

Prova 16

24/06/2023 - 15:53

Femin., 400m Livres

Infantis
Resultados

Rec Nac 25m Open	4:04.61	DURAES, Diana Margarida	POR	Copenhagen (DEN)	17/12/2017
Rec Nac 25m Inf A	4:25.30	SILVA, Alexandra Maria	FCP	Porto	19/07/1980
Rec Nac 25m Inf B	4:38.40	RUIVO, Filipa Vilas	DNMG	Alcobaça	13/06/2009
Recordes Reg ANCNP 25m Open	4:17.24	CARDEAL, Joana Nunes	AVFC	Estarreja	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 2022

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	pts	FINA	Obs
Infantis B									
1.	NUNES, Zoe Pinho	F	209378	11	Sporting Clube de Aveiro	5:04.37		453	
	50m: 33.63		150m: 1:50.35		39.17	250m: 3:08.46	39.14	350m: 4:26.87	38.44
	100m: 1:11.18		200m: 2:29.32		38.97	300m: 3:48.43	39.97	400m: 5:04.37	37.50
2.	PINTO, Matilde Sofia	F	212225	11	Sporting Clube Sao Joao Ver	5:33.35		345	
	50m: 36.81		150m: 2:03.12		43.74	250m: 3:29.88	43.74	350m: 4:54.68	41.74
	100m: 1:19.38		200m: 2:46.14		43.02	300m: 4:12.94	43.06	400m: 5:33.35	38.67
3.	MENDES, Leonor Marques	F	141309	11	Gafanha da Encarnacao	5:34.21		342	
	50m: 39.26		150m: 2:05.77		43.40	250m: 3:30.39	41.74	350m: 4:54.07	41.10
	100m: 1:22.37		200m: 2:48.65		42.88	300m: 4:12.97	42.58	400m: 5:34.21	40.14
4.	MARQUES, Laura Cruzeiro	F	139976	11	Sporting Clube de Aveiro	5:49.45		299	
	50m: 37.91		150m: 2:04.84		43.74	250m: 3:34.00	45.33	350m: 5:05.52	46.11
	100m: 1:21.10		200m: 2:48.67		43.83	300m: 4:19.41	45.41	400m: 5:49.45	43.93
5.	VIEIRA, Isabel Lagoa	F	152381	11	Galitos / Bresimar	5:54.01		288	
	50m: 38.99		150m: 2:08.38		45.46	250m: 3:39.73	45.21	350m: 5:10.82	45.70
	100m: 1:22.92		200m: 2:54.52		46.14	300m: 4:25.12	45.39	400m: 5:54.01	43.19
6.	LUCENA, Francisca Coelho	F	206673	11	O Crasto	5:55.26		285	
	50m: 40.02		150m: 2:10.63		45.77	250m: 3:40.89	45.62	350m: 5:12.61	45.88
	100m: 1:24.86		200m: 2:55.27		44.64	300m: 4:26.73	45.84	400m: 5:55.26	42.65
7.	NEVES, Ana Carolina	F	213027	11	Estarreja/PROZINCO	6:13.00		246	
	50m: 38.93		150m: 2:13.78		48.42	250m: 3:50.78	48.10	350m: 5:28.15	47.92
	100m: 1:25.36		200m: 3:02.68		48.90	300m: 4:40.23	49.45	400m: 6:13.00	44.85
8.	PAIVA, Matilde Santos	F	213560	11	UD Oliveirense/FERSILVA	6:17.57		237	
	50m: 41.34		150m: 2:17.19		48.66	250m: 3:54.58	48.43	350m: 5:32.86	48.73
	100m: 1:28.53		200m: 3:06.15		48.96	300m: 4:44.13	49.55	400m: 6:17.57	44.71

