



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

Prova 22	Femin., 400m Livres				Absolutos (JUN+SEN)
02/03/2024 - 18:00					Resultados
Rec Nac Open	4:04.61	Diana Margarida, DURAES	POR	Copenhagen (DEN)	17/12/2017
Rec Nac SEN	4:04.61	Diana Margarida, DURAES	POR	Copenhagen (DEN)	17/12/2017
Rec Nac 17	4:10.52	Tamila Hryhorivna, HOLUB	SCB	Porto	12/12/2015
Rec Nac 16	4:13.53	Ana Reis, SOUSA	CNLA	Porto	09/12/2017

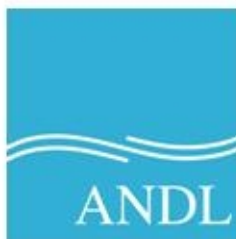
Pontos: FINA 2023

Lugar	Ano				Tempo final	Pts
1. Matilde Violante, VIANA	07	CNLeiria			4:45.42	532
50m: 31.98 31.98	150m: 1:42.86 35.71	250m: 2:56.36 36.57	350m: 4:09.36 36.47			
100m: 1:07.15 35.17	200m: 2:19.79 36.93	300m: 3:32.89 36.53	400m: 4:45.42 36.06			
2. Dalila Leal, BERNARDINO	06	Nucleo de Pombal			4:59.10	462
50m: 32.53 32.53	150m: 1:45.48 37.10	250m: 3:01.59 38.64	350m: 4:21.02 39.62			
100m: 1:08.38 35.85	200m: 2:22.95 37.47	300m: 3:41.40 39.81	400m: 4:59.10 38.08			
3. Beatriz Luz, MARTINS	06	Pimpoes/Cimai			5:09.08	419
50m: 33.96 33.96	150m: 1:50.59 38.64	250m: 3:09.99 39.86	350m: 4:30.17 39.66			
100m: 1:11.95 37.99	200m: 2:30.13 39.54	300m: 3:50.51 40.52	400m: 5:09.08 38.91			
4. Constanca Carvalho, PIEDADE	08	Uniao Juncalense			5:41.37	311
50m: 39.18 39.18	150m: 2:05.82 43.63	250m: 3:33.80 43.77	350m: 4:59.88 43.16			
100m: 1:22.19 43.01	200m: 2:50.03 44.21	300m: 4:16.72 42.92	400m: 5:41.37 41.49			
5. Matilde Santos, COUTINHO	07	Naval da Nazaré			5:51.82	284
50m: 37.53 37.53	150m: 2:05.62 44.92	250m: 3:37.12 46.53	350m: 5:07.63 45.67			
100m: 1:20.70 43.17	200m: 2:50.59 44.97	300m: 4:21.96 44.84	400m: 5:51.82 44.19			
6. Marta Cabete, GOMES	08	CNLeiria			5:59.76	265
50m: 40.02 40.02	150m: 2:08.05 44.56	250m: 3:39.43 45.75	350m: 5:09.99 45.40			
100m: 1:23.49 43.47	200m: 2:53.68 45.63	300m: 4:24.59 45.16	400m: 5:59.76 49.77			
7. Bruna Matos, FIALHO	08	Uniao Juncalense			6:02.33	260
50m: 37.67 37.67	150m: 2:07.46 45.83	250m: 3:42.25 47.30	350m: 5:16.48 46.76			
100m: 1:21.63 43.96	200m: 2:54.95 47.49	300m: 4:29.72 47.47	400m: 6:02.33 45.85			

Prova 22	Femin., 400m Livres				Juvenis Femininos (A+B)
02/03/2024 - 18:00					Resultados
Rec Nac Open	4:04.61	Diana Margarida, DURAES	POR	Copenhagen (DEN)	17/12/2017
Rec Nac JUV A	4:18.39	Ana Claudia, SANTOS	SFUAP	Cantanhede	20/12/2004
Rec Nac JUV B	4:23.08	Susana Patricia, MIGUEL	SFUAP	Alhandra	15/05/2004

