Prova 22 — Femin., 400m Livres — Infantis
27/10/2024 - 13:01 — Resultados

Recorde Nacional Open	4:04.61	Diana Margarida, DURAES	POR	Copenhagen (DEN)	17/12/2017
Recorde Nacional Inf A	4:25.30	Alexandra Maria, SILVA	FCP	Porto	19/07/1980
Recorde Nacional Inf B	4:38.40	Filipa Vilas, RUIVO	DNMG	Alcobaça	13/06/2009
Recorde Territorial Open	4:04.57	Francisca Soares, MARTINS	FOCA	Otopeni (ROU)	10/12/2023
Recorde Territorial Inf A	4:25.30	Alexandra Maria, SILVA	FCP	Antas	19/07/1980
Recorde Territorial Inf B	4:41.00	Alexandra Maria, SILVA	FCP	Funchal	29/07/1979

Pontos: FINA 2023

Lugar	Nome	Licença	Clube	Tempo Final	AQUA

Infantis B

1. Ines Esteves, CARVALHO — 214490 — Individual Norte de Portugal — **5:20.49** — 375

50m:	36.74	36.74	150m:	1:58.10	41.46	250m:	3:19.80	40.88	350m:	4:40.85	40.47
100m:	1:16.64	39.90	200m:	2:38.92	40.82	300m:	4:00.38	40.58	400m:	5:20.49	39.64

2. Ana Lia, TEIXEIRA — 215545 — Foca - Quinta da Lixa cnf — **5:35.34** — 328

50m:	36.80	36.80	150m:	2:02.24	43.19	250m:	3:29.06	43.56	350m:	4:54.95	42.20
100m:	1:19.05	42.25	200m:	2:45.50	43.26	300m:	4:12.75	43.69	400m:	5:35.34	40.39

3. Ana Beatriz, MOREIRA — 214021 — Lousada sec. XXI — **5:53.94** — 279

50m:	40.52	40.52	150m:	2:11.22	46.78	250m:	3:42.29	45.67	350m:	5:12.46	44.31
100m:	1:24.44	43.92	200m:	2:56.62	45.40	300m:	4:28.15	45.86	400m:	5:53.94	41.48

4. Maria Miguel, BARROS — 216248 — Vilacondense — **5:57.30** — 271

50m:	40.22	40.22	150m:	2:11.59	45.85	250m:	3:42.43	45.11	350m:	5:14.51	45.75
100m:	1:25.74	45.52	200m:	2:57.32	45.73	300m:	4:28.76	46.33	400m:	5:57.30	42.79

5. Carolina Costa, OLIVEIRA — 215388 — Porto — **6:09.51** — 245

50m:	42.24	42.24	150m:	2:17.18	48.07	250m:	3:51.11	47.27	350m:	5:24.96	46.55
100m:	1:29.11	46.87	200m:	3:03.84	46.66	300m:	4:38.41	47.30	400m:	6:09.51	44.55

6. Leonor Vera-Cruz, FREITAS — 220340 — Vitória Sport Clube — **6:14.58** — 235

50m:	40.27	40.27	150m:	2:13.39	47.38	250m:	3:49.56	48.51	350m:	5:27.42	48.91
100m:	1:26.01	45.74	200m:	3:01.05	47.66	300m:	4:38.51	48.95	400m:	6:14.58	47.16

7. Leonor Teixeira, SAMPAIO — 215424 — Foca - Quinta da Lixa cnf — **6:15.82** — 233

50m:	42.32	42.32	150m:	2:15.51	46.79	250m:	3:51.29	48.03	350m:	5:27.76	48.84
100m:	1:28.72	46.40	200m:	3:03.26	47.75	300m:	4:38.92	47.63	400m:	6:15.82	48.06

8. Joana Margarida, SILVA — 214362 — Vilacondense — **6:17.58** — 229

50m:	40.71	40.71	150m:	2:16.35	48.50	250m:	3:54.70	49.21	350m:	5:33.63	49.29
100m:	1:27.85	47.14	200m:	3:05.49	49.14	300m:	4:44.34	49.64	400m:	6:17.58	43.95

9. Lara Raquel, LOPES — 218825 — Foca - Quinta da Lixa cnf — **6:24.36** — 217

50m:	42.31	42.31	150m:	2:19.64	48.56	250m:	3:58.02	48.85	350m:	5:36.50	49.87
100m:	1:31.08	48.77	200m:	3:09.17	49.53	300m:	4:46.63	48.61	400m:	6:24.36	47.86

