

Prova 21

Femin., 400m Livres

Infantis B

04/11/2023 - 16:00

Resultados

Recorde Regional (25m) Open	4:35.07	Joana Patrícia Pinto	GCVR	Vila Real	25/06/2011
Recorde Regional (25m) Inf B	4:55.62	Ana Margarida Guedes	GCVR	Espinho	26/05/2013

Pontos: FINA 2023

Lugar	Nome	Licença	Ano	Clube	Tempo Final	PtsObs
1.	Joana Margarida Soares	146116	12	CMN Peso da Régua	6:59.71	167
	50m: 46.50 46.50	200m: 3:33.37 1:52.16		400m: 6:59.71 1:37.12		
	100m: 1:41.21 54.71	300m: 5:22.59 1:49.22				
2.	Leonor Afonso Matela		12	EN Bragança	7:08.68	157
	50m: 51.06 51.06	200m: 3:37.18 1:51.03		400m: 7:08.68 1:40.50		
	100m: 1:46.15 55.09	300m: 5:28.18 1:51.00				
3.	Diana Ribeiro Nogueira	219683	12	Gcvr	7:31.46	134
	50m: 52.03 52.03	200m: 3:45.31 1:55.72		400m: 7:31.46 1:48.43		
	100m: 1:49.59 57.56	300m: 5:43.03 1:57.72				

Prova 21

Femin., 400m Livres

Infantis A

04/11/2023 - 16:00

Resultados

Recorde Regional (25m) Open	4:35.07	Joana Patrícia Pinto	GCVR	Vila Real	25/06/2011
Recorde Regional (25m) Inf A	4:53.19	Ana Margarida Guedes	GCVR	Santa Marta	06/07/2014

Pontos: FINA 2023

Lugar	Nome	Licença	Ano	Clube	Tempo Final	PtsObs
1.	Ines Rua Fernandes	213137	11	Gcvr	5:38.50	319
	50m: 39.15 39.15	200m: 2:48.09 1:26.34		400m: 5:38.50 1:23.44		
	100m: 1:21.75 42.60	300m: 4:15.06 1:26.97				
2.	Catarina Merencio Pina	211039	11	CMN Peso da Régua	6:22.28	221
	50m: 42.93 42.93	200m: 3:10.25 1:39.50		400m: 6:22.28 1:30.60		
	100m: 1:30.75 47.82	300m: 4:51.68 1:41.43				
3.	Matilde Pinto Teixeira	211225	11	EN Bragança	6:27.09	213
	50m: 43.21 43.21	200m: 3:10.62 1:39.75		400m: 6:27.09 1:36.06		
	100m: 1:30.87 47.66	300m: 4:51.03 1:40.41				
4.	Clara Sofia Sanfins	219683	11	Gcvr	7:24.36	141
	50m: 50.54 50.54	200m: 3:46.34 1:57.39		400m: 7:24.36 1:41.68		
	100m: 1:48.95 58.41	300m: 5:42.68 1:56.34				
5.	Renata Daniela Rangel	220398	11	Gcvr	7:32.94	133
	50m: 49.48 49.48	200m: 3:42.43 1:55.47		400m: 7:32.94 1:51.81		
	100m: 1:46.96 57.48	300m: 5:41.13 1:58.70				
WDR	Ines Filipa Guerra	209832	11	Fnc		

Prova 21

Femin., 400m Livres

Juvenis

04/11/2023 - 16:00

Resultados

Recorde Regional (25m) Open	4:35.07	Joana Patrícia Pinto	GCVR	Vila Real	25/06/2011
Recorde Regional (25m) Juv A	4:45.43	Maria Silva Pereira	GCVR	Peso da Régua	12/03/2023
Recorde Regional (25m) Juv B	4:51.53	Ana Margarida Guedes	GCVR	Vila Real	23/11/2014

