

# TACA VALE DO TEJO

— XXXI EDIÇÃO —

XXXI Taça Vale do Tejo  
Abrantes, 20/1/2024

Prova 1 Femin., 400m Livres 12 - 15 anos  
20/01/2024 - 9:45 Resultados

Rec Nac 25m Open	4:04.61	DURAES Diana Margarida	POR	Copenhagen (DEN)	17/12/2017
Rec Nac 25m Juv A	4:18.39	SANTOS Ana Claudia	SFUAP	Cantanhede	20/12/2004
Rec Nac 25m Juv B	4:23.08	MIGUEL Susana Patricia	SFUAP	Alhandra	15/05/2004
Rec Nac 25m Inf A	4:25.30	SILVA Alexandra Maria	FCP	Porto	19/07/1980
Rec Nac 25m Inf B	4:38.40	RUIVO Filipa Vilas	DNMG	Alcobaça	13/06/2009
Rec Taça Vale do Tejo Juv	4:22.59	PIRES Marta Joao	SANL	Abrantes	25/01/2020
Rec Taça Vale do Tejo Inf	4:35.75	ROCHA Diana Ramos	SANMIN	Abrantes	21/04/2007

Pontos: FINA 2023

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	Pts
<b>Infantis</b>							
1.	SERRA Ana Filipa	11	Seleccao de Lisboa	<b>5:03.79</b>	+0,84	441	14,00
	50m: 34.12 34.12	150m: 1:49.55 38.03	250m: 3:06.93 38.81	350m: 4:24.92 38.97			
	100m: 1:11.52 37.40	200m: 2:28.12 38.57	300m: 3:45.95 39.02	400m: 5:03.79 38.87			
2.	HOLUB Sofia Hryhorivna	11	Seleccao do Minho	<b>5:04.52</b>	+0,97	438	12,00
	50m: 34.31 34.31	150m: 1:51.03 39.01	250m: 3:09.65 39.42	350m: 4:27.46 39.07			
	100m: 1:12.02 37.71	200m: 2:30.23 39.20	300m: 3:48.39 38.74	400m: 5:04.52 37.06			
3.	CUNHA Mariana Fernandes	11	Seleccao do Norte de Portug	<b>5:06.45</b>	+0,98	429	11,00
	50m: 34.72 34.72	150m: 1:51.10 38.80	250m: 3:09.81 39.50	350m: 4:28.74 39.44			
	100m: 1:12.30 37.58	200m: 2:30.31 39.21	300m: 3:49.30 39.49	400m: 5:06.45 37.71			
4.	FERREIRA Carolina Morao	11	Seleccao dos Acores	<b>5:11.32</b>	+0,93	410	10,00
	50m: 34.38 34.38	150m: 1:51.47 39.45	250m: 3:11.07 40.00	350m: 4:32.59 40.51			
	100m: 1:12.02 37.64	200m: 2:31.07 39.60	300m: 3:52.08 41.01	400m: 5:11.32 38.73			
5.	JESUS Vera Franca	11	Seleccao da Madeira	<b>5:11.35</b>	+0,77	409	9,00
	50m: 34.64 34.64	150m: 1:53.05 39.60	250m: 3:12.84 39.95	350m: 4:32.95 39.79			
	100m: 1:13.45 38.81	200m: 2:32.89 39.84	300m: 3:53.16 40.32	400m: 5:11.35 38.40			
6.	JESUS Mariana Canarias	12	Seleccao do Algarve	<b>5:14.51</b>	+0,68	397	8,00
	50m: 34.04 34.04	150m: 1:53.44 40.54	250m: 3:14.23 40.76	350m: 4:36.05 40.28			
	100m: 1:12.90 38.86	200m: 2:33.47 40.03	300m: 3:55.77 41.54	400m: 5:14.51 38.46			
7.	PEREIRA Sofia Barroca	11	Seleccao Distrito Santarem	<b>5:17.16</b>	+0,92	387	7,00
	50m: 36.53 36.53	150m: 1:56.13 40.64	250m: 3:19.29 41.47	350m: 4:39.52 39.80			
	100m: 1:15.49 38.96	200m: 2:37.82 41.69	300m: 3:59.72 40.43	400m: 5:17.16 37.64			
8.	ALVES Leonor Mota	11	Seleccao Distrito Leiria	<b>5:18.43</b>	+0,91	383	6,00
	50m: 36.22 36.22	150m: 1:56.73 40.62	250m: 3:17.36 40.31	350m: 4:36.64 40.26			
	100m: 1:16.11 39.89	200m: 2:37.05 40.32	300m: 3:56.38 39.02	400m: 5:18.43 41.79			
9.	LOISAS Filipa Ferreira	11	Seleccao de Coimbra	<b>5:20.40</b>	+0,79	376	5,00
	50m: 36.66 36.66	150m: 1:57.65 40.85	250m: 3:18.55 39.91	350m: 4:40.28 41.09			
	100m: 1:16.80 40.14	200m: 2:38.64 40.99	300m: 3:59.19 40.64	400m: 5:20.40 40.12			
10.	NUNES Zoe Pinho	11	Seleccao Centro Norte Portu	<b>5:32.58</b>	+0,94	336	4,00
	50m: 35.06 35.06	150m: 1:55.93 41.67	250m: 3:22.21 43.09	350m: 4:49.75 44.12			
	100m: 1:14.26 39.20	200m: 2:39.12 43.19	300m: 4:05.63 43.42	400m: 5:32.58 42.83			
11.	MESTRE Ines Diogo	11	Seleccao do Alentejo	<b>5:43.84</b>	+0,70	304	3,00
	50m: 36.23 36.23	150m: 2:02.15 44.30	250m: 3:31.67 44.91	350m: 5:01.25 44.12			
	100m: 1:17.85 41.62	200m: 2:46.76 44.61	300m: 4:17.13 45.46	400m: 5:43.84 42.59			
12.	FERNANDES Ines Rua	11	Seleccao do Nordeste	<b>5:47.74</b>		294	2,00
	50m: 39.79 39.79	150m: 2:06.02 43.21	250m: 3:34.39 44.25	350m: 5:03.70 44.58			
	100m: 1:22.81 43.02	200m: 2:50.14 44.12	300m: 4:19.12 44.73	400m: 5:47.74 44.04			

