



Campeonato Distrital de JUV, JUN, SEN)  
Tomar, 19 e 20 de Novembro de 2022

Prova 14 Femin., 400m Livres Juvenil  
19/11/2022 - 16:15 Resultados

Recorde Distrital ANDS Absoluto	4:20.47	Mafalda Sofia Rosa	CNRM	Leiria	14/12/2019
Recorde Distrital ANDS Juv A	4:26.26	Mafalda Sofia Rosa	CNRM	Tomar	19/11/2017
Recorde Distrital ANDS Juv B	4:33.98	Ana Rita Boavista	CNLA	Guimar�es	10/03/2002

Juv B: 6:19.00; Juv A: 6:07.00

Pontos: FINA 2021

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
1.	Catarina Maria Lopes	08	BUZIOS-Coruche	<b>4:48.15</b>		534
	50m: 33.44 33.44	100m: 1:08.82 35.38	200m: 2:21.15 1:12.33	400m: 4:48.15		2:27.00
2.	Rafaela Ferreira Mendes	08	Torres Novas	<b>4:50.05</b>		524
	50m: 33.62 33.62	100m: 1:10.44 36.82	200m: 2:24.84 1:14.40	400m: 4:50.05		2:25.21
3.	Joana Pereira Santos	09	Rio Maior	<b>5:02.49</b>		462
	50m: 33.74 33.74	100m: 1:11.25 37.51	200m: 2:27.82 1:16.57	400m: 5:02.49		2:34.67
4.	Laura Prates Morais	09	BUZIOS-Coruche	<b>5:08.45</b>		436
	50m: 34.48 34.48	100m: 1:13.29 38.81	200m: 2:33.54 1:20.25	400m: 5:08.45		2:34.91
5.	Maria Madalena Monteiro	08	Gualdim Pais	<b>5:21.78</b>		384
	50m: 33.15 33.15	100m: 1:12.18 39.03	200m: 2:34.05 1:21.87	400m: 5:21.78		2:47.73
6.	Maria Ines Cochicho	08	Torres Novas	<b>5:22.84</b>		380
	50m: 36.14 36.14	100m: 1:15.57 39.43	200m: 2:38.17 1:22.60	400m: 5:22.84		2:44.67
7.	Carlota Pereira Sousa	08	Viver Santarem	<b>5:41.45</b>		321
	50m: 38.67 38.67	100m: 1:20.52 41.85	200m: 2:47.27 1:26.75	400m: 5:41.45		2:54.18
8.	Daniela Santos Carrilho	08	CLAC-Entroncamento	<b>5:54.73</b>		286
	50m: 39.63 39.63	100m: 1:23.80 44.17	200m: 2:54.53 1:30.73	400m: 5:54.73		3:00.20
9.	Leonor Margarida Mateus	09	BUZIOS-Coruche	<b>5:55.32</b>		285
	50m: 39.86 39.86	100m: 1:23.61 43.75	200m: 2:55.66 1:32.05	400m: 5:55.32		2:59.66
10.	Catarina Isabel Galvao	09	BUZIOS-Coruche	<b>6:09.62</b>		253
	50m: 40.59 40.59	100m: 1:25.47 44.88	200m: 2:59.47 1:34.00	400m: 6:09.62		3:10.15
11.	Camila Marques Luis	08	Torres Novas	<b>6:24.89</b>		224
	<i>FTL</i>					
	50m: 42.36 42.36	100m: 1:30.67 48.31	200m: 3:08.64 1:37.97	400m: 6:24.89		3:16.25
DNS	Laura Brites Costa	09	Rio Maior			

Prova 14 Femin., 400m Livres Junior  
19/11/2022 - 16:15 Resultados

Recorde Distrital ANDS Absoluto	4:20.47	Mafalda Sofia Rosa	CNRM	Leiria	14/12/2019
Recorde Distrital ANDS 17	4:20.47	Mafalda Sofia Rosa	CNRM	Leiria	14/12/2019
Recorde Distrital ANDS Jun16	4:25.09	Mafalda Sofia Rosa	CNRM	Coruche	15/03/2019

Jun/Sen: 5:42.00

Pontos: FINA 2021

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
1.	Madalena Maria Midoes	07	20Km de Almeirim	<b>5:00.72</b>		470
	50m: 34.28 34.28	100m: 1:11.84 37.56	200m: 2:28.73 1:16.89	400m: 5:00.72		2:31.99
2.	Mariana Mauricio Coelho	07	BUZIOS-Coruche	<b>5:07.95</b>		438
	50m: 34.91 34.91	100m: 1:14.23 39.32	200m: 2:33.13 1:18.90	400m: 5:07.95		2:34.82
3.	Maria Beatriz Teixeira	06	Viver Santarem	<b>5:30.75</b>		353
	50m: 36.22 36.22	100m: 1:17.03 40.81	200m: 2:41.50 1:24.47	400m: 5:30.75		2:49.25
4.	Catarina Maria Fragoso	07	Viver Santarem	<b>5:35.45</b>		339
	50m: 35.34 35.34	100m: 1:15.84 40.50	200m: 2:41.88 1:26.04	400m: 5:35.45		2:53.57



