

Prova 33  
21/11/2021 - 16:40

Femin., 400m Livres

Infantis  
Resultados

Recordes Reg ANCNP 25m Absoluto	4:18.05	CARDEAL, Joana Nunes	AVFC	Felgueiras	21/12/2019
Recordes Reg ANCNP 25m Inf A	4:40.92	AMADOR, Joana Costa	CGA	Abrantes	12/04/2014
Recordes Reg ANCNP 25m Inf B	4:46.14	FERNANDES, Carolina Miranda	CGA	Espinho	14/05/2017

Pontos: FINA 2021

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	pts	FINA	Obs	
<b>Infantis B</b>										
1.	CARDEAL, Leonor Nunes	F	201021	10	Academico Viseu Futebol Clube	<b>5:34.03</b>		343		
	50m: 37.36		150m: 2:02.82		42.98	250m: 3:27.95		42.27	350m: 4:53.26	42.65
	100m: 1:19.84		200m: 2:45.68		42.86	300m: 4:10.61		42.66	400m: 5:34.03	40.77
2.	TAVEIRA, Carolina Ratola	F	209341	10	Galitos / Bresimar	<b>5:37.98</b>		331		
	50m: 38.76		150m: 2:03.37		42.52	250m: 3:29.12		43.31	350m: 4:55.29	43.10
	100m: 1:20.85		200m: 2:45.81		42.44	300m: 4:12.19		43.07	400m: 5:37.98	42.69
3.	OLIVEIRA, Leonor Silva	F	140320	10	Galitos / Bresimar	<b>5:41.52</b>		321		
	50m: 38.30		150m: 2:04.30		43.19	250m: 3:31.86		44.12	350m: 4:59.93	44.06
	100m: 1:21.11		200m: 2:47.74		43.44	300m: 4:15.87		44.01	400m: 5:41.52	41.59
4.	VASCONCELOS, Sofia Rodrigues	F	201422	10	Galitos / Bresimar	<b>5:54.04</b>		288		
	50m: 41.47		150m: 2:11.79		45.09	250m: 3:41.04		44.67	350m: 5:10.50	44.58
	100m: 1:26.70		200m: 2:58.37		44.58	300m: 4:25.92		44.88	400m: 5:54.04	43.54
5.	RE, Raquel Domingues	F	209377	10	Sporting Clube de Aveiro	<b>5:56.12</b>		283		
	50m: 41.17		150m: 2:11.78		46.34	250m: 3:44.78		46.13	350m: 5:17.27	45.87
	100m: 1:25.44		200m: 2:58.65		46.87	300m: 4:31.40		46.62	400m: 5:56.12	38.85
6.	BRANCO, Francisca Sousa	F	203800	10	Sporting de Espinho	<b>5:57.76</b>		279		
	50m: 40.65		150m: 2:11.43		46.11	250m: 3:44.06		47.60	350m: 5:16.98	46.22
	100m: 1:25.32		200m: 2:56.46		45.03	300m: 4:30.76		46.70	400m: 5:57.76	40.78
7.	FERREIRA, Eva Santos	F	206253	10	O Crasto	<b>6:01.28</b>		271		
	50m: 40.34		150m: 2:12.48		46.44	250m: 3:45.50		47.61	350m: 5:15.83	43.58
	100m: 1:26.04		200m: 2:57.89		45.41	300m: 4:32.25		46.75	400m: 6:01.28	45.45
8.	VALENTE, Luana Silva	F	213020	10	Clube Desportivo Estarreja	<b>6:02.95</b>		267		
	50m: 39.67		150m: 2:08.01		45.00	250m: 3:41.56		47.07	350m: 5:17.25	48.04
	100m: 1:23.01		200m: 2:54.49		46.48	300m: 4:29.21		47.65	400m: 6:02.95	45.70
9.	ROCHA, Leonor Delgadinho	F	212157	10	Clube Desportivo Feirense	<b>6:03.25</b>		267		
	50m: 38.81		150m: 2:11.53		47.61	250m: 3:46.56		47.88	350m: 5:20.52	45.93
	100m: 1:23.92		200m: 2:58.68		47.15	300m: 4:34.59		48.03	400m: 6:03.25	42.73
10.	FERREIRA, Leonor Fonseca	F	210794	10	Clube Desportivo Estarreja	<b>6:07.42</b>		258		
