

CDPC - Juv, Jun e Seniores + PP de Infantis
Leiria, 6 - 7/11/2021

Prova 21 Femin., 400m Livres Senior
06/11/2021 - 17:46 Resultados

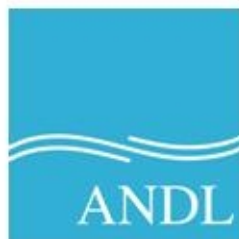
Pontos: FINA 2021

Lugar	Ano	Tempo final	Pts
1. Maria Lopes, AMADO	04 Nautico Marinha Grande	4:41.42	574
50m: 31.75 31.75	150m: 1:41.77 35.41	250m: 2:53.57 36.09	350m: 4:05.97 36.22
100m: 1:06.36 34.61	200m: 2:17.48 35.71	300m: 3:29.75 36.18	400m: 4:41.42 35.45
2. Bruna Silva, MOITEIRO	04 Nautico Marinha Grande	4:55.24	497
50m: 33.15 33.15	150m: 1:47.42 37.55	250m: 3:03.16 37.85	350m: 4:19.04 37.95
100m: 1:09.87 36.72	200m: 2:25.31 37.89	300m: 3:41.09 37.93	400m: 4:55.24 36.20

Prova 21 Femin., 400m Livres Junior
06/11/2021 - 17:46 Resultados

Pontos: FINA 2021

Lugar	Ano	Tempo final	Pts
1. Joana Silva, ALVES	05 Benedita	4:31.74	637
50m: 31.28 31.28	150m: 1:39.83 34.43	250m: 2:48.84 34.54	350m: 3:57.80 34.39
100m: 1:05.40 34.12	200m: 2:14.30 34.47	300m: 3:23.41 34.57	400m: 4:31.74 33.94
2. Ariana Bento, CARAPINHA	06 Nautico Marinha Grande	4:34.81	616
50m: 31.39 31.39	150m: 1:40.68 34.72	250m: 2:49.25 34.33	350m: 3:59.21 35.29
100m: 1:05.96 34.57	200m: 2:14.92 34.24	300m: 3:23.92 34.67	400m: 4:34.81 35.60
3. Juliana Branco, REIS	05 Alcobaca	4:41.38	574
50m: 31.40 31.40	150m: 1:41.58 35.56	250m: 2:53.81 36.17	350m: 4:06.19 36.22
100m: 1:06.02 34.62	200m: 2:17.64 36.06	300m: 3:29.97 36.16	400m: 4:41.38 35.19
4. Margarida Correia, MADEIRA	06 Nautico Marinha Grande	4:44.04	558
50m: 32.80 32.80	150m: 1:43.55 35.73	250m: 2:55.83 35.94	350m: 4:08.16 36.23
100m: 1:07.82 35.02	200m: 2:19.89 36.34	300m: 3:31.93 36.10	400m: 4:44.04 35.88
5. Maria Francisca, FROIS	06 Ba-Leiria	4:44.89	553
50m: 33.41 33.41	150m: 1:45.62 36.01	250m: 2:56.73 35.72	350m: 4:09.20 36.11
100m: 1:09.61 36.20	200m: 2:21.01 35.39	300m: 3:33.09 36.36	400m: 4:44.89 35.69
6. Filipa Paiva, DINIS	06 Ba-Leiria	4:45.69	548
50m: 32.32 32.32	150m: 1:43.54 35.67	250m: 2:55.99 36.26	350m: 4:09.59 36.56
100m: 1:07.87 35.55	200m: 2:19.73 36.19	300m: 3:33.03 37.04	400m: 4:45.69 36.10
7. Dalila Leal, BERNARDINO	06 Nucleo de Pombal	4:47.49	538
50m: 32.57 32.57	150m: 1:44.85 36.43	250m: 2:58.30 36.72	350m: 4:11.72 36.62
100m: 1:08.42 35.85	200m: 2:21.58 36.73	300m: 3:35.10 36.80	400m: 4:47.49 35.77
8. Ines Mira, PINO	06 Pimpoes/Cimai	4:59.99	474
50m: 33.72 33.72	150m: 1:47.69 37.41	250m: 3:05.00 39.17	350m: 4:22.53 38.29
100m: 1:10.28 36.56	200m: 2:25.83 38.14	300m: 3:44.24 39.24	400m: 4:59.99 37.46
9. Maria Silva, CARVALHO	05 Pimpoes/Cimai	5:01.99	464
50m: 33.54 33.54	150m: 1:48.44 37.75	250m: 3:05.64 38.70	350m: 4:24.63 39.56
100m: 1:10.69 37.15	200m: 2:26.94 38.50	300m: 3:45.07 39.43	400m: 5:01.99 37.36
10. Margarida Marques, ARROJA	06 Pimpoes/Cimai	5:22.08	383
50m: 34.91 34.91	150m: 1:56.28 40.86	250m: 3:19.01 41.47	350m: 4:41.66 41.52
100m: 1:15.42 40.51	200m: 2:37.54 41.26	300m: 4:00.14 41.13	400m: 5:22.08 40.42
11. Beatriz Silva, CONCEICAO	05 Benedita	5:23.31	378
50m: 34.00 34.00	150m: 1:55.90 42.05	250m: 3:20.24 42.34	350m: 4:43.70 41.71
100m: 1:13.85 39.85	200m: 2:37.90 42.00	300m: 4:01.99 41.75	400m: 5:23.31 39.61



