

Prova 11
22/03/2025 - 10:00

Femin., 400m Livres

Infantis A
Resultados

Recorde Nacional 25m Open	4:04.57	Francisca Soares Martins	POR	Otopeni (ROU)	10/12/2023
Recorde Nacional 25m Inf A	4:25.30	Alexandra Maria Silva	FCP	Porto	19/07/1980

TAC-N Fem Inf A : 5:08.41

Pontos: Rudolph Table 2024

Lugar	Nome	Sexo	Licen�a	Ano	Clube	Tp. Insc.		Tempo Final		Pts	Obs
1.	Alice Bezerra Cunha <i>TAC Nacional</i>	F	214367	13	Vilacondense	5:00.81		4:53.34		11,1	
	50m: 32.68	32.68	150m: 1:47.36	37.89	250m: 3:02.66	37.47	350m: 4:17.98	37.57			
	100m: 1:09.47	36.79	200m: 2:25.19	37.83	300m: 3:40.41	37.75	400m: 4:53.34	35.36			
2.	Maria Leonor Lobo <i>TAC Nacional</i>	F	216720	13	Condeixa Aqua Clube	4:58.65		4:53.60		11,1	
	50m: 33.51	33.51	150m: 1:48.19	37.70	250m: 3:03.58	37.75	350m: 4:19.24	37.29			
	100m: 1:10.49	36.98	200m: 2:25.83	37.64	300m: 3:41.95	38.37	400m: 4:53.60	34.36			
3.	Maria Luis Simoes <i>TAC Nacional</i>	F	211707	13	FC Porto	4:59.53		4:55.38		10,6	
	50m: 34.22	34.22	150m: 1:50.72	38.98	250m: 3:04.19	36.94	350m: 4:18.89	37.46			
	100m: 1:11.74	37.52	200m: 2:27.25	36.53	300m: 3:41.43	37.24	400m: 4:55.38	36.49			
4.	Leonor Cunha Alves <i>TAC Nacional</i>	F	217136	13	Famali��o	4:57.63		4:56.13		10,4	
	50m: 32.67	32.67	150m: 1:45.61	37.36	250m: 3:02.68	38.52	350m: 4:20.45	39.04			
	100m: 1:08.25	35.58	200m: 2:24.16	38.55	300m: 3:41.41	38.73	400m: 4:56.13	35.68			
5.	Maria Luisa Nogueira <i>TAC Nacional</i>	F	215775	13	Academica de Coimbra	5:01.75		4:59.46		9,6	
	50m: 34.26	34.26	150m: 1:49.21	38.05	250m: 3:06.44	38.45	350m: 4:23.24	38.32			
	100m: 1:11.16	36.90	200m: 2:27.99	38.78	300m: 3:44.92	38.48	400m: 4:59.46	36.22			
6.	Maria Pereira Domingues <i>TAC Nacional</i>	F	219722	13	Leix��es Sport Clube	5:05.79		5:00.86		9,2	
	50m: 34.15	34.15	150m: 1:51.09	38.62	250m: 3:08.20	38.44	350m: 4:25.31	38.30			
	100m: 1:12.47	38.32	200m: 2:29.76	38.67	300m: 3:47.01	38.81	400m: 5:00.86	35.55			
