

Prova 27  
13/04/2025 - 10:04

Femin., 400m Livres

Absolutos  
Resultados Elimin

Recorde Nacional Open	4:04.57	Francisca Soares, MARTINS	POR	Otopeni (ROU)	10/12/2023
Recorde Nacional 19 +	4:04.57	Francisca Soares, MARTINS	POR	Otopeni (ROU)	10/12/2023
Recorde Nacional 18	4:11.18	Francisca Soares, MARTINS	FOCA	Mealhada	14/11/2020
Recorde Nacional Jun 17	4:10.52	Tamila Hryhorivna, HOLUB	SCB	Porto	12/12/2015
Recorde Nacional 16	4:13.53	Ana Reis, SOUSA	CNLA	Porto	09/12/2017
Recorde Nacional Juv A	4:18.39	Ana Claudia, SANTOS	SFUAP	Cantanhede	20/12/2004
Recorde Nacional Juv B	4:23.08	Susana Patricia, MIGUEL	SFUAP	Alhandra	15/05/2004
Recorde Nacional Inf A	4:25.30	Alexandra Maria, SILVA	FCP	Porto	19/07/1980
Recorde Nacional Inf B	4:38.40	Filipa Vilas, RUIVO	DNMG	Alcoba�a	13/06/2009
Recorde Meeting	4:07.93	Diana Margarida, DURAES	POR	Felgueiras	14/04/2024

