

Prova 14

Femin., 400m Livres

12 - 15 anos

05/05/2024 - 9:30

Resultados

Recordes do Torneio Vila Anta Open	4:29.04	Joana Amador	CGA	Espinho	15/05/2016
Recordes do Torneio Vila Anta Juv	4:29.04	Joana Amador	CGA	Espinho	15/05/2016
Recordes do Torneio Vila Anta Inf A	4:46.09	Joana Amador	CGA	Espinho	17/05/2014
Recordes do Torneio Vila Anta Inf B	4:46.14	Carolina Fernandes	CGA	Espinho	14/05/2017

Pontos: FINA 2023

Lugar	Nome	Sexo	Licena	Ano	Clube	Tempo Final	pts	FINA	Obs	
<b>Infantis A</b>										
1.	Margarida Almeida Ferreira <i>TAC Nacional</i>	F	151230	11	Sporting	<b>5:05.10</b>	20,00	435		
	50m: 34.86 34.86		150m: 1:52.23		38.99	250m: 3:10.50		39.12	350m: 4:27.83	38.05
	100m: 1:13.24 38.38		200m: 2:31.38		39.15	300m: 3:49.78		39.28	400m: 5:05.10	37.27
2.	Leonor Guedes Marques	F	209236	11	Fluvial Portuense	<b>5:24.39</b>	18,00	362		
	50m: 36.42 36.42		150m: 1:58.31		41.31	250m: 3:21.64		41.75	350m: 4:44.69	41.23
	100m: 1:17.00 40.58		200m: 2:39.89		41.58	300m: 4:03.46		41.82	400m: 5:24.39	39.70
3.	Ines Sousa Ribeiro	F	208535	11	Clube Desportivo Feirense	<b>5:39.70</b>	17,00	315		
	50m: 36.12 36.12		150m: 2:03.40		44.66	250m: 3:32.55		44.44	350m: 4:59.78	42.47
	100m: 1:18.74 42.62		200m: 2:48.11		44.71	300m: 4:17.31		44.76	400m: 5:39.70	39.92
4.	Nicole Melo Oliveira	F	220156	11	Estarreja/PROZINCO	<b>5:40.37</b>	16,00	313		
	50m: 37.53 37.53		150m: 2:03.08		44.11	250m: 3:31.21		44.26	350m: 4:59.25	44.54
	100m: 1:18.97 41.44		200m: 2:46.95		43.87	300m: 4:14.71		43.50	400m: 5:40.37	41.12
5.	Matilde Santos Paiva	F	213560	11	UD Oliveirense/FERSILVA	<b>6:22.55</b>	15,00	221		
	50m: 39.34 39.34		150m: 2:13.17		47.54	250m: 3:53.80		50.23	350m: 5:34.50	50.32
	100m: 1:25.63 46.29		200m: 3:03.57		50.40	300m: 4:44.18		50.38	400m: 6:22.55	48.05

Infantis B

1.	Maria Olıvia Ferreira	F	211423	12	Galitos / Bresimar	<b>5:28.82</b>	20,00	348		
	50m: 36.84 36.84		150m: 1:59.28		42.36	250m: 3:24.49		42.61	350m: 4:49.61	42.47
	100m: 1:16.92 40.08		200m: 2:41.88		42.60	300m: 4:07.14		42.65	400m: 5:28.82	39.21
2.	Dania Pereira Cardoso	F	214825	12	Estamos Juntos	<b>5:30.72</b>	18,00	342		
	50m: 38.79 38.79		150m: 2:03.64		42.63	250m: 3:28.00		41.86	350m: 4:52.70	41.77
	100m: 1:21.01 42.22		200m: 2:46.14		42.50	300m: 4:10.93		42.93	400m: 5:30.72	38.02
3.	Eva Valente Marques	F	216653	12	Sporting Clube de Aveiro	<b>5:41.80</b>	17,00	309		
	50m: 38.70 38.70		150m: 2:05.36		43.97	250m: 3:33.67		43.99	350m: 5:01.00	42.87
	100m: 1:21.39 42.69		200m: 2:49.68		44.32	300m: 4:18.13		44.46	400m: 5:41.80	40.80
4.	Filipa Carneiro Dias	F	214183	12	Academico Viseu Futebol Clube	<b>5:42.85</b>	16,00	307		
	50m: 39.31 39.31		150m: 2:06.44		43.89	250m: 3:34.02		44.34	350m: 5:02.00	44.04
	100m: 1:22.55 43.24		200m: 2:49.68		43.24	300m: 4:17.96		43.94	400m: 5:42.85	40.85
5.	Leonor Martins Silva	F	211830	12	Clube Desportivo Feirense	<b>5:56.38</b>	15,00	273		
	50m: 36.94 36.94		150m: 2:03.77		43.77	250m: 3:36.10		47.24	350m: 5:10.68	47.13
	100m: 1:20.00 43.06		200m: 2:48.86		45.09	300m: 4:23.55		47.45	400m: 5:56.38	45.70
DNS	Constanca Sousa Fontinha	F	212496	12	O Crasto				-	DNS

