



Prova de Preparação de Categorias
Benedita, 28/1/2024



Prova 4
28/01/2024 - 9:58

Femin., 400m Livres

ABSOLUTOS
Resultados

Pontos: FINA 2023

Lugar	Ano	Tempo final	Pts
Senior			
1. Margarida Correia, MADEIRA	06 Nautico Marinha Grande	4:45.20	533
50m: 31.93 31.93	150m: 250m: 350m:	200m: 2:19.09	300m: 3:31.78
100m: 1:06.85 34.92	400m: 4:45.20		
2. Clara Sofia, HERMINIO	06 União Piedense	5:06.97	427
50m: 34.14 34.14	150m: 1:51.12 38.87	250m: 3:09.46 39.16	350m: 4:28.58 39.52
100m: 1:12.25 38.11	200m: 2:30.30 39.18	300m: 3:49.06 39.60	400m: 5:06.97 38.39
3. Diana Valadas, HORTA	04 União Piedense	5:07.62	425
50m: 34.12 34.12	150m: 1:50.92 38.80	250m: 3:09.34 39.19	350m: 4:28.20 39.72
100m: 1:12.12 38.00	200m: 2:30.15 39.23	300m: 3:48.48 39.14	400m: 5:07.62 39.42
4. Dalila Leal, BERNARDINO	06 Nucleo de Pombal	5:16.46	390
50m: 34.05 34.05	150m: 250m: 350m:	200m: 2:32.81	300m: 3:55.46
100m: 1:12.13 38.08	400m: 5:16.46		
Junior			
1. Ana Beatriz, PIRES	08 União Piedense	4:50.47	504
50m: 32.75 32.75	150m: 1:44.01 35.94	250m: 2:57.47 37.09	350m: 4:12.87 37.75
100m: 1:08.07 35.32	200m: 2:20.38 36.37	300m: 3:35.12 37.65	400m: 4:50.47 37.60
2. Camila Silva, CHAMUSCO	08 Pimpoes/Cimai	5:24.04	363
50m: 36.65 36.65	150m: 1:58.44 41.37	250m: 3:21.20 40.95	350m: 4:44.59 41.59
100m: 1:17.07 40.42	200m: 2:40.25 41.81	300m: 4:03.00 41.80	400m: 5:24.04 39.45
3. Constanca Carvalho, PIEDADE	08 Uniao Juncalense	5:54.86	276
50m: 38.41 38.41	150m: 2:04.61 44.54	250m: 3:35.50 45.97	350m: 5:09.13 46.93
100m: 1:20.07 41.66	200m: 2:49.53 44.92	300m: 4:22.20 46.70	400m: 5:54.86 45.73
Juvenil A			
1. Teresa Maria, LOPES	09 Benedita	4:57.12	471
50m: 33.19 33.19	150m: 1:45.65 36.16	250m: 3:01.27 38.18	350m: 4:18.96 39.06
100m: 1:09.49 36.30	200m: 2:23.09 37.44	300m: 3:39.90 38.63	400m: 4:57.12 38.16
Juvenil B			
1. Madalena Gracio, PEDROSO	10 Nautico Marinha Grande	4:56.39	475
50m: 33.84 33.84	150m: 1:49.20 38.27	250m: 3:04.38 37.31	350m: 4:20.18 37.96
100m: 1:10.93 37.09	200m: 2:27.07 37.87	300m: 3:42.22 37.84	400m: 4:56.39 36.21
Infantil A			
1. Anastasiya, PRYMACHENKO	11 Nucleo de Pombal	5:03.81	441
50m: 34.07 34.07	150m: 250m: 350m:	200m: 2:30.18	300m: 3:48.48
100m: 1:12.00 37.93	400m: 5:03.81		
2. Carlota Sa, SANTOS	11 Nucleo de Pombal	5:19.96	377
50m: 35.84 35.84	150m: 250m: 350m:	200m: 2:34.55	300m: 3:57.68
100m: 1:14.44 38.60	400m: 5:19.96		
3. Leonor Mota, ALVES	11 Nautico Marinha Grande	5:23.66	364
50m: 37.33 37.33	150m: 1:59.20 41.24	250m: 3:21.67 41.11	350m: 4:44.80 41.58
100m: 1:17.96 40.63	200m: 2:40.56 41.36	300m: 4:03.22 41.55	400m: 5:23.66 38.86



