

Torneio Regional de Fundo de Infantis e Juvenis  
Cantanhede, 11- - 12-6-2022

Prova 1	Femin., 400m Estilos				12 anos e mais velhos
11-06-2022 - 15:30					Resultados
Rec Nac Absoluto	4:36.19	Victoria, KAMINSKAYA	POR	Copenhague (DEN)	13-12-2017
Rec Nac 18 +	4:36.19	Victoria, KAMINSKAYA	POR	Copenhague (DEN)	13-12-2017
Rec Nac 17	4:46.89	Ines Neto, ROCHA	CAP	Felgueiras	15-04-2018
Rec Nac 16	4:50.85	Diana Margarida, DURAES	FOCA	Silves	02-12-2011
Rec Nac Juv A	4:51.85	Ana Claudia, SANTOS	SFUAP	Setubal	21-11-2004
Rec Nac Juv B	4:56.53	Mariana Pacheco, CUNHA	CFP	Porto	05-05-2018
Rec Nac Inf A	5:03.94	Carolina Miranda, FERNANDES	CGA	Condeixa	12-05-2018
Rec Nac Inf B	5:15.68	Susana Patricia, MIGUEL	SFUAP	Rio Maior	06-07-2002
Rec Reg ANC Absoluto	4:48.67	Camila Rodrigues, REBELO	ALN		13-06-2020
Rec Reg ANC 18 +	4:48.67	Camila Rodrigues, REBELO	ALN		24-10-2020
Rec Reg ANC 17	4:52.71	Maria Miguel, VELOSO	CNAC		12-06-2009
Rec Reg ANC 16	4:54.82	Maria Carlota, REBELO	ALN		12-06-2018
Rec Reg ANC Juv A	4:58.18	Camila Rodrigues, REBELO	ALN		12-06-2018
Rec Reg ANC Juv B	5:04.01	Mariana Cunha, GUERRA	ASSSCC		12-06-2011
Rec Reg ANC Inf A	5:14.11	Mariana Cunha, GUERRA	ASSSCC		12-06-2011
Rec Reg ANC Inf B	5:25.15	Ana Miguel, REIS	ASSSCC		11-06-2012