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Prova 21, Femin., 400m Livres

Prova 21 Femin., 400m Livres Juvenil A
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Pontos: FINA 2021

Lugar	Ano	Tempo final	Pts
1. Matilde Violante, VIANA	07 Ba-Leiria	4:48.76	531
50m: 33.06 33.06 150m: 1:45.62 36.42 250m: 2:58.99 36.76 350m: 4:12.73 37.03			
100m: 1:09.20 36.14 200m: 2:22.23 36.61 300m: 3:35.70 36.71 400m: 4:48.76 36.03			
2. Carolina Ferreira, FONSECA	07 Viegrense	5:29.59	357
50m: 35.67 35.67 150m: 1:58.24 41.90 250m: 3:23.19 42.27 350m: 4:48.07 42.70			
100m: 1:16.34 40.67 200m: 2:40.92 42.68 300m: 4:05.37 42.18 400m: 5:29.59 41.52			
3. Catarina Tagaroso, LOBO	07 Uniao Juncalense	6:03.91	265
50m: 39.28 39.28 150m: 2:10.10 46.28 250m: 3:44.42 47.28 350m: 5:19.44 47.31			
100m: 1:23.82 44.54 200m: 2:57.14 47.04 300m: 4:32.13 47.71 400m: 6:03.91 44.47			
DNS Maria Leonor, ESTEVES	07 Nautico Marinha Grande		

Prova 21 Femin., 400m Livres Juvenil B
06/11/2021 - 17:46 Resultados

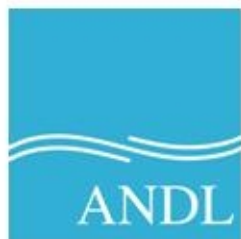
Pontos: FINA 2021

Lugar	Ano	Tempo final	Pts
1. Rita Rocha, SILVA	08 Alcobaca	5:13.17	416
50m: 35.05 35.05 150m: 1:53.32 39.92 250m: 3:14.58 40.38 350m: 4:35.06 40.17			
100m: 1:13.40 38.35 200m: 2:34.20 40.88 300m: 3:54.89 40.31 400m: 5:13.17 38.11			
2. Diana Rita, FONSECA	08 Viegrense	5:44.71	312
50m: 37.13 37.13 150m: 2:02.86 43.92 250m: 3:32.16 44.55 350m: 5:03.62 45.53			
100m: 1:18.94 41.81 200m: 2:47.61 44.75 300m: 4:18.09 45.93 400m: 5:44.71 41.09			
DSQ Victoria Frogeri, PEREIRA	08 Ba-Leiria		
<i>No percurso dos 225 metros, a nadadora interrompeu o nado, tendo depois retomado o mesmo com o do separador.</i>			

Prova 21 Femin., 400m Livres Infantil A
06/11/2021 - 17:46 Resultados

Pontos: FINA 2021

Lugar	Ano	Tempo final	Pts
1. Beatriz Belo, CLARA	09 Ba-Leiria	5:22.43	381
50m: 36.69 36.69 150m: 1:59.99 42.20 250m: 3:23.61 41.66 350m: 4:45.38 40.64			
100m: 1:17.79 41.10 200m: 2:41.95 41.96 300m: 4:04.74 41.13 400m: 5:22.43 37.05			
2. Francisca Ramos, NUNES	09 Naval de Peniche	5:45.07	311
50m: 37.46 37.46 150m: 2:05.66 45.11 250m: 3:35.80 45.25 350m: 5:04.68 43.93			
100m: 1:20.55 43.09 200m: 2:50.55 44.89 300m: 4:20.75 44.95 400m: 5:45.07 40.39			
3. Zofie, PACHECO	09 Naval de Peniche	5:47.71	304
50m: 36.39 36.39 150m: 2:04.86 45.25 250m: 3:35.29 45.65 350m: 5:05.87 45.30			
100m: 1:19.61 43.22 200m: 2:49.64 44.78 300m: 4:20.57 45.28 400m: 5:47.71 41.84			
4. Ines Ferreira, CHELEU	09 Ba-Leiria	5:57.72	279
50m: 38.56 38.56 150m: 2:06.98 45.58 250m: 3:39.65 46.25 350m: 5:13.71 47.14			
100m: 1:21.40 42.84 200m: 2:53.40 46.42 300m: 4:26.57 46.92 400m: 5:57.72 44.01			
5. Ema Mestre, SA	09 Ba-Leiria	6:04.37	264
50m: 41.57 41.57 150m: 2:15.40 47.10 250m: 3:49.46 47.14 350m: 5:21.52 45.53			
100m: 1:28.30 46.73 200m: 3:02.32 46.92 300m: 4:35.99 46.53 400m: 6:04.37 42.85			



