	Porto	<b>4:35.82</b>	609
	50m: 31.59 31.59	150m: 1:39.70 34.50	250m: 2:49.66 35.03	350m: 4:00.77 35.56		
	100m: 1:05.20 33.61	200m: 2:14.63 34.93	300m: 3:25.21 35.55	400m: 4:35.82 35.05		
4.	Ines Martins, SILVA	127134	04	Vilacondense	<b>4:35.99</b>	608
	50m: 31.02 31.02	150m: 1:39.42 34.94	250m: 2:49.89 35.19	350m: 4:01.30 35.92		
	100m: 1:04.48 33.46	200m: 2:14.70 35.28	300m: 3:25.38 35.49	400m: 4:35.99 34.69		
5.	Lia Beatriz, GOMES	200413	06	Vit�ria Sport Clube	<b>4:36.44</b>	605
	50m: 31.67 31.67	150m: 1:40.24 34.71	250m: 2:50.28 35.08	350m: 4:01.49 35.69		
	100m: 1:05.53 33.86	200m: 2:15.20 34.96	300m: 3:25.80 35.52	400m: 4:36.44 34.95		
6.	Rita Sofia, NUNES	129103	05	Colegio Efanor	<b>4:39.77</b>	584
	50m: 31.41 31.41	150m: 1:40.58 34.97	250m: 2:51.89 35.91	350m: 4:04.26 36.18		
	100m: 1:05.61 34.20	200m: 2:15.98 35.40	300m: 3:28.08 36.19	400m: 4:39.77 35.51		
7.	Maria Luis, SA	131836	06	Fluvial Portuense	<b>4:41.35</b>	574
	50m: 31.56 31.56	150m: 1:40.93 35.16	250m: 2:51.95 35.47	350m: 4:05.18 36.90		
	100m: 1:05.77 34.21	200m: 2:16.48 35.55	300m: 3:28.28 36.33	400m: 4:41.35 36.17		
8.	Marta Lima, PIMENTEL	130230	04	Porto	<b>4:43.09</b>	564
	50m: 32.47 32.47	150m: 1:43.07 35.49	250m: 2:55.15 36.08	350m: 4:07.72 36.32		
	100m: 1:07.58 35.11	200m: 2:19.07 36.00	300m: 3:31.40 36.25	400m: 4:43.09 35.37		
9.	Carolina Silva, SOARES <i>FTL</i>	123910	03	Natacao de Valongo	<b>4:47.60</b>	538
	50m: 31.82 31.82	150m: 1:42.99 35.87	250m: 2:56.85 37.02	350m: 4:11.30 37.32		
	100m: 1:07.12 35.30	200m: 2:19.83 36.84	300m: 3:33.98 37.13	400m: 4:47.60 36.30		
10.	Alexandra Martins, CAMPOS <i>FTL</i>	127155	02	Natacao da Maia	<b>4:56.64</b>	490
	50m: 33.12 33.12	150m: 1:47.78 37.93	250m: 3:03.94 37.80	350m: 4:19.60 37.71		
	100m: 1:09.85 36.73	200m: 2:26.14 38.36	300m: 3:41.89 37.95	400m: 4:56.64 37.04		
11.	Ana Carmo, PINHEIRO <i>FTL</i>	124856	02	Gin�sio Sto. Tirso	<b>4:57.43</b>	486
	50m: 33.35 33.35	150m: 1:47.78 37.42	250m: 3:04.18 38.36	350m: 4:20.95 38.32		
	100m: 1:10.36 37.01	200m: 2:25.82 38.04	300m: 3:42.63 38.45	400m: 4:57.43 36.48		
12.	Jessica Filipa, SILVA <i>FTL</i>	123095	03	Associacao Tubaroes de Gaia	<b>5:17.11</b>	401
	50m: 34.90 34.90	150m: 1:54.16 40.07	250m: 3:15.57 41.05	350m: 4:37.41 41.10		
	100m: 1:14.09 39.19	200m: 2:34.52 40.36	300m: 3:56.31 40.74	400m: 5:17.11 39.70		
WDR	Mariana Pacheco, CUNHA	124577	04	Colegio Efanor		

