

Prova 26
23/03/2025 - 15:30

Femin., 400m Livres

Infantis B
Resultados

Recorde Nacional 25m Open	4:04.57	Francisca Soares Martins	POR	Otopeni (ROU)	10/12/2023
Recorde Nacional 25m Inf B	4:38.40	Filipa Vilas Ruivo	DNMG	Alcoba�a	13/06/2009

TAC-N Fem Inf B : 5:19.41

Pontos: Rudolph Table 2024

Lugar	Nome	Sexo	Licen�a	Ano	Clube	Tp. Insc.		Tempo Final		Pts	Obs
1.	Maria Luis Duarte <i>TAC Nacional</i>	F	216655	12	Galitos / Bresimar	5:19.01		5:06.53		10,8	
	50m: 35.19 35.19		150m: 1:52.18		39.04	250m: 3:10.24	39.08	350m: 4:28.97		39.42	
	100m: 1:13.14 37.95		200m: 2:31.16		38.98	300m: 3:49.55	39.31	400m: 5:06.53		37.56	
2.	Beatriz VilasBoas Machado <i>TAC Nacional</i>	F	217370	12	Braga	5:13.69		5:07.62		10,6	
	50m: 33.15 33.15		150m: 1:50.20		39.46	250m: 3:10.08	39.98	350m: 4:29.33		39.86	
	100m: 1:10.74 37.59		200m: 2:30.10		39.90	300m: 3:49.47	39.39	400m: 5:07.62		38.29	
3.	Daniela Lopes Magalhaes <i>TAC Nacional</i>	F	215542	12	Nata��o Clube de Fafe	5:23.27		5:12.89		9,3	
	50m: 33.70 33.70		150m: 1:52.47		40.12	250m: 3:12.70	40.38	350m: 4:34.27		40.20	
	100m: 1:12.35 38.65		200m: 2:32.32		39.85	300m: 3:54.07	41.37	400m: 5:12.89		38.62	
4.	Ana Lia Teixeira <i>TAC Nacional</i>	F	215545	12	Foca Quinta da Lixa CNF	5:19.63		5:16.08		8,5	
	50m: 35.14 35.14		150m: 1:56.48		41.35	250m: 3:18.82	40.88	350m: 4:39.39		39.34	
	100m: 1:15.13 39.99		200m: 2:37.94		41.46	300m: 4:00.05	41.23	400m: 5:16.08		36.69	
5.	Polina Zabelina <i>TAC Nacional</i>	F	222799	12	Fluvial Portuense	5:16.42		5:16.12		8,5	
	50m: 34.21 34.21		150m: 1:53.88		40.46	250m: 3:15.66	41.08	350m: 4:37.63		40.95	
	100m: 1:13.42 39.21		200m: 2:34.58		40.70	300m: 3:56.68	41.02	400m: 5:16.12		38.49	
6.	Margarida Sousa Casal <i>TAC Nacional</i>	F	214022	12	Lousada Sec.XXI	5:27.33		5:18.05		8,0	
	50m: 35.32 35.32		150m: 1:56.56		41.63	250m: 3:19.38	41.45	350m: 4:41.02		40.47	
	100m: 1:14.93 39.61		200m: 2:37.93		41.37	300m: 4:00.55	41.17	400m: 5:18.05		37.03	
7.	Matilde Goncalves Silva	F	220456	12	Condeixa Aqua Clube	5:31.12		5:22.25		7,0	
	50m: 36.46 36.46		150m: 1:57.72		41.07	250m: 3:20.00	41.13	350m: 4:43.11		41.90	
	100m: 1:16.65 40.19		200m: 2:38.87		41.15	300m: 4:01.21	41.21	400m: 5:22.25		39.14	
8.	Beatriz Alexandra Martins	F	217109	12	UD Oliveirense/FERSILVA	5:47.91		5:22.55		7,0	