INF - JUV - FEMININOS Inf - Juv: 5:13.92 / JUN - SEN - FEMININOS Jun - Sen: 4:51.41

Pontos: FINA 2023

Lugar	Nome	Licen�a	Clube	Tempo Final	AQUA	Pts
<b>Infantis - Juvenis</b>						
1.	Ella, FENECH ATTARD	206510L	Sirens	<b>4:35.97</b>	588	-Q
	50m: 31.31 31.31	150m: 1:39.88 34.68	250m: 2:50.08 35.22	350m: 4:01.04 35.45		
	100m: 1:05.20 33.89	200m: 2:14.86 34.98	300m: 3:25.59 35.51	400m: 4:35.97 34.93		
2.	Maria Rita, CUNHA	206403	Colegio Efanor	<b>4:44.57</b>	536	-Q
	50m: 32.56 32.56	150m: 1:44.19 36.32	250m: 2:56.89 36.42	350m: 4:09.51 36.24		
	100m: 1:07.87 35.31	200m: 2:20.47 36.28	300m: 3:33.27 36.38	400m: 4:44.57 35.06		
3.	Leticia Alves, CASTRO	209781	Braga	<b>4:45.07</b>	534	-Q
	50m: 32.93 32.93	150m: 1:44.63 36.50	250m: 2:58.16 36.75	350m: 4:09.98 35.86		
	100m: 1:08.13 35.20	200m: 2:21.41 36.78	300m: 3:34.12 35.96	400m: 4:45.07 35.09		
4.	Mariana Fernandes, CUNHA	211988	Foca Quinta da Lixa CNF	<b>4:46.42</b>	526	-Q
	50m: 32.34 32.34	150m: 1:44.57 36.62	250m: 2:57.76 36.36	350m: 4:10.44 36.33		
	100m: 1:07.95 35.61	200m: 2:21.40 36.83	300m: 3:34.11 36.35	400m: 4:46.42 35.98		
5.	Bruna Bacelar, GREGORIO	214610	Vilacondense	<b>4:48.07</b>	517	-Q
	50m: 32.11 32.11	150m: 1:44.08 36.56	250m: 2:57.42 36.74	350m: 4:12.29 37.00		
	100m: 1:07.52 35.41	200m: 2:20.68 36.60	300m: 3:35.29 37.87	400m: 4:48.07 35.78		
6.	Sofia Rodrigues, COSTA	206179	Colegio Efanor	<b>4:53.03</b>	491	-Q
	50m: 32.96 32.96	150m: 1:47.12 37.45	250m: 3:01.63 37.22	350m: 4:16.61 37.48		
	100m: 1:09.67 36.71	200m: 2:24.41 37.29	300m: 3:39.13 37.50	400m: 4:53.03 36.42		
7.	Ana Laura, NOGUEIRA	209772	Braga	<b>4:53.55</b>	489	-Q
	50m: 33.20 33.20	150m: 1:47.18 37.36	250m: 3:02.48 37.47	350m: 4:16.45 37.11		
	100m: 1:09.82 36.62	200m: 2:25.01 37.83	300m: 3:39.34 36.86	400m: 4:53.55 37.10		
8.	Marta Silva, FERNANDES	210702	Porto	<b>4:55.03</b>	481	-Q
	50m: 32.55 32.55	150m: 1:44.57 37.06	250m: 2:59.91 38.08	350m: 4:16.37 38.27		
	100m: 1:07.51 34.96	200m: 2:21.83 37.26	300m: 3:38.10 38.19	400m: 4:55.03 38.66		
9.	Sofia, SYTNYK	211912	Braga	<b>4:55.34</b>	480	-R
	50m: 33.77 33.77	150m: 1:46.32 36.59	250m: 3:00.94 37.44	350m: 4:17.53 38.51		
	100m: 1:09.73 35.96	200m: 2:23.50 37.18	300m: 3:39.02 38.08	400m: 4:55.34 37.81		
10.	Filipa Correia, REGO	216769	Vilacondense	<b>4:55.70</b>	478	-R
	50m: 32.29 32.29	150m: 1:45.59 37.12	250m: 3:01.63 38.21	350m: 4:17.99 38.04		
	100m: 1:08.47 36.18	200m: 2:23.42 37.83	300m: 3:39.95 38.32	400m: 4:55.70 37.71		
11.	Carlota Gaspar, PIRES	209146	Porto	<b>4:57.11</b>	471	-
	50m: 33.38 33.38	150m: 1:47.81 37.65	250m: 3:04.56 38.25	350m: 4:20.69 37.89		
	100m: 1:10.16 36.78	200m: 2:26.31 38.50	300m: 3:42.80 38.24	400m: 4:57.11 36.42		
12.	Ana Jose, MARQUES	210414	Braga	<b>4:57.95</b>	467	-
	50m: 32.63 32.63	150m: 1:45.51 37.11	250m: 3:01.92 38.38	350m: 4:19.97 39.10		
	100m: 1:08.40 35.77	200m: 2:23.54 38.03	300m: 3:40.87 38.95	400m: 4:57.95 37.98		
13.	Matilde Paiva, CARDOSO	208863	Fluvial Portuense	<b>4:58.14</b>	466	-
	50m: 33.05 33.05	150m: 1:48.07 38.13	250m: 3:04.22 38.03	350m: 4:20.51 38.08		
	100m: 1:09.94 36.89	200m: 2:26.19 38.12	300m: 3:42.43 38.21	400m: 4:58.14 37.63		
14.	Carla, ARTEAGA MOLINA	FBN	Voltor Balear	<b>4:59.71</b>	459	-
	50m: 33.69 33.69	150m: 1:48.61 37.73	250m: 3:05.69 38.80	350m: 4:23.21 38.55		
	100m: 1:10.88 37.19	200m: 2:26.89 38.28	300m: 3:44.66 38.97	400m: 4:59.71 36.50		
15.	Ruth, MATEOS TORTOSA	FBN	Voltor Balear	<b>4:59.79</b>	459	-
	50m: 33.76 33.76	150m: 1:48.38 37.82	250m: 3:04.76 38.05	350m: 4:22.12 38.80		
	100m: 1:10.56 36.80	200m: 2:26.71 38.33	300m: 3:43.32 38.56	400m: 4:59.79 37.67		

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Splash Meet Manager, 11.81803