7.	Rylie Ann Crous <i>TAC Nacional</i>	F	217432	13	Condeixa Aqua Clube	4:52.32		5:00.99		9,2	
	50m: 33.92	33.92	150m: 1:47.96	37.56	250m: 3:04.34	38.59	350m: 4:22.31	39.38			
	100m: 1:10.40	36.48	200m: 2:25.75	37.79	300m: 3:42.93	38.59	400m: 5:00.99	38.68			
8.	Matilde Neves Portela <i>TAC Nacional</i>	F	215223	13	Colegio Efanor	5:07.65		5:02.21		8,9	
	50m: 34.42	34.42	150m: 1:51.69	38.77	250m: 3:09.24	38.95	350m: 4:26.67	38.55			
	100m: 1:12.92	38.50	200m: 2:30.29	38.60	300m: 3:48.12	38.88	400m: 5:02.21	35.54			
9.	Constanca Sousa Fontinha <i>TAC Nacional</i>	F	212496	13	O Crasto	5:02.45		5:04.09		8,4	
	50m: 33.46	33.46	150m: 1:49.10	38.44	250m: 3:06.41	38.44	350m: 4:25.91	40.27			
	100m: 1:10.66	37.20	200m: 2:27.97	38.87	300m: 3:45.64	39.23	400m: 5:04.09	38.18			
10.	Leonor Matos Gomes <i>TAC Nacional</i>	F	211680	13	Natacao da Maia	4:57.54		5:04.28		8,4	
	50m: 33.96	33.96	150m: 1:50.35	39.07	250m: 3:08.44	38.92	350m: 4:27.15	39.28			
	100m: 1:11.28	37.32	200m: 2:29.52	39.17	300m: 3:47.87	39.43	400m: 5:04.28	37.13			
11.	Leonor Simoes Sousa <i>TAC Nacional</i>	F	213229	13	N��utico Acad��mico de Coimbra	5:10.34		5:05.99		8,0	
	50m: 34.33	34.33	150m: 1:51.86	39.04	250m: 3:11.13	39.88	350m: 4:27.89	38.80			
	100m: 1:12.82	38.49	200m: 2:31.25	39.39	300m: 3:49.09	37.96	400m: 5:05.99	38.10			
12.	Ana Carolina Pimenta <i>TAC Nacional</i>	F	211419	13	Galitos / Bresimar	5:12.17		5:06.37		7,9	
	50m: 33.20	33.20	150m: 1:49.47	39.65	250m: 3:10.25	40.68	350m: 4:29.68	39.50			
	100m: 1:09.82	36.62	200m: 2:29.57	40.10	300m: 3:50.18	39.93	400m: 5:06.37	36.69			
13.	Maria Miguel Lopes <i>TAC Nacional</i>	F	220311	13	Academico Viseu Futebol Clube	5:06.83		5:08.32		7,4	
	50m: 34.86	34.86	150m: 1:53.19	39.33	250m: 3:12.86	39.96	350m: 4:32.47	39.32			
	100m: 1:13.86	39.00	200m: 2:32.90	39.71	300m: 3:53.15	40.29	400m: 5:08.32	35.85			