	50m: 35.83 35.83		150m: 1:58.81		41.67	250m: 3:22.34	41.48	350m: 4:44.66		40.59	
	100m: 1:17.14 41.31		200m: 2:40.86		42.05	300m: 4:04.07	41.73	400m: 5:22.55		37.89	
9.	Laura Margarida Gomes	F	216849	12	Leix��es Sport Clube	5:23.03		5:23.92		6,6	
	50m: 34.91 34.91		150m: 1:54.47		40.65	250m: 3:18.33	42.28	350m: 4:43.06		42.62	
	100m: 1:13.82 38.91		200m: 2:36.05		41.58	300m: 4:00.44	42.11	400m: 5:23.92		40.86	
10.	Gabriela Riquito Oliveira	F	215189	12	Galitos / Bresimar	5:43.01		5:24.85		6,4	
	50m: 37.03 37.03		150m: 2:00.33		42.68	250m: 3:24.45	42.44	350m: 4:46.81		40.11	
	100m: 1:17.65 40.62		200m: 2:42.01		41.68	300m: 4:06.70	42.25	400m: 5:24.85		38.04	
11.	Ines Correia Duarte	F	216257	12	Colegio Efanor	5:20.41		5:25.10		6,3	
	50m: 35.73 35.73		150m: 1:57.80		42.01	250m: 3:22.69	42.85	350m: 4:46.53		41.93	
	100m: 1:15.79 40.06		200m: 2:39.84		42.04	300m: 4:04.60	41.91	400m: 5:25.10		38.57	
12.	Ana Beatriz Moreira	F	214021	12	Lousada Sec.XXI	5:32.77		5:25.52		6,2	
	50m: 35.83 35.83		150m: 1:57.23		41.56	250m: 3:21.72	42.30	350m: 4:46.53		42.23	
	100m: 1:15.67 39.84		200m: 2:39.42		42.19	300m: 4:04.30	42.58	400m: 5:25.52		38.99	
13.	M. Braganca	F	213808	12	Famalic��o	5:40.64		5:29.76		5,2	
	50m: 36.83 36.83		150m: 2:00.91		42.94	250m: 3:26.34	42.43	350m: 4:50.46		41.82	
	100m: 1:17.97 41.14		200m: 2:43.91		43.00	300m: 4:08.64	42.30	400m: 5:29.76		39.30	
14.	Rita Rodrigues Arezes	F	219205	12	Nata��o da Maia	5:36.82		5:30.76		5,0	
	50m: 37.69 37.69		150m: 2:02.19		42.91	250m: 3:27.58	42.74	350m: 4:51.85		42.78	
	100m: 1:19.28 41.59		200m: 2:44.84		42.65	300m: 4:09.07	41.49	400m: 5:30.76		38.91	
15.	Maria Joao Bernardo	F	217872	12	Alg��s e �gueda XXI	5:35.87		5:31.37		4,8	
	50m: 37.02 37.02		150m: 1:59.82		42.11	250m: 3:25.60	43.05	350m: 4:50.53		42.22	
	100m: 1:17.71 40.69		200m: 2:42.55		42.73	300m: 4:08.31	42.71	400m: 5:31.37		40.84	
16.	Maria Ribeiro Oliveira	F	219886	12	Famalic��o	5:39.55		5:32.13		4,7	
	50m: 37.50 37.50		150m: 2:02.19		42.61	250m: 3:27.44	42.60	350m: 4:52.01		42.56	
	100m: 1:19.58 42.08		200m: 2:44.84		42.65	300m: 4:09.45	42.01	400m: 5:32.13		40.12	
17.	Maria Leonor Bonfim	F	217010	12	Vilacondense	5:30.33		5:32.45		4,6	
	50m: 34.72 34.72		150m: 1:56.90		42.29	250m: 3:22.94	43.40	350m: 4:50.91		44.33	
	100m: 1:14.61 39.89		200m: 2:39.54		42.64	300m: 4:06.58	43.64	400m: 5:32.45		41.54	