Prova de Preparação de Categorias
Benedita, 28/1/2024



Prova 4, Femin., 400m Livres, Infantil A

Lugar	Nome		Ano	Clube	Tempo final				Pts
4.	Carolina Silva, CASTANHEIRA		11	CNLeiria	5:26.65				355
	50m:	36.63 36.63	150m:	1:59.65 41.94	250m:	3:22.76 41.41	350m:	4:45.62 41.07	
	100m:	1:17.71 41.08	200m:	2:41.35 41.70	300m:	4:04.55 41.79	400m:	5:26.65 41.03	
5.	Beatriz Marques, GASPAR		11	Nautico Marinha Grande	5:31.11				340
	50m:	37.47 37.47	150m:	2:45.32	250m:	4:10.47	350m:	5:31.11	
	100m:	1:19.73 42.26	200m:	2:45.32	300m:	4:10.47	400m:	5:31.11	
6.	Maria Leonor, ALMEIDA		11	Benedita	5:42.28				308
	50m:	36.74 36.74	150m:	2:44.70	250m:	4:12.15	350m:	5:42.28	
	100m:	1:18.43 41.69	200m:	2:44.70	300m:	4:12.15	400m:	5:42.28	
7.	Maria Santos, FONSECA		11	CNLeiria	5:52.65				282
	50m:	37.40 37.40	150m:	2:50.27	250m:	4:21.57	350m:	5:52.65	
	100m:	1:20.38 42.98	200m:	2:50.27	300m:	4:21.57	400m:	5:52.65	
8.	Leiriia Silviovna, TONKIKH		11	CNLeiria	5:59.32				266
	50m:	38.27 38.27	150m:	2:07.93 45.92	250m:	3:41.56 46.90	350m:	5:14.71 46.35	
	100m:	1:22.01 43.74	200m:	2:54.66 46.73	300m:	4:28.36 46.80	400m:	5:59.32 44.61	
9.	Margarida Soares, MAIA		11	Nautico Marinha Grande	5:59.93				265
	50m:	39.18 39.18	150m:	2:09.81 45.55	250m:	3:43.72 46.91	350m:	5:16.03 45.99	
	100m:	1:24.26 45.08	200m:	2:56.81 47.00	300m:	4:30.04 46.32	400m:	5:59.93 43.90	
10.	Margarida Lopes, RODRIGUES		11	Uniao Juncalense	6:00.18				264
	50m:	38.65 38.65	150m:	2:08.31 45.90	250m:	3:41.35 46.92	350m:	5:16.99 47.48	
	100m:	1:22.41 43.76	200m:	2:54.43 46.12	300m:	4:29.51 48.16	400m:	6:00.18 43.19	
11.	Cristiana Henriques, ALMEIDA		11	Benedita	6:03.47				257
	50m:	39.73 39.73	150m:	2:56.12	250m:	4:30.57	350m:	6:03.47	
	100m:	1:24.80 45.07	200m:	2:56.12	300m:	4:30.57	400m:	6:03.47	
12.	Isabela Lourenco, COSTA		11	Benedita	6:21.73				222
	50m:	41.42 41.42	150m:	2:18.13 48.49	250m:	3:56.66 49.53	350m:	5:34.91 49.00	
	100m:	1:29.64 48.22	200m:	3:07.13 49.00	300m:	4:45.91 49.25	400m:	6:21.73 46.82	

Infantil B

1.	Emiliana Arruda, SARAIVA		12	Vieirense	5:30.48				342
	50m:	36.87 36.87	150m:	2:02.60 43.38	250m:	3:27.64 42.48	350m:	4:52.24 42.01	
	100m:	1:19.22 42.35	200m:	2:45.16 42.56	300m:	4:10.23 42.59	400m:	5:30.48 38.24	
2.	Luna Francisco, PEREIRA		12	Nucleo de Pombal	5:55.64				275
	50m:	38.98 38.98	150m:	2:55.48	250m:	4:28.98	350m:	5:55.64	
	100m:	1:23.09 44.11	200m:	2:55.48	300m:	4:28.98	400m:	5:55.64	
3.	Benedita Nunes, FELIX		12	Pimpoes/Cimai	6:18.32				228
	50m:	42.67 42.67	150m:	2:18.81 48.68	250m:	3:57.31 49.26	350m:	5:32.31 47.60	
	100m:	1:30.13 47.46	200m:	3:08.05 49.24	300m:	4:44.71 47.40	400m:	6:18.32 46.01	
4.	Yaroslava, TABUNSCHYK		12	CNLeiria	6:20.15				225
	50m:	42.88 42.88	150m:	3:10.83	250m:	4:48.90	350m:	6:20.15	
	100m:	1:32.57 49.69	200m:	3:10.83	300m:	4:48.90	400m:	6:20.15	
5.	Daniela Carvalho, FERREIRA		12	Nucleo de Pombal	6:26.44				214
	50m:	43.00 43.00	150m:	3:09.64	250m:	4:48.82	350m:	6:26.44	
	100m:	1:31.04 48.04	200m:	3:09.64	300m:	4:48.82	400m:	6:26.44	
6.	Maria Leonor, ASSUNCAO		12	Pimpoes/Cimai	6:29.45				209
	50m:	43.86 43.86	150m:	2:22.39 49.50	250m:	4:05.48 51.32	350m:	5:45.26 49.73	
	100m:	1:32.89 49.03	200m:	3:14.16 51.77	300m:	4:55.53 50.05	400m:	6:29.45 44.19	
7.	Safira Pedro, FONSECA		12	Vieirense	6:33.86				202
	50m:	41.58 41.58	150m:	2:20.05 50.26	250m:	4:00.89 50.43	350m:	5:43.56 51.13	
	100m:	1:29.79 48.21	200m:	3:10.46 50.41	300m:	4:52.43 51.54	400m:	6:33.86 50.30	



Prova de Prepara o de Categorias
Benedita, 28/1/2024



Prova 4, Femin., 400m Livres, Infantil B

Lugar	Ano	Tempo final	Pts
8. Carolina Matos, CORREIA	12 Nucleo de Pombal	6:36.39	198
50m: 44.42 44.42	150m: 2:26.52 51.52	250m: 4:07.82 51.02	350m: 5:48.97 50.25
100m: 1:35.00 50.58	200m: 3:16.80 50.28	300m: 4:58.72 50.90	400m: 6:36.39 47.42
9. Beatriz Julio, CORREIA	12 CNLeiria	6:41.93	190
50m: 44.30 44.30	150m: 2:29.09 52.19	250m: 4:14.26 52.36	350m: 5:55.68 49.13
100m: 1:36.90 52.60	200m: 3:21.90 52.81	300m: 5:06.55 52.29	400m: 6:41.93 46.25
10. Maria Ines, GOMES	12 Nucleo de Pombal	6:43.54	188
50m: 41.82 41.82	150m: 2:20.75 49.85	250m: 4:05.77 53.35	350m: 5:53.83 54.00
100m: 1:30.90 49.08	200m: 3:12.42 51.67	300m: 4:59.83 54.06	400m: 6:43.54 49.71