

Torneio de Abertura de Categorias  
Coimbra, 21- - 22-10-2023

Prova 13	Femin., 400m Livres				Inf_Sen
22-10-2023 - 9:45					Resultados
RN Open	4:04.61	Diana Margarida, DURAES	POR	Copenhagen (DEN)	17-12-2017
RN Sen	4:04.61	Diana Margarida, DURAES	POR	Copenhagen (DEN)	17-12-2017
RN Jun A	4:10.52	Tamila Hryhorivna, HOLUB	SCB	Porto	12-12-2015
RN Jun B	4:13.53	Ana Reis, SOUSA	CNLA	Porto	09-12-2017
RN Juv A	4:18.39	Ana Claudia, SANTOS	SFUAP	Cantanhede	20-12-2004
RN Juv B	4:23.08	Susana Patricia, MIGUEL	SFUAP	Alhandra	15-05-2004
RN Inf A	4:25.30	Alexandra Maria, SILVA	FCP	Porto	19-07-1980
RN Inf B	4:38.40	Filipa Vilas, RUIVO	DNMG	Alcobaça	13-06-2009

Pontos: FINA 2022

Lugar			Ano					Tempo final	Pts
<b>Inf B</b>									
1.	Maria Luisa, NOGUEIRA		12	Academica de Coimbra				<b>5:32.50</b>	348
	50m:	37.92 37.92	150m:	2:01.47	41.84	250m:	3:26.34 42.74	350m:	4:51.50 42.26
	100m:	1:19.63 41.71	200m:	2:43.60	42.13	300m:	4:09.24 42.90	400m:	5:32.50 41.00
2.	Leonor Simoes, SOUSA		12	Nautico Academico				<b>5:40.19</b>	325
	50m:	38.99 38.99	150m:	2:06.17	43.13	250m:	3:32.38 42.53	350m:	4:59.27 43.21
	100m:	1:23.04 44.05	200m:	2:49.85	43.68	300m:	4:16.06 43.68	400m:	5:40.19 40.92
3.	Maria Leonor, LOBO		12	Condeixa Clube				<b>5:50.97</b>	296
	50m:	38.45 38.45	150m:	2:07.06	45.13	250m:	3:37.09 44.91	350m:	5:08.34 46.16
	100m:	1:21.93 43.48	200m:	2:52.18	45.12	300m:	4:22.18 45.09	400m:	5:50.97 42.63
4.	Leonor Ribeiro, FERREIRA		12	Columbofila Cantanhedense				<b>6:01.25</b>	271
	50m:	40.39 40.39	150m:	2:11.81	46.06	250m:	3:43.77 45.78	350m:	5:17.12 46.64
	100m:	1:25.75 45.36	200m:	2:57.99	46.18	300m:	4:30.48 46.71	400m:	6:01.25 44.13
5.	Maria Costa, RIBEIRO		12	Columbofila Cantanhedense				<b>6:16.82</b>	239
	50m:	41.88 41.88	150m:	2:16.95	48.74	250m:	3:53.51 48.22	350m:	5:31.99 49.57
	100m:	1:28.21 46.33	200m:	3:05.29	48.34	300m:	4:42.42 48.91	400m:	6:16.82 44.83
6.	Emília Matilde, GADANHA		12	Nautico Academico				<b>6:30.38</b>	215
	50m:	44.52 44.52	150m:	2:23.22	50.32	250m:	4:01.73 48.80	350m:	5:41.74 49.44
	100m:	1:32.90 48.38	200m:	3:12.93	49.71	300m:	4:52.30 50.57	400m:	6:30.38 48.64
7.	Maria Pedro, PINTO		12	Columbofila Cantanhedense				<b>6:35.16</b>	207
	50m:	45.97 45.97	150m:	2:28.50	51.20	250m:	4:08.17 49.20	350m:	5:48.93 50.17
	100m:	1:37.30 51.33	200m:	3:18.97	50.47	300m:	4:58.76 50.59	400m:	6:35.16 46.23
<b>Inf A</b>									
1.	Filipa Ferreira, LOISAS		11	Columbofila Cantanhedense				<b>5:22.03</b>	383
	50m:	37.55 37.55	150m:	1:59.17	41.54	250m:	3:20.37 39.61	350m:	4:42.46 41.25
	100m:	1:17.63 40.08	200m:	2:40.76	41.59	300m:	4:01.21 40.84	400m:	5:22.03 39.57
2.	Carolina Damas, PITA		11	Nautico Academico				<b>5:22.35</b>	382
	50m:	37.05 37.05	150m:	1:57.44	40.85	250m:	3:20.03 41.42	350m:	4:42.96 41.57
	100m:	1:16.59 39.54	200m:	2:38.61	41.17	300m:	4:01.39 41.36	400m:	5:22.35 39.39
3.	Joana Cura, NEVES		11	Condeixa Clube				<b>5:24.50</b>	374
	50m:	36.84 36.84	150m:	1:58.24	40.51	250m:	3:21.98 42.51	350m:	4:45.35 41.52
	100m:	1:17.73 40.89	200m:	2:39.47	41.23	300m:	4:03.83 41.85	400m:	5:24.50 39.15
4.	Sara Ferreira, SANTOS		11	Columbofila Cantanhedense				<b>5:24.77</b>	373
	50m:	36.68 36.68	150m:	1:57.52	40.77	250m:	3:19.82 41.56	350m:	4:43.92 42.57
	100m:	1:16.75 40.07	200m:	2:38.26	40.74	300m:	4:01.35 41.53	400m:	5:24.77 40.85
5.	Laura, NEVES		11	ALN				<b>5:26.32</b>	368
	50m:	37.85 37.85	150m:	2:00.84	41.65	250m:	3:24.09 41.29	350m:	4:47.06 40.65
	100m:	1:19.19 41.34	200m:	2:42.80	41.96	300m:	4:06.41 42.32	400m:	5:26.32 39.26
6.	Eva Miranda, ALMEIDA		11	Columbofila Cantanhedense				<b>5:32.41</b>	348
	50m:	37.28 37.28	150m:	2:00.76	42.12	250m:	3:25.62 42.57	350m:	4:50.74 42.53
	100m:	1:18.64 41.36	200m:	2:43.05	42.29	300m:	4:08.21 42.59	400m:	5:32.41 41.67
7.	Matilde Sofia, PEREIRA		11	Nautico Academico				<b>5:33.63</b>	344
	50m:	38.40 38.40	150m:	2:03.02	42.71	250m:	3:27.60 42.47	350m:	4:51.92 41.52
	100m:	1:20.31 41.91	200m:	2:45.13	42.11	300m:	4:10.40 42.80	400m:	5:33.63 41.71

