

## Prova 18

## Femin., 400m Livres

## 2010 e mais velhos

02/07/2022 - 11:05

Resultados

Recordes Regionais Femininos Absoluto	4:21.26	Ana Reis SOUSA	CNLA	Funchal	24/03/2018
Recordes Regionais Femininos 19 +	5:10.27	Ana Paula GRILO	INDALEN	Oeiras	01/07/2011
Recordes Regionais Femininos 18	5:23.31	Daniela Filipa MANTAS	ACMN	Reguengos de Monsaraz	01/07/2017
Recordes Regionais Femininos 17	4:38.09	Ana Catarina Inês Pinto BOAVISTA	CNLA	Aveiro	28/07/2007
Recordes Regionais Femininos 16	4:21.26	Ana Reis SOUSA	CNLA	Funchal	24/03/2018
Recordes Regionais Femininos 15	4:27.96	Ana Reis SOUSA	CNLA	Oeiras	22/07/2017
Recordes Regionais Femininos 14	4:42.83	Ana Reis SOUSA	CNLA	Reguengos de Monsaraz	02/07/2016
Recordes Regionais Femininos 13	4:39.91	Ana Catarina Inês Pinto BOAVISTA	CNLA	Lisboa	17/05/2003
Recordes Regionais Femininos 12	5:19.70	Ines Sofia BORBA	CNLA	Rio Maior	05/07/2009

Pontos: FINA 2021

Lugar	Ano		Tempo final	Pts	100m	200m	300m	400m	
<b>Infantis - AN Alentejo</b>									
1.	C. FERNANDES	09	Aljustrelense	<b>5:49.95</b>	308	1:22.39	1:30.75	1:31.57	1:25.24
	<i>Campeã Regional</i>								
	50m:		150m:		250m:		350m:		
	100m: 1:22.39		200m: 2:53.14		300m: 4:24.71		400m: 5:49.95		
2.	Mariana Rosado GOMES	10	Aminata	<b>6:01.59</b>	279	1:28.34	1:33.88	1:33.90	1:25.47
	50m:		150m:		250m:		350m:		
	100m: 1:28.34		200m: 3:02.22		300m: 4:36.12		400m: 6:01.59		
3.	Joana Afonso BANZA	09	Aljustrelense	<b>6:04.68</b>	272	1:24.54	1:35.03	1:34.61	1:30.50
	50m:		150m:		250m:		350m:		
	100m: 1:24.54		200m: 2:59.57		300m: 4:34.18		400m: 6:04.68		
4.	Ines Alves VENTURA	10	Grupo Desportivo Mora	<b>6:17.50</b>	245	1:30.51	1:40.23	1:37.40	1:29.36
	50m:		150m:		250m:		350m:		
	100m: 1:30.51		200m: 3:10.74		300m: 4:48.14		400m: 6:17.50		
5.	L. GONCALVES	10	Ndco	<b>6:25.81</b>	230	1:30.23	1:40.28	1:39.58	1:35.72
	50m:		150m:		250m:		350m:		
	100m: 1:30.23		200m: 3:10.51		300m: 4:50.09		400m: 6:25.81		
6.	Maria Leonor LADEIRAS	10	Acmn	<b>6:41.54</b>	204	1:37.55	1:44.14	1:44.29	1:35.56
	50m:		150m:		250m:		350m:		
	100m: 1:37.55		200m: 3:21.69		300m: 5:05.98		400m: 6:41.54		
7.	Sofia Moreira DIAS	10	Acmn	<b>6:41.84</b>	203	1:35.97	1:44.59	1:44.38	1:36.90
	50m:		150m:		250m:		350m:		
	100m: 1:35.97		200m: 3:20.56		300m: 5:04.94		400m: 6:41.84		
8.	Ines Silva MORAIS	09	Ndco	<b>6:42.78</b>	202	1:34.86	1:45.04	1:45.70	1:37.18
	50m:		150m:		250m:		350m:		
	100m: 1:34.86		200m: 3:19.90		300m: 5:05.60		400m: 6:42.78		
9.	Ines Sofia LOPES	10	Aljustrelense	<b>6:50.81</b>	190	1:33.64	1:48.12	1:48.03	1:41.02
	50m:		150m:		250m:		350m:		
	100m: 1:33.64		200m: 3:21.76		300m: 5:09.79		400m: 6:50.81		
10.	Joana Nunes DUARTE	10	Ndco	<b>6:58.51</b>	180	1:39.25	1:47.99	1:48.09	1:43.18
	50m:		150m:		250m:		350m:		
	100m: 1:39.25		200m: 3:27.24		300m: 5:15.33		400m: 6:58.51		
11.	Matilde Pais PORTO	09	Acmn	<b>7:21.04</b>	154	1:45.06	1:55.65	1:55.54	1:44.79
	50m:		150m:		250m:		350m:		
	100m: 1:45.06		200m: 3:40.71		300m: 5:36.25		400m: 7:21.04		

