

Prova 39	Femin., 400m Estilos				Absolutos
13/04/2025 - 16:56					Resultados
Recorde Nacional Open	4:36.19	Victoria, KAMINSKAYA	POR	Copenhagen (DEN)	13/12/2017
Recorde Nacional 19 +	4:36.19	Victoria, KAMINSKAYA	POR	Copenhagen (DEN)	13/12/2017
Recorde Nacional 18	4:41.02	Victoria, KAMINSKAYA	PIMP	Porto	07/12/2012
Recorde Nacional Jun 17	4:46.89	Ines Neto, ROCHA	CAP	Felgueiras	15/04/2018
Recorde Nacional 16	4:50.85	Diana Margarida, DURAES	FOCA	Silves	02/12/2011
Recorde Nacional Juv A	4:51.85	Ana Claudia, SANTOS	SFUAP	Setubal	21/11/2004
Recorde Nacional Juv B	4:56.53	Mariana Pacheco, CUNHA	CFP	Porto	05/05/2018
Recorde Nacional Inf A	5:03.94	Carolina Miranda, FERNANDES	CGA	Condeixa	12/05/2018
Recorde Nacional Inf B	5:15.68	Susana Patricia, MIGUEL	SFUAP	Rio Maior	06/07/2002
Recorde Meeting	4:50.96	Mariana Pacheco, CUNHA	POR	Felgueiras	11/04/2021

INF - JUV - FEMININOS Inf - Juv: 5:51.43 / JUN - SEN - FEMININOS Jun - Sen: 5:26.24

Pontos: FINA 2023

Lugar	Nome	Licen�a	Clube	Tempo Final	AQUA	Pts
<b>Infantis - Juvenis</b>						
1.	Francisca Sousa, BRANCO	203800	Porto	<b>5:09.33</b>	586	10,00
	50m: 32.08 32.08	150m: 1:50.43 40.72	250m: 3:16.00 45.28	350m: 4:36.35 35.63		
	100m: 1:09.71 37.63	200m: 2:30.72 40.29	300m: 4:00.72 44.72	400m: 5:09.33 32.98		
2.	Valeria, KOSLOVA	213936	Braga	<b>5:09.36</b>	586	8,00
	50m: 33.61 33.61	150m: 1:53.77 41.52	250m: 3:15.83 41.89	350m: 4:34.83 35.89		
	100m: 1:12.25 38.64	200m: 2:33.94 40.17	300m: 3:58.94 43.11	400m: 5:09.36 34.53		
3.	Maria Rita, CUNHA	206403	Colegio Efanor	<b>5:09.57</b>	585	6,00
	50m: 34.19 34.19	150m: 1:52.06 39.20	250m: 3:15.31 44.62	350m: 4:35.34 35.49		
	100m: 1:12.86 38.67	200m: 2:30.69 38.63	300m: 3:59.85 44.54	400m: 5:09.57 34.23		
4.	Mariana Fernandes, CUNHA	211988	Foca Quinta da Lixa CNF	<b>5:21.97</b>	520	5,00
	50m: 34.32 34.32	150m: 1:56.69 41.20	250m: 3:23.20 46.50	350m: 4:46.41 36.48		
	100m: 1:15.49 41.17	200m: 2:36.70 40.01	300m: 4:09.93 46.73	400m: 5:21.97 35.56		
5.	Eduarda Dias, PIMENTEL	209153	Porto	<b>5:25.80</b>	502	4,00
	50m: 34.43 34.43	150m: 1:56.04 42.83	250m: 3:24.73 46.11	350m: 4:49.00 37.24		
	100m: 1:13.21 38.78	200m: 2:38.62 42.58	300m: 4:11.76 47.03	400m: 5:25.80 36.80		
6.	Lucia, GUERRA MEDIAVILLA	1209602	Castilla y Le�n	<b>5:34.13</b>	465	3,00
	50m: 35.54 35.54	150m: 1:57.59 42.97	250m: 3:27.57 47.62	350m: 4:56.08 39.94		
	100m: 1:14.62 39.08	200m: 2:39.95 42.36	300m: 4:16.14 48.57	400m: 5:34.13 38.05		
7.	Mariana Dias, PEREIRA	214437	Alg�s e �gueda XXI	<b>5:41.10</b>	437	2,00
	50m: 35.90 35.90	150m: 1:59.88 42.77	250m: 3:33.31 50.31	350m: 5:02.90 38.55		
	100m: 1:17.11 41.21	200m: 2:43.00 43.12	300m: 4:24.35 51.04	400m: 5:41.10 38.20		
8.	Luisa Goncalves, ANDRADE	209185	Porto	<b>5:42.37</b>	432	1,00
	50m: 34.89 34.89	150m: 1:59.30 42.66	250m: 3:33.82 52.59	350m: 5:05.15 38.15		
	100m: 1:16.64 41.75	200m: 2:41.23 41.93	300m: 4:27.00 53.18	400m: 5:42.37 37.22		
9.	Zaira, VILA RIAL	1145009	Ponteareas	<b>5:45.61</b>	420	-
	50m: 36.17 36.17	150m: 2:00.70 41.42	250m: 3:34.95 52.10	350m: 5:06.19 39.62		
	100m: 1:19.28 43.11	200m: 2:42.85 42.15	300m: 4:26.57 51.62	400m: 5:45.61 39.42		