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Prova 21, Femin., 400m Livres, Infantil A

Lugar	Ano	Tempo final	Pts
6. Maria Margarida, OLIVEIRA	09 Ba-Leiria	6:05.68	261
50m: 40.73 40.73 150m: 2:13.36 46.57 250m: 3:47.02 46.81 350m: 5:20.03 46.73			
100m: 1:26.79 46.06 200m: 3:00.21 46.85 300m: 4:33.30 46.28 400m: 6:05.68 45.65			
7. Maria Teresa, OLIVEIRA	09 Ba-Leiria	6:16.44	239
50m: 42.08 42.08 150m: 2:18.34 48.83 250m: 3:56.23 48.88 350m: 5:32.25 47.82			
100m: 1:29.51 47.43 200m: 3:07.35 49.01 300m: 4:44.43 48.20 400m: 6:16.44 44.19			
8. Ana Margarida, MARQUES	09 Ba-Leiria	7:38.29	132
50m: 46.16 46.16 150m: 2:42.97 59.82 250m: 4:42.36 1:00.77 350m: 6:41.09 58.84			
100m: 1:43.15 56.99 200m: 3:41.59 58.62 300m: 5:42.25 59.89 400m: 7:38.29 57.20			
DNS Anjali, RAICAR	09 Naval de Peniche		

Prova 21 Femin., 400m Livres Infantil B
06/11/2021 - 17:46 Resultados

Pontos: FINA 2021

Lugar	Ano	Tempo final	Pts
1. Bianca Balbino, MENDES	10 Naval de Peniche	5:56.80	281
50m: 37.52 37.52 150m: 2:05.80 45.15 250m: 3:37.76 46.14 350m: 5:10.25 45.63			
100m: 1:20.65 43.13 200m: 2:51.62 45.82 300m: 4:24.62 46.86 400m: 5:56.80 46.55			
2. Barbara Balbino, MENDES	10 Naval de Peniche	6:00.51	273
50m: 37.98 37.98 150m: 2:08.72 47.13 250m: 3:43.29 47.49 350m: 5:16.54 46.97			
100m: 1:21.59 43.61 200m: 2:55.80 47.08 300m: 4:29.57 46.28 400m: 6:00.51 43.97			
3. Maria Carolina, ALVES	10 Ba-Leiria	6:15.25	242
50m: 41.91 41.91 150m: 2:17.92 47.92 250m: 3:56.56 49.23 350m: 5:30.98 46.48			
100m: 1:30.00 48.09 200m: 3:07.33 49.41 300m: 4:44.50 47.94 400m: 6:15.25 44.27			
4. Sofia Roma, BRIZIDA	10 Ba-Leiria	6:42.73	195
50m: 45.56 45.56 150m: 2:28.36 52.06 250m: 4:10.97 51.57 350m: 5:56.32 52.91			
100m: 1:36.30 50.74 200m: 3:19.40 51.04 300m: 5:03.41 52.44 400m: 6:42.73 46.41			
5. Vida Sofia, VELEZ	10 Ba-Leiria	6:48.89	187
50m: 44.10 44.10 150m: 2:30.15 52.75 250m: 4:16.17 51.86 350m: 6:01.64 53.20			
100m: 1:37.40 53.30 200m: 3:24.31 54.16 300m: 5:08.44 52.27 400m: 6:48.89 47.25			
6. Joana Costa, DIAS	10 Uniao Juncalense	6:55.63	178
50m: 44.43 44.43 150m: 2:27.90 53.01 250m: 4:16.41 54.72 350m: 6:03.25 54.06			
100m: 1:34.89 50.46 200m: 3:21.69 53.79 300m: 5:09.19 52.78 400m: 6:55.63 52.38			