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Lugar	Nome	Sexo	Licen�a	Ano	Clube	Tp. Insc.	Tempo Final	Pts	Obs
14.	Mariana Vidal Rebelo	F	218431	13	Galitos / Bresimar	5:21.03	5:09.14	7,2	
	50m: 35.10 35.10		150m: 1:53.28 39.36		250m: 3:13.33 39.70	350m: 4:32.20 39.40			
	100m: 1:13.92 38.82		200m: 2:33.63 40.35		300m: 3:52.80 39.47	400m: 5:09.14 36.94			
15.	Maria Clara Pereira	F	214669	13	FC Porto	5:08.97	5:09.56	7,1	
	50m: 34.62 34.62		150m: 1:51.11 39.15		250m: 3:10.67 40.03	350m: 4:31.01 40.38			
	100m: 1:11.96 37.34		200m: 2:30.64 39.53		300m: 3:50.63 39.96	400m: 5:09.56 38.55			
16.	Sofia Apalyonova Monteiro	F	212125	13	CN Vagos	5:07.26	5:10.91	6,7	
	50m: 35.62 35.62		150m: 1:54.47 40.01		250m: 3:14.30 40.06	350m: 4:33.81 39.20			
	100m: 1:14.46 38.84		200m: 2:34.24 39.77		300m: 3:54.61 40.31	400m: 5:10.91 37.10			
17.	Leonor Ribeiro Ferreira	F	214500	13	Columbofila Cantanhedense	5:12.56	5:11.15	6,7	
	50m: 34.89 34.89		150m: 1:53.03 39.29		250m: 3:11.74 39.31	350m: 4:32.16 39.95			
	100m: 1:13.74 38.85		200m: 2:32.43 39.40		300m: 3:52.21 40.47	400m: 5:11.15 38.99			
18.	Carolina Torres Cortes	F	216707	13	Braga	5:10.41	5:13.83	6,0	
	50m: 34.62 34.62		150m: 1:54.03 40.34		250m: 3:15.16 40.76	350m: 4:36.19 40.05			
	100m: 1:13.69 39.07		200m: 2:34.40 40.37		300m: 3:56.14 40.98	400m: 5:13.83 37.64			
19.	Clarisse Pereira Sampaio	F	211982	13	Foca Quinta da Lixa CNF	5:26.21	5:13.85	6,0	
	50m: 35.07 35.07		150m: 1:52.82 39.52		250m: 3:12.83 39.89	350m: 4:34.10 40.71			
	100m: 1:13.30 38.23		200m: 2:32.94 40.12		300m: 3:53.39 40.56	400m: 5:13.85 39.75			
20.	Carolina Melo Homem	F	216658	13	Galitos / Bresimar	5:19.75	5:14.39	5,9	
	50m: 36.02 36.02		150m: 1:54.21 39.65		250m: 3:15.37 40.48	350m: 4:35.71 39.87			
	100m: 1:14.56 38.54		200m: 2:34.89 40.68		300m: 3:55.84 40.47	400m: 5:14.39 38.68			
21.	Ines Teixeira Sousa	F	214337	13	Foca Quinta da Lixa CNF	5:21.78	5:15.41	5,6	
	50m: 35.89 35.89		150m: 1:55.91 40.15		250m: 3:15.81 39.46	350m: 4:35.69 39.67			
	100m: 1:15.76 39.87		200m: 2:36.35 40.44		300m: 3:56.02 40.21	400m: 5:15.41 39.72			
22.	Ana Margarida Fernandes	F	213667	13	Sporting Club Caminhense	5:13.69	5:17.35	5,1	
	50m: 35.86 35.86		150m: 1:56.72 40.50		250m: 3:19.20 41.35	350m: 4:41.26 41.07			
	100m: 1:16.22 40.36		200m: 2:37.85 41.13		300m: 4:00.19 40.99	400m: 5:17.35 36.09			
23.	Margarida Costa Bastos	F	212272	13	FC Porto	5:24.83	5:17.52	5,1	
	50m: 37.09 37.09		150m: 1:56.02 39.50		250m: 3:16.59 40.63	350m: 4:38.24 40.74			
	100m: 1:16.52 39.43		200m: 2:35.96 39.94		300m: 3:57.50 40.91	400m: 5:17.52 39.28			
24.	Matilde Martins Lopes	F	215153	13	Vilacondense	5:26.73	5:18.76	4,8	
	50m: 36.01 36.01		150m: 1:57.51 41.13		250m: 3:20.40 41.27	350m: 4:41.32 40.10			
	100m: 1:16.38 40.37		200m: 2:39.13 41.62		300m: 4:01.72 41.32	400m: 5:18.76 36.94			
25.	Maria Soares Pereira	F	212734	13	Sporting Club Caminhense	5:20.93	5:20.84	4,2	
	50m: 35.47 35.47		150m: 1:55.64 40.72		250m: 3:17.60 40.79	350m: 4:41.32 41.61			