Pontos: FINA 2023

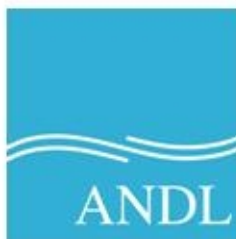
Lugar	Ano				Tempo final	Pts
1. Constanca Baptista, TOMAS	09	Alcobaca			4:36.96	582
50m: 31.47 31.47	150m: 1:41.74 35.52	250m: 2:52.80 35.49	350m: 4:03.38 35.29			
100m: 1:06.22 34.75	200m: 2:17.31 35.57	300m: 3:28.09 35.29	400m: 4:36.96 33.58			
2. Francisca Ramos, NUNES	09	Naval de Peniche			4:46.34	527
50m: 32.79 32.79	150m: 1:45.48 36.80	250m: 2:58.53 36.15	350m: 4:11.78 36.76			
100m: 1:08.68 35.89	200m: 2:22.38 36.90	300m: 3:35.02 36.49	400m: 4:46.34 34.56			
3. Madalena Gracio, PEDROSO	10	Nautico Marinha Grande			4:51.08	501
50m: 33.20 33.20	150m: 1:47.16 37.44	250m: 3:01.52 36.96	350m: 4:14.82 36.54			
100m: 1:09.72 36.52	200m: 2:24.56 37.40	300m: 3:38.28 36.76	400m: 4:51.08 36.26			
4. Bianca Balbino, MENDES	10	Naval de Peniche			4:53.24	490
50m: 32.85 32.85	150m: 1:45.21 36.82	250m: 3:00.19 37.41	350m: 4:14.94 37.41			
100m: 1:08.39 35.54	200m: 2:22.78 37.57	300m: 3:37.53 37.34	400m: 4:53.24 38.30			



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

Prova 22, Femin., 400m Livres, Juvenis Femininos (A+B)

