



XVI Torneio Junta de Freguesia de Anta - X Memorial Napoleão Guerra
Espinho, 6 - 7/5/2023

Prova 14 Femin., 400m Livres 12 - 15 anos Resultados
07/05/2023 - 9:30

Recordes do Torneio Vila Anta Absoluto	4:29.04	AMADOR, Joana	CGA	Espinho	15/05/2016
Recordes do Torneio Vila Anta Juv	4:29.04	AMADOR, Joana	CGA	Espinho	15/05/2016
Recordes do Torneio Vila Anta Inf A	4:46.09	AMADOR, Joana	CGA	Espinho	17/05/2014
Recordes do Torneio Vila Anta Inf B	4:46.14	FERNANDES, Carolina	CGA	Espinho	14/05/2017

Pontos: FINA 2022

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	pts	FINA	Obs
Infantis A									
1.	OLIVEIRA, Leonor Silva	F	140320	10	Galitos / Bresimar	5:06.35	19,00	445	
	50m: 34.20 34.20		150m: 1:51.04 38.62		250m: 3:09.17 39.28		350m: 4:28.43 38.85		39.55
	100m: 1:12.42 38.22		200m: 2:30.32 39.28		300m: 3:48.88 39.71		400m: 5:06.35 40.00		37.92
2.	MELO, Maria Leticia	F	210780	10	Fluvial Portuense	5:22.87	17,00	380	
	50m: 36.70 36.70		150m: 1:59.22 40.88		250m: 3:22.28 40.88		350m: 4:45.18 42.21		40.95
	100m: 1:18.34 41.64		200m: 2:40.07 40.85		300m: 4:04.23 41.95		400m: 5:22.87 40.00		37.69
3.	PARREIRA, Gabriela	F	213920	10	Sporting	5:23.41	16,00	378	
	50m: 36.06 36.06		150m: 1:56.32 41.24		250m: 3:18.78 41.28		350m: 4:42.59 41.28		41.67
	100m: 1:15.08 39.02		200m: 2:37.50 41.18		300m: 4:00.92 42.14		400m: 5:23.41 40.00		40.82
4.	BRANCO, Francisca Sousa	F	203800	10	Sporting de Espinho	5:26.13	15,00	369	
	50m: 37.23 37.23		150m: 2:00.52 42.05		250m: 3:24.60 42.74		350m: 4:47.85 42.74		41.04
	100m: 1:18.47 41.24		200m: 2:41.86 41.34		300m: 4:06.81 42.21		400m: 5:26.13 40.00		38.28
5.	RE, Raquel Domingues	F	209377	10	Sporting Clube de Aveiro	5:26.39	14,00	368	
	50m: 35.95 35.95		150m: 1:58.98 41.95		250m: 3:24.43 42.58		350m: 4:49.04 42.58		41.85
	100m: 1:17.03 41.08		200m: 2:41.85 42.87		300m: 4:07.19 42.76		400m: 5:26.39 40.00		37.35
6.	SILVA, Ana Filipa	F	211629	10	O Crasto	5:26.71	13,00	367	
	50m: 35.33 35.33		150m: 1:57.42 41.64		250m: 3:22.34 42.60		350m: 4:47.13 42.60		41.46
	100m: 1:15.78 40.45		200m: 2:39.74 42.32		300m: 4:05.67 43.33		400m: 5:26.71 40.00		39.58

