



Campeonato Distrital de Inverno da ANDL - INF, JUV e ABS  
Leiria, 2 - 3/3/2024

Prova 20	Femin., 400m Estilos				Absolutos (JUN+SEN)
02/03/2024 - 17:15					Resultados
Rec Nac Open	4:36.19	Victoria, KAMINSKAYA	POR	Copenhagen (DEN)	13/12/2017
Rec Nac SEN	4:36.19	Victoria, KAMINSKAYA	POR	Copenhagen (DEN)	13/12/2017
Rec Nac 17	4:46.89	Ines Neto, ROCHA	CAP	Felgueiras	15/04/2018
Rec Nac 16	4:50.85	Diana Margarida, DURAES	FOCA	Silves	02/12/2011

Pontos: FINA 2023

Lugar	Ano				Tempo final	Pts
1. Joana Rosa, FERREIRA	05	CNLeiria			5:13.90	561
50m: 32.77 32.77	150m: 1:53.44 42.18	250m: 3:18.86 44.44	350m: 4:39.59 36.83	400m: 5:13.90 34.31		
100m: 1:11.26 38.49	200m: 2:34.42 40.98	300m: 4:02.76 43.90				
2. Margarida Correia, MADEIRA	06	Nautico Marinha Grande			5:15.11	554
50m: 35.07 35.07	150m: 1:58.67 42.76	250m: 3:21.12 41.12	350m: 4:40.47 36.54	400m: 5:15.11 34.64		
100m: 1:15.91 40.84	200m: 2:40.00 41.33	300m: 4:03.93 42.81				
3. Bruna Andreia, SIMOES	01	Vieirense			5:43.05	430
50m: 34.68 34.68	150m: 2:01.08 45.63	250m: 3:32.88 48.07	350m: 5:03.55 41.20	400m: 5:43.05 39.50		
100m: 1:15.45 40.77	200m: 2:44.81 43.73	300m: 4:22.35 49.47				

Prova 20	Femin., 400m Estilos				Juvenis Femininos (A+B)
02/03/2024 - 17:15					Resultados
Rec Nac Open	4:36.19	Victoria, KAMINSKAYA	POR	Copenhagen (DEN)	13/12/2017
Rec Nac JUV A	4:51.85	Ana Claudia, SANTOS	SFUAP	Setubal	21/11/2004
Rec Nac JUV B	4:56.53	Mariana Pacheco, CUNHA	CFP	Porto	05/05/2018

Pontos: FINA 2023

Lugar	Ano				Tempo final	Pts
1. Luana Ferreira, CRAVEIRO	09	Nautico Marinha Grande			5:13.48	563
50m: 33.74 33.74	150m: 1:55.83 41.67	250m: 3:19.51 43.19	350m: 4:38.90 35.29	400m: 5:13.48 34.58		
100m: 1:14.16 40.42	200m: 2:36.32 40.49	300m: 4:03.61 44.10				
2. Sofia Roma, BRIZIDA	10	Ba-Leiria			5:37.01	453
50m: 36.43 36.43	150m: 2:05.07 43.40	250m: 3:33.17 45.79	350m: 4:59.18 39.87	400m: 5:37.01 37.83		
100m: 1:21.67 45.24	200m: 2:47.38 42.31	300m: 4:19.31 46.14				
3. Matilde Santos, VIEIRA	10	Nautico Marinha Grande			5:42.43	432
50m: 37.45 37.45	150m: 2:05.13 44.23	250m: 3:39.14 50.89	350m: 5:05.49 37.05	400m: 5:42.43 36.94		
100m: 1:20.90 43.45	200m: 2:48.25 43.12	300m: 4:28.44 49.30				
4. Clara Sobreiro, RODRIGUES	09	Pimpoes/Cimai			5:44.02	426
50m: 36.19 36.19	150m: 2:02.04 45.23	250m: 3:36.70 51.27	350m: 5:05.84 38.26	400m: 5:44.02 38.18		
100m: 1:16.81 40.62	200m: 2:45.43 43.39	300m: 4:27.58 50.88				
5. Laura Helena, AMORIM	10	Nautico Marinha Grande			5:56.18	384
50m: 38.78 38.78	150m: 2:12.32 46.59	250m: 3:46.49 49.53	350m: 5:16.98 39.89	400m: 5:56.18 39.20		
100m: 1:25.73 46.95	200m: 2:56.96 44.64	300m: 4:37.09 50.60				
6. Maria Teresa, OLIVEIRA	09	Ba-Leiria			6:00.29	371
50m: 40.18 40.18	150m: 2:15.56 46.95	250m: 3:50.37 48.45	350m: 5:19.87 41.18	400m: 6:00.29 40.42		
100m: 1:28.61 48.43	200m: 3:01.92 46.36	300m: 4:38.69 48.32				
7. Luana Filipe, REIS	10	Alcobaca			6:02.09	365
50m: 40.83 40.83	150m: 2:13.98 45.32	250m: 3:46.67 48.93	350m: 5:20.33 44.04	400m: 6:02.09 41.76		
100m: 1:28.66 47.83	200m: 2:57.74 43.76	300m: 4:36.29 49.62				