Lugar	Ano	Tempo final	Pts
5. Diana Isabel, ALVES	10 Pimpoes/Cimai	4:58.79	463
50m: 34.17 34.17	150m: 1:49.87 38.12	250m: 3:06.49 38.21	350m: 4:22.52 37.08
100m: 1:11.75 37.58	200m: 2:28.28 38.41	300m: 3:45.44 38.95	400m: 4:58.79 36.27
6. Barbara Balbino, MENDES	10 Naval de Peniche	5:06.51	429
50m: 34.11 34.11	150m: 1:48.17 37.80	250m: 3:06.92 39.65	350m: 4:27.02 40.17
100m: 1:10.37 36.26	200m: 2:27.27 39.10	300m: 3:46.85 39.93	400m: 5:06.51 39.49
7. Maria Carolina, ALVES	10 Ba-Leiria	5:07.64	425
50m: 35.17 35.17	150m: 1:52.45 39.14	250m: 3:10.44 39.04	350m: 4:29.60 39.41
100m: 1:13.31 38.14	200m: 2:31.40 38.95	300m: 3:50.19 39.75	400m: 5:07.64 38.04
8. Vida Sofia, VELEZ	10 Ba-Leiria	5:08.00	423
50m: 35.17 35.17	150m: 1:53.70 40.11	250m: 3:12.45 39.36	350m: 4:29.51 38.53
100m: 1:13.59 38.42	200m: 2:33.09 39.39	300m: 3:50.98 38.53	400m: 5:08.00 38.49
9. Leonor Pereira, SILVA	10 Óbidos	5:14.71	397
50m: 34.81 34.81	150m: 1:53.56 40.57	250m: 3:15.32 41.08	350m: 4:37.16 40.91
100m: 1:12.99 38.18	200m: 2:34.24 40.68	300m: 3:56.25 40.93	400m: 5:14.71 37.55
10. Matilde Filipa, AMADO	10 Nautico Marinha Grande	5:20.30	376
50m: 36.17 36.17	150m: 1:56.98 40.97	250m: 3:18.22 40.81	350m: 4:40.04 40.86
100m: 1:16.01 39.84	200m: 2:37.41 40.43	300m: 3:59.18 40.96	400m: 5:20.30 40.26
11. Ines Ferreira, CHELEU	09 Ba-Leiria	5:28.39	349
50m: 35.80 35.80	150m: 1:57.09 41.38	250m: 3:20.89 41.83	350m: 4:47.13 43.08
100m: 1:15.71 39.91	200m: 2:39.06 41.97	300m: 4:04.05 43.16	400m: 5:28.39 41.26
12. Maria Margarida, OLIVEIRA	09 Ba-Leiria	5:32.13	337
50m: 37.09 37.09	150m: 2:00.76 42.61	250m: 3:26.28 42.92	350m: 4:50.72 42.06
100m: 1:18.15 41.06	200m: 2:43.36 42.60	300m: 4:08.66 42.38	400m: 5:32.13 41.41
13. Anjali, RAICAR	09 Naval de Peniche	5:35.65	327
50m: 35.84 35.84	150m: 1:57.43 41.40	250m: 3:23.23 43.60	350m: 4:52.07 44.32
100m: 1:16.03 40.19	200m: 2:39.63 42.20	300m: 4:07.75 44.52	400m: 5:35.65 43.58
14. Rafaela Santos, AFONSO	10 Naval de Peniche	5:36.91	323
50m: 37.12 37.12	150m: 2:02.49 43.05	250m: 3:29.37 43.48	350m: 4:57.56 44.14
100m: 1:19.44 42.32	200m: 2:45.89 43.40	300m: 4:13.42 44.05	400m: 5:36.91 39.35
15. Mariana Santos, AFONSO	10 Naval de Peniche	5:37.09	323
50m: 37.74 37.74	150m: 2:03.89 43.91	250m: 3:31.10 43.85	350m: 4:58.36 43.72
100m: 1:19.98 42.24	200m: 2:47.25 43.36	300m: 4:14.64 43.54	400m: 5:37.09 38.73
16. Laura Samora, GONCALVES	10 Ba-Leiria	5:37.50	321
50m: 38.46 38.46	150m: 2:04.59 43.07	250m: 3:30.84 42.93	350m: 4:56.99 42.69
100m: 1:21.52 43.06	200m: 2:47.91 43.32	300m: 4:14.30 43.46	400m: 5:37.50 40.51
17. Constanca Rolim, PEDRO	10 Ba-Leiria	5:37.54	321
50m: 38.69 38.69	150m: 2:05.83 43.67	250m: 3:30.61 41.89	350m: 4:55.44 42.79
100m: 1:22.16 43.47	200m: 2:48.72 42.89	300m: 4:12.65 42.04	400m: 5:37.54 42.10
18. Zofie, PACHECO	09 Naval de Peniche	5:50.15	288
50m: 35.63 35.63	150m: 2:02.24 45.02	250m: 3:33.73 46.09	350m: 5:07.16 46.52
100m: 1:17.22 41.59	200m: 2:47.64 45.40	300m: 4:20.64 46.91	400m: 5:50.15 42.99



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Leiria, 2 - 3/3/2024

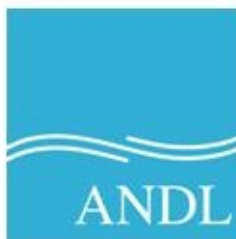
Prova 22, Femin., 400m Livres

Prova 22 Femin., 400m Livres Infantil A
02/03/2024 - 18:00 Resultados

Rec Nac Open	4:04.61	Diana Margarida, DURAES	POR	Copenhagen (DEN)	17/12/2017
Rec Nac INF A	4:25.30	Alexandra Maria, SILVA	FCP	Porto	19/07/1980

