



Torneio Zonal de Infantis - Zona Norte
Castro Daire, 15 - 17/3/2024



Prova 11

16/03/2024 - 10:00

Femin., 400m Livres

Infantis A
Resultados

Recorde Nacional 25m Open	4:04.61	Diana Margarida Duraes	POR	Copenhagen (DEN)	17/12/2017
Recorde Nacional 25m Inf A	4:25.30	Alexandra Maria Silva	FCP	Porto	19/07/1980

Pontos: Rudolph Table 2023

Lugar	Nome	Sexo	Licena	Ano	Clube	50m	100m	150m	200m	250m	300m	350m	400m	Tempo Final	Pts	Obs
1.	Valeria Koslova	F	213936	11	Braga	32.82	1:08.46	1:46.01	2:23.83	37.55	37.82	3:02.44	3:41.35	4:56.23	104	
	50m:					32.82		150m:		37.55		350m:		4:20.19		38.84
	100m:					1:08.46		200m:		2:23.83		400m:		4:56.23		36.04
2.	Sofia Hryhorivna Holub	F	211911	11	Braga	33.98	1:11.09	1:48.58	2:26.37	37.49	37.79	3:04.58	3:43.41	5:04.59	95	
	50m:					33.98		150m:		37.49		350m:		4:22.38		38.97
	100m:					1:11.09		200m:		2:26.37		400m:		4:59.92		37.54
3.	Eva Miranda Almeida	F	213183	11	Cumbobfola Cantanhedense	35.00	1:12.65	1:51.45	2:30.64	38.80	39.19	3:09.97	3:49.21	5:09.12	77	
	50m:					35.00		150m:		38.80		350m:		4:28.78		39.57
	100m:					1:12.65		200m:		2:30.64		400m:		5:06.87		38.09
4.	Mariana Fernandes Cunha	F	211988	11	Foca Quinta da Lixa CNF	34.34	1:11.76	1:51.07	2:30.59	39.31	39.31	3:11.09	3:52.33	5:03.99	68	
	50m:					34.34		150m:		39.31		350m:		4:32.13		39.80
	100m:					1:11.76		200m:		2:30.59		400m:		5:10.63		38.50
5.	Joana Cura Neves	F	211162	11	Condeixa Aq�a Clube	34.96	1:13.23	1:52.52	2:32.07	39.29	39.55	3:11.79	3:52.41	5:16.34	65	
	50m:					34.96		150m:		39.29		350m:		4:32.73		40.32
	100m:					1:13.23		200m:		2:32.07		400m:		5:11.82		39.09
6.	Zoe Pinho Nunes	F	209378	11	Sporting Clube de Aveiro	33.83	1:11.22	1:49.51	2:29.45	38.29	39.94	3:10.28	3:51.52	5:04.28	63	
	50m:					33.83		150m:		38.29		350m:		4:32.43		40.91
	100m:					1:11.22		200m:		2:29.45		400m:		5:12.65		40.22
7.	Isilda Raquel Gomes	F	211985	11	Foca Quinta da Lixa CNF	34.93	1:13.68	1:53.26	2:32.94	39.58	39.68	3:12.57	3:52.98	5:18.49	62	
	50m:					34.93		150m:		39.58		350m:		4:33.54		40.56
	100m:					1:13.68		200m:		2:32.94		400m:		5:13.08		39.54
8.	Benedita Gomes Prata	F	210340	11	Fluvial Portuense	36.26	1:15.26	1:55.50	2:35.77	40.24	40.27	3:15.47	3:55.54	5:14.66	60	
	50m:					36.26		150m:		40.24		350m:		4:35.20		39.66
	100m:					1:15.26		200m:		2:35.77		400m:		5:13.61		38.41
9.	Frederica Vinhas Vieira	F	209964	11	Campinho	34.12	1:11.92	1:52.02	2:32.39	40.10	40.37	3:13.09	3:54.32	5:23.26	59	
	50m:					34.12		150m:		40.10		350m:		4:35.11		40.79
	100m:					1:11.92		200m:		2:32.39		400m:		5:14.21		39.10
10.	Filipa Ferreira Loaisas	F	213294	11	Cumbobfola Cantanhedense	35.93	1:14.25	1:53.51	2:33.29	39.26	39.78	3:13.60	3:54.24	5:12.38	54	
	50m:					35.93		150m:		39.26		350m:		4:35.28		41.04
	100m:					1:14.25		200m:		2:33.29		400m:		5:16.32		41.04
11.	Leonor Gomes Martins	F	213792	11	Porto	35.65	1:14.56	1:54.50	2:34.80	39.94	40.30	3:15.87	3:56.58	5:20.78	53	