Pontos: FINA 2021

Lugar	Ano				Tempo final	Pts
<b>Inf B</b>						
1.	Maria Neto, SIMOES	10	Condeixa Clube	<b>5:38.92</b>	445	
	50m: 37.59 37.59	150m: 2:03.98 43.60	250m: 3:34.53 46.22	350m: 5:01.07 38.54		
	100m: 1:20.38 42.79	200m: 2:48.31 44.33	300m: 4:22.53 48.00	400m: 5:38.92 37.85		
2.	Camila Duarte, MARCELO	10	Condeixa Clube	<b>5:46.14</b>	418	
	50m: 36.75 36.75	150m: 2:05.73 43.55	250m: 3:39.22 49.95	350m: 5:08.90 38.09		
	100m: 1:22.18 45.43	200m: 2:49.27 43.54	300m: 4:30.81 51.59	400m: 5:46.14 37.24		
3.	Rita Lucas, SANTOS	10	Condeixa Clube	<b>5:46.27</b>	418	
	50m: 36.47 36.47	150m: 2:06.07 44.54	250m: 3:37.78 49.08	350m: 5:46.27 1:16.13		
	100m: 1:21.53 45.06	200m: 2:48.70 42.63	300m: 4:30.14 52.36	400m: 5:46.27		
4.	Mariana Bagagem, CARVALHO	10	Miranda do Corvo	<b>6:13.28</b>	333	
	50m: 42.28 42.28	150m: 2:17.30 44.88	250m: 3:57.75 55.20	350m: 5:34.67 42.09		
	100m: 1:32.42 50.14	200m: 3:02.55 45.25	300m: 4:52.58 54.83	400m: 6:13.28 38.61		
5.	Leonor Sobreiro, ALMEIDA	10	CASP AE	<b>6:21.49</b>	312	
	50m: 41.31 41.31	150m: 2:20.96 49.90	250m: 3:59.63 51.02	350m: 5:39.08 47.35		
	100m: 1:31.06 49.75	200m: 3:08.61 47.65	300m: 4:51.73 52.10	400m: 6:21.49 42.41		
6.	Leonor Mosca, SILVA	10	Columbifila Cantanhedense	<b>6:22.55</b>	310	
	50m: 45.01 45.01	150m: 2:24.73 48.74	250m: 4:04.09 51.44	350m: 5:40.78 43.14		
	100m: 1:35.99 50.98	200m: 3:12.65 47.92	300m: 4:57.64 53.55	400m: 6:22.55 41.77		
7.	Maria Miguel, FERNANDES	10	Columbifila Cantanhedense	<b>6:24.25</b>	306	
	50m: 45.27 45.27	150m: 2:24.60 46.65	250m: 4:07.70 56.92	350m: 5:46.00 39.82		
	100m: 1:37.95 52.68	200m: 3:10.78 46.18	300m: 5:06.18 58.48	400m: 6:24.25 38.25		
8.	Maria Ines, GANTE	10	Nautico Academico	<b>6:32.88</b>	286	
	50m: 43.03 43.03	150m: 2:25.12 50.70	250m: 4:09.79 55.14	350m: 5:50.38 44.52		
	100m: 1:34.42 51.39	200m: 3:14.65 49.53	300m: 5:05.86 56.07	400m: 6:32.88 42.50		
9.	Mariana Bernardo, SILVESTRE	10	Nautico Academico	<b>6:36.47</b>	278	
	50m: 50.00 50.00	150m: 2:35.77 46.77	250m: 4:17.73 55.73	350m: 5:56.73 43.73		
	100m: 1:49.00 59.00	200m: 3:22.00 46.23	300m: 5:13.00 55.27	400m: 6:36.47 39.74		
10.	Isabella Scavone, LOPES	10	Miranda do Corvo	<b>6:37.10</b>	277	
	50m: 45.14 45.14	150m: 2:30.13 51.97	250m: 4:16.57 56.67	350m: 5:56.50 44.07		
	100m: 1:38.16 53.02	200m: 3:19.90 49.77	300m: 5:12.43 55.86	400m: 6:37.10 40.60		
11.	Sofia Daniela, FERREIRA	10	Uniao Coimbra	<b>6:41.26</b>	268	
	50m: 42.28 42.28	150m: 2:25.95 52.33	250m: 4:13.93 56.21	350m: 5:58.82 45.62		
	100m: 1:33.62 51.34	200m: 3:17.72 51.77	300m: 5:13.20 59.27	400m: 6:41.26 42.44		
12.	Maria Ines, RODRIGUES	10	Nautico Academico	<b>6:45.68</b>	260	
	50m: 43.90 43.90	150m: 2:30.00 49.50	250m: 4:14.69 57.09	350m: 5:59.84 46.05		
	100m: 1:40.50 56.60	200m: 3:17.60 47.60	300m: 5:13.79 59.10	400m: 6:45.68 45.84		

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Prova 1, Femin., 400m Estilos, Inf B

Lugar			Ano					Tempo final	Pts
13.	Leonor Antunes, PAIVA		10	Nautico Academico				<b>6:54.65</b>	243
	50m:	42.75 42.75	150m:	2:32.59	52.57	250m:	4:22.77 1:00.33	350m:	
	100m:	1:40.02 57.27	200m:	3:22.44	49.85	300m:	5:23.61 1:00.84	400m:	6:54.65
14.	Leonor Fonseca, OLIVEIRA		10	Miranda do Corvo				<b>7:05.53</b>	225
	50m:	48.40 48.40	150m:	2:40.20	50.59	250m:	4:30.21 57.07	350m:	6:18.10 48.12
	100m:	1:49.61 1:01.21	200m:	3:33.14	52.94	300m:	5:29.98 59.77	400m:	7:05.53 47.43
15.	Mia Cardoso, BAPTISTA		10	Nautico Academico				<b>7:05.70</b>	225
	50m:	47.75 47.75	150m:	2:39.69	51.78	250m:	4:34.00 1:03.21	350m:	6:21.31 45.96
	100m:	1:47.91 1:00.16	200m:	3:30.79	51.10	300m:	5:35.35 1:01.35	400m:	7:05.70 44.39
16.	Sara Marques, LIMA		10	CASPAE				<b>7:17.83</b>	206
	50m:	47.72 47.72	150m:	2:43.24	55.07	250m:	4:36.63 1:02.63	350m:	6:33.47 52.62
	100m:	1:48.17 1:00.45	200m:	3:34.00	50.76	300m:	5:40.85 1:04.22	400m:	7:17.83 44.36
17.	Erica Maria, ALMEIDA		10	Vigor da Mocidade				<b>7:20.01</b>	203
	50m:	50.13 50.13	150m:	2:48.51	59.12	250m:	4:45.28 1:01.62	350m:	6:34.73 48.07
	100m:	1:49.39 59.26	200m:	3:43.66	55.15	300m:	5:46.66 1:01.38	400m:	7:20.01 45.28
18.	Beatriz Ribeiro, VELOSO		10	Vigor da Mocidade				<b>7:50.27</b>	166
	50m:	52.30 52.30	150m:	2:55.35	59.27	250m:	4:55.81 1:03.92	350m:	6:55.57 54.34
	100m:	1:56.08 1:03.78	200m:	3:51.89	56.54	300m:	6:01.23 1:05.42	400m:	7:50.27 54.70