**Infantis - AN Interior Centro**

1.	Rita Lobo PIRES	09	Clube de Natacao do Fund	<b>5:29.34</b>	370	1:16.75	1:24.20	1:24.75	1:23.64
	<i>Campeã Regional</i>								
	50m:		150m:		250m:		350m:		
	100m: 1:16.75		200m: 2:40.95		300m: 4:05.70		400m: 5:29.34		
2.	Lara Sofia GARCIA	10	Eléctrico	<b>6:02.98</b>	276	1:25.49	1:32.19	1:33.40	1:31.90
	50m:		150m:		250m:		350m:		
	100m: 1:25.49		200m: 2:57.68		300m: 4:31.08		400m: 6:02.98		
3.	Vitoria Morao ALMEIDA	09	AN Albicastrense	<b>6:13.86</b>	253	1:23.81	1:38.11	1:38.02	1:33.92
	50m:		150m:		250m:		350m:		
	100m: 1:23.81		200m: 3:01.92		300m: 4:39.94		400m: 6:13.86		

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Lugar	Ano	Tempo final	Pts	100m	200m	300m	400m
4. Ana Sofia BAPTISTA	09	<b>6:13.95</b>	252	1:26.62	1:37.40	1:38.90	1:31.03
50m:	150m:	250m:	350m:				
100m: 1:26.62	200m: 3:04.02	300m: 4:42.92	400m: 6:13.95				
5. Simone Pais MARQUES	09	<b>6:16.16</b>	248	1:26.11	1:37.03	1:40.29	1:32.73
50m:	150m:	250m:	350m:				
100m: 1:26.11	200m: 3:03.14	300m: 4:43.43	400m: 6:16.16				
6. Madalena Pires TAVARES	10	<b>6:24.49</b>	232	1:31.17	1:41.02	1:38.68	1:33.62
50m:	150m:	250m:	350m:				
100m: 1:31.17	200m: 3:12.19	300m: 4:50.87	400m: 6:24.49				
7. Carolina Pinto BANHUDO	10	<b>6:56.08</b>	183	1:38.85	1:48.51	1:48.98	1:39.74
50m:	150m:	250m:	350m:				
100m: 1:38.85	200m: 3:27.36	300m: 5:16.34	400m: 6:56.08				
8. Maria Rita AGOSTINHO	10	<b>7:10.07</b>	166	1:39.77	1:51.31	1:51.81	1:47.18
50m:	150m:	250m:	350m:				
100m: 1:39.77	200m: 3:31.08	300m: 5:22.89	400m: 7:10.07				