Juvenis

1.	Madalena Azevedo Messias	F	209662	09	Sporting	<b>4:53.11</b>	20,00	491		
	50m: 33.02 33.02		150m: 1:46.98		37.52	250m: 3:00.83		36.70	350m: 4:16.42	37.17
	100m: 1:09.46 36.44		200m: 2:24.13		37.15	300m: 3:39.25		38.42	400m: 4:53.11	36.69
2.	Marta Oliveira Silva	F	208167	09	Sanjoanense/FEPSA	<b>4:57.38</b>	18,00	470		
	50m: 34.02 34.02		150m: 1:49.12		37.76	250m: 3:04.92		38.28	350m: 4:20.18	37.47
	100m: 1:11.36 37.34		200m: 2:26.64		37.52	300m: 3:42.71		37.79	400m: 4:57.38	37.20
3.	Mariana Pina Macedo	F	212237	10	Estamos Juntos	<b>5:09.62</b>	17,00	416		
	50m: 35.12 35.12		150m: 1:54.31		39.71	250m: 3:14.63		40.11	350m: 4:33.50	39.27
	100m: 1:14.60 39.48		200m: 2:34.52		40.21	300m: 3:54.23		39.60	400m: 5:09.62	36.12
4.	Beatriz Ferreira Miguel	F	208423	09	Alg�s e �gueda XXI	<b>5:17.89</b>	16,00	385		
	50m: 35.73 35.73		150m: 1:55.38		40.14	250m: 3:16.11		40.25	350m: 4:38.67	41.05
	100m: 1:15.24 39.51		200m: 2:35.86		40.48	300m: 3:57.62		41.51	400m: 5:17.89	39.22
5.	Adriana Resende Trindade	F	208543	10	Sporting de Espinho	<b>5:18.33</b>	15,00	383		
	50m: 35.56 35.56		150m: 1:55.53		40.49	250m: 3:16.70		40.91	350m: 4:39.16	40.94
	100m: 1:15.04 39.48		200m: 2:35.79		40.26	300m: 3:58.22		41.52	400m: 5:18.33	39.17
6.	Leonor Delgado Rocha	F	212157	10	Sporting Clube Sao Joao Ver	<b>5:20.20</b>	14,00	376		
	50m: 35.08 35.08		150m: 1:53.08		39.62	250m: 3:56.88		1:22.13	350m: 5:20.20	41.37
	100m: 1:13.46 38.38		200m: 2:34.75		41.67	300m: 4:38.83		41.95	400m: 5:20.20	
7.	Gabriela Lopes Fernandes	F	203902	09	O Crasto	<b>5:22.86</b>	13,00	367		
	50m: 35.93 35.93		150m: 1:56.65		41.58	250m: 3:19.67		41.40	350m: 4:43.55	41.85
	100m: 1:15.07 39.14		200m: 2:38.27		41.62	300m: 4:01.70		42.03	400m: 5:22.86	39.31