Inf A

1.	Alana Costa, MATIAS		09	Academica de Coimbra				<b>5:43.84</b>	427
	50m:	37.53 37.53	150m:	2:06.08	45.38	250m:	3:37.45 46.71	350m:	5:05.86 40.71
	100m:	1:20.70 43.17	200m:	2:50.74	44.66	300m:	4:25.15 47.70	400m:	5:43.84 37.98
2.	Rita Calado, CRUZ		09	Academica de Coimbra				<b>5:55.92</b>	385
	50m:	39.81 39.81	150m:	2:10.20	46.04	250m:	3:44.09 48.64	350m:	5:15.21 42.40
	100m:	1:24.16 44.35	200m:	2:55.45	45.25	300m:	4:32.81 48.72	400m:	5:55.92 40.71
3.	Margarida Pessoa, MONTEIRO		09	Columbofila Cantanhedense				<b>6:09.16</b>	345
	50m:	39.54 39.54	150m:	2:13.56	45.10	250m:	3:53.85 56.05	350m:	5:28.50 40.93
	100m:	1:28.46 48.92	200m:	2:57.80	44.24	300m:	4:47.57 53.72	400m:	6:09.16 40.66
4.	Sofia Fonseca, PRIMO		09	Academica de Coimbra				<b>6:13.26</b>	333
	50m:	41.80 41.80	150m:	2:20.79	51.77	250m:	3:59.61 50.84	350m:	5:33.84 43.33
	100m:	1:29.02 47.22	200m:	3:08.77	47.98	300m:	4:50.51 50.90	400m:	6:13.26 39.42
5.	Caetana Amado, SANTOS		09	Miranda do Corvo				<b>6:20.44</b>	315
	50m:	43.38 43.38	150m:	2:20.58	45.59	250m:	3:59.80 54.23	350m:	5:39.27 42.24
	100m:	1:34.99 51.61	200m:	3:05.57	44.99	300m:	4:57.03 57.23	400m:	6:20.44 41.17
6.	Gabriela Leonardo, MEDINA		09	Condeixa Clube				<b>6:25.31</b>	303
	50m:	41.18 41.18	150m:	2:19.63	48.63	250m:	4:01.56 55.02	350m:	5:42.48 45.44
	100m:	1:31.00 49.82	200m:	3:06.54	46.91	300m:	4:57.04 55.48	400m:	6:25.31 42.83
7.	Maria Miranda, MACEDO		09	Columbofila Cantanhedense				<b>6:30.98</b>	290
	50m:	43.91 43.91	150m:	2:27.11	50.44	250m:	4:09.76 54.75	350m:	5:48.27 42.16
	100m:	1:36.67 52.76	200m:	3:15.01	47.90	300m:	5:06.11 56.35	400m:	6:30.98 42.71
8.	Ana Margarida, CRUZ		09	Nautico Academico				<b>6:34.11</b>	283
	50m:	43.76 43.76	150m:	2:29.86	49.65	250m:	4:11.66 54.35	350m:	5:51.78 45.43
	100m:	1:40.21 56.45	200m:	3:17.31	47.45	300m:	5:06.35 54.69	400m:	6:34.11 42.33

DSQ Ana Laura, LUCAS 09 Columbofila Cantanhedense  
*A Atleta executou pernaldas alternadas durante o percurso de mariposa (SW8.3)*

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Prova 1, Femin., 400m Estilos