10. Francisca Machado, CASTRO — 219133 — Porto — **6:27.18** — 213

50m:	43.52	43.52	150m:	2:18.42	48.22	250m:	3:58.25	50.76	350m:	5:38.44	50.69
100m:	1:30.20	46.68	200m:	3:07.49	49.07	300m:	4:47.75	49.50	400m:	6:27.18	48.74

11. Beatriz Afonso, NUNES — 215418 — Foca - Quinta da Lixa cnf — **6:33.29** — 203

50m:	43.43	43.43	150m:	2:23.05	50.56	250m:	4:02.77	50.21	350m:	5:42.00	50.85
100m:	1:32.49	49.06	200m:	3:12.56	49.51	300m:	4:51.15	48.38	400m:	6:33.29	51.29

12. Matilde Sousa, MAGALHAES — 215428 — Foca - Quinta da Lixa cnf — **6:35.20** — 200

50m:	43.62	43.62	150m:	2:23.44	50.64	250m:	4:04.75	51.57	350m:	5:44.92	50.95
100m:	1:32.80	49.18	200m:	3:13.18	49.74	300m:	4:53.97	49.22	400m:	6:35.20	50.28

13. Catarina Galante, BERNARDO — 214850 — Vilacondense — **6:37.59** — 196

50m:	41.61	41.61	150m:	2:17.41	49.38	250m:	3:59.21	50.59	350m:	5:45.55	53.67
100m:	1:28.03	46.42	200m:	3:08.62	51.21	300m:	4:51.88	52.67	400m:	6:37.59	52.04

14. Maria Rosa, CARMO — 221729 — Clube Naval Povoense — **6:37.88** — 196

50m:	44.30	44.30	150m:	2:26.37	51.57	250m:	4:05.58	50.06	350m:	5:48.87	52.48
100m:	1:34.80	50.50	200m:	3:15.52	49.15	300m:	4:56.39	50.81	400m:	6:37.88	49.01

15. Beatriz Cunha, HENRIQUES — 213939 — Foca - Quinta da Lixa cnf — **6:40.04** — 193

50m:	45.15	45.15	150m:	2:25.82	50.12	250m:	4:09.92	52.62	350m:	5:53.83	51.79
100m:	1:35.70	50.55	200m:	3:17.30	51.48	300m:	5:02.04	52.12	400m:	6:40.04	46.21

16. Clara Monteiro, PINTO — 214366 — Vilacondense — **6:41.34** — 191

50m:	43.31	43.31	150m:	2:24.26	51.07	250m:	4:07.36	51.56	350m:	5:50.33	51.22
100m:	1:33.19	49.88	200m:	3:15.80	51.54	300m:	4:59.11	51.75	400m:	6:41.34	51.01

O Secretário do Juri — O Juiz Árbitro

Prova 22, Femin., 400m Livres, Infantis B

Lugar	Nome	Licença	Clube	Tempo Final	AQUA
DSQ	Maria Leonor, BONFIM	217010	Vilacondense		
	4.2 - Falsa Partida – SW 4.4				
WDR	Victoria Filipe, GRILO	215279	Vilacondense		