	50m: 40.52		150m: 2:14.65		47.82	250m: 3:49.87		47.50	350m: 5:22.81	46.02
	100m: 1:26.83		200m: 3:02.37		47.72	300m: 4:36.79		46.92	400m: 6:07.42	44.61
11.	MOREIRA, Beatriz Ribeiro	F	209179	10	Sporting de Espinho	<b>6:15.17</b>		242		
	50m: 40.99		150m: 2:14.38		47.58	250m: 3:51.74		49.03	350m: 5:28.93	48.66
	100m: 1:26.80		200m: 3:02.71		48.33	300m: 4:40.27		48.53	400m: 6:15.17	46.24
12.	RODRIGUES, Leonor Teixeira	F	213557	10	Clube Desportivo Feirense	<b>6:20.55</b>		232		
	50m: 38.95		150m: 2:14.92		48.94	250m: 3:53.88		50.72	350m: 5:33.36	49.15
	100m: 1:25.98		200m: 3:03.16		48.24	300m: 4:44.21		50.33	400m: 6:20.55	47.19
13.	TRINDADE, Adriana Resende	F	208543	10	Sporting de Espinho	<b>6:27.43</b>		220		
	50m: 44.42		150m: 2:21.81		49.17	250m: 4:01.36		49.33	350m: 5:40.94	49.13
	100m: 1:32.64		200m: 3:12.03		50.22	300m: 4:51.81		50.45	400m: 6:27.43	46.49
14.	FREITAS, Sofia Oliveira	F	206257	10	O Crasto	<b>6:29.31</b>		216		
	50m: 46.03		150m: 2:25.53		50.35	250m: 4:03.88		45.54	350m: 5:42.16	48.04
	100m: 1:35.18		200m: 3:18.34		52.81	300m: 4:54.12		50.24	400m: 6:29.31	47.15
15.	SILVA, Ana Filipa	F	211629	10	O Crasto	<b>6:29.56</b>		216		
	50m: 40.45		150m: 2:15.16		49.37	250m: 3:58.17		51.35	350m: 5:39.97	49.05
	100m: 1:25.79		200m: 3:06.82		51.66	300m: 4:50.92		52.75	400m: 6:29.56	49.59
16.	JESUS, Leonor Silva	F	206656	10	Galitos / Bresimar	<b>6:30.69</b>		214		
	50m: 44.88		150m: 2:23.33		49.84	250m: 4:04.40		50.46	350m: 5:44.25	49.74
	100m: 1:33.49		200m: 3:13.94		50.61	300m: 4:54.51		50.11	400m: 6:30.69	46.44
17.	MACEDO, Mariana Pina	F	212237	10	Associação Estamos Juntos	<b>6:35.53</b>		206		
	50m: 43.21		150m: 2:26.07		52.04	250m: 4:09.03		51.47	350m: 5:51.00	49.91
	100m: 1:34.03		200m: 3:17.56		51.49	300m: 5:01.09		52.06	400m: 6:35.53	44.53
18.	SANTOS, Maria Margarida	F	212223	10	Clube Desportivo Feirense	<b>6:42.56</b>		196		
	50m: 42.40		150m: 2:23.18		51.52	250m: 4:09.03		54.13	350m: 5:52.30	50.93
	100m: 1:31.66		200m: 3:14.90		51.72	300m: 5:01.37		52.34	400m: 6:42.56	50.26
19.	MULCHANDE, Mellik Anki	F	214479	10	Campinho	<b>6:43.36</b>		195		
	50m: 43.88		150m: 2:28.87		53.51	250m: 4:14.73		52.97	350m: 5:59.59	53.86
	100m: 1:35.36		200m: 3:21.76		52.89	300m: 5:05.73		51.00	400m: 6:43.36	43.77
20.	AZEVEDO, Mariana Sa	F	205443	10	Clube Desportivo Feirense	<b>6:43.61</b>		194		
	50m: 46.17		150m: 2:28.75		50.78	250m: 4:12.85		53.14	350m: 5:52.91	46.77
	100m: 1:37.97		200m: 3:19.71		50.96	300m: 5:06.14		53.29	400m: 6:43.61	50.70
21.	PINHO, Maria Rodrigues	F	213022	10	Associação Estamos Juntos	<b>6:47.45</b>		189		
	50m: 45.65		150m: 2:29.26		52.57	250m: 4:13.74		51.99	350m: 5:59.34	53.35
	100m: 1:36.69		200m: 3:21.75		52.49	300m: 5:05.99		52.25	400m: 6:47.45	48.11