Torneio de Abertura de Categorias  
Coimbra, 21- - 22-10-2023

Prova 13, Femin., 400m Livres, Inf A

Lugar	Ano	Tempo final	Pts
8. Beatriz Oliveira, PORTULEZ	11	<b>5:34.96</b>	340
50m: 39.20 39.20 150m: 2:03.42 42.52 250m: 3:28.67 42.19 350m: 4:54.36 42.75			
100m: 1:20.90 41.70 200m: 2:46.48 43.06 300m: 4:11.61 42.94 400m: 5:34.96 40.60			
9. Matilde Conde, FIGUEIREDO	11	<b>5:38.27</b>	330
50m: 39.07 39.07 150m: 2:06.00 43.58 250m: 3:33.06 43.28 350m: 4:58.89 42.75			
100m: 1:22.42 43.35 200m: 2:49.78 43.78 300m: 4:16.14 43.08 400m: 5:38.27 39.38			
10. Ana Leonor, CARRETO	11	<b>5:51.67</b>	294
50m: 41.68 41.68 150m: 2:11.40 44.49 250m: 3:40.02 44.13 350m: 5:09.45 44.43			
100m: 1:26.91 45.23 200m: 2:55.89 44.49 300m: 4:25.02 45.00 400m: 5:51.67 42.22			
11. Carlota Francisco, SANTOS	11	<b>6:13.26</b>	246
50m: 41.98 41.98 150m: 2:15.46 45.96 250m: 3:51.69 48.07 350m: 5:27.27 48.62			
100m: 1:29.50 47.52 200m: 3:03.62 48.16 300m: 4:38.65 46.96 400m: 6:13.26 45.99			