Infantis B

1.	PRATA, Benedita Gomes	F	210340	11	Fluvial Portuense	5:28.71	19,00	360	
	50m: 36.88 36.88		150m: 1:58.19 41.00		250m: 3:21.51 42.69		350m: 4:46.74 42.69		42.56
	100m: 1:17.19 40.31		200m: 2:38.82 40.63		300m: 4:04.18 42.67		400m: 5:28.71 40.00		41.97
2.	RODRIGUES, Alice Maria	F	213554	11	Academico Viseu Futebol Clube	5:32.67	17,00	347	
	50m: 38.90 38.90		150m: 2:03.47 43.16		250m: 3:28.65 42.18		350m: 4:53.44 42.18		42.33
	100m: 1:20.31 41.41		200m: 2:46.47 43.00		300m: 4:11.11 42.46		400m: 5:32.67 40.00		39.23
3.	PINTO, Bianca Arouca	F	209059	11	Leixões Sport Clube	5:36.49	16,00	335	
	50m: 37.51 37.51		150m: 2:02.22 42.79		250m: 3:29.12 43.38		350m: 4:55.14 43.38		43.19
	100m: 1:19.43 41.92		200m: 2:45.74 43.52		300m: 4:11.95 42.83		400m: 5:36.49 40.00		41.35
4.	MARQUES, Laura Cruzeiro	F	139976	11	Sporting Clube de Aveiro	5:43.74	15,00	315	
	50m: 38.51 38.51		150m: 2:04.93 44.17		250m: 3:33.49 44.22		350m: 5:00.74 44.22		43.45
	100m: 1:20.76 42.25		200m: 2:49.27 44.34		300m: 4:17.29 43.80		400m: 5:43.74 40.00		43.00
5.	VIEIRA, Isabel Lagoa	F	152381	11	Galitos / Bresimar	5:46.46	14,00	307	
	50m: 38.66 38.66		150m: 2:05.31 44.36		250m: 3:34.36 44.40		350m: 5:03.19 44.40		43.84
	100m: 1:20.95 42.29		200m: 2:49.96 44.65		300m: 4:19.35 44.99		400m: 5:46.46 40.00		43.27
6.	VIEIRA, Frederica Vinhas	F	209964	11	Campinho	5:47.87	13,00	304	
	50m: 37.69 37.69		150m: 2:04.40 44.38		250m: 3:35.47 45.91		350m: 5:06.01 45.91		45.56
	100m: 1:20.02 42.33		200m: 2:49.56 45.16		300m: 4:20.45 44.98		400m: 5:47.87 40.00		41.86

Juvenis

1.	LOURENCO, Bruna Filipa	F	203897	08	O Crasto	4:46.98	19,00	541	
	50m: 32.90 32.90		150m: 1:45.16 36.72		250m: 2:58.49 36.42		350m: 4:11.91 36.42		36.85
	100m: 1:08.44 35.54		200m: 2:22.07 36.91		300m: 3:35.06 36.57		400m: 4:46.98 40.00		35.07
2.	SILVA, Marta Oliveira	F	208167	09	Sanjoanense/FEPSA	4:47.56	17,00	538	
	50m: 33.73 33.73		150m: 1:46.75 36.88		250m: 2:59.26 36.34		350m: 4:12.33 36.34		36.36
	100m: 1:09.87 36.14		200m: 2:22.92 36.17		300m: 3:35.97 36.71		400m: 4:47.56 40.00		35.23
3.	MACEDO, Alice Mendes	F	208163	08	Estamos Juntos	4:59.03	16,00	478	
	50m: 33.43 33.43		150m: 1:48.77 37.85		250m: 3:05.28 38.28		350m: 4:22.55 38.28		38.81
	100m: 1:10.92 37.49		200m: 2:27.00 38.23		300m: 3:43.74 38.46		400m: 4:59.03 40.00		36.48
4.	SANTOS, Joana Almeida	F	210792	09	Galitos / Bresimar	5:00.64	15,00	471	
	50m: 33.91 33.91		150m: 1:48.45 37.56		250m: 3:05.42 38.76		350m: 4:23.74 38.76		39.68
	100m: 1:10.89 36.98		200m: 2:26.66 38.21		300m: 3:44.06 38.64		400m: 5:00.64 40.00		36.90
5.	FONSECA, Lara Sofia	F	203293	08	Academico Viseu Futebol Clube	5:02.06	14,00	464	
	50m: 33.72 33.72		150m: 1:49.30 38.02		250m: 3:06.07 37.95		350m: 4:24.45 37.95		38.83
	100m: 1:11.28 37.56		200m: 2:28.12 38.82		300m: 3:45.62 39.55		400m: 5:02.06 40.00		37.61
6.	MESSIAS, Madalena Azevedo	F	209662	09	Sporting	5:02.82	13,00	460	
	50m: 33.88 33.88		150m: 1:49.42 38.79		250m: 3:06.42 39.17		350m: 4:24.35 39.17		39.32
	100m: 1:10.63 36.75		200m: 2:27.25 37.83		300m: 3:45.03 38.61		400m: 5:02.82 40.00		38.47