Infantis A

1.	Alice Bezerra, CUNHA				214367			Vilacondense			**5:04.96**		436
	50m:	34.69	34.69	150m:	1:53.27	39.60	250m:	3:11.69	39.11	350m:	4:28.36	37.65	
	100m:	1:13.67	38.98	200m:	2:32.58	39.31	300m:	3:50.71	39.02	400m:	5:04.96	36.60	
2.	Maria Luis, SIMOES				211707			Porto			**5:09.02**		419
	50m:	35.64	35.64	150m:	1:53.96	39.41	250m:	3:13.16	39.42	350m:	4:31.05	38.54	
	100m:	1:14.55	38.91	200m:	2:33.74	39.78	300m:	3:52.51	39.35	400m:	5:09.02	37.97	
3.	Leonor Cunha, ALVES				217136			Famalicão			**5:13.58**		401
	50m:	35.55	35.55	150m:	1:54.26	40.11	250m:	3:14.26	39.81	350m:	4:34.82	39.99	
	100m:	1:14.15	38.60	200m:	2:34.45	40.19	300m:	3:54.83	40.57	400m:	5:13.58	38.76	
4.	Maria Clara, PEREIRA				214669			Porto			**5:14.13**		399
	50m:	35.89	35.89	150m:	1:54.94	39.66	250m:	3:15.17	40.11	350m:	4:35.72	40.41	
	100m:	1:15.28	39.39	200m:	2:35.06	40.12	300m:	3:55.31	40.14	400m:	5:14.13	38.41	
5.	Clarisse Pereira, SAMPAIO				211982			Foca - Quinta da Lixa cnf			**5:30.82**		341
	50m:	36.47	36.47	150m:	1:59.30	41.81	250m:	3:23.51	42.19	350m:	4:49.40	42.95	
	100m:	1:17.49	41.02	200m:	2:41.32	42.02	300m:	4:06.45	42.94	400m:	5:30.82	41.42	
6.	Laura Daniela, GOMES				211983			Foca - Quinta da Lixa cnf			**5:30.93**		341
	50m:	36.41	36.41	150m:	1:58.66	41.70	250m:	3:23.31	42.25	350m:	4:49.30	42.73	
	100m:	1:16.96	40.55	200m:	2:41.06	42.40	300m:	4:06.57	43.26	400m:	5:30.93	41.63	
7.	Matilde Martins, LOPES				215153			Vilacondense			**5:33.75**		332
	50m:	36.70	36.70	150m:	1:59.73	42.23	250m:	3:25.33	43.17	350m:	4:51.89	43.23	
	100m:	1:17.50	40.80	200m:	2:42.16	42.43	300m:	4:08.66	43.33	400m:	5:33.75	41.86	
8.	Ines Gomes, RIBEIRO				211664			Famalicão			**5:33.93**		332
	50m:	36.95	36.95	150m:	2:00.86	42.58	250m:	3:27.30	43.52	350m:	4:54.98	43.70	
	100m:	1:18.28	41.33	200m:	2:43.78	42.92	300m:	4:11.28	43.98	400m:	5:33.93	38.95	
9.	Ines Teixeira, SOUSA				214337			Foca - Quinta da Lixa cnf			**5:41.35**		311
	50m:	37.69	37.69	150m:	2:03.06	43.28	250m:	3:30.10	42.28	350m:	4:58.42	44.06	
	100m:	1:19.78	42.09	200m:	2:47.82	44.76	300m:	4:14.36	44.26	400m:	5:41.35	42.93	
10.	Bruna Almeida, COSTA				217129			Vilacondense			**5:42.82**		307
	50m:	38.36	38.36	150m:	2:04.54	43.78	250m:	3:32.92	44.14	350m:	5:01.00	44.02	
	100m:	1:20.76	42.40	200m:	2:48.78	44.24	300m:	4:16.98	44.06	400m:	5:42.82	41.82	
11.	Maria Beatriz, MARTINS				217007			Clube Naval Povoense			**5:55.37**		275
	50m:	41.61	41.61	150m:	2:11.76	44.95	250m:	3:41.34	44.81	350m:	5:12.86	44.98	
	100m:	1:26.81	45.20	200m:	2:56.53	44.77	300m:	4:27.88	46.54	400m:	5:55.37	42.51	
12.	Matilde Magalhaes, SILVA				214643			Clube Naval Povoense			**5:55.62**		275
	50m:	40.63	40.63	150m:	2:09.07	44.80	250m:	3:39.51	45.03	350m:	5:11.50	46.74	
	100m:	1:24.27	43.64	200m:	2:54.48	45.41	300m:	4:24.76	45.25	400m:	5:55.62	44.12	
13.	Carolina Almeida, LAMOSA				219597			Vilacondense			**6:06.03**		252
	50m:	40.52	40.52	150m:	2:13.34	47.49	250m:	3:47.99	47.08	350m:	5:20.59	46.14	
	100m:	1:25.85	45.33	200m:	3:00.91	47.57	300m:	4:34.45	46.46	400m:	6:06.03	45.44	
14.	Carolina Santos, VAZ				217307			Vilacondense			**6:06.89**		250
	50m:	41.18	41.18	150m:	2:13.22	47.15	250m:	3:48.91	47.49	350m:	5:22.61	46.88	
	100m:	1:26.07	44.89	200m:	3:01.42	48.20	300m:	4:35.73	46.82	400m:	6:06.89	44.28	
WDR	Juliana Pereyra, SERRANO				219929			Clube Naval Povoense					
EXH	Sofia Rodriguez, JULIO				221947			Associacao Tubaroes de Ga			**6:23.00**		220
	50m:	41.87	41.87	150m:	2:18.91	49.13	250m:	3:57.34	49.48	350m:	5:36.12	49.39	
	100m:	1:29.78	47.91	200m:	3:07.86	48.95	300m:	4:46.73	49.39	400m:	6:23.00	46.88	

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