Prova 26, Femin., 400m Livres, Infantis B

Lugar	Nome	Sexo	Licen�a	Ano	Clube	Tp. Insc.	Tempo Final	Pts	Obs
18.	Laura Jorge Alves	F	216844	12	Ginasio Clube de Vila Real	5:40.93	5:32.46	4,6	
	50m: 37.72 37.72		150m: 2:00.92		41.96 250m: 3:24.78	42.08 350m: 4:48.02	40.57		
	100m: 1:18.96 41.24		200m: 2:42.70		41.78 300m: 4:07.45	42.67 400m: 5:32.46	44.44		
19.	Eva Pinho Carvalho	F	221545	12	Braga	5:32.65	5:32.51	4,6	
	50m: 36.00 36.00		150m: 2:00.43		43.33 250m: 3:26.67	43.48 350m: 4:53.29	43.34		
	100m: 1:17.10 41.10		200m: 2:43.19		42.76 300m: 4:09.95	43.28 400m: 5:32.51	39.22		
20.	Anastacia Dimitrii Cocovici	F	211835	12	Galitos / Bresimar	5:45.18	5:33.60	4,3	
	50m: 37.16 37.16		150m: 2:01.09		43.74 250m: 3:26.98	42.70 350m: 4:52.93	42.79		
	100m: 1:17.35 40.19		200m: 2:44.28		43.19 300m: 4:10.14	43.16 400m: 5:33.60	40.67		
21.	Sofia Rodriguez Julio	F	221947	12	Associa��o Tubaroes de Gaia	5:39.36	5:33.76	4,3	
	50m: 36.28 36.28		150m: 1:59.28		42.56 250m: 3:24.95	43.14 350m: 4:52.06	43.75		
	100m: 1:16.72 40.44		200m: 2:41.81		42.53 300m: 4:08.31	43.36 400m: 5:33.76	41.70		
22.	Joana Soares Castro	F	215548	12	Nata��o Clube de Fafe	5:34.69	5:33.96	4,2	
	50m: 36.64 36.64		150m: 2:00.65		42.15 250m: 3:26.79	42.67 350m: 4:54.22	43.86		
	100m: 1:18.50 41.86		200m: 2:44.12		43.47 300m: 4:10.36	43.57 400m: 5:33.96	39.74		
23.	Salome Ferreira Pereira	F	213867	12	Famalic��o	5:50.18	5:37.16	3,4	
	50m: 35.75 35.75		150m: 2:02.64		44.19 250m: 3:31.24	44.16 350m: 4:58.12	42.23		
	100m: 1:18.45 42.70		200m: 2:47.08		44.44 300m: 4:15.89	44.65 400m: 5:37.16	39.04		
24.	Sara Soares Azevedo	F	214761	12	Colegio Efanor	5:21.20	5:37.52	3,4	
	50m: 38.84 38.84		150m: 2:02.92		42.26 250m: 3:29.33	43.34 350m: 4:56.41	43.53		
	100m: 1:20.66 41.82		200m: 2:45.99		43.07 300m: 4:12.88	43.55 400m: 5:37.52	41.11		
25.	Matilde Cunha Guimaraes	F	215552	12	Nata��o Clube de Fafe	5:45.23	5:39.09	3,0	
	50m: 36.61 36.61		150m: 2:02.08		43.54 250m: 3:29.85	43.79 350m: 4:57.89	43.87		