Juv B

1. Camila Duarte, MARCELO	10	<b>4:47.66</b>	537
50m: 33.22 33.22 150m: 1:46.18 36.80 250m: 2:59.26 36.67 350m: 4:12.64 36.90			
100m: 1:09.38 36.16 200m: 2:22.59 36.41 300m: 3:35.74 36.48 400m: 4:47.66 35.02			
2. Maria Neto, SIMOES	10	<b>4:55.38</b>	496
50m: 34.18 34.18 150m: 1:49.10 37.57 250m: 3:04.71 37.95 350m: 4:20.16 37.73			
100m: 1:11.53 37.35 200m: 2:26.76 37.66 300m: 3:42.43 37.72 400m: 4:55.38 35.22			
3. Leonor Antunes, PAIVA	10	<b>5:07.41</b>	440
50m: 35.38 35.38 150m: 1:54.56 39.90 250m: 3:13.42 39.36 350m: 4:30.69 38.39			
100m: 1:14.66 39.28 200m: 2:34.06 39.50 300m: 3:52.30 38.88 400m: 5:07.41 36.72			
4. Maria Ines, GANTE	10	<b>5:07.57</b>	439
50m: 35.37 35.37 150m: 1:54.92 39.85 250m: 3:13.74 39.46 350m: 4:30.93 38.45			
100m: 1:15.07 39.70 200m: 2:34.28 39.36 300m: 3:52.48 38.74 400m: 5:07.57 36.64			
5. Mariana Bernardo, SILVESTRE	10	<b>5:13.76</b>	414
50m: 36.84 36.84 150m: 1:57.31 40.29 250m: 3:16.90 39.52 350m: 4:36.14 39.46			
100m: 1:17.02 40.18 200m: 2:37.38 40.07 300m: 3:56.68 39.78 400m: 5:13.76 37.62			
6. Maria Miguel, FERNANDES	10	<b>5:16.23</b>	404
50m: 34.65 34.65 150m: 1:55.34 41.30 250m: 3:16.69 40.66 350m: 4:37.35 39.97			
100m: 1:14.04 39.39 200m: 2:36.03 40.69 300m: 3:57.38 40.69 400m: 5:16.23 38.88			
7. Maria Ines, RODRIGUES	10	<b>5:18.91</b>	394
50m: 36.02 36.02 150m: 1:55.82 40.10 250m: 3:18.56 41.58 350m: 4:40.60 41.30			
100m: 1:15.72 39.70 200m: 2:36.98 41.16 300m: 3:59.30 40.74 400m: 5:18.91 38.31			
8. Leonor Mosca, SILVA	10	<b>5:19.11</b>	393
50m: 35.70 35.70 150m: 1:55.91 40.33 250m: 3:18.40 41.03 350m: 4:40.08 40.63			
100m: 1:15.58 39.88 200m: 2:37.37 41.46 300m: 3:59.45 41.05 400m: 5:19.11 39.03			
9. Laura Nobre, MONTEIRO	10	<b>5:26.62</b>	367
50m: 36.22 36.22 150m: 1:57.63 41.61 250m: 3:21.08 41.94 350m: 4:46.93 42.50			
100m: 1:16.02 39.80 200m: 2:39.14 41.51 300m: 4:04.43 43.35 400m: 5:26.62 39.69			
10. Mariana Bagagem, CARVALHO	10	<b>5:26.76</b>	366
50m: 36.29 36.29 150m: 1:58.38 41.09 250m: 3:22.74 42.11 350m: 4:46.36 41.12			
100m: 1:17.29 41.00 200m: 2:40.63 42.25 300m: 4:05.24 42.50 400m: 5:26.76 40.40			
11. Sofia Daniela, FERREIRA	10	<b>5:30.66</b>	354
50m: 36.46 36.46 150m: 1:59.03 42.01 250m: 3:23.09 42.22 350m: 4:49.50 42.75			
100m: 1:17.02 40.56 200m: 2:40.87 41.84 300m: 4:06.75 43.66 400m: 5:30.66 41.16			
12. Mia Cardoso, BAPTISTA	10	<b>5:40.09</b>	325
50m: 38.92 38.92 150m: 2:05.68 43.76 250m: 3:33.17 43.31 350m: 4:59.15 43.06			
100m: 1:21.92 43.00 200m: 2:49.86 44.18 300m: 4:16.09 42.92 400m: 5:40.09 40.94			