Infantis A

1.	CARDEAL, Leonor Nunes	F	201021	10	Academico Viseu Futebol Clube	4:47.21		540	
	50m: 33.23		150m: 1:46.68		36.81	250m: 3:00.00	36.24	350m: 4:12.61	36.13
	100m: 1:09.87		200m: 2:23.76		37.08	300m: 3:36.48	36.48	400m: 4:47.21	34.60
2.	TAVEIRA, Carolina Ratola	F	209341	10	Galitos / Bresimar	4:50.43		522	
	50m: 32.75		150m: 1:46.08		36.85	250m: 2:59.64	36.46	350m: 4:13.42	37.07
	100m: 1:09.23		200m: 2:23.18		37.10	300m: 3:36.35	36.71	400m: 4:50.43	37.01
3.	OLIVEIRA, Leonor Silva	F	140320	10	Galitos / Bresimar	5:14.54		411	
	50m: 35.67		150m: 1:55.58		40.34	250m: 3:16.42	39.79	350m: 4:35.92	39.59
	100m: 1:15.24		200m: 2:36.63		41.05	300m: 3:56.33	39.91	400m: 5:14.54	38.62
4.	JESUS, Leonor Silva	F	206656	10	Galitos / Bresimar	5:17.54		399	
	50m: 35.84		150m: 1:56.87		41.10	250m: 3:18.20	40.49	350m: 4:38.78	40.45
	100m: 1:15.77		200m: 2:37.71		40.84	300m: 3:58.33	40.13	400m: 5:17.54	38.76
5.	MELO, Ines Ribeiro	F	140527	10	Galitos / Bresimar	5:17.72		399	
	50m: 35.55		150m: 1:55.56		40.74	250m: 3:16.98	40.55	350m: 4:38.30	40.89
	100m: 1:14.82		200m: 2:36.43		40.87	300m: 3:57.41	40.43	400m: 5:17.72	39.42
6.	RE, Raquel Domingues	F	209377	10	Sporting Clube de Aveiro	5:21.27		386	
	50m: 35.73		150m: 1:58.23		41.31	250m: 3:22.16	41.75	350m: 4:43.61	40.47
	100m: 1:16.97		200m: 2:40.41		42.13	300m: 4:03.14	40.98	400m: 5:21.27	37.66
7.	VALENTE, Luana Silva	F	213020	10	Estarreja/PROZINCO	5:28.21		362	
	50m: 36.94		150m: 1:58.33		41.44	250m: 3:22.57	42.21	350m: 4:47.17	42.32
	100m: 1:16.89		200m: 2:40.36		42.03	300m: 4:04.85	42.28	400m: 5:28.21	41.04
8.	FERREIRA, Leonor Fonseca	F	210794	10	Estarreja/PROZINCO	5:28.41		361	
	50m: 36.02		150m: 1:58.14		41.95	250m: 3:23.18	42.63	350m: 4:47.70	42.09
	100m: 1:16.19		200m: 2:40.55		42.41	300m: 4:05.61	42.43	400m: 5:28.41	40.71
9.	FREITAS, Carlota Silva	F	214461	10	Estarreja/PROZINCO	5:50.23		297	
	50m: 39.76		150m: 2:08.23		44.85	250m: 3:38.92	45.41	350m: 5:08.04	43.39
	100m: 1:23.38		200m: 2:53.51		45.28	300m: 4:24.65	45.73	400m: 5:50.23	42.19
10.	FERREIRA, Anamar Tavares	F	209676	10	Gafanha da Encarnacao	5:53.65		289	
	50m: 38.86		150m: 2:06.57		43.88	250m: 3:37.43	44.77	350m: 5:08.59	45.37
	100m: 1:22.69		200m: 2:52.66		46.09	300m: 4:23.22	45.79	400m: 5:53.65	45.06

Prova 16, Femin., 400m Livres, Infantis A

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	pts	FINA	Obs
11.	COELHO, Mariana Couto	F	210957	10	Galitos / Bresimar	5:57.19		280	
	50m: 40.32 40.32		150m: 2:12.18		46.04 250m: 3:43.97	45.42 350m: 5:14.09		44.29	
	100m: 1:26.14 45.82		200m: 2:58.55		46.37 300m: 4:29.80	45.83 400m: 5:57.19		43.10	
12.	MADEIRA, Maria Miguel	F	212236	10	Estamos Juntos	6:01.30		271	
	50m: 39.70 39.70		150m: 2:12.30		46.98 250m: 3:45.59	46.28 350m: 5:18.33		47.08	
	100m: 1:25.32 45.62		200m: 2:59.31		47.01 300m: 4:31.25	45.66 400m: 6:01.30		42.97	
13.	NEVES, Francisca Rocha	F	213019	10	UD Oliveirense/FERSILVA	6:21.28		230	
	50m: 43.30 43.30		150m: 2:21.62		49.37 250m: 3:58.94	47.28 350m: 5:35.55		47.84	
	100m: 1:32.25 48.95		200m: 3:11.66		50.04 300m: 4:47.71	48.77 400m: 6:21.28		45.73	
14.	FERREIRA, Ines Sousa	F	212456	10	Estamos Juntos	6:24.00		226	
	50m: 44.42 44.42		150m: 2:22.09		49.17 250m: 4:00.51	49.44 350m: 5:37.63		48.29	
	100m: 1:32.92 48.50		200m: 3:11.07		48.98 300m: 4:49.34	48.83 400m: 6:24.00		46.37	
15.	SIMÕES, Margarida Martins	F	216768	10	CN Vagos	6:49.22		186	
	50m: 45.63 45.63		150m: 2:26.38		51.38 250m: 4:12.19	53.18 350m: 5:59.79		53.50	
	100m: 1:35.00 49.37		200m: 3:19.01		52.63 300m: 5:06.29	54.10 400m: 6:49.22		49.43	