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13/04/2025 20:00 - P gina 1

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Prova 27, Femin., 400m Livres, Elimim, Infantis - Juvenis

Lugar	Nome	Licença	Clube	Tempo Final	AQUA	Pts
16.	Ines Esteves, CARVALHO	214490	Individual Norte de Portugal	<b>5:00.16</b>	457	-
	50m: 33.45 33.45	150m: 1:48.54 37.70	250m: 3:05.45 38.68	350m: 4:22.73 38.37		
	100m: 1:10.84 37.39	200m: 2:26.77 38.23	300m: 3:44.36 38.91	400m: 5:00.16 37.43		
17.	Mariana Dias, PEREIRA	214437	Algés e Águeda XXI	<b>5:01.89</b>	449	-
	50m: 33.52 33.52	150m: 1:48.40 37.87	250m: 3:05.30 38.43	350m: 4:23.54 39.37		
	100m: 1:10.53 37.01	200m: 2:26.87 38.47	300m: 3:44.17 38.87	400m: 5:01.89 38.35		
18.	Maria Clara, PEREIRA	214669	Porto	<b>5:02.99</b>	444	-
	50m: 34.22 34.22	150m: 1:49.25 38.00	250m: 3:06.21 38.52	350m: 4:24.59 38.78		
	100m: 1:11.25 37.03	200m: 2:27.69 38.44	300m: 3:45.81 39.60	400m: 5:02.99 38.40		
19.	Olga, LARA CALLEJA	1199356	Castilla y León	<b>5:03.24</b>	443	-
	50m: 34.05 34.05	150m: 1:49.68 38.15	250m: 3:07.15 38.97	350m: 4:25.17 39.43		
	100m: 1:11.53 37.48	200m: 2:28.18 38.50	300m: 3:45.74 38.59	400m: 5:03.24 38.07		
20.	Leonor Gomes, MARTINS	213792	Porto	<b>5:04.23</b>	439	-
	50m: 33.82 33.82	150m: 1:49.55 38.32	250m: 3:07.01 38.98	350m: 4:25.39 39.32		
	100m: 1:11.23 37.41	200m: 2:28.03 38.48	300m: 3:46.07 39.06	400m: 5:04.23 38.84		
21.	Luisa Goncalves, ANDRADE	209185	Porto	<b>5:06.74</b>	428	-
	50m: 34.10 34.10	150m: 1:48.51 37.59	250m: 3:07.09 39.65	350m: 4:26.63 39.63		
	100m: 1:10.92 36.82	200m: 2:27.44 38.93	300m: 3:47.00 39.91	400m: 5:06.74 40.11		
22.	Rita Sousa, OLIVEIRA	206396	Colegio Efanor	<b>5:07.11</b>	427	-
	50m: 32.97 32.97	150m: 1:48.97 38.93	250m: 3:07.95 39.31	350m: 4:27.85 39.74		
	100m: 1:10.04 37.07	200m: 2:28.64 39.67	300m: 3:48.11 40.16	400m: 5:07.11 39.26		
23.	Mariana Moreira, LOPES FTL	209232	Feirense	<b>5:15.60</b>	393	-
	50m: 34.51 34.51	150m: 1:52.06 39.46	250m: 3:14.21 41.28	350m: 4:37.03 41.37		
	100m: 1:12.60 38.09	200m: 2:32.93 40.87	300m: 3:55.66 41.45	400m: 5:15.60 38.57		
24.	Maria Mendes, CUNHA FTL	206293	Fafe	<b>5:21.43</b>	372	-
	50m: 36.04 36.04	150m: 1:56.12 40.15	250m: 3:17.88 40.90	350m: 4:40.37 41.41		
	100m: 1:15.97 39.93	200m: 2:36.98 40.86	300m: 3:58.96 41.08	400m: 5:21.43 41.06		