Torneio de Abertura de Categorias  
Coimbra, 21- - 22-10-2023

Prova 13, Femin., 400m Livres

Juv A

1.	Alana Costa, MATIAS	09	Uniao de Coimbra	<b>4:49.45</b>	527
	50m: 33.38 33.38	150m: 1:46.18	36.61 250m: 2:59.24	36.66 350m: 4:13.26	37.00
	100m: 1:09.57 36.19	200m: 2:22.58	36.40 300m: 3:36.26	37.02 400m: 4:49.45	36.19
2.	Leonor Mercês, CAVALEIRO	09	Columbofila Cantanhedense	<b>4:56.15</b>	492
	50m: 32.68 32.68	150m: 1:47.30	37.64 250m: 3:03.90	38.36 350m: 4:19.69	37.71
	100m: 1:09.66 36.98	200m: 2:25.54	38.24 300m: 3:41.98	38.08 400m: 4:56.15	36.46
3.	Caetana Amado, SANTOS	09	Miranda do Corvo	<b>5:11.94</b>	421
	50m: 34.74 34.74	150m: 1:53.98	39.71 250m: 3:14.20	39.70 350m: 4:33.84	39.70
	100m: 1:14.27 39.53	200m: 2:34.50	40.52 300m: 3:54.14	39.94 400m: 5:11.94	38.10
4.	Gabriela Leonardo, MEDINA	09	Condeixa Clube	<b>5:13.56</b>	415
	50m: 36.40 36.40	150m: 1:55.29	39.18 250m: 3:15.57	39.99 350m: 4:36.16	40.39
	100m: 1:16.11 39.71	200m: 2:35.58	40.29 300m: 3:55.77	40.20 400m: 5:13.56	37.40
5.	Ana Laura, LUCAS	09	Columbofila Cantanhedense	<b>5:43.08</b>	316
	50m: 38.47 38.47	150m: 2:04.68	44.10 250m: 3:33.28	44.64 350m: 5:01.53	44.05
	100m: 1:20.58 42.11	200m: 2:48.64	43.96 300m: 4:17.48	44.20 400m: 5:43.08	41.55

