



Campeonato Interdistrital de Inverno de Infantis - ANCNP | ANC | ANDL
Viseu, 24 - 25/2/2024

Prova 1
24/02/2024 - 10:00

Femin., 400m Livres

Infantis A
Resultados

R N 25m Open 4:04.61 Diana Margarida Duraes POR Copenhagen (DEN) 17/12/2017
R N 25m Inf A 4:25.30 Alexandra Maria Silva FCP Porto 19/07/1980

TAC-N Fem Inf A : 5:08.41 / TAC-Z Fem Inf A : 5:19.50 / TAC ID INF A FEM 50m: 6:12.71 - 25m: 6:08.70

Pontos: FINA 2023

Lugar	Nome	Sexo	Licença	Ano	Clube	Tp. Insc.				Tempo Final	Pts	Obs
1.	Anastasiya Prymachenko TAC Nacional	F	209931	11	Nucleo de Pombal	5:03.81				5:04.63	437	
	50m: 33.49	33.49	150m: 1:50.24	38.80	250m: 3:10.19	40.17	350m: 4:28.72	38.89				
	100m: 1:11.44	37.95	200m: 2:30.02	39.78	300m: 3:49.83	39.64	400m: 5:04.63	35.91				
2.	Zoe Pinho Nunes TAC Nacional	F	209378	11	Sporting Clube de Aveiro	5:04.37				5:05.95	432	
	50m: 33.56	33.56	150m: 1:49.20	38.18	250m: 3:08.10	39.83	350m: 4:28.31	39.81				
	100m: 1:11.02	37.46	200m: 2:28.27	39.07	300m: 3:48.50	40.40	400m: 5:05.95	37.64				
3.	Beatriz Oliveira Portulez TAC Zonal	F	213180	11	Columbofilia Cantanhedense	5:26.27				5:08.74	420	
	50m: 35.88	35.88	150m: 1:53.02	38.66	250m: 3:11.50	39.27	350m: 4:30.61	39.45				
	100m: 1:14.36	38.48	200m: 2:32.23	39.21	300m: 3:51.16	39.66	400m: 5:08.74	38.13				
4.	Eva Miranda Almeida TAC Zonal	F	213183	11	Columbofilia Cantanhedense	5:22.98				5:09.12	418	
	50m: 33.94	33.94	150m: 1:51.28	39.51	250m: 3:11.57	40.35	350m: 4:31.06	39.44				
	100m: 1:11.77	37.83	200m: 2:31.22	39.94	300m: 3:51.62	40.05	400m: 5:09.12	38.06				
5.	Carlota Sa Santos TAC Zonal	F	211060	11	Nucleo de Pombal	5:15.80				5:12.11	407	
	50m: 35.49	35.49	150m: 1:53.46	39.90	250m: 3:14.01	40.18	350m: 4:34.08	39.94				
	100m: 1:13.56	38.07	200m: 2:33.83	40.37	300m: 3:54.14	40.13	400m: 5:12.11	38.03				
6.	Filipa Ferreira Loisas TAC Zonal	F	213294	11	Columbofilia Cantanhedense	5:20.40				5:12.38	405	
	50m: 35.76	35.76	150m: 1:54.01	39.48	250m: 3:13.88	39.42	350m: 4:33.48	39.21				
	100m: 1:14.53	38.77	200m: 2:34.46	40.45	300m: 3:54.27	40.39	400m: 5:12.38	38.90				
7.	Matilde Sofia Pinto TAC Zonal	F	212225	11	Sporting Clube Sao Joao Ver	5:33.35				5:15.66	393	