	100m: 1:18.54 41.93		200m: 2:46.06		43.98 300m: 4:14.02	44.17 400m: 5:39.09	41.20		
26.	Leticia Melo Lopes	F	217870	12	Alg��s e ��geda XXI	5:51.69	5:39.13	3,0	
	50m: 35.88 35.88		150m: 2:02.38		43.92 250m: 3:30.24	43.82 350m: 4:57.89	43.59		
	100m: 1:18.46 42.58		200m: 2:46.42		44.04 300m: 4:14.30	44.06 400m: 5:39.13	41.24		
27.	Rita Oliveira Araujo	F	213810	12	Famalic��o	5:50.16	5:39.31	2,9	
	50m: 38.67 38.67		150m: 2:05.21		43.84 250m: 3:33.12	43.81 350m: 4:59.35	43.34		
	100m: 1:21.37 42.70		200m: 2:49.31		44.10 300m: 4:16.01	42.89 400m: 5:39.31	39.96		
28.	Ana Rita Teixeira	F	216143	12	Peso da Regua	5:49.00	5:42.32	2,2	
	50m: 38.62 38.62		150m: 2:05.92		43.71 250m: 3:34.35	44.29 350m: 5:02.24	43.71		
	100m: 1:22.21 43.59		200m: 2:50.06		44.14 300m: 4:18.53	44.18 400m: 5:42.32	40.08		
29.	Camila Santos Rodrigues	F	220148	12	Clube Desportivo de Estarreja	NT	5:42.78	2,1	
	50m: 39.61 39.61		150m: 2:06.93		44.05 250m: 3:35.92	44.88 350m: 5:02.84	42.22		
	100m: 1:22.88 43.27		200m: 2:51.04		44.11 300m: 4:20.62	44.70 400m: 5:42.78	39.94		
30.	Matilde Sousa Magalhaes	F	215428	12	Foca Quinta da Lixa CNF	6:09.80	5:43.52	1,9	
	50m: 38.29 38.29		150m: 2:04.94		44.10 250m: 3:33.07	43.43 350m: 5:01.22	43.35		
	100m: 1:20.84 42.55		200m: 2:49.64		44.70 300m: 4:17.87	44.80 400m: 5:43.52	42.30		
31.	Lara Raquel Lopes	F	218825	12	Foca Quinta da Lixa CNF	5:57.89	5:44.66	1,6	
	50m: 38.26 38.26		150m: 2:05.76		44.36 250m: 3:33.43	43.43 350m: 5:01.07	44.25		
	100m: 1:21.40 43.14		200m: 2:50.00		44.24 300m: 4:16.82	43.39 400m: 5:44.66	43.59		
32.	Rita Veiga Martins	F	218947	12	Alg��s e ��geda XXI	NT	5:45.37	1,5	
	50m: 39.62 39.62		150m: 2:06.74		43.57 250m: 3:34.76	43.83 350m: 5:04.04	44.61		
	100m: 1:23.17 43.55		200m: 2:50.93		44.19 300m: 4:19.43	44.67 400m: 5:45.37	41.33		
33.	Joana Margarida Silva	F	214362	12	Vilacondense	5:41.35	5:45.68	1,4	
	50m: 36.27 36.27		150m: 2:02.80		43.88 250m: 3:32.62	44.90 350m: 5:03.13	45.59		
	100m: 1:18.92 42.65		200m: 2:47.72		44.92 300m: 4:17.54	44.92 400m: 5:45.68	42.55		