Prova 33, Femin., 400m Livres, Infantis B

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	pts	FINA	Obs
22.	FERREIRA, Ines Sousa	F	212456	10	Associacao Estamos Juntos	<b>6:49.91</b>		185	
	50m: 46.77 46.77		150m: 2:30.92		52.76 250m: 4:18.11	53.75 350m: 6:03.05		51.30	
	100m: 1:38.16 51.39		200m: 3:24.36		53.44 300m: 5:11.75	53.64 400m: 6:49.91		46.86	
23.	FREITAS, Carlota Silva	F	214461	10	Clube Desportivo Estarreja	<b>6:51.52</b>		183	
	50m: 46.73 46.73		150m: 2:31.46		53.30 250m: 4:18.22	53.79 350m: 6:06.63		53.30	
	100m: 1:38.16 51.43		200m: 3:24.43		52.97 300m: 5:13.33	55.11 400m: 6:51.52		44.89	
24.	SALGADO, Diana Limas	F	214031	10	Gafanha da Encarnação	<b>6:56.73</b>		176	
	50m: 45.61 45.61		150m: 2:30.68		52.30 250m: 4:16.19	51.52 350m: 6:03.95		54.29	
	100m: 1:38.38 52.77		200m: 3:24.67		53.99 300m: 5:09.66	53.47 400m: 6:56.73		52.78	
25.	SANTOS, Ines Baptista	F	212221	10	Clube Desportivo Feirense	<b>7:02.67</b>		169	
	50m: 46.15 46.15		150m: 2:33.79		55.48 250m: 4:23.89	55.39 350m: 6:13.41		54.85	
	100m: 1:38.31 52.16		200m: 3:28.50		54.71 300m: 5:18.56	54.67 400m: 7:02.67		49.26	
26.	SANTOS, Maria Beatriz	F	212218	10	Sanjoanense/FEPSA	<b>7:03.89</b>		168	
	50m: 47.79 47.79		150m: 2:35.73		55.21 250m: 4:25.77	54.97 350m: 6:16.79		55.99	
	100m: 1:40.52 52.73		200m: 3:30.80		55.07 300m: 5:20.80	55.03 400m: 7:03.89		47.10	
27.	FERREIRA, Anamar Tavares	F	209676	10	Gafanha da Encarnação	<b>7:08.77</b>		162	
	50m: 46.21 46.21		150m: 2:35.80		55.56 250m: 4:25.56	55.41 350m: 6:17.54		55.14	
	100m: 1:40.24 54.03		200m: 3:30.15		54.35 300m: 5:22.40	56.84 400m: 7:08.77		51.23	
28.	SA, Nadia Santos	F	205445	10	Sporting de Espinho	<b>7:23.97</b>		146	
	50m: 48.99 48.99		150m: 2:37.86		55.44 250m: 4:33.30	57.23 350m: 6:28.50		57.92	
	100m: 1:42.42 53.43		200m: 3:36.07		58.21 300m: 5:30.58	57.28 400m: 7:23.97		55.47	
29.	RAFAEL, Maria Ribeiro	F	205442	10	Sporting de Espinho	<b>7:26.80</b>		143	
	50m: 49.21 49.21		150m: 2:41.42		56.68 250m: 4:37.61	57.87 350m: 6:33.11		58.29	
	100m: 1:44.74 55.53		200m: 3:39.74		58.32 300m: 5:34.82	57.21 400m: 7:26.80		53.69	
30.	VIEIRA, Nadia Valente	F	214466	10	Clube Desportivo Estarreja	<b>7:40.28</b>		131	
	50m: 48.34 48.34		150m: 2:46.32		59.51 250m: 4:43.62	1:00.32 350m: 6:40.01		55.39	
	100m: 1:46.81 58.47		200m: 3:43.30		56.98 300m: 5:44.62	1:01.00 400m: 7:40.28		1:00.27	
DNS	GONCALVES, Matilde Ramos	F	211101	10	Clube Desportivo Feirense				DNS
DNS	MELO, Ines Ribeiro	F	140527	10	Galitos / Bresimar				DNS
DNS	MADEIRA, Maria Miguel	F	212236	10	Associacao Estamos Juntos				DNS