	50m: 34.72	34.72	150m: 1:53.15	39.25	250m: 3:14.50	40.40	350m: 4:36.78	41.15				
	100m: 1:13.90	39.18	200m: 2:34.10	40.95	300m: 3:55.63	41.13	400m: 5:15.66	38.88				
8.	Alice Maria Rodrigues TAC Zonal	F	213554	11	Academico Viseu Futebol Clube	5:24.46				5:15.87	392	
	50m: 36.16	36.16	150m: 1:55.92	40.21	250m: 3:15.91	40.30	350m: 4:37.54	40.86				
	100m: 1:15.71	39.55	200m: 2:35.61	39.69	300m: 3:56.68	40.77	400m: 5:15.87	38.33				
9.	Joana Cura Neves TAC Zonal	F	211162	11	Condeixa Aqua Clube	5:21.81				5:16.34	390	
	50m: 35.58	35.58	150m: 1:54.59	39.81	250m: 3:16.32	41.31	350m: 4:37.98	40.11				
	100m: 1:14.78	39.20	200m: 2:35.01	40.42	300m: 3:57.87	41.55	400m: 5:16.34	38.36				
10.	Maria Joao Vala TAC Zonal	F	209706	11	Pimpoes/Cimai	5:41.87				5:18.54	382	
	50m: 36.21	36.21	150m: 1:57.72	40.83	250m: 3:18.08	39.62	350m: 4:40.56	40.80				
	100m: 1:16.89	40.68	200m: 2:38.46	40.74	300m: 3:59.76	41.68	400m: 5:18.54	37.98				
11.	Mafalda Teles Sousa TAC Zonal	F	209708	11	Pimpoes/Cimai	5:25.94				5:18.64	382	
	50m: 35.19	35.19	150m: 1:55.01	40.32	250m: 3:16.80	41.46	350m: 4:38.96	40.78				
	100m: 1:14.69	39.50	200m: 2:35.34	40.33	300m: 3:58.18	41.38	400m: 5:18.64	39.68				
12.	Matilde Conde Figueiredo	F	213217	11	Condeixa Aqua Clube	5:38.27				5:24.11	363	
	50m: 39.10	39.10	150m: 2:01.97	41.30	250m: 3:24.15	40.77	350m: 4:41.94	37.77				
	100m: 1:20.67	41.57	200m: 2:43.38	41.41	300m: 4:04.17	40.02	400m: 5:24.11	42.17				
13.	Frederica Vinhas Vieira	F	209964	11	Campinho	5:23.02				5:25.01	360	
	50m: 34.72	34.72	150m: 1:54.04	40.41	250m: 3:18.48	42.80	350m: 4:43.77	42.34				
	100m: 1:13.63	38.91	200m: 2:35.68	41.64	300m: 4:01.43	42.95	400m: 5:25.01	41.24				
14.	Leonor Marques Mendes	F	141309	11	Gafanha da Encarnacao	5:34.06				5:26.82	354	
	50m: 35.81	35.81	150m: 1:56.96	41.09	250m: 3:20.05	41.60	350m: 4:46.48	42.96				
	100m: 1:15.87	40.06	200m: 2:38.45	41.49	300m: 4:03.52	43.47	400m: 5:26.82	40.34				
15.	Ines Sousa Ribeiro	F	208535	11	Clube Desportivo Feirense	5:42.20				5:27.35	352	
	50m: 36.54	36.54	150m: 2:01.04	42.65	250m: 3:25.96	42.25	350m: 4:49.16	41.39				
	100m: 1:18.39	41.85	200m: 2:43.71	42.67	300m: 4:07.77	41.81	400m: 5:27.35	38.19				