### Juniores - Seniores

1.	Yara, GARRIDO REBOLLO	1118386	Castilla y Le�n	<b>4:53.56</b>	686	10,00
	50m: 31.61 31.61	150m: 1:46.61 39.34	250m: 3:06.16 40.68	350m: 4:21.13 33.79		
	100m: 1:07.27 35.66	200m: 2:25.48 38.87	300m: 3:47.34 41.18	400m: 4:53.56 32.43		
2.	Daniela Magalhaes, LOPES	130098	Porto	<b>4:53.85</b>	684	8,00
	50m: 31.39 31.39	150m: 1:46.27 39.17	250m: 3:06.06 41.66	350m: 4:21.16 33.48		
	100m: 1:07.10 35.71	200m: 2:24.40 38.13	300m: 3:47.68 41.62	400m: 4:53.85 32.69		
3.	Alejandra, TORNERO TEJERINA	1058019	Castilla y Le�n	<b>5:02.39</b>	627	6,00
	50m: 31.11 31.11	150m: 1:45.84 39.51	250m: 3:07.33 42.87	350m: 4:28.20 36.36		
	100m: 1:06.33 35.22	200m: 2:24.46 38.62	300m: 3:51.84 44.51	400m: 5:02.39 34.19		
4.	Beatriz Alves, AMBRUS	203309	Porto	<b>5:03.82</b>	619	5,00
	50m: 32.66 32.66	150m: 1:48.34 38.78	250m: 3:10.35 43.63	350m: 4:29.49 34.82		
	100m: 1:09.56 36.90	200m: 2:26.72 38.38	300m: 3:54.67 44.32	400m: 5:03.82 34.33		
5.	Margarida Vieira, PINTO	204344	Braga	<b>5:07.28</b>	598	4,00
	50m: 32.36 32.36	150m: 1:50.40 39.88	250m: 3:12.84 43.38	350m: 4:32.99 36.18		
	100m: 1:10.52 38.16	200m: 2:29.46 39.06	300m: 3:56.81 43.97	400m: 5:07.28 34.29		