	50m:					35.65		150m:		39.94		350m:		4:37.41		40.83
	100m:					1:14.56		200m:		2:34.80		400m:		5:16.50		39.09
12.	C. Encarnacao	F	208289	11	Famalio	36.06	1:14.98	1:54.96	2:35.28	39.98	40.32	3:16.12	3:57.12	5:11.30	52	
	50m:					36.06		150m:		39.98		350m:		4:37.47		40.35
	100m:					1:14.98		200m:		2:35.28		400m:		5:16.90		39.43
13.	Matilde Paiva Cardoso	F	208863	11	Fluvial Portuense	36.31	1:15.78	1:56.05	2:36.75	40.27	40.70	3:17.62	3:57.96	5:18.71	52	
	50m:					36.31		150m:		40.27		350m:		4:38.05		40.09
	100m:					1:15.78		200m:		2:36.75		400m:		5:17.12		39.07
14.	Sofia Sytnyk	F	211912	11	Braga	34.22	1:12.85	1:52.64	2:32.68	39.79	40.04	3:12.80	3:53.98	5:27.35	51	
	50m:					34.22		150m:		39.79		350m:		4:36.04		42.06
	100m:					1:12.85		200m:		2:32.68		400m:		5:17.28		41.24
15.	Yara Clemente Goncalves	F	209196	11	Porto	35.89	1:14.61	1:55.44	2:35.89	40.83	40.45	3:16.58	3:57.61	5:13.61	51	
	50m:					35.89		150m:		40.83		350m:		4:38.26		40.65
	100m:					1:14.61		200m:		2:35.89		400m:		5:17.39		39.13
16.	Beatriz Oliveira Portulez	F	213180	11	Cumbobfola Cantanhedense	35.51	1:14.08	1:53.81	2:33.93	39.73	40.12	3:15.02	3:56.26	5:08.74	50	
	50m:					35.51		150m:		39.73		350m:		4:35.92		39.66
	100m:					1:14.08		200m:		2:33.93		400m:		5:17.91		41.99
17.	Laura Pimenta Goncalves	F	212872	11	Braga	35.40	1:14.91	1:55.45	2:35.49	40.54	40.04	3:16.96	3:56.96	5:21.96	50	
	50m:					35.40		150m:		40.54		350m:		4:38.47		41.51
	100m:					1:14.91		200m:		2:35.49		400m:		5:17.93		39.46
18.	Alice Maria Rodrigues	F	213554	11	Academico Viseu Futebol Clube	36.61	1:16.77	1:56.90	2:37.01	40.13	40.11	3:18.15	3:59.02	5:15.87	48	
	50m:					36.61		150m:		40.13		350m:		4:39.20		40.18
	100m:					1:16.77		200m:		2:37.01		400m:		5:18.56		39.36
19.	Carlota Gaspar Pires	F	209146	11	Porto	36.10	1:15.86	1:56.04	2:36.74	40.18	40.70	3:17.62	3:58.27	5:20.87	48	
	50m:					36.10		150m:		40.18		350m:		4:39.50		41.23
	100m:					1:15.86		200m:		2:36.74		400m:		5:18.78		39.28
20.	Luisa Goncalves Andrade	F	209185	11	Porto	35.97	1:16.04	1:56.34	2:37.11	40.30	40.77	3:17.73	3:58.31	5:21.61	47	
	50m:					35.97		150m:		40.30		350m:		4:38.96		40.65
	100m:					1:16.04		200m:		2:37.11		400m:		5:18.97		40.01
21.	Bianca Arouca Pinto	F	209059	11	Leix�es Sport Clube	34.68	1:14.67	1:55.10	2:36.32	40.43	41.22	3:17.36	3:58.40	5:21.23	46	
	50m:					34.68		150m:		40.43		350m:		4:39.82		41.42
	100m:					1:14.67		200m:		2:36.32		400m:		5:19.50		39.68
22.	Arianne Sophia Brito	F	209145	11	Porto	37.20	1:17.42	1:57.78	2:38.58	40.36	40.80	3:19.07	4:00.35	5:25.73	42	
	50m:					37.20		150m:		40.36		350m:		4:41.27		40.92
	100m:					1:17.42		200m:		2:38.58		400m:		5:20.95		39.68
23.	Sara Ferreira Santos	F	214492	11	Cumbobfola Cantanhedense	35.60	1:14.98	1:55.85	2:36.81	40.87	40.96	3:18.13	4:00.08	5:24.77	42	
	50m:					35.60		150m:		40.87		350m:		4:41.80		41.72
	100m:					1:14.98		200m:		2:36.81		400m:		5:20.98		39.18





