

Prova 3

Femin., 400m Livres

Open
Resultados

26/01/2025 - 9:39

Rec Nac Adaptada S5	59:00.00									01/01/1800
Rec Nac Adaptada S6	12:22.02	Ana Sofia Barbosa	FCP	Recarei						27/02/2022
Rec Nac Adaptada S7	10:01.42	Diana Goncalves Mendes	CNG	Coimbra						27/10/2024
Rec Nac Adaptada S8	5:33.79	Ana Filipa Castro	FVCD	Abrantes						02/07/2022
Rec Nac Adaptada S9	4:52.97	Susana Pereira Veiga	CNCVG	Leiria						10/12/2022
Rec Nac Adaptada S10	5:25.56	Teresa Lamego Neves	SCP	Lisboa						16/11/2014
Rec Nac Adaptada S12	59:00.00	start								01/01/1800
Rec Nac Adaptada S13	59:00.00	start								01/01/1800
Rec Nac Adaptada S14	6:01.88	Sonia Castanheiro Resende	SCA	Mealhada						19/02/2017
Rec Nac Adaptada S15	6:04.92	Eunice Evora Almeida	CNA	Lisboa						18/10/2015
Rec Nac Adaptada S16	59:00.00	start								01/01/1800
Rec Nac Adaptada S17	10:33.96	Francisca Araujo Ferreira	ADADA	Lousada						10/11/2024
Rec Nac Adaptada S21	6:45.56	Matilde Lucia Gaspar	APCC	Guarda						07/12/2024

Lugar

Idade

Tempo final

S8

1. Ana Filipa Castro	27	FC Porto	5:47.67
50m: 41.81 41.81	150m: 2:10.33 44.12	250m: 3:38.51 44.32	350m: 5:05.73 43.65
100m: 1:26.21 44.40	200m: 2:54.19 43.86	300m: 4:22.08 43.57	400m: 5:47.67 41.94

S14-Seniores

1. Joana Candeias Rego	20	ADADA Porto	8:46.56
50m: 56.12 56.12	150m: 3:02.82 1:04.31	250m: 5:17.86 1:10.05	350m: 7:35.30 1:06.28
100m: 1:58.51 1:02.39	200m: 4:07.81 1:04.99	300m: 6:29.02 1:11.16	400m: 8:46.56 1:11.26