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## Prova 1, Femin., 400m Livres, Infantis

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	Pts
13.	MESTRE Maria Beatriz	12	Seleccao do Interior Centro	<b>5:51.39</b>	+0,82	285	1,00
	50m: 38.92 38.92	150m: 2:07.44 45.48	250m: 3:37.22 45.06	350m: 5:07.26 45.19			
	100m: 1:21.96 43.04	200m: 2:52.16 44.72	300m: 4:22.07 44.85	400m: 5:51.39 44.13			

## Juvenis

1.	CRAVEIRO Luana Ferreira	09	Seleccao Distrito Leiria	<b>4:35.74</b>	+0,77	590	14,00
	50m: 31.06 31.06	150m: 1:40.46 35.45	250m: 2:51.63 35.53	350m: 4:02.05 35.09			
	100m: 1:05.01 33.95	200m: 2:16.10 35.64	300m: 3:26.96 35.33	400m: 4:35.74 33.69			
2.	PINTO Maria Carvalho	09	Seleccao do Minho	<b>4:37.19</b>	+0,88	581	12,00
	50m: 31.29 31.29	150m: 1:40.77 35.36	250m: 2:52.27 35.68	350m: 4:03.38 35.38			
	100m: 1:05.41 34.12	200m: 2:16.59 35.82	300m: 3:28.00 35.73	400m: 4:37.19 33.81			
3.	MARCELO Camila Duarte	10	Seleccao de Coimbra	<b>4:37.32</b>	+0,89	580	11,00
	50m: 32.11 32.11	150m: 1:42.37 35.56	250m: 2:53.62 35.53	350m: 4:03.82 35.14			
	100m: 1:06.81 34.70	200m: 2:18.09 35.72	300m: 3:28.68 35.06	400m: 4:37.32 33.50			
4.	MAIA Lara Catarina	09	Seleccao Centro Norte Portugal	<b>4:42.26</b>	+0,63	550	10,00
	50m: 30.88 30.88	150m: 1:40.44 35.56	250m: 2:53.79 36.81	350m: 4:06.98 36.49			
	100m: 1:04.88 34.00	200m: 2:16.98 36.54	300m: 3:30.49 36.70	400m: 4:42.26 35.28			
5.	CARDOSO Raquel Campos	09	Seleccao dos Acores	<b>4:42.44</b>	+0,90	549	9,00
	50m: 32.25 32.25	150m: 1:43.34 35.83	250m: 2:55.93 36.02	350m: 4:07.39 35.76			
	100m: 1:07.51 35.26	200m: 2:19.91 36.57	300m: 3:31.63 35.70	400m: 4:42.44 35.05			
6.	RICARDO Francisca Martingo	09	Seleccao do Norte de Portugal	<b>4:46.01</b>	+0,81	528	8,00
	50m: 31.25 31.25	150m: 1:42.46 35.93	250m: 2:55.77 36.67	350m: 4:09.52 37.37			
	100m: 1:06.53 35.28	200m: 2:19.10 36.64	300m: 3:32.15 36.38	400m: 4:46.01 36.49			
7.	MADEIRA Carolina Marques	09	Seleccao de Lisboa	<b>4:53.30</b>	+0,86	490	7,00
	50m: 33.05 33.05	150m: 1:46.52 36.95	250m: 3:01.27 37.37	350m: 4:16.98 37.80			
	100m: 1:09.57 36.52	200m: 2:23.90 37.38	300m: 3:39.18 37.91	400m: 4:53.30 36.32			
8.	MATEUS Ines Filipa	10	Seleccao do Algarve	<b>4:58.57</b>	+0,76	464	6,00
	50m: 32.18 32.18	150m: 1:45.49 37.61	250m: 3:02.60 38.48	350m: 4:21.44 39.68			
	100m: 1:07.88 35.70	200m: 2:24.12 38.63	300m: 3:41.76 39.16	400m: 4:58.57 37.13			