Pontos: FINA 2023

Lugar	Nome	Licença	Ano	Clube	Tempo Final	PtsObs
1.	Leonor Carnide Silva	151721	09	Gcvr	5:08.53	421
	50m: 33.98 33.98	200m: 2:31.22 1:18.53		400m: 5:08.53 1:18.41		
	100m: 1:12.69 38.71	300m: 3:50.12 1:18.90				
2.	Maria Ines Mesquita	214677	10	Gcvr	5:13.56	401
	50m: 36.09 36.09	200m: 2:34.93 1:19.47		400m: 5:13.56 1:18.47		
	100m: 1:15.46 39.37	300m: 3:55.09 1:20.16				
3.	Beatriz Maria Igrejas	206317	09	Gcvr	5:22.43	369
	50m: 36.81 36.81	200m: 2:41.31 1:23.60		400m: 5:22.43 1:20.53		
	100m: 1:17.71 40.90	300m: 4:01.90 1:20.59				
4.	Francisca Moreira Fonseca	209211	09	CMN Peso da Régua	5:32.87	335
	50m: 37.40 37.40	200m: 2:43.21 1:24.34		400m: 5:32.87 1:24.03		
	100m: 1:18.87 41.47	300m: 4:08.84 1:25.63				
5.	Beatriz Pombo Ribeiro	211040	09	CMN Peso da Régua	5:52.06	283
	50m: 39.15 39.15	200m: 2:46.75 1:26.00		400m: 5:52.06 1:33.66		
	100m: 1:20.75 41.60	300m: 4:18.40 1:31.65				
6.	Iara Beatriz Matela	201729	09	EN Bragança	5:54.59	277
	50m: 38.60 38.60	200m: 2:51.43 1:29.85		400m: 5:54.59 1:30.54		
	100m: 1:21.58 42.98	300m: 4:24.05 1:32.62				

Prova 21, Femin., 400m Livres, Juvenis

Lugar	Nome	Licença	Ano	Clube	Tempo Final	PtsObs
7.	Ana Magno Fontes	210267	10	EMNVinhais/FCV	6:17.21	230
	50m: 41.96 41.96	200m: 3:06.06 1:37.16	400m: 6:17.21 1:34.31			
	100m: 1:28.90 46.94	300m: 4:42.90 1:36.84				
8.	Mariana Teixeira Miranda	218008	09	Durius AC Pesqueira	6:48.87	181
	50m: 46.25 46.25	200m: 3:25.98 1:47.52	400m: 6:48.87 1:39.12			
	100m: 1:38.46 52.21	300m: 5:09.75 1:43.77				
9.	Diana Costa Fernandes	218005	10	Durius AC Pesqueira	6:49.31	180
	50m: 46.31 46.31	200m: 3:25.31 1:49.06	400m: 6:49.31 1:38.47			
	100m: 1:36.25 49.94	300m: 5:10.84 1:45.53				
10.	Joana Veiga Freixo	217396	09	Durius AC Pesqueira	7:19.65	145
	50m: 46.28 50.28	200m: 3:39.21 1:52.15	400m: 7:19.65 1:49.50			
	100m: 1:47.06 56.78	300m: 5:30.15 1:50.94				
11.	Bruna Filipa Costa	220503	09	Durius AC Pesqueira	7:27.89	137
	50m: 48.59 48.59	200m: 3:39.09 1:54.16	400m: 7:27.89 1:51.49			
	100m: 1:44.93 56.34	300m: 5:36.40 1:57.31				

Prova 21 Femin., 400m Livres Juniores e Seniores Resultados
04/11/2023 - 16:00

Recorde Regional (25m) Open	4:35.07	Joana Patrícia Pinto	GCVR	Vila Real	25/06/2011
Recorde Regional (25m) Sen	4:38.36	Ana Sofia Leite	GCVR	Mirandela	24/10/2015
Recorde Regional (25m) 17	4:35.07	Joana Patricia Pinto	GCVR	Vila Real	25/06/2011
Recorde Regional (25m) 16	4:39.75	Ana Sofia Leite	GCVR	Chaves	22/11/2008

Pontos: FINA 2023

Lugar	Nome	Licença	Ano	Clube	Tempo Final	PtsObs
1.	Andreia Monteiro Barreira <i>Recorde Regional</i>	204638	06	CMN Peso da Régua	4:32.90	608
	50m: 31.25 31.25	200m: 2:15.00 1:09.85	400m: 4:32.90 1:08.15			
	100m: 1:05.15 33.90	300m: 3:24.75 1:09.75				
2.	Maria Carolina Eira	130388	05	Gcvr	4:44.78	535
	50m: 30.78 30.78	200m: 2:16.09 1:11.31	400m: 4:44.78 1:15.25			
	100m: 1:04.78 34.00	300m: 3:29.53 1:13.44				