Juniores - Seniores

1.	Rita Barros, FRISCHKNECHT	106257	Benfica	<b>4:17.13</b>	727	-Q
	50m: 28.56 28.56	150m: 1:32.19 32.37	250m: 2:38.71 33.30	350m: 3:45.43 33.12		
	100m: 59.82 31.26	200m: 2:05.41 33.22	300m: 3:12.31 33.60	400m: 4:17.13 31.70		
2.	Francisca Soares, MARTINS	126504	Foca Quinta da Lixa CNF	<b>4:23.07</b>	679	-Q
	50m: 29.02 29.02	150m: 1:35.23 33.44	250m: 2:42.36 33.55	350m: 3:49.56 33.65		
	100m: 1:01.79 32.77	200m: 2:08.81 33.58	300m: 3:15.91 33.55	400m: 4:23.07 33.51		
3.	Daniela Magalhaes, LOPES	130098	Porto	<b>4:30.78</b>	623	-Q
	50m: 30.81 30.81	150m: 1:38.07 33.96	250m: 2:46.81 34.40	350m: 3:56.13 34.77		
	100m: 1:04.11 33.30	200m: 2:12.41 34.34	300m: 3:21.36 34.55	400m: 4:30.78 34.65		
4.	Maria Carvalho, PINTO	206343	Viana Natacao	<b>4:31.67</b>	617	-Q
	50m: 31.07 31.07	150m: 1:38.75 33.96	250m: 2:47.68 34.49	350m: 3:58.01 35.49		
	100m: 1:04.79 33.72	200m: 2:13.19 34.44	300m: 3:22.52 34.84	400m: 4:31.67 33.66		
5.	Sofia, ARROYO BONIFACIO	1115972	Castilla y León	<b>4:31.77</b>	616	-Q
	50m: 30.21 30.21	150m: 1:36.72 33.75	250m: 2:46.52 35.17	350m: 3:57.65 35.76		
	100m: 1:02.97 32.76	200m: 2:11.35 34.63	300m: 3:21.89 35.37	400m: 4:31.77 34.12		
6.	Carolina Esteves, PEIXOTO	133308	Braga	<b>4:38.26</b>	574	-Q
	50m: 31.88 31.88	150m: 1:40.58 34.61	250m: 2:51.00 35.20	350m: 4:03.02 36.27		
	100m: 1:05.97 34.09	200m: 2:15.80 35.22	300m: 3:26.75 35.75	400m: 4:38.26 35.24		
7.	Laura, SANZ GOBERNADO	1140353	Castilla y León	<b>4:38.31</b>	574	-Q
	50m: 31.81 31.81	150m: 1:41.92 35.26	250m: 2:52.92 35.38	350m: 4:03.63 35.20		
	100m: 1:06.66 34.85	200m: 2:17.54 35.62	300m: 3:28.43 35.51	400m: 4:38.31 34.68		
8.	Francisca Macedo, LOPES	129982	Vilacondense	<b>4:39.08</b>	569	-Q
	50m: 30.85 30.85	150m: 1:39.22 34.81	250m: 2:50.39 35.74	350m: 4:02.93 36.54		
	100m: 1:04.41 33.56	200m: 2:14.65 35.43	300m: 3:26.39 36.00	400m: 4:39.08 36.15		
9.	Carolina Correia, MARTINS	206183	Porto	<b>4:39.24</b>	568	-R
	50m: 31.66 31.66	150m: 1:39.68 34.43	250m: 2:49.93 35.25	350m: 4:02.40 36.49		
	100m: 1:05.25 33.59	200m: 2:14.68 35.00	300m: 3:25.91 35.98	400m: 4:39.24 36.84		

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13/04/2025 20:00 - Página 2

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Prova 27, Femin., 400m Livres, Elimin, Juniores - Seniores

