

Classificação Regional ANCNP Campeonato Interdistrital de Infantis PL
Coimbra, 6 - 7/7/2024

Prova 1 Femin., 400m Livres Infantis
06/07/2024 - 9:30 Resultados

Rec Nacional Open	4:08.77	Francisca Soares Martins	FOCA	Canet-en-Roussillion (FRA)	14/05/2023
Rec Nacional Inf A	4:31.53	Alexandra Maria Silva	POR	Skovde (SWE)	08/08/1980
Rec Nacional Inf B	4:43.70	Alexandra Maria Silva	FCP	Funchal	27/07/1979
Recordes Regionais ANCNP 50m Open	4:21.74	Joana Nunes Cardeal	AVFC	Oeiras	29/07/2022
Recordes Regionais ANCNP 50m Inf A	4:40.59	Joana Costa Amador	CGA	Loule	20/07/2014
Recordes Regionais ANCNP 50m Inf B	4:46.50	Carolina Miranda Fernandes	CGA	Loule	20/07/2018

Pontos: FINA 2024

Lugar			Ano							Tempo final	Pts
Infantis B											
1.	Sofia Apalyonova Monteiro		12	Cn Vagos						5:24.34	382
	50m:	37.40 37.40	150m:	2:01.41	42.15	250m:	3:24.60	41.05	350m:	4:46.92	40.34
	100m:	1:19.26 41.86	200m:	2:43.55	42.14	300m:	4:06.58	41.98	400m:	5:24.34	37.42
2.	Constanca Sousa Fontinha		12	O Crasto						5:25.64	377
	50m:	36.53 36.53	150m:	1:59.86	42.07	250m:	3:24.72	42.02	350m:	4:46.88	39.45
	100m:	1:17.79 41.26	200m:	2:42.70	42.84	300m:	4:07.43	42.71	400m:	5:25.64	38.76
3.	Maria Olivia Ferreira		12	Galitos / Bresimar						5:27.03	372
	50m:	36.03 36.03	150m:	1:57.95	42.15	250m:	3:22.29	42.18	350m:	4:46.86	42.11
	100m:	1:15.80 39.77	200m:	2:40.11	42.16	300m:	4:04.75	42.46	400m:	5:27.03	40.17
4.	Camila Ganito Santos		12	Galitos / Bresimar						5:27.74	370
	50m:	36.73 36.73	150m:	1:58.85	41.56	250m:	3:22.92	42.07	350m:	4:47.55	42.72
	100m:	1:17.29 40.56	200m:	2:40.85	42.00	300m:	4:04.83	41.91	400m:	5:27.74	40.19
5.	Ana Carolina Pimenta		12	Galitos / Bresimar						5:28.11	369
	50m:	35.51 35.51	150m:	1:58.94	42.27	250m:	3:23.79	42.27	350m:	4:49.09	42.31
	100m:	1:16.67 41.16	200m:	2:41.52	42.58	300m:	4:06.78	42.99	400m:	5:28.11	39.02
6.	Eva Valente Marques		12	Sporting Aveiro						5:40.18	331