Juv B

1.	Francisca Santos, FERNANDES	08	Miranda do Corvo	<b>5:41.99</b>	434
	50m: 36.53 36.53	150m: 2:00.93	43.28	250m: 3:31.45	49.08
	100m: 1:17.65 41.12	200m: 2:42.37	41.44	300m: 4:22.12	50.67
				350m: 5:03.35	41.23
				400m: 5:41.99	38.64
2.	Maria Manuel, CORTESAO	08	Nautico Academico	<b>5:43.93</b>	426
	50m: 39.43 39.43	150m: 2:10.04	45.86	250m: 3:43.09	48.38
	100m: 1:24.18 44.75	200m: 2:54.71	44.67	300m: 4:31.27	48.18
				350m: 5:08.39	37.12
				400m: 5:43.93	35.54
3.	Ana Beatriz, CAMPOS	08	Academica de Coimbra	<b>5:52.61</b>	396
	50m: 37.12 37.12	150m: 2:06.71	46.52	250m: 3:40.75	49.01
	100m: 1:20.19 43.07	200m: 2:51.74	45.03	300m: 4:30.19	49.44
				350m: 5:11.31	41.12
				400m: 5:52.61	41.30
4.	Raquel Filipa, JESUS	08	Nautico Academico	<b>5:56.77</b>	382
	50m: 37.06 37.06	150m: 2:09.43	46.18	250m: 3:42.44	48.93
	100m: 1:23.25 46.19	200m: 2:53.51	44.08	300m: 4:34.21	51.77
				350m: 5:15.81	41.60
				400m: 5:56.77	40.96
5.	Laura Carvalho, FERNANDES	08	Nautico Academico	<b>6:07.88</b>	348
	50m: 37.00 37.00	150m: 2:09.04	46.77	250m: 3:48.53	54.19
	100m: 1:22.27 45.27	200m: 2:54.34	45.30	300m: 4:45.64	57.11
				350m: 5:26.74	41.10
				400m: 6:07.88	41.14
6.	Rita Isabel, NEVES	08	Academica de Coimbra	<b>6:13.13</b>	334
	50m: 41.10 41.10	150m: 2:18.54	49.45	250m: 3:54.79	49.68
	100m: 1:29.09 47.99	200m: 3:05.11	46.57	300m: 4:46.53	51.74
				350m: 5:31.16	44.63
				400m: 6:13.13	41.97
7.	Ana Beatriz, DOMINGUES	08	Nautico Academico	<b>6:18.71</b>	319
	50m: 38.22 38.22	150m: 2:11.52	46.54	250m: 3:55.45	58.31
	100m: 1:24.98 46.76	200m: 2:57.14	45.62	300m: 4:53.29	57.84
				350m: 5:36.71	43.42
				400m: 6:18.71	42.00
8.	Ana Sofia, PARAISO	08	Vigor da Mocidade	<b>6:19.10</b>	318
	50m: 42.33 42.33	150m: 2:16.72	45.74	250m: 3:58.60	54.86
	100m: 1:30.98 48.65	200m: 3:03.74	47.02	300m: 4:53.33	54.73
				350m: 5:37.85	44.52
				400m: 6:19.10	41.25
9.	Laura Silva, FERNANDES	08	Miranda do Corvo	<b>6:21.98</b>	311
	50m: 41.14 41.14	150m: 2:18.16	46.85	250m: 3:55.99	51.15
	100m: 1:31.31 50.17	200m: 3:04.84	46.68	300m: 4:47.73	51.74
				350m: 5:35.31	47.58
				400m: 6:21.98	46.67
10.	Ines Serralheiro, SANTOS	08	Columbifila Cantanhedense	<b>6:23.63</b>	307
	50m: 40.23 40.23	150m: 2:17.29	47.21	250m: 3:59.92	56.06
	100m: 1:30.08 49.85	200m: 3:03.86	46.57	300m: 4:56.04	56.12
				350m: 5:39.89	43.85
				400m: 6:23.63	43.74
11.	Mariana Santos, ALMEIDA	08	Columbifila Cantanhedense	<b>6:33.68</b>	284
	50m: 40.20 40.20	150m: 2:21.49	48.52	250m: 4:07.78	59.22
	100m: 1:32.97 52.77	200m: 3:08.56	47.07	300m: 5:10.44	1:02.66
				350m: 5:52.84	42.40
				400m: 6:33.68	40.84
12.	Francisca Dias, AGANTE	08	Vigor da Mocidade	<b>7:42.63</b>	175
	50m: 47.49 47.49	150m: 2:50.14	58.90	250m: 4:52.10	1:02.04
	100m: 1:51.24 1:03.75	200m: 3:50.06	59.92	300m: 5:57.89	1:05.79
				350m: 6:50.91	53.02
				400m: 7:42.63	51.72