34.	Sofia Cioga Moreira	F	220455	12	Condeixa Aqua Clube	6:35.45	5:45.78	1,4	
	50m: 41.54 41.54		150m: 2:09.70		44.57 250m: 3:37.93	44.06 350m: 5:05.10	43.90		
	100m: 1:25.13 43.59		200m: 2:53.87		44.17 300m: 4:21.20	43.27 400m: 5:45.78	40.68		
35.	Maria Carolina Ferreira	F	216985	12	Colegio Efanor	5:48.23	5:45.97	1,3	
	50m: 38.85 38.85		150m: 2:06.53		44.30 250m: 3:35.54	44.43 350m: 5:04.47	44.43		
	100m: 1:22.23 43.38		200m: 2:51.11		44.58 300m: 4:20.04	44.50 400m: 5:45.97	41.50		
36.	Susana Pedro Carvalhinha	F	214488	12	Ginasio Clube de Vila Real	5:48.52	5:46.04	1,3	
	50m: 38.94 38.94		150m: 2:05.63		44.03 250m: 3:33.71	43.57 350m: 5:03.10	44.43		
	100m: 1:21.60 42.66		200m: 2:50.14		44.51 300m: 4:18.67	44.96 400m: 5:46.04	42.94		
37.	Ines Barbosa Amorim	F	213805	12	Famalic��o	5:47.60	5:46.69	1,1	
	50m: 38.97 38.97		150m: 2:05.75		43.83 250m: 3:34.29	44.55 350m: 5:03.75	44.28		
	100m: 1:21.92 42.95		200m: 2:49.74		43.99 300m: 4:19.47	45.18 400m: 5:46.69	42.94		
38.	Constanca Sabenca Silva	F	212499	12	Sporting de Espinho	6:07.12	5:47.43		
	50m: 39.15 39.15		150m: 2:06.70		44.65 250m: 3:35.38	44.86 350m: 5:04.74	44.73		
	100m: 1:22.05 42.90		200m: 2:50.52		43.82 300m: 4:20.01	44.63 400m: 5:47.43	42.69		
39.	Maria Ribeiro Dantas	F	215308	12	Viana Natacao	6:31.55	5:49.87		
	50m: 39.80 39.80		150m: 2:09.11		44.98 250m: 3:39.11	44.00 350m: 5:07.80	43.69		
	100m: 1:24.13 44.33		200m: 2:55.11		46.00 300m: 4:24.11	45.00 400m: 5:49.87	42.07		
40.	Maria Alves Martins	F	214320	12	Famalic��o	5:55.94	5:49.90		
	50m: 40.48 40.48		150m: 2:09.01		44.50 250m: 3:38.64	45.02 350m: 5:08.34	44.17		
	100m: 1:24.51 44.03		200m: 2:53.62		44.61 300m: 4:24.17	45.53 400m: 5:49.90	41.56		
41.	Leonor Janeiro Coelho	F	221583	12	Academico Viseu Futebol Clube	NT	5:50.07		
	50m: 39.65 39.65		150m: 2:07.89		45.15 250m: 3:38.01	44.85 350m: 5:05.90	42.43		
	100m: 1:22.74 43.09		200m: 2:53.16		45.27 300m: 4:23.47	45.46 400m: 5:50.07	44.17		