	100m: 1:14.92 39.45		200m: 2:36.81 41.17		300m: 3:59.71 42.11	400m: 5:20.84 39.52			
26.	Filipa Carneiro Dias	F	214183	13	Academico Viseu Futebol Clube	5:31.20	5:21.97	4,0	
	50m: 37.19 37.19		150m: 1:58.84 41.15		250m: 3:19.63 39.44	350m: 4:43.64 41.96			
	100m: 1:17.69 40.50		200m: 2:40.19 41.35		300m: 4:01.68 42.05	400m: 5:21.97 38.33			
27.	C. Arag�o	F	211990	13	Fluvial Portuense	5:22.69	5:22.00	3,9	
	50m: 36.51 36.51		150m: 1:58.74 42.10		250m: 3:21.00 41.18	350m: 4:43.32 41.28			
	100m: 1:16.64 40.13		200m: 2:39.82 41.08		300m: 4:02.04 41.04	400m: 5:22.00 38.68			
28.	Carolina Ribeiro Nobre	F	210919	13	Natacao de Valongo	5:09.84	5:24.27	3,4	
	50m: 35.49 35.49		150m: 1:56.62 41.44		250m: 3:20.42 42.21	350m: 4:44.42 41.73			
	100m: 1:15.18 39.69		200m: 2:38.21 41.59		300m: 4:02.69 42.27	400m: 5:24.27 39.85			
29.	Juliana Pereyra Serrano	F	219929	13	Clube Naval Povoense	5:35.73	5:25.39	3,1	
	50m: 37.68 37.68		150m: 2:00.93 42.08		250m: 3:24.02 41.50	350m: 4:48.63 41.61			
	100m: 1:18.85 41.17		200m: 2:42.52 41.59		300m: 4:07.02 43.00	400m: 5:25.39 36.76			
30.	Matilde Soares Fernandes	F	213549	13	Academico Viseu Futebol Clube	5:35.28	5:25.89	3,0	
	50m: 37.04 37.04		150m: 2:00.82 42.43		250m: 3:24.05 41.37	350m: 4:47.19 41.51			
	100m: 1:18.39 41.35		200m: 2:42.68 41.86		300m: 4:05.68 41.63	400m: 5:25.89 38.70			
31.	Dania Pereira Cardoso	F	214825	13	Estamos Juntos	5:19.84	5:27.22	2,6	
	50m: 36.94 36.94		150m: 1:59.03 41.14		250m: 3:23.08 42.41	350m: 4:47.13 42.02			
	100m: 1:17.89 40.95		200m: 2:40.67 41.64		300m: 4:05.11 42.03	400m: 5:27.22 40.09			
32.	Linda Ines Ribeiro	F	222878	13	Natacao da Maia	5:22.78	5:27.49	2,6	
	50m: 35.64 35.64		150m: 1:58.95 42.42		250m: 3:24.15 42.49	350m: 4:47.63 40.76			
	100m: 1:16.53 40.89		200m: 2:41.66 42.71		300m: 4:06.87 42.72	400m: 5:27.49 39.86			
33.	Margarida Paiva Correia	F	213860	13	Miranda do Corvo	5:28.51	5:27.99	2,4	
	50m: 36.27 36.27		150m: 1:58.13 41.52		250m: 3:22.20 42.24	350m: 4:46.62 41.95			
	100m: 1:16.61 40.34		200m: 2:39.96 41.83		300m: 4:04.67 42.47	400m: 5:27.99 41.37			
34.	Sofia Alexandra Ferreira	F	216252	13	Natacao da Maia	5:32.12	5:28.24	2,4	
	50m: 35.89 35.89		150m: 1:59.45 42.62		250m: 3:23.84 42.02	350m: 4:47.99 41.77			
	100m: 1:16.83 40.94		200m: 2:41.82 42.37		300m: 4:06.22 42.38	400m: 5:28.24 40.25			
35.	Ariana Oliveira Ferreira	F	211631	13	O Crasto	6:00.43	5:28.29	2,4	
	50m: 35.30 35.30		150m: 1:58.68 42.37		250m: 3:22.35 41.12	350m: 4:49.28 43.02			
	100m: 1:16.31 41.01		200m: 2:41.23 42.55		300m: 4:06.26 43.91	400m: 5:28.29 39.01			
36.	Karen Gilova Espinheira	F	214671	13	FC Porto	5:21.83	5:28.56	2,3	
	50m: 36.20 36.20		150m: 1:59.21 41.66		250m: 3:23.27 42.44	350m: 4:47.62 42.09			
	100m: 1:17.55 41.35		200m: 2:40.83 41.62		300m: 4:05.53 42.26	400m: 5:28.56 40.94			
37.	Maria Ponte Pereira	F	216327	13	Braga	5:29.62	5:30.20	1,9	
	50m: 35.85 35.85		150m: 1:57.93 41.79		250m: 3:23.23 43.06	350m: 4:48.98 42.87			
	100m: 1:16.14 40.29		200m: 2:40.17 42.24		300m: 4:06.11 42.88	400m: 5:30.20 41.22			