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Prova 11, Femin., 400m Livres, Infantis A

Lugar	Nome	Sexo	Licença	Ano	Clube	Tp. Insc.	Tempo Final	Pts	Obs
24.	Constanca Faria Gomes 50m: 36.90 100m: 1:16.71	F	208866	11	Famalicao	40.38 40.45 250m: 3:18.13 300m: 3:59.22	5:27.64 4:40.35 5:21.13	42	
25.	Carolina Damas Pita 50m: 36.35 100m: 1:16.55	F	208214	11	Nautico Academico de Coimbra	40.64 41.03 250m: 3:19.41 300m: 4:00.99	5:22.35 4:42.20 5:21.93	4.0	
26.	Matilde Sofia Pereira 50m: 37.17 100m: 1:18.37	F	209559	11	Nautico Academico de Coimbra	41.23 40.61 250m: 3:21.78 300m: 4:02.51	5:33.63 4:43.52 5:22.09	3.9	
27.	Matilde Sofia Pinto 50m: 36.04 100m: 1:16.79	F	212225	11	Sporting Clube Sao Joao Ver	42.50 41.17 250m: 3:21.58 300m: 4:03.88	5:15.66 4:45.64 5:23.24	3.6	
28.	Violeta Bernardo Ferreira 50m: 34.88 100m: 1:14.44	F	213954	11	Fluvial Portuense	41.13 41.51 250m: 3:18.50 300m: 4:00.54	5:15.72 4:42.98 5:23.47	3.6	
29.	Alice Miranda Cunha 50m: 35.91 100m: 1:15.90	F	214329	11	Foca Quinta da Lixa CNF	41.05 41.52 250m: 3:19.38 300m: 4:01.45	5:27.65 4:43.12 5:23.54	3.6	
30.	Beatriz Freitas Rodrigues 50m: 36.20 100m: 1:17.09	F	212457	11	Leixoes Sport Clube	41.13 41.11 250m: 3:20.42 300m: 4:01.87	5:14.65 4:43.96 5:25.11	3.2	
31.	Laura Duarte Neves 50m: 37.10 100m: 1:18.04	F	214426	11	Louzan Natacao/EFAPEL	41.91 42.48 250m: 3:23.49 300m: 4:05.32	5:26.32 4:47.12 5:26.54	2.8	
32.	Leonor Marques Mendes 50m: 34.62 100m: 1:13.22	F	141309	11	Gafanha da Encarnacao	41.53 41.97 250m: 3:19.76 300m: 4:03.00	5:26.82 4:46.25 5:26.85	2.7	
33.	Rita Santos Correia 50m: 37.50 100m: 1:18.18	F	215154	11	Vilacondense	42.47 42.27 250m: 3:24.26 300m: 4:06.06	5:35.92 4:48.30 5:27.40	2.6	
34.	Matilde Conde Figueiredo 50m: 38.22 100m: 1:20.08	F	213217	11	Condeixa Aqua Clube	42.12 42.22 250m: 3:26.54 300m: 4:08.01	5:24.11 4:48.74 5:28.36	2.3	
35.	Laura Cruzeiro Marques 50m: 36.59 100m: 1:16.98	F	139976	11	Sporting Clube de Aveiro	41.47 42.21 250m: 3:23.39 300m: 4:06.10	5:34.71 4:48.79 5:28.50	2.3	
36.	Ines Rua Fernandes 50m: 38.63 100m: 1:20.41	F	213137	11	Ginasio Clube de Vila Real	41.94 42.19 250m: 3:26.57 300m: 4:08.51	5:36.01 4:49.66 5:29.06	2.2	