Juv A

1.	Leonor Mil, MANO	07	Nautico Academico	<b>5:15.10</b>	554
	50m: 33.61 33.61	150m: 1:54.91	42.98	250m: 3:21.60	45.87
	100m: 1:11.93 38.32	200m: 2:35.73	40.82	300m: 4:07.74	46.14
				350m: 4:42.05	34.31
				400m: 5:15.10	33.05
2.	Dania Rodrigues, SIMOES	07	Louzan Natacao/EFAPEL	<b>5:17.13</b>	544
	50m: 32.89 32.89	150m: 1:50.28	40.67	250m: 3:17.58	47.47
	100m: 1:09.61 36.72	200m: 2:30.11	39.83	300m: 4:04.01	46.43
				350m: 4:41.22	37.21
				400m: 5:17.13	35.91
3.	Ines Miranda, DIOGO	07	Nautico Academico	<b>5:23.49</b>	512
	50m: 34.79 34.79	150m: 1:56.00	41.47	250m: 3:24.62	48.38
	100m: 1:14.53 39.74	200m: 2:36.24	40.24	300m: 4:13.09	48.47
				350m: 4:49.03	35.94
				400m: 5:23.49	34.46
4.	Marta Andre, AGUILAR	07	Nautico Academico	<b>5:38.38</b>	448
	50m: 35.95 35.95	150m: 2:03.32	45.51	250m: 3:34.57	47.79
	100m: 1:17.81 41.86	200m: 2:46.78	43.46	300m: 4:23.97	49.40
				350m: 5:01.27	37.30
				400m: 5:38.38	37.11
5.	Maria Ines, FERNANDES	07	Nautico Academico	<b>5:44.24</b>	425
	50m: 37.00 37.00	150m: 2:04.79	44.91	250m: 3:36.24	47.17
	100m: 1:19.88 42.88	200m: 2:49.07	44.28	300m: 4:24.67	48.43
				350m: 5:03.93	39.26
				400m: 5:44.24	40.31

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Prova 1, Femin., 400m Estilos

EXH	Mariana Carmo, ROSA	05	Louzan Natacao/EFAPEL	<b>5:10.05</b>	582
	50m: 33.27 33.27	150m: 1:50.93	41.23 250m: 3:17.38 46.55	350m: 4:36.66	33.36
	100m: 1:09.70 36.43	200m: 2:30.83	39.90 300m: 4:03.30 45.92	400m: 5:10.05	33.39
EXH	Leonor Correia, PAIVA	04	Louzan Natacao/EFAPEL	<b>5:22.41</b>	518
	50m: 33.98 33.98	150m: 1:52.08	39.70 250m: 3:16.07 45.91	350m: 4:43.04	40.08
	100m: 1:12.38 38.40	200m: 2:30.16	38.08 300m: 4:02.96 46.89	400m: 5:22.41	39.37
EXH	Matilde Fonseca, OLIVEIRA	06	Miranda do Corvo	<b>5:34.13</b>	465
	50m: 33.89 33.89	150m: 1:56.66	43.05 250m: 3:24.19 44.52	350m: 4:53.26	40.80
	100m: 1:13.61 39.72	200m: 2:39.67	43.01 300m: 4:12.46 48.27	400m: 5:34.13	40.87
EXH	Kateryna, DZYAKANAVA	05	Louzan Natacao/EFAPEL	<b>5:48.81</b>	409
	50m: 37.10 37.10	150m: 2:03.75	44.00 250m: 3:38.15 51.56	350m: 5:09.92	40.34
	100m: 1:19.75 42.65	200m: 2:46.59	42.84 300m: 4:29.58 51.43	400m: 5:48.81	38.89
EXH	Cristiana Sofia, DUARTE	07	Vigor da Mocidade	<b>6:17.58</b>	322
	50m: 35.59 35.59	150m: 2:07.88	47.54 250m: 3:50.58 56.22	350m: 5:33.60	44.84
	100m: 1:20.34 44.75	200m: 2:54.36	46.48 300m: 4:48.76 58.18	400m: 6:17.58	43.98