O Secret rio do Juri

www.annp.pt

O Juiz  rbitro

Prova 39, Femin., 400m Estilos, Juniores - Seniores

Lugar	Nome	Licen�a	Clube	Tempo Final	AQUA	Pts
6.	Raquel Sofia, BRAS	208973	Os Belenenses	<b>5:07.29</b>	598	3,00
	50m: 32.44 32.44	150m: 1:50.21 39.91	250m: 3:12.23 42.45	350m: 4:32.28	36.30	
	100m: 1:10.30 37.86	200m: 2:29.78 39.57	300m: 3:55.98 43.75	400m: 5:07.29	35.01	
7.	Ana Rita, MATOS	127501	Os Belenenses	<b>5:07.82</b>	595	2,00
	50m: 32.36 32.36	150m: 1:47.32 38.81	250m: 3:10.67 45.24	350m: 4:32.72	35.77	
	100m: 1:08.51 36.15	200m: 2:25.43 38.11	300m: 3:56.95 46.28	400m: 5:07.82	35.10	
8.	Constanca Baptista, TOMAS	206496	Alcobaca	<b>5:09.42</b>	586	1,00
	50m: 31.85 31.85	150m: 1:51.22 41.93	250m: 3:15.92 43.52	350m: 4:35.36	35.17	
	100m: 1:09.29 37.44	200m: 2:32.40 41.18	300m: 4:00.19 44.27	400m: 5:09.42	34.06	
9.	Catarina Alexandra, ALVES	205924	Gesloures	<b>5:11.30</b>	575	-
	50m: 32.48 32.48	150m: 1:51.01 41.10	250m: 3:15.00 44.49	350m: 4:36.11	36.23	
	100m: 1:09.91 37.43	200m: 2:30.51 39.50	300m: 3:59.88 44.88	400m: 5:11.30	35.19	
10.	Maria Joao, RIBEIRO	133241	Sao Joao Ver	<b>5:13.04</b>	565	-
	50m: 32.57 32.57	150m: 1:52.42 42.68	250m: 3:15.87 41.65	350m: 4:36.79	38.04	
	100m: 1:09.74 37.17	200m: 2:34.22 41.80	300m: 3:58.75 42.88	400m: 5:13.04	36.25	
11.	Marta Lima, PIMENTEL	130230	Colegio Efanor	<b>5:15.58</b>	552	-
	50m: 33.77 33.77	150m: 1:52.59 40.39	250m: 3:18.23 46.72	350m: 4:41.00	36.42	
	100m: 1:12.20 38.43	200m: 2:31.51 38.92	300m: 4:04.58 46.35	400m: 5:15.58	34.58	
12.	Barbara Nunes, MARQUES	200027	Estarreja	<b>5:18.10</b>	539	-
	50m: 33.38 33.38	150m: 1:52.16 40.00	250m: 3:16.24 44.88	350m: 4:40.78	38.44	
	100m: 1:12.16 38.78	200m: 2:31.36 39.20	300m: 4:02.34 46.10	400m: 5:18.10	37.32	
13.	Narora, ESTEVEZ MONTES	1143180	Ponteareas	<b>5:18.74</b>	536	-
	50m: 34.38 34.38	150m: 1:55.84 42.31	250m: 3:21.62 44.52	350m: 4:43.13	36.65	
	100m: 1:13.53 39.15	200m: 2:37.10 41.26	300m: 4:06.48 44.86	400m: 5:18.74	35.61	
14.	Carolina Mendes, NUNES	205710	Estarreja	<b>5:25.28</b>	504	-
	50m: 33.61 33.61	150m: 1:54.29 42.73	250m: 3:22.48 46.10	350m: 4:47.82	38.11	
	100m: 1:11.56 37.95	200m: 2:36.38 42.09	300m: 4:09.71 47.23	400m: 5:25.28	37.46	
15.	Teresa Isabel, RODRIGUES	207950	Foca Quinta da Lixa CNF	<b>5:26.93</b>	496	-
	<i>FTL</i>					
	50m: 34.60 34.60	150m: 1:56.50 41.52	250m: 3:24.03 46.29	350m: 4:49.96	38.55	
	100m: 1:14.98 40.38	200m: 2:37.74 41.24	300m: 4:11.41 47.38	400m: 5:26.93	36.97	
DSQ	Jimena, PEDREGAL BARBA	1084642	Castilla y Le�n			-
	<i>9.5 - O(A) nadador(a) n�o executou a chegada dos 100 metros de acordo com as regras aplicadas para esse estilo em particular - SW 9.4, SW 8.13</i>					