9.	MARTINS Leonor Sombreiro	10	Seleccao Distrito Santarem	<b>4:59.24</b>	+0,88	461	5,00
	50m: 31.96 31.96	150m: 1:45.20 37.86	250m: 3:04.61 40.13	350m: 4:23.45 39.16			
	100m: 1:07.34 35.38	200m: 2:24.48 39.28	300m: 3:44.29 39.68	400m: 4:59.24 35.79			
10.	MARGARIDO Paula Aguiar	09	Seleccao da Madeira	<b>5:02.74</b>	+0,95	445	4,00
	50m: 32.99 32.99	150m: 1:47.00 37.64	250m: 3:04.83 39.29	350m: 4:24.26 39.90			
	100m: 1:09.36 36.37	200m: 2:25.54 38.54	300m: 3:44.36 39.53	400m: 5:02.74 38.48			
11.	MESQUITA Maria Ines	10	Seleccao do Nordeste	<b>5:04.32</b>	+0,68	439	3,00
	50m: 35.12 35.12	150m: 1:51.71 38.76	250m: 3:09.61 38.59	350m: 4:27.21 38.97			
	100m: 1:12.95 37.83	200m: 2:31.02 39.31	300m: 3:48.24 38.63	400m: 5:04.32 37.11			
12.	PIRES Rita Lobo	09	Seleccao do Interior Centro	<b>5:09.11</b>	+0,90	418	2,00
	50m: 35.17 35.17	150m: 1:52.22 38.87	250m: 3:10.99 39.45	350m: 4:29.92 39.80			
	100m: 1:13.35 38.18	200m: 2:31.54 39.32	300m: 3:50.12 39.13	400m: 5:09.11 39.19			
13.	GONCALVES Leonor Duarte	10	Seleccao do Alentejo	<b>5:31.03</b>	+0,79	341	1,00
	50m: 37.79 37.79	150m: 2:00.11 42.06	250m: 3:25.64 42.51	350m: 4:49.74 41.60			
	100m: 1:18.05 40.26	200m: 2:43.13 43.02	300m: 4:08.14 42.50	400m: 5:31.03 41.29			



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## Prova 1, Femin., 400m Livres

EXH	SILVA Lara Paixao	10	Seleccao Distrito Santarem	<b>5:14.64</b>	+0,74	397	-
	50m: 35.50 35.50	150m: 1:54.26 39.88	250m: 3:14.76 40.48	350m: 4:36.11 40.76			
	100m: 1:14.38 38.88	200m: 2:34.28 40.02	300m: 3:55.35 40.59	400m: 5:14.64 38.53			
EXH	MATEUS Leonor Margarida	09	Seleccao Distrito Santarem	<b>5:20.19</b>	+0,90	376	-
	50m: 35.69 35.69	150m: 1:57.21 41.29	250m: 3:19.02 41.44	350m: 4:41.03 40.90			
	100m: 1:15.92 40.23	200m: 2:37.58 40.37	300m: 4:00.13 41.11	400m: 5:20.19 39.16			
EXH	BIBI Matilde Casimiro	12	Seleccao Distrito Santarem	<b>5:29.26</b>	+0,94	346	-
	50m: 36.65 36.65	150m: 1:59.26 42.19	250m: 3:24.14 42.40	350m: 4:48.63 41.82			
	100m: 1:17.07 40.42	200m: 2:41.74 42.48	300m: 4:06.81 42.67	400m: 5:29.26 40.63			
EXH	FERREIRA Flor Fortunata	10	Seleccao Distrito Santarem	<b>5:30.06</b>	+0,83	344	-
	50m: 36.17 36.17	150m: 1:59.53 42.35	250m: 3:24.20 42.14	350m: 4:49.66 42.52			
	100m: 1:17.18 41.01	200m: 2:42.06 42.53	300m: 4:07.14 42.94	400m: 5:30.06 40.40			