Prova 26, Femin., 400m Livres, Infantis B

Lugar	Nome	Sexo	Licen�a	Ano	Clube	Tp. Insc.	Tempo Final	Pts	Obs
42.	Eva Ferreira Goncalves	F	215495	12	Academico Viseu Futebol Clube	6:47.97	5:50.58		
	50m: 40.56		150m: 2:09.79		44.80	250m: 3:40.03	45.00	350m: 5:09.03	44.78
	100m: 1:24.99		200m: 2:55.03		45.24	300m: 4:24.25	44.22	400m: 5:50.58	41.55
43.	Mariana Sofia Cruz	F	217997	12	Sporting Club Caminhense	5:47.01	5:51.98		
	50m: 38.49		150m: 2:08.27		45.22	250m: 3:37.07	44.52	350m: 5:08.97	45.95
	100m: 1:23.05		200m: 2:52.55		44.28	300m: 4:23.02	45.95	400m: 5:51.98	43.01
44.	Eva Pereira Goncalves	F	219217	12	Nata��o Clube de Fafe	6:04.33	5:54.26		
	50m: 37.16		150m: 2:05.97		45.53	250m: 3:38.27	46.25	350m: 5:10.73	45.84
	100m: 1:20.44		200m: 2:52.02		46.05	300m: 4:24.89	46.62	400m: 5:54.26	43.53
45.	Maria Joao Oliveira	F	215547	12	Nata��o Clube de Fafe	5:53.78	5:54.27		
	50m: 38.98		150m: 2:08.86		45.56	250m: 3:39.86	45.38	350m: 5:09.59	44.22
	100m: 1:23.30		200m: 2:54.48		45.62	300m: 4:25.37	45.51	400m: 5:54.27	44.68
46.	Victoria Filipe Grilo	F	215279	12	Vilacondense	6:20.19	5:56.26		
	50m: 41.93		150m: 2:13.74		46.76	250m: 3:44.27	45.03	350m: 5:13.62	44.72
	100m: 1:26.98		200m: 2:59.24		45.50	300m: 4:28.90	44.63	400m: 5:56.26	42.64
47.	Matilde Alves Antoninho	F	213559	12	Clube Desportivo Feirense	5:55.46	5:56.49		
	50m: 36.85		150m: 2:06.22		45.60	250m: 3:37.36	45.70	350m: 5:11.86	47.08
	100m: 1:20.62		200m: 2:51.66		45.44	300m: 4:24.78	47.42	400m: 5:56.49	44.63
48.	Maria Mar Jesus	F	214637	12	Columbifila Cantanhedense	6:03.41	5:56.74		
	50m: 38.86		150m: 2:08.99		46.13	250m: 3:42.18	46.72	350m: 5:13.82	45.27
	100m: 1:22.86		200m: 2:55.46		46.47	300m: 4:28.55	46.37	400m: 5:56.74	42.92
49.	Joana Sofia Fernando	F	214573	12	N��tico Acad��mico de Coimbra	6:00.61	5:57.12		
	50m: 38.50		150m: 2:08.60		45.84	250m: 3:40.73	46.10	350m: 5:13.25	46.25
	100m: 1:22.76		200m: 2:54.63		46.03	300m: 4:27.00	46.27	400m: 5:57.12	43.87
50.	Maria Ines Marques	F	216042	12	Alg��s e �gueda XXI	6:02.89	5:58.74		
	50m: 37.53		150m: 2:07.17		45.76	250m: 3:40.52	46.91	350m: 5:14.40	46.50
	100m: 1:21.41		200m: 2:53.61		46.44	300m: 4:27.90	47.38	400m: 5:58.74	44.34
51.	Matilde Neves Sa	F	213809	12	Famali��o	6:08.39	6:00.41		
	50m: 40.85		150m: 2:12.63		46.02	250m: 3:45.30	46.75	350m: 5:17.12	45.61
	100m: 1:26.61		200m: 2:58.55		45.92	300m: 4:31.51	46.21	400m: 6:00.41	43.29
52.	Leticia Saldanha Costa	F	211833	12	O Crasto	6:25.40	6:00.58		
	50m: 39.53		150m: 2:11.12		45.99	250m: 3:45.79	47.65	350m: 5:12.75	40.90
	100m: 1:25.13		200m: 2:58.14		47.02	300m: 4:31.85	46.06	400m: 6:00.58	47.83
53.	Ana Luis Ferreira	F	214766	12	Colegio Efanor	6:02.70	6:04.29		
	50m: 40.63		150m: 2:12.34		46.41	250m: 3:45.90	47.10	350m: 5:19.23	46.34
	100m: 1:25.93		200m: 2:58.80		46.46	300m: 4:32.89	46.99	400m: 6:04.29	45.06
54.	Matilde Moreira Silva	F	219228	12	Nata��o Clube de Fafe	6:08.27	6:06.47		
	50m: 39.79		150m: 2:13.13		47.96	250m: 3:47.00	46.15	350m: 5:21.14	46.68
	100m: 1:25.17		200m: 3:00.85		47.72	300m: 4:34.46	47.46	400m: 6:06.47	45.33
55.	Carmen Martinez Ozores	F	223227	12	Sporting Club Caminhense	5:51.85	6:08.43		
	50m: 37.30		150m: 2:07.75		46.94	250m: 3:44.67	49.33	350m: 5:22.47	49.22
	100m: 1:20.81		200m: 2:55.34		47.59	300m: 4:33.25	48.58	400m: 6:08.43	45.96