Prova 21 Femin., 400m Livres Absoluto Resultados
04/11/2023 - 16:00

Recorde Regional (25m) Open	4:35.07	Joana Patrícia Pinto	GCVR	Vila Real	25/06/2011
Recorde Regional (25m) Sen	4:38.36	Ana Sofia Leite	GCVR	Mirandela	24/10/2015
Recorde Regional (25m) 17	4:35.07	Joana Patricia Pinto	GCVR	Vila Real	25/06/2011
Recorde Regional (25m) 16	4:39.75	Ana Sofia Leite	GCVR	Chaves	22/11/2008
Recorde Regional (25m) Juv A	4:45.43	Maria Silva Pereira	GCVR	Peso da Régua	12/03/2023
Recorde Regional (25m) Juv B	4:51.53	Ana Margarida Guedes	GCVR	Vila Real	23/11/2014

Pontos: FINA 2023

Lugar	Nome	Licença	Ano	Clube	Tempo Final	PtsObs
1.	Andreia Monteiro Barreira <i>Recorde Regional</i>	204638	06	CMN Peso da Régua	4:32.90	608
	50m: 31.25 31.25	200m: 2:15.00 1:09.85	400m: 4:32.90 1:08.15			
	100m: 1:05.15 33.90	300m: 3:24.75 1:09.75				
2.	Maria Carolina Eira	130388	05	Gcvr	4:44.78	535
	50m: 30.78 30.78	200m: 2:16.09 1:11.31	400m: 4:44.78 1:15.25			
	100m: 1:04.78 34.00	300m: 3:29.53 1:13.44				
3.	Leonor Carnide Silva	151721	09	Gcvr	5:08.53	421
	50m: 33.98 33.98	200m: 2:31.22 1:18.53	400m: 5:08.53 1:18.41			
	100m: 1:12.69 38.71	300m: 3:50.12 1:18.90				
4.	Maria Ines Mesquita	214677	10	Gcvr	5:13.56	401
	50m: 36.09 36.09	200m: 2:34.93 1:19.47	400m: 5:13.56 1:18.47			
	100m: 1:15.46 39.37	300m: 3:55.09 1:20.16				
5.	Beatriz Maria Igrejas	206317	09	Gcvr	5:22.43	369
	50m: 36.81 36.81	200m: 2:41.31 1:23.60	400m: 5:22.43 1:20.53			
	100m: 1:17.71 40.90	300m: 4:01.90 1:20.59				
6.	Francisca Moreira Fonseca	209211	09	CMN Peso da Régua	5:32.87	335
	50m: 37.40 37.40	200m: 2:43.21 1:24.34	400m: 5:32.87 1:24.03			
	100m: 1:18.87 41.47	300m: 4:08.84 1:25.63				
7.	Beatriz Pombo Ribeiro	211040	09	CMN Peso da Régua	5:52.06	283
	50m: 39.15 39.15	200m: 2:46.75 1:26.00	400m: 5:52.06 1:33.66			
	100m: 1:20.75 41.60	300m: 4:18.40 1:31.65				

Prova 21, Femin., 400m Livres, Absoluto

Lugar	Nome	Licença	Ano	Clube	Tempo Final	PtsObs
8.	Iara Beatriz Matela	201729	09	EN Bragança	5:54.59	277
	50m: 38.60 38.60	200m: 2:51.43 1:29.85		400m: 5:54.59 1:30.54		
	100m: 1:21.58 42.98	300m: 4:24.05 1:32.62				
9.	Ana Magno Fontes	210267	10	EMNVinhais/FCV	6:17.21	230
	50m: 41.96 41.96	200m: 3:06.06 1:37.16		400m: 6:17.21 1:34.31		
	100m: 1:28.90 46.94	300m: 4:42.90 1:36.84				
10.	Mariana Teixeira Miranda	218008	09	Durius AC Pesqueira	6:48.87	181
	50m: 46.25 46.25	200m: 3:25.98 1:47.52		400m: 6:48.87 1:39.12		
	100m: 1:38.46 52.21	300m: 5:09.75 1:43.77				
11.	Diana Costa Fernandes	218005	10	Durius AC Pesqueira	6:49.31	180
	50m: 46.31 46.31	200m: 3:25.31 1:49.06		400m: 6:49.31 1:38.47		
	100m: 1:36.25 49.94	300m: 5:10.84 1:45.53				
12.	Joana Veiga Freixo	217396	09	Durius AC Pesqueira	7:19.65	145
	50m: 50.28 50.28	200m: 3:39.21 1:52.15		400m: 7:19.65 1:49.50		
	100m: 1:47.06 56.78	300m: 5:30.15 1:50.94				
13.	Bruna Filipa Costa	220503	09	Durius AC Pesqueira	7:27.89	137
	50m: 48.59 48.59	200m: 3:39.09 1:54.16		400m: 7:27.89 1:51.49		
	100m: 1:44.93 56.34	300m: 5:36.40 1:57.31				