Pontos: FINA 2023

Lugar			Ano			Tempo final	Pts	
1.	Francisca Moreira, FELICIANO		11	Alcobaca		5:15.02	395	
	50m:	35.66 35.66	150m:	1:56.33 40.61	250m:	3:16.93 40.56	350m:	4:37.68 40.25
	100m:	1:15.72 40.06	200m:	2:36.37 40.04	300m:	3:57.43 40.50	400m:	5:15.02 37.34
2.	Mariana Sousa, MENDES		11	Alcobaca		5:21.70	371	
	50m:	36.00 36.00	150m:	1:56.49 40.56	250m:	3:19.14 41.32	350m:	4:41.85 41.57
	100m:	1:15.93 39.93	200m:	2:37.82 41.33	300m:	4:00.28 41.14	400m:	5:21.70 39.85
3.	Carolina Silva, CASTANHEIRA		11	CNLeiria		5:27.17	353	
	50m:	36.55 36.55	150m:	1:58.43 41.55	250m:	3:21.32 41.80	350m:	4:46.32 43.07
	100m:	1:16.88 40.33	200m:	2:39.52 41.09	300m:	4:03.25 41.93	400m:	5:27.17 40.85
4.	Maria Leonor, ALMEIDA		11	Benedita		5:35.67	327	
	50m:	37.25 37.25	150m:	2:01.88 42.99	250m:	3:27.12 41.68	350m:	4:53.40 42.95
	100m:	1:18.89 41.64	200m:	2:45.44 43.56	300m:	4:10.45 43.33	400m:	5:35.67 42.27
5.	Margarida Lopes, RODRIGUES		11	Uniao Juncalense		5:40.40	313	
	50m:	36.66 36.66	150m:	2:02.30 43.65	250m:	3:31.13 44.17	350m:	4:59.04 43.81
	100m:	1:18.65 41.99	200m:	2:46.96 44.66	300m:	4:15.23 44.10	400m:	5:40.40 41.36
6.	Maria Santos, FONSECA		11	CNLeiria		5:48.38	292	
	50m:	37.90 37.90	150m:	2:06.72 45.42	250m:	3:34.40 44.26	350m:	5:02.20 43.53
	100m:	1:21.30 43.40	200m:	2:50.14 43.42	300m:	4:18.67 44.27	400m:	5:48.38 46.18
7.	Leiriia Silviiovna, TONKIKH		11	CNLeiria		5:57.57	270	
	50m:	40.54 40.54	150m:	2:09.69 44.96	250m:	3:41.22 45.94	350m:	5:11.85 45.17
	100m:	1:24.73 44.19	200m:	2:55.28 45.59	300m:	4:26.68 45.46	400m:	5:57.57 45.72
8.	Erica Felix, RODRIGUES		11	Uniao Juncalense		6:05.03	254	
	50m:	41.26 41.26	150m:	2:14.23 47.10	250m:	3:47.89 47.21	350m:	5:21.72 47.06
	100m:	1:27.13 45.87	200m:	3:00.68 46.45	300m:	4:34.66 46.77	400m:	6:05.03 43.31
9.	Margarida Soares, MAIA		11	Nautico Marinha Grande		6:05.83	252	
	50m:	41.13 41.13	150m:	2:13.11 46.01	250m:	3:46.67 46.49	350m:	5:20.54 46.71
	100m:	1:27.10 45.97	200m:	3:00.18 47.07	300m:	4:33.83 47.16	400m:	6:05.83 45.29
10.	Yara Nunes, MARCELINO		11	Nucleo de Pombal		6:10.91	242	
	50m:	40.29 40.29	150m:	2:14.87 48.13	250m:	3:51.52 48.50	350m:	5:28.07 48.51
	100m:	1:26.74 46.45	200m:	3:03.02 48.15	300m:	4:39.56 48.04	400m:	6:10.91 42.84
11.	Isabela Lourenco, COSTA		11	Benedita		6:11.62	241	
	50m:	40.96 40.96	150m:	2:16.98 48.33	250m:	3:52.79 47.81	350m:	5:28.99 48.44
	100m:	1:28.65 47.69	200m:	3:04.98 48.00	300m:	4:40.55 47.76	400m:	6:11.62 42.63
12.	Matilde Vitorino, FERREIRA		11	Naval de Peniche		6:17.51	230	
	50m:	41.48 41.48	150m:	2:17.66 48.45	250m:	3:55.46 48.78	350m:	5:32.23 46.66
	100m:	1:29.21 47.73	200m:	3:06.68 49.02	300m:	4:45.57 50.11	400m:	6:17.51 45.28
DNS	Matilde Pinto, ANTUNES		11	Naval de Peniche				