VISEU 24
CIDADE EUROPEIA
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Campeonato Interdistrital de Inverno de Infantis - ANCNP | ANC | ANDL
Viseu, 24 - 25/2/2024

Prova 1, Femin., 400m Livres, Infantis A

Lugar	Nome	Sexo	Licença	Ano	Clube	Tp. Insc.	Tempo Final	Pts	Obs
16.	Ines Afonso Borges	F	206679	11	Sporting de Espinho	5:49.63	5:32.71	335	
	50m: 35.92	35.92	150m: 1:58.15	41.38	250m: 3:23.67	42.46	350m: 4:51.22	43.25	
	100m: 1:16.77	40.85	200m: 2:41.21	43.06	300m: 4:07.97	44.30	400m: 5:32.71	41.49	
17.	Carolina Silva Castanheira	F	210906	11	Nautico de Leiria	5:26.65	5:32.81	335	
	50m: 36.41	36.41	150m: 1:58.79	42.02	250m: 3:24.44	42.74	350m: 4:50.57	43.15	
	100m: 1:16.77	40.36	200m: 2:41.70	42.91	300m: 4:07.42	42.98	400m: 5:32.81	42.24	
18.	Sara Ferreira Santos	F	214492	11	Columbofila Cantanhedense	5:24.77	5:32.91	335	
	50m: 36.55	36.55	150m: 1:59.48	42.16	250m: 3:24.49	42.44	350m: 4:51.22	43.55	
	100m: 1:17.32	40.77	200m: 2:42.05	42.57	300m: 4:07.67	43.18	400m: 5:32.91	41.69	
19.	Mariana Moreira Lopes	F	209232	11	Clube Desportivo Feirense	5:48.23	5:34.11	331	
	50m: 35.84	35.84	150m: 1:58.59	41.83	250m: 3:25.47	43.90	350m: 4:52.51	43.45	
	100m: 1:16.76	40.92	200m: 2:41.57	42.98	300m: 4:09.06	43.59	400m: 5:34.11	41.60	
20.	Laura Cruzeiro Marques	F	139976	11	Sporting Clube de Aveiro	5:41.09	5:34.71	330	
	50m: 36.16	36.16	150m: 2:01.01	42.91	250m: 3:27.15	42.86	350m: 4:53.68	43.86	
	100m: 1:17.74	41.58	200m: 2:44.29	43.28	300m: 4:09.82	42.67	400m: 5:34.71	41.03	
21.	Lia Tome Mateus	F	208054	11	CN Vagos	5:51.50	5:36.58	324	
	50m: 38.69	38.69	150m: 2:03.79	42.98	250m: 3:29.42	42.60	350m: 4:54.52	42.62	
	100m: 1:20.81	42.12	200m: 2:46.82	43.03	300m: 4:11.90	42.48	400m: 5:36.58	42.06	
22.	Beatriz Abrantes Martins	F	215698	11	Algés e Águeda XXI	5:43.68	5:37.48	321	
	50m: 37.31	37.31	150m: 2:02.00	42.91	250m: 3:29.12	43.50	350m: 4:55.45	42.91	
	100m: 1:19.09	41.78	200m: 2:45.62	43.62	300m: 4:12.54	43.42	400m: 5:37.48	42.03	
23.	Maria Santos Fonseca	F	214271	11	Nautico de Leiria	5:52.65	5:47.64	294	
	50m: 36.51	36.51	150m: 2:01.70	43.68	250m: 3:31.63	44.71	350m: 5:03.23	46.25	
	100m: 1:18.02	41.51	200m: 2:46.92	45.22	300m: 4:16.98	45.35	400m: 5:47.64	44.41	
24.	Leiria Silviovna Tonkikh	F	214274	11	Nautico de Leiria	5:59.32	5:49.62	289	
	50m: 37.99	37.99	150m: 2:06.69	44.38	250m: 3:37.43	45.54	350m: 5:07.41	44.31	
	100m: 1:22.31	44.32	200m: 2:51.89	45.20	300m: 4:23.10	45.67	400m: 5:49.62	42.21	
25.	Margarida Lopes Rodrigues	F	211356	11	Uniao Juncalense	6:00.18	5:49.74	289	
	50m: 37.52	37.52	150m: 2:03.93	43.63	250m: 3:37.01	46.74	350m: 5:06.73	44.09	
	100m: 1:20.30	42.78	200m: 2:50.27	46.34	300m: 4:22.64	45.63	400m: 5:49.74	43.01	
26.	Francisca Coelho Lucena	F	206673	11	O Crasto	5:52.70	5:49.82	289	
	50m: 38.86	38.86	150m: 2:07.64	44.31	250m: 3:37.27	45.16	350m: 5:06.56	44.49	
	100m: 1:23.33	44.47	200m: 2:52.11	44.47	300m: 4:22.07	44.80	400m: 5:49.82	43.26	
27.	Lara Amorim Cunha	F	215161	11	Clube Desportivo Feirense	5:48.98	5:54.23	278	
	50m: 37.13	37.13	150m: 2:07.20	45.51	250m: 3:38.97	45.82	350m: 5:10.78	45.36	
	100m: 1:21.69	44.56	200m: 2:53.15	45.95	300m: 4:25.42	46.45	400m: 5:54.23	43.45	
28.	Nicole Melo Oliveira	F	220156	11	Estarreja/PROZINCO	6:02.12	5:54.31	278	
	50m: 39.67	39.67	150m: 2:10.86	46.77	250m: 3:42.08	45.31	350m: 5:12.22	45.26	
	100m: 1:24.09	44.42	200m: 2:56.77	45.91	300m: 4:26.96	44.88	400m: 5:54.31	42.09	
29.	Maria Ines Gomes	F	209231	11	Clube Desportivo Feirense	5:49.72	5:54.44	277	
	50m: 38.47	38.47	150m: 2:07.23	44.99	250m: 3:39.23	46.14	350m: 5:11.98	46.04	
	100m: 1:22.24	43.77	200m: 2:53.09	45.86	300m: 4:25.94	46.71	400m: 5:54.44	42.46	
DNS	Laura Duarte Neves	F	214426	11	Louzan Natacao/EFAPEL	5:26.32			DNS