	50m:	38.78 38.78	150m:	2:05.68	43.70	250m:	3:33.95	44.15	350m:	5:00.27	42.68
	100m:	1:21.98 43.20	200m:	2:49.80	44.12	300m:	4:17.59	43.64	400m:	5:40.18	39.91
7.	Matilde Soares Fernandes		12	Academico de Viseu						5:40.28	330
	50m:	39.09 39.09	150m:	2:05.55	42.88	250m:	3:32.69	43.07	350m:	4:59.03	42.10
	100m:	1:22.67 43.58	200m:	2:49.62	44.07	300m:	4:16.93	44.24	400m:	5:40.28	41.25
8.	Filipa Carneiro Dias		12	Academico de Viseu						5:40.66	329
	50m:	36.99 36.99	150m:	2:04.01	43.15	250m:	3:30.08	41.66	350m:	4:57.96	42.40
	100m:	1:20.86 43.87	200m:	2:48.42	44.41	300m:	4:15.56	45.48	400m:	5:40.66	42.70
9.	Mariana Vidal Rebelo		12	Galitos / Bresimar						5:44.86	317
	50m:	37.65 37.65	150m:	2:05.93	45.20	250m:	3:35.11	44.72	350m:	5:03.59	43.61
	100m:	1:20.73 43.08	200m:	2:50.39	44.46	300m:	4:19.98	44.87	400m:	5:44.86	41.27
10.	Maria Miguel Lopes		12	Academico de Viseu						5:48.88	307
	50m:	38.86 38.86	150m:	2:08.63	43.89	250m:	3:38.42	44.59	350m:	5:07.62	44.01
	100m:	1:24.74 45.88	200m:	2:53.83	45.20	300m:	4:23.61	45.19	400m:	5:48.88	41.26
11.	Leonor Martins Silva		12	Feirense						6:00.20	279
	50m:	38.65 38.65	150m:	2:09.57	46.19	250m:	3:43.00	46.78	350m:	5:16.23	46.22
	100m:	1:23.38 44.73	200m:	2:56.22	46.65	300m:	4:30.01	47.01	400m:	6:00.20	43.97
12.	Carolina Melo Homem		12	Sporting Aveiro						6:01.10	276
	50m:	41.49 41.49	150m:	2:12.81	45.80	250m:	3:45.92	47.21	350m:	5:17.91	46.17
	100m:	1:27.01 45.52	200m:	2:58.71	45.90	300m:	4:31.74	45.82	400m:	6:01.10	43.19
13.	Margarida Couto Coelho		12	Galitos / Bresimar						6:19.57	238
	50m:	39.09 39.09	150m:	2:15.36	49.26	250m:	3:54.01	48.90	350m:	5:31.79	49.61
	100m:	1:26.10 47.01	200m:	3:05.11	49.75	300m:	4:42.18	48.17	400m:	6:19.57	47.78
14.	Sofia Sequeira Santos		12	Estarreja						6:31.71	216
	50m:	42.40 42.40	150m:	2:21.98	51.77	250m:	4:05.09	52.26	350m:	5:45.44	49.88
	100m:	1:30.21 47.81	200m:	3:12.83	50.85	300m:	4:55.56	50.47	400m:	6:31.71	46.27