Infantis A

1.	BAPTISTA, Carolina Sofia	F	208839	09	Clube Desportivo Estarreja	<b>5:01.97</b>		464	
	50m: 34.87 34.87		150m: 1:51.39		38.62 250m: 3:08.94	38.86 350m: 4:25.31		37.93	
	100m: 1:12.77 37.90		200m: 2:30.08		38.69 300m: 3:47.38	38.44 400m: 5:01.97		36.66	
2.	MAIA, Lara Catarina	F	205712	09	Clube Desportivo Estarreja	<b>5:06.36</b>		445	
	50m: 34.08 34.08		150m: 1:51.30		39.02 250m: 3:09.92	39.58 350m: 4:28.53		39.97	
	100m: 1:12.28 38.20		200m: 2:30.34		39.04 300m: 3:48.56	38.64 400m: 5:06.36		37.83	
3.	SANTOS, Joana Almeida	F	210792	09	Clube Desportivo Estarreja	<b>5:21.68</b>		384	
	50m: 36.19 36.19		150m: 1:57.57		40.94 250m: 3:20.39	41.18 350m: 4:43.31		41.45	
	100m: 1:16.63 40.44		200m: 2:39.21		41.64 300m: 4:01.86	41.47 400m: 5:21.68		38.37	
4.	OLIVEIRA, Francisca Pinto	F	203803	09	Galitos / Bresimar	<b>5:28.69</b>		360	
	50m: 36.86 36.86		150m: 1:59.04		41.69 250m: 3:23.69	42.51 350m: 4:48.73		42.00	
	100m: 1:17.35 40.49		200m: 2:41.18		42.14 300m: 4:06.73	43.04 400m: 5:28.69		39.96	
5.	PEDREIRO, Francisca Soreto	F	139907	09	Galitos / Bresimar	<b>5:30.71</b>		353	
	50m: 37.86 37.86		150m: 2:01.07		42.03 250m: 3:25.70	42.64 350m: 4:50.13		42.31	
	100m: 1:19.04 41.18		200m: 2:43.06		41.99 300m: 4:07.82	42.12 400m: 5:30.71		40.58	
6.	SILVA, Matilde Lopes	F	206365	09	Sporting Clube Sao Joao Ver	<b>5:41.80</b>		320	
	50m: 38.39 38.39		150m: 2:03.87		44.19 250m: 3:32.28	44.22 350m: 5:00.35		44.10	
	100m: 1:19.68 41.29		200m: 2:48.06		44.19 300m: 4:16.25	43.97 400m: 5:41.80		41.45	
7.	SANTOS, Carlota Ganito	F	201019	09	Galitos / Bresimar	<b>5:46.24</b>		308	
	50m: 39.31 39.31		150m: 2:06.17		43.75 250m: 3:34.61	44.04 350m: 5:05.06		45.76	
	100m: 1:22.42 43.11		200m: 2:50.57		44.40 300m: 4:19.30	44.69 400m: 5:46.24		41.18	
8.	MELO, Carolina Mortagua	F	208223	09	Clube Desportivo Estarreja	<b>5:47.84</b>		304	
	50m: 37.62 37.62		150m: 2:05.94		45.12 250m: 3:35.71	45.15 350m: 5:06.83		46.02	
	100m: 1:20.82 43.20		200m: 2:50.56		44.62 300m: 4:20.81	45.10 400m: 5:47.84		41.01	
9.	FERNANDES, Gabriela Lopes	F	203902	09	O Crasto	<b>5:54.54</b>		287	
	50m: 41.05 41.05		150m: 2:13.35		46.20 250m: 3:44.02	45.20 350m: 5:13.71		45.13	
	100m: 1:27.18 46.13		200m: 2:58.82		45.47 300m: 4:28.58	44.56 400m: 5:54.54		40.83	
10.	PEREIRINHA, Ana Sofia	F	211630	09	O Crasto	<b>6:02.18</b>		269	
	50m: 41.52 41.52		150m: 2:14.49		46.65 250m: 3:47.58	46.88 350m: 5:18.99		44.75	
	100m: 1:27.84 46.32		200m: 3:00.70		46.21 300m: 4:34.24	46.66 400m: 6:02.18		43.19	
11.	OLIVEIRA, Maria Rita	F	214185	09	Academico Viseu Futebol Clube	<b>6:03.97</b>		265	
	50m: 39.17 39.17		150m: 2:09.80		45.98 250m: 3:42.23	46.92 350m: 5:17.04		47.85	
	100m: 1:23.82 44.65		200m: 2:55.31		45.51 300m: 4:29.19	46.96 400m: 6:03.97		46.93	
12.	SOUSA, Raquel Azevedo	F	210938	09	UD Oliveirense/FERSILVA	<b>6:07.52</b>		257	
	50m: 38.34 38.34		150m: 2:11.72		47.76 250m: 3:48.02	47.67 350m: 5:24.65		48.87	
	100m: 1:23.96 45.62		200m: 3:00.35		48.63 300m: 4:35.78	47.76 400m: 6:07.52		42.87	
13.	PETIZ, Beatriz Reis	F	209966	09	Clube Desportivo Feirense	<b>6:15.31</b>		242	
	50m: 41.76 41.76		150m: 2:15.29		47.41 250m: 3:51.07	47.27 350m: 5:28.52		48.90	
	100m: 1:27.88 46.12		200m: 3:03.80		48.51 300m: 4:39.62	48.55 400m: 6:15.31		46.79	