Prova 1 Femin., 400m Livres Infantis B Resultados

R N 25m Open	4:04.61	Diana Margarida Duraes	POR	Copenhagen (DEN)	17/12/2017
R N 25m Inf B	4:38.40	Filipa Vilas Ruivo	DNMG	Alcobaça	13/06/2009

TAC-N Fem Inf B : 5:19.41 / TAC-Z Fem Inf B : 5:35.00 / TAC ID INF B FEM 50m: 6:34.42 - 25m: 6:30.10

Pontos: FINA 2023

Lugar	Nome	Sexo	Licença	Ano	Clube	Tp. Insc.	Tempo Final	Pts	Obs
1.	Sofia Apalyonova Monteiro <i>TAC Nacional</i>	F	212125	12	CN Vagos	5:40.52	5:15.94	392	
	50m: 36.65	36.65	150m: 1:58.40	40.37	250m: 3:18.34	39.83	350m: 4:38.82	39.89	
	100m: 1:18.03	41.38	200m: 2:38.51	40.11	300m: 3:58.93	40.59	400m: 5:15.94	37.12	
2.	Maria Luisa Nogueira <i>TAC Nacional</i>	F	215775	12	Academica de Coimbra	5:32.50	5:17.58	386	
	50m: 36.80	36.80	150m: 1:57.85	40.86	250m: 3:19.25	40.26	350m: 4:39.92	39.88	
	100m: 1:16.99	40.19	200m: 2:38.99	41.14	300m: 4:00.04	40.79	400m: 5:17.58	37.66	
3.	Camila Ganito Santos <i>TAC Zonal</i>	F	209359	12	Galitos / Bresimar	5:28.96	5:26.55	355	
	50m: 35.77	35.77	150m: 1:55.92	41.02	250m: 3:18.80	41.13	350m: 4:43.89	42.95	
	100m: 1:14.90	39.13	200m: 2:37.67	41.75	300m: 4:00.94	42.14	400m: 5:26.55	42.66	
4.	Maria Olivia Ferreira <i>TAC Zonal</i>	F	211423	12	Galitos / Bresimar	5:32.41	5:27.99	350	
	50m: 36.64	36.64	150m: 1:59.22	42.44	250m: 3:24.42	42.81	350m: 4:48.88	41.97	
	100m: 1:16.78	40.14	200m: 2:41.61	42.39	300m: 4:06.91	42.49	400m: 5:27.99	39.11	



VISEU 24
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Campeonato Interdistrital de Inverno de Infantis - ANCNP | ANC | ANDL
Viseu, 24 - 25/2/2024