37.	Mariana Cangueiro Igreja 50m: 36.82 100m: 1:18.78	F	209283	11	CLIP Teams	43.00 43.11 250m: 3:28.09 300m: 4:11.16	5:25.43 4:51.95 5:29.97	1.9	
38.	Ines Teixeira Coelho 50m: 36.37 100m: 1:16.15	F	212142	11	Aquatico Pacense	40.95 41.97 250m: 3:21.22 300m: 4:04.42	5:31.80 4:48.35 5:31.07	1.7	
39.	Ana Teresa Roldao 50m: 37.19 100m: 1:19.54	F	216672	11	Academico Viseu Futebol Clube	44.50 42.80 250m: 3:28.16 300m: 4:10.25	NT 4:52.33 5:32.74	1.3	
40.	Joana Rebelo Sousa 50m: 37.02 100m: 1:18.10	F	209159	11	Porto	42.39 42.71 250m: 3:26.05 300m: 4:08.81	5:31.65 4:52.05 5:33.68	1.0	
41.	Ana Leonor Carreto 50m: 40.46 100m: 1:22.72	F	214578	11	Nautico Academico de Coimbra	41.97 41.72 250m: 3:28.31 300m: 4:11.99	5:51.67 4:54.08 5:35.50	3.53.50	
42.	Eliana Beatriz Luis 50m: 37.28 100m: 1:18.32	F	211998	11	Lousada Século XXI	43.25 43.96 250m: 3:29.15 300m: 4:12.00	5:29.59 4:55.04 5:36.67	3.36.67	
43.	Ines Sousa Ribeiro 50m: 35.05 100m: 1:17.10	F	208535	11	Clube Desportivo Feirense	43.69 43.76 250m: 3:28.53 300m: 4:13.78	5:27.35 4:58.08 5:38.71	3.38.71	
44.	Margarida Escobar Basilio 50m: 37.21 100m: 1:19.57	F	210251	11	Fluvial Portuense	43.58 41.40 250m: 3:26.53 300m: 4:10.79	5:30.45 4:55.55 5:39.82	3.39.82	
45.	Leonor Guedes Marques 50m: 37.83 100m: 1:19.31	F	209236	11	Fluvial Portuense	43.98 44.23 250m: 3:31.72 300m: 4:16.93	5:33.20 5:01.07 5:44.03	3.44.03	
46.	Beatriz Abrantes Martins 50m: 39.22 100m: 1:22.08	F	215698	11	Algés e Águeda XXI	44.72 43.82 250m: 3:34.35 300m: 4:18.58	5:37.48 5:02.27 5:44.89	3.44.89	
47.	Margarida Pereira Carneiro 50m: 35.93 100m: 1:17.10	F	208438	11	Natacao de Valongo	43.79 44.01 250m: 3:32.38 300m: 4:18.18	5:38.18 5:05.18 5:49.34	3.49.34	
48.	Lara Amorim Cunha 50m: 38.32 100m: 1:22.43	F	215161	11	Clube Desportivo Feirense	45.10 46.41 250m: 3:39.31 300m: 4:25.12	5:48.98 5:11.03 5:55.00	3.55.00	





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Castro Daire, 15 - 17/3/2024



Prova 11, Femin., 400m Livres, Infantis A

Lugar	Nome	Sexo	Licença	Ano	Clube	Tp. Insc.		Tempo Final	Pts	Obs
49.	María Ines Gomes	F	209231	11	Clube Desportivo Feirense	5:49.72		6:01.13		
	50m: 38.85	38.85	150m: 2:08.95	46.04	250m: 3:42.39	46.99	350m: 5:17.24	47.64		
	100m: 1:22.91	44.06	200m: 2:55.40	46.45	300m: 4:29.60	47.21	400m: 6:01.13	43.89		