Prova 33, Femin., 400m Livres, Infantis A

Lugar	Nome	Sexo	Licença Ano	Clube	Tempo Final	pts	FINA	Obs
14.	SILVA, Nadia Filipa	F	206366 09	Sporting Clube Sao Joao Ver	<b>6:17.46</b>		238	
	50m: 41.43 41.43		150m: 2:15.81 48.01	250m: 3:52.30 48.43	300m: 4:39.85 48.06	350m: 5:25.21 47.55	400m: 6:17.46 52.25	45.36
	100m: 1:27.80 46.37		200m: 3:04.24					52.25
15.	TAVARES, Maria Carmo	F	209355 09	Gafanha da Encarnação	<b>6:38.91</b>		201	
	50m: 42.65 42.65		150m: 2:23.35 50.97	250m: 4:06.93 51.61	300m: 4:58.39 51.97	350m: 5:50.00 51.46	400m: 6:38.91 48.91	51.61
	100m: 1:32.38 49.73		200m: 3:14.96					48.91
DSQ	SILVA, Marta Oliveira 403 - Falsa partida - SW 4.4	F	208167 09	Sanjoanense/FEPSA				DSQ
DSQ	PIEDADE, Ines Varandas 403 - Falsa partida - SW 4.4	F	207642 09	Campinho				DSQ