Prova 1, Femin., 400m Livres, Infantis B

Lugar	Nome	Sexo	Licença	Ano	Clube	Tp. Insc.	Tempo Final	Pts	Obs
5.	Constanca Sousa Fontinha <i>TAC Zonal</i>	F	212496	12	O Crasto	6:05.53	5:32.52	336	
	50m: 37.18 100m: 1:19.50	37.18 42.32	150m: 2:03.13 200m: 2:46.25	43.63 43.12	250m: 3:28.97 300m: 4:11.73	42.72 42.76	350m: 4:53.65 400m: 5:32.52	41.92 38.87	
6.	Maria Leonor Lobo <i>TAC Zonal</i>	F	216720	12	Condeixa Aqua Clube	5:42.65	5:33.60	333	
	50m: 38.80 100m: 1:21.05	38.80 42.25	150m: 2:02.63 200m: 2:44.90	41.58 42.27	250m: 3:26.92 300m: 4:08.63	42.02 41.71	350m: 4:51.65 400m: 5:33.60	43.02 41.95	
7.	Ana Carolina Pimenta	F	211419	12	Galitos / Bresimar	5:42.46	5:35.54	327	
	50m: 37.17 100m: 1:19.12	37.17 41.95	150m: 2:01.43 200m: 2:43.99	42.31 42.56	250m: 3:28.12 300m: 4:12.90	44.13 44.78	350m: 4:55.64 400m: 5:35.54	42.74 39.90	
8.	Maria Miguel Lopes	F	220311	12	Academico Viseu Futebol Clube	NT	5:35.91	326	
	50m: 38.44 100m: 1:21.20	38.44 42.76	150m: 2:04.94 200m: 2:47.80	42.45 42.86	250m: 3:31.01 300m: 4:13.37	43.21 42.36	350m: 4:56.27 400m: 5:35.91	42.90 39.64	
9.	Leonor Ribeiro Ferreira	F	214500	12	Columboflia Cantanhedense	5:57.06	5:36.61	324	
	50m: 37.24 100m: 1:19.93	37.24 42.69	150m: 2:02.38 200m: 2:45.66	42.45 43.28	250m: 3:28.56 300m: 4:11.87	42.90 43.31	350m: 4:54.33 400m: 5:36.61	42.46 42.28	
10.	Filipa Carneiro Dias	F	214183	12	Academico Viseu Futebol Clube	NT	5:40.71	312	
	50m: 38.68 100m: 1:22.26	38.68 43.58	150m: 2:05.90 200m: 2:48.54	43.64 42.64	250m: 3:32.18 300m: 4:15.76	43.64 43.58	350m: 4:59.30 400m: 5:40.71	43.54 41.41	
11.	Dania Pereira Cardoso	F	214825	12	Estamos Juntos	6:04.14	5:44.38	302	
	50m: 38.43 100m: 1:21.19	38.43 42.76	150m: 2:05.92 200m: 2:50.69	44.73 44.77	250m: 3:34.37 300m: 4:18.90	43.68 44.53	350m: 5:03.11 400m: 5:44.38	44.21 41.27	
12.	Carolina Melo Homem	F	216658	12	Sporting Clube de Aveiro	6:19.58	5:46.43	297	
	50m: 41.52 100m: 1:25.05	41.52 43.53	150m: 2:08.89 200m: 2:52.93	43.84 44.04	250m: 3:36.32 300m: 4:20.62	43.39 44.30	350m: 5:05.11 400m: 5:46.43	44.49 41.32	
13.	Margarida Paiva Correia	F	213860	12	Miranda do Corvo	6:10.83	5:47.37	295	
	50m: 38.71 100m: 1:21.71	38.71 43.00	150m: 2:06.40 200m: 2:51.36	44.69 44.96	250m: 3:35.77 300m: 4:21.11	44.41 45.34	350m: 5:05.07 400m: 5:47.37	43.96 42.30	
14.	Mariana Vidal Rebelo	F	218431	12	Galitos / Bresimar	6:13.02	5:48.07	293	
	50m: 39.16 100m: 1:22.92	39.16 43.76	150m: 2:07.10 200m: 2:51.21	44.18 44.11	250m: 3:35.81 300m: 4:20.82	44.60 45.01	350m: 5:07.40 400m: 5:48.07	46.58 40.67	
15.	Luna Francisco Pereira	F	215677	12	Nucleo de Pombal	5:55.64	5:50.31	287	