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

Prova 22, Femin., 400m Livres

Prova 22 Femin., 400m Livres Infantil B
02/03/2024 - 18:00 Resultados

Rec Nac Open	4:04.61	Diana Margarida, DURAES	POR	Copenhagen (DEN)	17/12/2017
Rec Nac INF B	4:38.40	Filipa Vilas, RUIVO	DNMG	Alcobaça	13/06/2009

Pontos: FINA 2023

Lugar	Ano	Tempo final	Pts
1. Emiliania Arruda, SARAIVA	12 Vieirense	5:36.89	323
50m: 37.03 37.03	150m: 2:05.44 44.75	250m: 3:34.67 44.58	350m: 5:00.84 42.59
100m: 1:20.69 43.66	200m: 2:50.09 44.65	300m: 4:18.25 43.58	400m: 5:36.89 36.05
2. Emma , AVRAMESCU	12 Nautico Marinha Grande	5:55.73	274
50m: 39.83 39.83	150m: 2:10.35 45.05	250m: 3:40.02 43.87	350m: 5:11.09 45.80
100m: 1:25.30 45.47	200m: 2:56.15 45.80	300m: 4:25.29 45.27	400m: 5:55.73 44.64
3. Luna Francisco, PEREIRA	12 Nucleo de Pombal	5:57.09	271
50m: 40.12 40.12	150m: 2:10.01 45.23	250m: 3:40.87 45.22	350m: 5:11.52 45.02
100m: 1:24.78 44.66	200m: 2:55.65 45.64	300m: 4:26.50 45.63	400m: 5:57.09 45.57
4. Beatriz Julio, CORREIA	12 CNLeiria	6:14.65	235
50m: 43.36 43.36	150m: 2:21.16 49.16	250m: 3:57.35 47.75	350m: 5:32.48 46.10
100m: 1:32.00 48.64	200m: 3:09.60 48.44	300m: 4:46.38 49.03	400m: 6:14.65 42.17
5. Daniela Carvalho, FERREIRA	12 Nucleo de Pombal	6:15.49	233
50m: 42.31 42.31	150m: 2:17.28 48.11	250m: 3:54.30 48.24	350m: 5:31.22 48.43
100m: 1:29.17 46.86	200m: 3:06.06 48.78	300m: 4:42.79 48.49	400m: 6:15.49 44.27
6. Carolina Matos, CORREIA	12 Nucleo de Pombal	6:20.90	223
50m: 43.17 43.17	150m: 2:20.92 49.39	250m: 4:00.14 49.59	350m: 5:35.75 47.61
100m: 1:31.53 48.36	200m: 3:10.55 49.63	300m: 4:48.14 48.00	400m: 6:20.90 45.15
7. Rita Alexandra, JORDAO	12 Uniao Juncalense	6:21.09	223
50m: 42.40 42.40	150m: 2:20.10 49.11	250m: 3:58.12 49.13	350m: 5:35.92 48.95
100m: 1:30.99 48.59	200m: 3:08.99 48.89	300m: 4:46.97 48.85	400m: 6:21.09 45.17
8. Yaroslava, TABUNSCHYK	12 CNLeiria	6:22.31	221
50m: 43.42 43.42	150m: 2:21.50 48.43	250m: 3:58.71 48.42	350m: 5:35.37 48.37
100m: 1:33.07 49.65	200m: 3:10.29 48.79	300m: 4:47.00 48.29	400m: 6:22.31 46.94
9. Mariana Duarte, ANTUNES	12 Alcobaca	6:25.76	215
50m: 42.76 42.76	150m: 2:21.10 48.99	250m: 4:00.50 49.32	350m: 5:37.83 49.09
100m: 1:32.11 49.35	200m: 3:11.18 50.08	300m: 4:48.74 48.24	400m: 6:25.76 47.93
10. Maria Ines, GOMES	12 Nucleo de Pombal	6:29.73	209
50m: 42.42 42.42	150m: 2:21.41 49.56	250m: 4:01.66 50.61	350m: 5:42.38 50.02
100m: 1:31.85 49.43	200m: 3:11.05 49.64	300m: 4:52.36 50.70	400m: 6:29.73 47.35
DNS Mafalda Varela, BERNARDINO	12 Alcobaca		