



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

Prova 14 Femin., 400m Livres Juvenil
18/11/2023 - 15:45 Resultados

Recorde Distrital ANDS Open	4:18.88	Mafalda Sofia Rosa	CNRM	Leiria	10/12/2022
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 2023

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
1.	Laura Brites Costa	09	Rio Maior	4:50.56		504
	50m: 33.10 150m: 1:45.77 250m: 2:59.56 350m: 4:13.91					
	100m: 1:08.94 200m: 2:22.56 300m: 3:37.05 400m: 4:50.56					
2.	Leonor Sombreiro Martins	10	BUZIOS - Coruche	4:57.16		471
	50m: 34.37 150m: 1:49.72 250m: 3:06.21 350m: 4:21.35					
	100m: 1:11.42 200m: 2:28.56 300m: 3:43.88 400m: 4:57.16					
3.	Lara Paixao Silva	10	Rio Maior	5:05.76		432
	50m: 34.69 150m: 1:50.97 250m: 3:08.71 350m: 4:27.92					
	100m: 1:12.18 200m: 2:29.56 300m: 3:48.97 400m: 5:05.76					
4.	Maria Leonor Lopes	10	Torres Novas	5:10.17		414
	50m: 35.39 150m: 1:55.18 250m: 3:14.64 350m: 4:33.08					
	100m: 1:15.82 200m: 2:34.92 300m: 3:53.81 400m: 5:10.17					
5.	Leonor Margarida Mateus	09	BUZIOS - Coruche	5:19.66		378
	50m: 35.67 150m: 1:55.92 250m: 3:17.76 350m: 4:40.47					
	100m: 1:15.33 200m: 2:36.71 300m: 3:59.04 400m: 5:19.66					
6.	Flor Fortunata Ferreira	10	Gualdim Pais	5:31.03		341
	50m: 36.72 150m: 2:00.43 250m: 3:24.78 350m: 4:49.29					
	100m: 1:18.51 200m: 2:42.51 300m: 4:07.69 400m: 5:31.03					
7.	Angela Maria Pereira	10	Nautico Salvaterra Magos	6:03.28		258
	50m: 44.40 150m: 2:17.03 250m: 3:49.96 350m: 5:21.75					
	100m: 1:29.97 200m: 3:03.23 300m: 4:36.10 400m: 6:03.28					

Prova 14 Femin., 400m Livres Junior
18/11/2023 - 15:45 Resultados

Recorde Distrital ANDS Open	4:18.88	Mafalda Sofia Rosa	CNRM	Leiria	10/12/2022
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 2023

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
1.	Rafaela Ferreira Mendes	08	Torres Novas	4:44.80		535
	50m: 32.88 150m: 1:44.47 250m: 2:56.75 350m: 4:09.32					
	100m: 1:08.37 200m: 2:20.43 300m: 3:33.03 400m: 4:44.80					
2.	Madalena Maria Midoes	07	Viver Santarem	4:58.24		466
	50m: 34.65 150m: 1:50.54 250m: 3:06.12 350m: 4:22.08					
	100m: 1:12.30 200m: 2:28.85 300m: 3:44.13 400m: 4:58.24					
3.	Catarina Maria Fragoso	07	Viver Santarem	5:05.30		434
	50m: 34.51 150m: 1:51.02 250m: 3:08.96 350m: 4:27.29					
	100m: 1:12.23 200m: 2:29.92 300m: 3:48.32 400m: 5:05.30					
4.	Mariana Mauricio Coelho	07	BUZIOS - Coruche	5:07.32		426
	50m: 34.03 150m: 1:52.48 250m: 3:11.81 350m: 4:30.12					
	100m: 1:13.07 200m: 2:31.62 300m: 3:50.53 400m: 5:07.32					
5.	Carolina Santos Carrilho	08	CLAC-Entroncamento	5:32.09		337
	50m: 39.00 150m: 2:03.10 250m: 3:27.76 350m: 4:52.51					
	100m: 1:20.78 200m: 2:45.43 300m: 4:10.45 400m: 5:32.09					



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
18/11/2023 - 15:45 Resultados

Recorde Distrital ANDS Open	4:18.88	Mafalda Sofia Rosa	CNRM	Leiria	10/12/2022
Recorde Distrital ANDS Sen	4:18.88	Mafalda Sofia Rosa	CNRM	Leiria	10/12/2022