Lugar	Nome	Licença	Clube	Tempo Final	AQUA	Pts
10.	Madalena Valente, MOREIRA	207969	Colégio Efanor	<b>4:39.71</b>	565	-R
	50m: 31.22 31.22	150m: 1:40.54 35.00	250m: 2:51.54 35.75	350m: 4:04.00 36.40		
	100m: 1:05.54 34.32	200m: 2:15.79 35.25	300m: 3:27.60 36.06	400m: 4:39.71 35.71		
11.	Beatriz Paulo, RANITO	116593	Gesloures	<b>4:40.13</b>	562	-
	50m: 31.59 31.59	150m: 1:42.10 35.76	250m: 2:54.24 36.10	350m: 4:05.93 35.88		
	100m: 1:06.34 34.75	200m: 2:18.14 36.04	300m: 3:30.05 35.81	400m: 4:40.13 34.20		
12.	Ines Martins, SILVA	127134	Vilacondense	<b>4:41.03</b>	557	-
	50m: 31.48 31.48	150m: 1:41.21 35.21	250m: 2:53.25 36.23	350m: 4:05.72 35.87		
	100m: 1:06.00 34.52	200m: 2:17.02 35.81	300m: 3:29.85 36.60	400m: 4:41.03 35.31		
13.	Marta Lima, PIMENTEL	130230	Colégio Efanor	<b>4:41.49</b>	554	-
	50m: 31.99 31.99	150m: 1:42.23 35.77	250m: 2:54.31 36.16	350m: 4:06.42 35.86		
	100m: 1:06.46 34.47	200m: 2:18.15 35.92	300m: 3:30.56 36.25	400m: 4:41.49 35.07		
14.	Francisca Martingo, RICARDO	206171	Porto	<b>4:43.05</b>	545	-
	50m: 30.85 30.85	150m: 1:40.79 35.37	250m: 2:53.17 36.54	350m: 4:07.02 37.05		
	100m: 1:05.42 34.57	200m: 2:16.63 35.84	300m: 3:29.97 36.80	400m: 4:43.05 36.03		
15.	Bianca Filipa, ALMEIDA	204110	Algés e Águeda XXI	<b>4:44.95</b>	534	-
	50m: 31.10 31.10	150m: 1:40.81 35.47	250m: 2:53.29 36.30	350m: 4:08.53 37.68		
	100m: 1:05.34 34.24	200m: 2:16.99 36.18	300m: 3:30.85 37.56	400m: 4:44.95 36.42		
16.	Ines Maria, FARIA	205180	Porto	<b>4:46.48</b>	526	-
	50m: 32.66 32.66	150m: 1:44.40 36.25	250m: 2:57.15 36.08	350m: 4:10.37 36.57		
	100m: 1:08.15 35.49	200m: 2:21.07 36.67	300m: 3:33.80 36.65	400m: 4:46.48 36.11		
17.	Neus, GREGORIO RIERA	FBN	Voltor Balear	<b>4:48.03</b>	517	-
	50m: 32.62 32.62	150m: 1:44.73 36.48	250m: 2:58.90 37.17	350m: 4:12.82 36.91		
	100m: 1:08.25 35.63	200m: 2:21.73 37.00	300m: 3:35.91 37.01	400m: 4:48.03 35.21		
18.	Aitana, BLANCO LAGE	1190538	Ponteareas	<b>4:52.83</b>	492	-
	<i>FTL</i>					
	50m: 32.13 32.13	150m: 1:43.56 36.31	250m: 2:58.20 37.40	350m: 4:14.34 37.86		
	100m: 1:07.25 35.12	200m: 2:20.80 37.24	300m: 3:36.48 38.28	400m: 4:52.83 38.49		
19.	Signe, LAENGLE		Mount Kelly	<b>4:55.25</b>	480	-
	<i>FTL</i>					
	50m: 33.28 33.28	150m: 1:47.05 37.06	250m: 3:02.83 37.83	350m: 4:18.56 37.55		
	100m: 1:09.99 36.71	200m: 2:25.00 37.95	300m: 3:41.01 38.18	400m: 4:55.25 36.69		