Juvenis - AN Alentejo

1. Margarida Silva SANTOS	07	<b>5:32.00</b>	361	1:15.61	1:24.05	1:27.28	1:25.06
<i>Campeã Regional</i>							
50m:	150m:	250m:	350m:				
100m: 1:15.61	200m: 2:39.66	300m: 4:06.94	400m: 5:32.00				
2. Maria Poeira MATOS	07	<b>5:35.05</b>	351	1:22.25	1:26.06	1:25.24	1:21.50
50m:	150m:	250m:	350m:				
100m: 1:22.25	200m: 2:48.31	300m: 4:13.55	400m: 5:35.05				
3. C. RAIMUNDO	08	<b>6:41.89</b>	203	1:37.81	1:44.24	1:45.20	1:34.64
50m:	150m:	250m:	350m:				
100m: 1:37.81	200m: 3:22.05	300m: 5:07.25	400m: 6:41.89				
4. Rafaela Pinto LOPES	08	<b>6:42.24</b>	203	1:33.16	1:42.97	1:44.49	1:41.62
50m:	150m:	250m:	350m:				
100m: 1:33.16	200m: 3:16.13	300m: 5:00.62	400m: 6:42.24				
5. Alice Figueiredo LEITAO	07	<b>6:57.82</b>	181	1:34.41	1:46.72	1:52.33	1:44.36
50m:	150m:	250m:	350m:				
100m: 1:34.41	200m: 3:21.13	300m: 5:13.46	400m: 6:57.82				
6. Matilde Gomes GAMITO	07	<b>7:23.02</b>	152	1:36.43	1:52.94	1:56.37	1:57.28
50m:	150m:	250m:	350m:				
100m: 1:36.43	200m: 3:29.37	300m: 5:25.74	400m: 7:23.02				
7. M. OLIVEIRA	07	<b>7:36.72</b>	138	1:46.23	2:00.57	1:58.56	1:51.36
50m:	150m:	250m:	350m:				
100m: 1:46.23	200m: 3:46.80	300m: 5:45.36	400m: 7:36.72				

Juvenis - AN Interior Centro

1. Ines Maria ESCARDUCA	08	<b>5:42.08</b>	330	1:22.40	1:26.87	1:26.64	1:26.17
<i>Campeã Regional</i>							
50m:	150m:	250m:	350m:				
100m: 1:22.40	200m: 2:49.27	300m: 4:15.91	400m: 5:42.08				

Absolutos - AN Alentejo

1. Sofia Oliveira SILVA	99	<b>4:55.03</b>	514	1:11.71	1:16.23	1:15.22	1:11.87
<i>Campeã Regional</i>							
50m:	150m:	250m:	350m:				
100m: 1:11.71	200m: 2:27.94	300m: 3:43.16	400m: 4:55.03				
2. Rita Prado SILVA	06	<b>5:16.92</b>	415	1:13.42	1:21.48	1:23.10	1:18.92
50m:	150m:	250m:	350m:				
100m: 1:13.42	200m: 2:34.90	300m: 3:58.00	400m: 5:16.92				
3. C. RODRIGUES	06	<b>6:58.32</b>	180	1:31.13	1:47.34	1:51.96	1:47.89
50m:	150m:	250m:	350m:				
100m: 1:31.13	200m: 3:18.47	300m: 5:10.43	400m: 6:58.32				

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Absolutos - AN Interior Centro

1.	Helena Neto FLORINDO	06	Eléctrico	<b>4:55.71</b>	511	1:10.01	1:15.32	1:16.19	1:14.19
	<i>Campeã Regional</i>								
	50m:		150m:	250m:		350m:			
	100m:	1:10.01	200m:	300m:	3:41.52	400m:	4:55.71		
2.	Ana Sofia CALDES	06	Elvense	<b>5:11.05</b>	439	1:12.62	1:18.78	1:20.02	1:19.63
	50m:		150m:	250m:		350m:			
	100m:	1:12.62	200m:	300m:	3:51.42	400m:	5:11.05		
3.	Carolina Santos SILVA	06	CCDSerta	<b>5:41.84</b>	330	1:17.72	1:26.97	1:30.53	1:26.62
	50m:		150m:	250m:		350m:			
	100m:	1:17.72	200m:	300m:	4:15.22	400m:	5:41.84		
4.	Beatriz Neves MOTA	05	Natacao Guarda	<b>6:33.13</b>	217	1:27.50	1:41.35	1:46.23	1:38.05
	50m:		150m:	250m:		350m:			
	100m:	1:27.50	200m:	300m:	4:55.08	400m:	6:33.13		
EXH	Joana Patricia ANTUNES	06	CLAC-Entroncamento	<b>5:59.93</b>	283	1:23.15	1:32.60	1:33.29	1:30.89
	50m:		150m:	250m:		350m:			
	100m:	1:23.15	200m:	300m:	4:29.04	400m:	5:59.93		
EXH	Barbara Maia FREITAS	06	CLAC-Entroncamento	<b>6:06.18</b>	269	1:27.15	1:34.28	1:33.36	1:31.39
	50m:		150m:	250m:		350m:			
	100m:	1:27.15	200m:	300m:	4:34.79	400m:	6:06.18		