Jun/Sen: 5:42.00

Pontos: FINA 2023

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
1.	Marta Filipa Bucha	06	Viver Santarem	4:53.53		489
	50m: 33.90 150m: 1:47.70 250m: 3:02.05 350m: 4:17.35					
	100m: 1:10.76 200m: 2:24.97 300m: 3:39.68 400m: 4:53.53					
2.	Rafaela Canano Silva	04	Viver Santarem	5:00.31		456
	50m: 34.26 150m: 1:49.69 250m: 3:06.24 350m: 4:23.05					
	100m: 1:11.57 200m: 2:28.15 300m: 3:44.67 400m: 5:00.31					
3.	Ana Patricia Oliveira	03	Viver Santarem	5:15.78		392
	50m: 35.59 150m: 1:54.32 250m: 3:13.81 350m: 4:34.97					
	100m: 1:14.88 200m: 2:34.09 300m: 3:54.43 400m: 5:15.78					
4.	Eleonor Dias Alves	06	Nautico Abrantes	5:27.27		353
	50m: 36.61 150m: 1:57.76 250m: 3:20.83 350m: 4:45.47					
	100m: 1:16.87 200m: 2:39.20 300m: 4:02.87 400m: 5:27.27					

Prova 14 Femin., 400m Livres Juvenil B
18/11/2023 - 15:45 Resultados

Recorde Distrital ANDS Open	4:18.88	Mafalda Sofia Rosa	CNRM	Leiria	10/12/2022
Recorde Distrital ANDS Juv B	4:33.98	Ana Rita Boavista	CNLA	Guimar�es	10/03/2002

: 6:19.00

Pontos: FINA 2023

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
1.	Leonor Sombreireiro Martins	10	BUZIOS - Coruche	4:57.16		471
	50m: 34.37 150m: 1:49.72 250m: 3:06.21 350m: 4:21.35					
	100m: 1:11.42 200m: 2:28.56 300m: 3:43.88 400m: 4:57.16					
2.	Lara Paixao Silva	10	Rio Maior	5:05.76		432
	50m: 34.69 150m: 1:50.97 250m: 3:08.71 350m: 4:27.92					
	100m: 1:12.18 200m: 2:29.56 300m: 3:48.97 400m: 5:05.76					
3.	Maria Leonor Lopes	10	Torres Novas	5:10.17		414
	50m: 35.39 150m: 1:55.18 250m: 3:14.64 350m: 4:33.08					
	100m: 1:15.82 200m: 2:34.92 300m: 3:53.81 400m: 5:10.17					
4.	Flor Fortunata Ferreira	10	Gualdim Pais	5:31.03		341
	50m: 36.72 150m: 2:00.43 250m: 3:24.78 350m: 4:49.29					
	100m: 1:18.51 200m: 2:42.51 300m: 4:07.69 400m: 5:31.03					
5.	Angela Maria Pereira	10	Nautico Salvaterra Magos	6:03.28		258
	50m: 44.40 150m: 2:17.03 250m: 3:49.96 350m: 5:21.75					
	100m: 1:29.97 200m: 3:03.23 300m: 4:36.10 400m: 6:03.28					



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

Prova 14, Femin., 400m Livres

Prova 14
18/11/2023 - 15:45

Femin., 400m Livres

Juvenil A
Resultados

Recorde Distrital ANDS Open	4:18.88	Mafalda Sofia Rosa	CNRM	Leiria	10/12/2022
Recorde Distrital ANDS Juv A	4:26.26	Mafalda Sofia Rosa	CNRM	Tomar	19/11/2017

: 6:07.00

Pontos: FINA 2023

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
1.	Laura Brites Costa	09	Rio Maior	4:50.56		504
	50m: 33.10	150m: 1:45.77	250m: 2:59.56	350m: 4:13.91		
	100m: 1:08.94	200m: 2:22.56	300m: 3:37.05	400m: 4:50.56		
2.	Leonor Margarida Mateus	09	BUZIOS - Coruche	5:19.66		378
	50m: 35.67	150m: 1:55.92	250m: 3:17.76	350m: 4:40.47		
	100m: 1:15.33	200m: 2:36.71	300m: 3:59.04	400m: 5:19.66		