Campeonato Distrital de JUV, JUN, SEN)  
Tomar, 19 e 20 de Novembro de 2022

Prova 14, Femin., 400m Livres

Prova 14 Femin., 400m Livres Senior Resultados  
19/11/2022 - 16:15

Recorde Distrital ANDS Absoluto	4:20.47	Mafalda Sofia Rosa	CNRM	Leiria	14/12/2019
Recorde Distrital ANDS Sen	4:20.56	Mafalda Sofia Rosa	CNRM	Albufeira	14/11/2021

Jun/Sen: 5:42.00

Pontos: FINA 2021

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
1.	Mafalda Sofia Rosa	03	Rio Maior	<b>4:21.09</b>		719
	50m: 31.16 31.16	100m: 1:03.41 32.25	200m: 2:09.05 1:05.64	400m: 4:21.09		2:12.04
2.	Catarina Isabel Carlota	05	BUZIOS-Coruche	<b>4:35.88</b>		609
	50m: 31.91 31.91	100m: 1:04.18 32.27	200m: 2:14.68 1:10.50	400m: 4:35.88		2:21.20
3.	Beatriz Catarino Moura	02	Nautico Abrantes	<b>5:17.36</b>		400
	50m: 34.25 34.25	100m: 1:12.75 38.50	200m: 2:33.68 1:20.93	400m: 5:17.36		2:43.68
4.	Ines Sofia Nunes	03	BUZIOS-Coruche	<b>5:27.31</b>		365
	50m: 35.61 35.61	100m: 1:16.04 40.43	200m: 2:39.68 1:23.64	400m: 5:27.31		2:47.63
5.	Marta Chambel Dias	02	CLAC-Entroncamento	<b>5:47.54</b>		304
	<i>FTL</i>					
	50m: 37.47 37.47	100m: 1:19.44 41.97	200m: 2:47.06 1:27.62	400m: 5:47.54		3:00.48

Prova 14 Femin., 400m Livres Infantil B Resultados  
19/11/2022 - 16:15

Recorde Distrital ANDS Absoluto	4:20.47	Mafalda Sofia Rosa	CNRM	Leiria	14/12/2019
Recorde Distrital ANDS Inf B	4:50.13	Mafalda Sofia Rosa	CNRM	Coruche	15/03/2015

Pontos: FINA 2021

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
1.	Sofia Barroca Pereira	11	BUZIOS-Coruche	<b>6:08.06</b>		256
	50m: 41.93 41.93	100m: 1:29.18 47.25	200m: 3:04.56 1:35.38	400m: 6:08.06		3:03.50
2.	Beatriz Agostinho Duque	11	20Km de Almeirim	<b>6:34.96</b>		207
	50m: 45.46 45.46	100m: 1:37.46 52.00	200m: 3:19.04 1:41.58	400m: 6:34.96		3:15.92
DSQ	Ana Mafalda Roxo	11	20Km de Almeirim			
	<i>SW 10.2 - O (a) atleta não completou o percurso</i>					

Prova 14 Femin., 400m Livres Infantil A Resultados  
19/11/2022 - 16:15

Recorde Distrital ANDS Absoluto	4:20.47	Mafalda Sofia Rosa	CNRM	Leiria	14/12/2019
Recorde Distrital ANDS Inf A	4:39.54	Mafalda Sofia Rosa	CNRM	Tomar	20/03/2016

Pontos: FINA 2021

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
1.	Leonor Sombreireiro Martins	10	BUZIOS-Coruche	<b>5:07.06</b>		442
	50m: 34.68 34.68	100m: 1:12.94 38.26	200m: 2:31.00 1:18.06	400m: 5:07.06		2:36.06
2.	Leonor Matilde Oliveira	10	20Km de Almeirim	<b>6:11.45</b>		249
	50m: 39.13 39.13	100m: 1:24.06 44.93	200m: 2:58.63 1:34.57	400m: 6:11.45		3:12.82
3.	Maria Carmo Rodrigues	10	BUZIOS-Coruche	<b>6:23.14</b>		227
	50m: 44.26 44.26	100m: 1:31.75 47.49	200m: 3:08.84 1:37.09	400m: 6:23.14		3:14.30
DNS	Angela Maria Pereira	10	Nautico Salvaterra Magos			