Classificação Regional ANCNP Campeonato Interdistrital de Infantis PL
Coimbra, 6 - 7/7/2024

Prova 1, Femin., 400m Livres

Infantis A

1.	Zoe Pinho Nunes	11	Sporting Aveiro	5:08.48	444
	50m: 33.97 33.97	150m: 1:50.63	39.07 250m: 3:10.28	40.09	350m: 4:30.17 39.71
	100m: 1:11.56 37.59	200m: 2:30.19	39.56 300m: 3:50.46	40.18	400m: 5:08.48 38.31
2.	Frederica Vinhas Vieira	11	Campinho	5:21.91	390
	50m: 36.20 36.20	150m: 1:57.08	40.93 250m: 3:20.17	41.83	350m: 4:42.49 40.56
	100m: 1:16.15 39.95	200m: 2:38.34	41.26 300m: 4:01.93	41.76	400m: 5:21.91 39.42
3.	Alice Maria Rodrigues	11	Academico de Viseu	5:23.91	383
	50m: 36.41 36.41	150m: 1:59.01	41.66 250m: 3:21.26	40.45	350m: 4:43.84 40.72
	100m: 1:17.35 40.94	200m: 2:40.81	41.80 300m: 4:03.12	41.86	400m: 5:23.91 40.07
4.	Leonor Marques Mendes	11	Galitos / Bresimar	5:33.70	350
	50m: 35.89 35.89	150m: 1:58.85	41.73 250m: 3:25.39	42.62	350m: 4:52.15 42.29
	100m: 1:17.12 41.23	200m: 2:42.77	43.92 300m: 4:09.86	44.47	400m: 5:33.70 41.55
5.	Laura Cruzeiro Marques	11	Sporting Aveiro	5:34.25	349
	50m: 36.72 36.72	150m: 2:02.14	43.18 250m: 3:29.25	43.53	350m: 4:54.27 41.71
	100m: 1:18.96 42.24	200m: 2:45.72	43.58 300m: 4:12.56	43.31	400m: 5:34.25 39.98
6.	Matilde Sofia Pinto	11	Sao Joao Ver	5:35.12	346
	50m: 35.60 35.60	150m: 1:59.81	43.01 250m: 3:27.26	44.36	350m: 4:54.22 43.18
	100m: 1:16.80 41.20	200m: 2:42.90	43.09 300m: 4:11.04	43.78	400m: 5:35.12 40.90
7.	Lia Tome Mateus	11	Cn Vagos	5:37.39	339
	50m: 39.66 39.66	150m: 2:04.70	42.64 250m: 3:31.23	42.97	350m: 4:56.61 42.33
	100m: 1:22.06 42.40	200m: 2:48.26	43.56 300m: 4:14.28	43.05	400m: 5:37.39 40.78
8.	Ana Teresa Roldao	11	Academico de Viseu	5:37.67	338
	50m: 37.50 37.50	150m: 2:07.06	46.22 250m: 3:34.10	42.10	350m: 4:58.05 42.02
	100m: 1:20.84 43.34	200m: 2:52.00	44.94 300m: 4:16.03	41.93	400m: 5:37.67 39.62
9.	Nicole Melo Oliveira	11	Estarreja	5:43.97	320
	50m: 37.99 37.99	150m: 2:05.81	45.23 250m: 3:33.09	44.56	350m: 5:01.95 43.63
	100m: 1:20.58 42.59	200m: 2:48.53	42.72 300m: 4:18.32	45.23	400m: 5:43.97 42.02
10.	Beatriz Abrantes Martins	11	Algés e Águeda XXI	5:45.15	317
	50m: 37.66 37.66	150m: 2:04.96	43.71 250m: 3:33.65	43.78	350m: 5:02.00 44.21
	100m: 1:21.25 43.59	200m: 2:49.87	44.91 300m: 4:17.79	44.14	400m: 5:45.15 43.15
11.	Francisca Coelho Lucena	11	O Crasto	5:47.71	310
	50m: 38.14 38.14	150m: 2:05.64	44.54 250m: 3:34.43	44.15	350m: 5:04.98 44.60
	100m: 1:21.10 42.96	200m: 2:50.28	44.64 300m: 4:20.38	45.95	400m: 5:47.71 42.73
12.	Mariana Moreira Lopes	11	Feirense	5:50.92	301
	50m: 38.28 38.28	150m: 2:07.60	45.72 250m: 3:40.04	46.93	350m: 5:09.66 45.25
	100m: 1:21.88 43.60	200m: 2:53.11	45.51 300m: 4:24.41	44.37	400m: 5:50.92 41.26
13.	Ines Afonso Borges	11	Sporting de Espinho	5:51.52	300
	50m: 37.13 37.13	150m: 1:59.32	42.52 250m: 3:30.88	46.08	350m: 5:05.71 46.50
	100m: 1:16.80 39.67	200m: 2:44.80	45.48 300m: 4:19.21	48.33	400m: 5:51.52 45.81
14.	Ines Sousa Ribeiro	11	Feirense	5:52.70	297
	50m: 38.02 38.02	150m: 2:08.99	46.59 250m: 3:42.82	47.33	350m: 5:11.84 43.41
	100m: 1:22.40 44.38	200m: 2:55.49	46.50 300m: 4:28.43	45.61	400m: 5:52.70 40.86
15.	Maria Ines Gomes	11	Feirense	6:01.61	275
	50m: 39.01 39.01	150m: 2:09.46	45.97 250m: 3:43.46	47.23	350m: 5:17.64 46.83
	100m: 1:23.49 44.48	200m: 2:56.23	46.77 300m: 4:30.81	47.35	400m: 6:01.61 43.97