Absolutos

1.	Angelica Maria, ANDRE	15497	94	Porto	<b>4:17.86</b>	746
	50m: 30.33 30.33	150m: 1:34.43 32.47	250m: 2:39.52 32.48	350m: 3:45.13 32.90		
	100m: 1:01.96 31.63	200m: 2:07.04 32.61	300m: 3:12.23 32.71	400m: 4:17.86 32.73		
2.	Mafalda Martins, MESQUITA	202805	07	Famaliç�o	<b>4:26.26</b>	678
	50m: 31.02 31.02	150m: 1:38.37 34.12	250m: 2:46.25 33.89	350m: 3:53.22 33.27		
	100m: 1:04.25 33.23	200m: 2:12.36 33.99	300m: 3:19.95 33.70	400m: 4:26.26 33.04		
3.	Francisca Macedo, LOPES	129982	05	Vilacondense	<b>4:32.20</b>	634
	50m: 31.07 31.07	150m: 1:38.57 34.06	250m: 2:47.33 34.46	350m: 3:57.42 35.35		
	100m: 1:04.51 33.44	200m: 2:12.87 34.30	300m: 3:22.07 34.74	400m: 4:32.20 34.78		
4.	Maria Emilia, ALMEIDA	131568	07	Colegio Efanor	<b>4:33.08</b>	628
	50m: 31.55 31.55	150m: 1:40.02 34.36	250m: 2:49.25 34.50	350m: 3:58.78 34.89		
	100m: 1:05.66 34.11	200m: 2:14.75 34.73	300m: 3:23.89 34.64	400m: 4:33.08 34.30		

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Prova 21, Femin., 400m Livres, Absolutos

Lugar	Nome	Licena	Ano	Clube	Tempo Final	FINA
5.	Catarina Gaspar, PIRES	129871	06	Porto	<b>4:35.82</b>	609
	50m: 31.59 31.59 150m: 1:39.70 34.50 250m: 2:49.66 35.03 350m: 4:00.77 35.56					
	100m: 1:05.20 33.61 200m: 2:14.63 34.93 300m: 3:25.21 35.55 400m: 4:35.82 35.05					
6.	Ines Martins, SILVA	127134	04	Vilacondense	<b>4:35.99</b>	608
	50m: 31.02 31.02 150m: 1:39.42 34.94 250m: 2:49.89 35.19 350m: 4:01.30 35.92					
	100m: 1:04.48 33.46 200m: 2:14.70 35.28 300m: 3:25.38 35.49 400m: 4:35.99 34.69					
7.	Lia Beatriz, GOMES	200413	06	Vit�ria Sport Clube	<b>4:36.44</b>	605
	50m: 31.67 31.67 150m: 1:40.24 34.71 250m: 2:50.28 35.08 350m: 4:01.49 35.69					
	100m: 1:05.53 33.86 200m: 2:15.20 34.96 300m: 3:25.80 35.52 400m: 4:36.44 34.95					
8.	Carolina Amadeu, FERREIRA	202815	08	Leixoes Sport Clube	<b>4:37.94</b>	596
	50m: 31.74 31.74 150m: 1:41.06 35.04 250m: 2:52.25 35.70 350m: 4:03.52 35.60					
	100m: 1:06.02 34.28 200m: 2:16.55 35.49 300m: 3:27.92 35.67 400m: 4:37.94 34.42					
9.	Rita Sofia, NUNES	129103	05	Colegio Efanor	<b>4:39.77</b>	584
	50m: 31.41 31.41 150m: 1:40.58 34.97 250m: 2:51.89 35.91 350m: 4:04.26 36.18					
	100m: 1:05.61 34.20 200m: 2:15.98 35.40 300m: 3:28.08 36.19 400m: 4:39.77 35.51					
10.	Maria Luis, SA	131836	06	Fluvial Portuense	<b>4:41.35</b>	574
	50m: 31.56 31.56 150m: 1:40.93 35.16 250m: 2:51.95 35.47 350m: 4:05.18 36.90					
	100m: 1:05.77 34.21 200m: 2:16.48 35.55 300m: 3:28.28 36.33 400m: 4:41.35 36.17					
11.	Marta Lima, PIMENTEL	130230	04	Porto	<b>4:43.09</b>	564
	50m: 32.47 32.47 150m: 1:43.07 35.49 250m: 2:55.15 36.08 350m: 4:07.72 36.32					
	100m: 1:07.58 35.11 200m: 2:19.07 36.00 300m: 3:31.40 36.25 400m: 4:43.09 35.37					
12.	Sofia Alexandra, CARVALHO	133262	07	Fluvial Portuense	<b>4:43.44</b>	562
	50m: 31.64 31.64 150m: 1:41.16 35.28 250m: 2:53.71 36.36 350m: 4:06.95 36.46					
	100m: 1:05.88 34.24 200m: 2:17.35 36.19 300m: 3:30.49 36.78 400m: 4:43.44 36.49					
13.	Maria Joao, COSTA	201391	08	Vilacondense	<b>4:43.61</b>	561
	50m: 31.39 31.39 150m: 1:41.72 35.56 250m: 2:54.09 36.49 350m: 4:07.96 36.83					
	100m: 1:06.16 34.77 200m: 2:17.60 35.88 300m: 3:31.13 37.04 400m: 4:43.61 35.65					
14.	Carolina Silva, SOARES	123910	03	Natacao de Valongo	<b>4:47.60</b>	538
	<i>FTL</i>					
	50m: 31.82 31.82 150m: 1:42.99 35.87 250m: 2:56.85 37.02 350m: 4:11.30 37.32					
	100m: 1:07.12 35.30 200m: 2:19.83 36.84 300m: 3:33.98 37.13 400m: 4:47.60 36.30					
15.	Joana Navega, TEIXEIRA	200355	07	Fluvial Portuense	<b>4:51.91</b>	514
	50m: 33.52 33.52 150m: 1:47.04 36.89 250m: 3:01.33 37.40 350m: 4:15.72 37.21					
	100m: 1:10.15 36.63 200m: 2:23.93 36.89 300m: 3:38.51 37.18 400m: 4:51.91 36.19					
16.	Ana Carolina, NEVES	200350	08	Fluvial Portuense	<b>4:52.36</b>	512
	50m: 31.31 31.31 150m: 1:42.25 36.28 250m: 2:58.52 38.51 350m: 4:15.19 38.40					
	100m: 1:05.97 34.66 200m: 2:20.01 37.76 300m: 3:36.79 38.27 400m: 4:52.36 37.17					
17.	Bruna Maria, BARBOSA	202261	08	Aquatico Pacense	<b>4:54.34</b>	501
	50m: 33.67 33.67 150m: 1:47.34 37.18 250m: 3:02.30 37.38 350m: 4:17.66 37.75					
	100m: 1:10.16 36.49 200m: 2:24.92 37.58 300m: 3:39.91 37.61 400m: 4:54.34 36.68					
18.	Alexandra Martins, CAMPOS	127155	02	Natacao da Maia	<b>4:56.64</b>	490
	<i>FTL</i>					
	50m: 33.12 33.12 150m: 1:47.78 37.93 250m: 3:03.94 37.80 350m: 4:19.60 37.71					
	100m: 1:09.85 36.73 200m: 2:26.14 38.36 300m: 3:41.89 37.95 400m: 4:56.64 37.04					
19.	Ana Carmo, PINHEIRO	124856	02	Gin�sio Sto. Tirso	<b>4:57.43</b>	486
	<i>FTL</i>					
	50m: 33.35 33.35 150m: 1:47.78 37.42 250m: 3:04.18 38.36 350m: 4:20.95 38.32					
	100m: 1:10.36 37.01 200m: 2:25.82 38.04 300m: 3:42.63 38.45 400m: 4:57.43 36.48					
20.	Lara Mota, FERREIRA	209955	08	Assoc. Desportiva de Fafe	<b>4:58.68</b>	480
	50m: 33.96 33.96 150m: 1:48.90 37.70 250m: 3:05.18 37.65 350m: 4:21.78 38.45					
	100m: 1:11.20 37.24 200m: 2:27.53 38.63 300m: 3:43.33 38.15 400m: 4:58.68 36.90					
21.	Mafalda Pinto, SOUSA	203348	08	Fluvial Portuense	<b>4:58.81</b>	479
	50m: 34.11 34.11 150m: 1:48.89 37.49 250m: 3:05.53 38.30 350m: 4:21.81 38.20					
	100m: 1:11.40 37.29 200m: 2:27.23 38.34 300m: 3:43.61 38.08 400m: 4:58.81 37.00					
22.	Matilde Vidal, SILVA	214613	08	Fluvial Portuense	<b>5:05.63</b>	448
	<i>FTL</i>					
	50m: 35.32 35.32 150m: 1:52.29 38.72 250m: 3:10.63 39.02 350m: 4:28.22 38.87					
	100m: 1:13.57 38.25 200m: 2:31.61 39.32 300m: 3:49.35 38.72 400m: 5:05.63 37.41					