Prova 11, Femin., 400m Livres, Infantis A

Lugar	Nome	Sexo	Licen�a	Ano	Clube	Tp. Insc.	Tempo Final	Pts	Obs
38.	Gabriela Silva Godinho	F	212087	13	CLIP Teams	5:29.42	5:31.06	1,7	
	50m: 35.74		150m: 1:58.14		42.22	250m: 3:23.70	42.89	350m: 4:49.92	43.35
	100m: 1:15.92		200m: 2:40.81		42.67	300m: 4:06.57	42.87	400m: 5:31.06	41.14
39.	Rita Silva Ferreira	F	217116	13	Natacao de Valongo	6:20.14	5:33.27	1,1	
	50m: 36.19		150m: 1:58.76		42.33	250m: 3:24.24	43.20	350m: 4:52.82	45.38
	100m: 1:16.43		200m: 2:41.04		42.28	300m: 4:07.44	43.20	400m: 5:33.27	40.45
40.	Clara Lopes Fernandes	F	214424	13	Louzan Natacao/EFAPEL	5:51.84	5:34.51		
	50m: 39.26		150m: 2:03.51		42.76	250m: 3:29.32	42.76	350m: 4:53.92	41.84
	100m: 1:20.75		200m: 2:46.56		43.05	300m: 4:12.08	42.76	400m: 5:34.51	40.59
41.	Leonor Martins Silva	F	211830	13	Sporting Clube Sao Joao Ver	5:44.33	5:37.16		
	50m: 36.78		150m: 2:01.80		43.26	250m: 3:27.84	42.45	350m: 4:54.99	43.64
	100m: 1:18.54		200m: 2:45.39		43.59	300m: 4:11.35	43.51	400m: 5:37.16	42.17
42.	Ines Gomes Ribeiro	F	211664	13	Famali��o	5:34.10	5:37.34		
	50m: 36.68		150m: 2:01.04		42.88	250m: 3:27.18	42.83	350m: 4:54.97	43.83
	100m: 1:18.16		200m: 2:44.35		43.31	300m: 4:11.14	43.96	400m: 5:37.34	42.37
43.	Alice Silva Senna	F	217566	13	Condeixa Aqua Clube	5:34.42	5:38.61		
	50m: 38.38		150m: 2:02.89		42.87	250m: 3:29.73	43.57	350m: 4:56.51	43.30
	100m: 1:20.02		200m: 2:46.16		43.27	300m: 4:13.21	43.48	400m: 5:38.61	42.10
44.	Carolina Cunha Gomes	F	213982	13	Viana Natacao	5:50.93	5:39.31		
	50m: 38.86		150m: 2:04.23		42.86	250m: 3:30.43	42.84	350m: 4:57.33	43.16
	100m: 1:21.37		200m: 2:47.59		43.36	300m: 4:14.17	43.74	400m: 5:39.31	41.98
45.	Maria Ines Pinto	F	211996	13	Lousada Sec.XXI	5:45.11	5:43.59		
	50m: 38.82		150m: 2:05.52		43.66	250m: 3:33.45	43.45	350m: 5:02.47	43.93
	100m: 1:21.86		200m: 2:50.00		44.48	300m: 4:18.54	45.09	400m: 5:43.59	41.12
46.	Mariana Sousa Monteiro	F	219621	13	Penafiel	5:59.40	5:46.19		
	50m: 39.39		150m: 2:05.89		43.70	250m: 3:34.57	44.48	350m: 5:02.94	44.34
	100m: 1:22.19		200m: 2:50.09		44.20	300m: 4:18.60	44.03	400m: 5:46.19	43.25
47.	Beatriz Esteves Coutinho	F	214237	13	Nata��o Clube de Fafe	5:41.90	5:50.92		
	50m: 37.80		150m: 2:05.01		44.61	250m: 3:35.50	45.31	350m: 5:05.74	44.11
	100m: 1:20.40		200m: 2:50.19		45.18	300m: 4:21.63	46.13	400m: 5:50.92	45.18