Jun

1.	Marta Andre, AGUILAR	07	Nautico Academico	<b>4:39.94</b>	583
	50m: 32.20 32.20	150m: 1:42.26	35.29 250m: 2:52.98	35.43 350m: 4:05.12	36.28
	100m: 1:06.97 34.77	200m: 2:17.55	35.29 300m: 3:28.84	35.86 400m: 4:39.94	34.82
2.	Ines Miranda, DIOGO	07	Nautico Academico	<b>4:54.76</b>	499
	50m: 32.71 32.71	150m: 1:46.10	37.19 250m: 3:01.09	37.56 350m: 4:16.94	37.99
	100m: 1:08.91 36.20	200m: 2:23.53	37.43 300m: 3:38.95	37.86 400m: 4:54.76	37.82
3.	Maria Manuel, CORTESAO	08	Nautico Academico	<b>4:56.00</b>	493
	50m: 34.26 34.26	150m: 1:47.77	36.78 250m: 3:02.91	37.48 350m: 4:19.04	37.90
	100m: 1:10.99 36.73	200m: 2:25.43	37.66 300m: 3:41.14	38.23 400m: 4:56.00	36.96
4.	Laura Carvalho, FERNANDES	08	Nautico Academico	<b>5:00.13</b>	473
	50m: 35.12 35.12	150m: 1:50.22	38.03 250m: 3:05.89	37.84 350m: 4:22.57	38.84
	100m: 1:12.19 37.07	200m: 2:28.05	37.83 300m: 3:43.73	37.84 400m: 5:00.13	37.56
5.	Cristiana Sofia, DUARTE	07	Academica de Coimbra	<b>5:01.27</b>	468
	50m: 33.11 33.11	150m: 1:48.31	38.84 250m: 3:06.46	39.29 350m: 4:24.64	38.74
	100m: 1:09.47 36.36	200m: 2:27.17	38.86 300m: 3:45.90	39.44 400m: 5:01.27	36.63
6.	Julia Maria, SOARES	08	Miranda do Corvo	<b>5:04.55</b>	453
	50m: 32.88 32.88	150m: 1:49.30	38.92 250m: 3:07.81	39.55 350m: 4:26.26	39.17
	100m: 1:10.38 37.50	200m: 2:28.26	38.96 300m: 3:47.09	39.28 400m: 5:04.55	38.29
7.	Rita Isabel, NEVES	08	Condeixa Clube	<b>5:09.17</b>	433
	50m: 35.32 35.32	150m: 1:53.18	39.12 250m: 3:11.88	39.53 350m: 4:30.93	39.28
	100m: 1:14.06 38.74	200m: 2:32.35	39.17 300m: 3:51.65	39.77 400m: 5:09.17	38.24
8.	Raquel Filipa, JESUS	08	Uniao de Coimbra	<b>5:19.03</b>	394
	50m: 36.18 36.18	150m: 1:56.73	40.79 250m: 3:18.13	40.56 350m: 4:40.06	41.39
	100m: 1:15.94 39.76	200m: 2:37.57	40.84 300m: 3:58.67	40.54 400m: 5:19.03	38.97

Sen

1.	Helena Nunes, RODRIGUES	03	Condeixa Clube	<b>4:38.22</b>	594
	50m: 31.36 31.36	150m: 1:41.24	35.02 250m: 2:52.20	35.65 350m: 4:03.22	35.27
	100m: 1:06.22 34.86	200m: 2:16.55	35.31 300m: 3:27.95	35.75 400m: 4:38.22	35.00
2.	Leonor Verissimo, FARIA	06	Nautico Academico	<b>4:39.72</b>	584
	50m: 32.60 32.60	150m: 1:43.27	35.54 250m: 2:55.09	35.72 350m: 4:06.46	35.57
	100m: 1:07.73 35.13	200m: 2:19.37	36.10 300m: 3:30.89	35.80 400m: 4:39.72	33.26
3.	Ana Carolina, MONTEIRO	04	Uniao de Coimbra	<b>4:42.75</b>	566
	50m: 31.60 31.60	150m: 1:42.39	36.11 250m: 2:54.34	35.89 350m: 4:06.81	36.38
	100m: 1:06.28 34.68	200m: 2:18.45	36.06 300m: 3:30.43	36.09 400m: 4:42.75	35.94

Torneio de Abertura de Categorias  
Coimbra, 21- - 22-10-2023

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Prova 13, Femin., 400m Livres, Sen

Lugar									Ano									Tempo final	Pts
4.	Beatriz Costa, TEJO								02	Academica de Coimbra								<b>4:46.04</b>	546
	50m:	32.57	32.57	150m:	1:44.64	36.13	250m:	2:57.39	36.45	350m:	4:10.27	36.65							
	100m:	1:08.51	35.94	200m:	2:20.94	36.30	300m:	3:33.62	36.23	400m:	4:46.04	35.77							
5.	Matilde Fonseca, OLIVEIRA								06	ALN								<b>4:47.65</b>	537
	50m:	33.00	33.00	150m:	1:43.40	35.74	250m:	2:55.54	36.06	350m:	4:09.23	37.38							
	100m:	1:07.66	34.66	200m:	2:19.48	36.08	300m:	3:31.85	36.31	400m:	4:47.65	38.42							