	50m: 38.63 100m: 1:22.10	38.63 43.47	150m: 2:07.41 200m: 2:52.51	45.31 45.10	250m: 3:37.19 300m: 4:21.85	44.68 44.66	350m: 5:07.45 400m: 5:50.31	45.60 42.86	
16.	Laura Krempel Varela	F	210787	12	Pimpoes/Cimai	5:50.86	5:52.55	282	
	50m: 38.15 100m: 1:22.75	38.15 44.80	150m: 2:08.74 200m: 2:54.52	45.99 45.78	250m: 3:40.41 300m: 4:26.61	45.89 46.20	350m: 5:12.17 400m: 5:52.55	45.56 40.38	
17.	Julia Pinto Pinheiro	F	212988	12	Pimpoes/Cimai	6:27.34	5:54.21	278	
	50m: 41.15 100m: 1:26.89	41.15 45.74	150m: 2:11.25 200m: 2:57.00	44.36 45.75	250m: 3:42.60 300m: 4:27.63	45.60 45.03	350m: 5:12.54 400m: 5:54.21	44.91 41.67	
18.	Ines Pinto Martins	F	212985	12	Pimpoes/Cimai	6:12.75	5:55.25	276	
	50m: 40.27 100m: 1:24.78	40.27 44.51	150m: 2:08.82 200m: 2:54.57	44.04 45.75	250m: 3:40.07 300m: 4:26.26	45.50 46.19	350m: 5:11.60 400m: 5:55.25	45.34 43.65	
19.	Benedita Nunes Felix	F	215617	12	Pimpoes/Cimai	6:18.32	6:00.94	263	
	50m: 40.52 100m: 1:26.72	40.52 46.20	150m: 2:12.83 200m: 2:58.42	46.11 45.59	250m: 3:43.32 300m: 4:30.53	44.90 47.21	350m: 5:16.76 400m: 6:00.94	46.23 44.18	
20.	Clara Lopes Fernandes	F	214424	12	Louzan Natacao/EFAPEL	6:11.31	6:01.07	262	
	50m: 41.28 100m: 1:26.22	41.28 44.94	150m: 2:11.76 200m: 2:58.82	45.54 47.06	250m: 3:45.69 300m: 4:32.91	46.87 47.22	350m: 5:17.76 400m: 6:01.07	44.85 43.31	
21.	Leonor Martins Silva	F	211830	12	Clube Desportivo Feirense	5:53.93	6:05.67	253	
	50m: 38.04 100m: 1:22.77	38.04 44.73	150m: 2:08.45 200m: 2:55.19	45.68 46.74	250m: 3:42.82 300m: 4:31.57	47.63 48.75	350m: 5:20.27 400m: 6:05.67	48.70 45.40	
22.	Beatriz Pires Soares	F	216722	12	Miranda do Corvo	6:30.79	6:05.70	253	
	50m: 40.74 100m: 1:27.83	40.74 47.09	150m: 2:15.24 200m: 3:03.37	47.41 48.13	250m: 3:51.25 300m: 4:37.52	47.88 46.27	350m: 5:22.83 400m: 6:05.70	45.31 42.87	
23.	Alice Silva Senna	F	217566	12	Condeixa Aqua Clube	NT	6:07.25	249	
	50m: 41.75 100m: 1:27.22	41.75 45.47	150m: 2:13.89 200m: 3:01.20	46.67 47.31	250m: 3:48.54 300m: 4:35.73	47.34 47.19	350m: 5:22.24 400m: 6:07.25	46.51 45.01	
24.	Yaroslava Tabunskyk	F	214273	12	Nautico de Leiria	6:20.15	6:14.11	236	
	50m: 42.07 100m: 1:28.75	42.07 46.68	150m: 2:16.67 200m: 3:04.84	47.92 48.17	250m: 3:53.65 300m: 4:42.07	48.81 48.42	350m: 5:29.17 400m: 6:14.11	47.10 44.94	
25.	Daniela Carvalho Ferreira	F	143629	12	Nucleo de Pombal	6:26.44	6:16.41	232	
	50m: 41.65 100m: 1:28.26	41.65 46.61	150m: 2:16.44 200m: 3:04.63	48.18 48.19	250m: 3:53.44 300m: 4:42.16	48.81 48.72	350m: 5:31.28 400m: 6:16.41	49.12 45.13	
26.	Maria Leonor Assuncao	F	215474	12	Pimpoes/Cimai	6:29.45	6:24.48	217	
	50m: 42.49 100m: 1:29.16	42.49 46.67	150m: 2:17.75 200m: 3:07.44	48.59 49.69	250m: 3:57.60 300m: 4:47.22	50.16 49.62	350m: 5:37.38 400m: 6:24.48	50.16 47.10	