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Prova 21, Femin., 400m Livres, Absolutos

Lugar	Nome	Licena	Ano	Clube	Tempo Final	FINA
23.	Filipa Oliveira, COSTA <i>FTL</i>	203331	08	Natacao de Valongo	<b>5:06.46</b>	444
	50m: 34.86 34.86	150m: 1:51.26 38.50	250m: 3:08.86 38.96	350m: 4:27.91 39.76		
	100m: 1:12.76 37.90	200m: 2:29.90 38.64	300m: 3:48.15 39.29	400m: 5:06.46 38.55		
24.	Jessica Filipa, SILVA <i>FTL</i>	123095	03	Associacao Tubaroes de Gaia	<b>5:17.11</b>	401
	50m: 34.90 34.90	150m: 1:54.16 40.07	250m: 3:15.57 41.05	350m: 4:37.41 41.10		
	100m: 1:14.09 39.19	200m: 2:34.52 40.36	300m: 3:56.31 40.74	400m: 5:17.11 39.70		
WDR	Mariana Pacheco, CUNHA	124577	04	Colegio Efanor		
WDR	Rita Silva, GOMES	200932	08	Colegio Efanor		
EXH	Diana Margarida, DURAES	102992	96	Benfica	<b>4:13.93</b>	781
	50m: 29.66 29.66	150m: 1:32.80 31.66	250m: 2:36.83 32.10	350m: 3:41.50 32.66		
	100m: 1:01.14 31.48	200m: 2:04.73 31.93	300m: 3:08.84 32.01	400m: 4:13.93 32.43		

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