



Taça ANDL "João da Silva Abreu" - CDClubes 2024
Óbidos, 15 - 16/6/2024

Prova 23	Femin., 400m Livres				ABSOLUTOS
16/06/2024 - 9:00					Resultados
RD ANDL SEN	4:16.64	Filipa Vilas, RUIVO	ADBA	Caldas da Rainha	23/11/2014
RD ANDL JUN	4:16.74	Inês Jacinto, HENRIQUES	SIRP	Felgueiras	22/04/2017
RD ANDL JUV A	4:21.69	Filipa Vilas, RUIVO		Silves	04/12/2011
RD ANDL JUV B	4:31.03	Filipa Vilas, RUIVO		Leiria	21/11/2010
RD ANDL INF A	4:37.93	Filipa Vilas, RUIVO		Abrantes	10/04/2010
RD ANDL INF B	4:38.40	Filipa Vilas, RUIVO		Alcobaça	14/06/2009
RD ANDL ABS	4:16.64	Filipa Vilas, RUIVO		Caldas da Rainha	23/11/2014

Lugar			Ano					Tempo final		
1.	Constanca Baptista, TOMAS		09	Alcobaça				4:35.91	12,00	
	50m:	31.69 31.69	150m:	1:42.16	35.76	250m:	2:53.16	35.40	350m:	4:02.83 34.42
	100m:	1:06.40 34.71	200m:	2:17.76	35.60	300m:	3:28.41	35.25	400m:	4:35.91 33.08
2.	Matilde Violante, VIANA		07	CNLeiria				4:36.05	10,00	
	50m:	31.31 31.31	150m:	1:41.00	35.46	250m:	2:51.93	35.39	350m:	4:03.05 35.59
	100m:	1:05.54 34.23	200m:	2:16.54	35.54	300m:	3:27.46	35.53	400m:	4:36.05 33.00
3.	Diana Isabel, ALVES		10	Pimpoes/Cimai				4:51.56	9,00	
	50m:	32.53 32.53	150m:	1:45.62	37.36	250m:	3:00.66	37.48	350m:	4:15.67 37.37
	100m:	1:08.26 35.73	200m:	2:23.18	37.56	300m:	3:38.30	37.64	400m:	4:51.56 35.89
4.	Matilde Santos, VIEIRA		10	Nautico Marinha Grande				4:52.91	8,00	
	50m:	32.54 32.54	150m:	1:45.71	37.42	250m:	3:01.35	37.60	350m:	4:16.66 37.63
	100m:	1:08.29 35.75	200m:	2:23.75	38.04	300m:	3:39.03	37.68	400m:	4:52.91 36.25
5.	Dalila Leal, BERNARDINO		06	Nucleo de Pombal				4:54.39	7,00	
	50m:	33.26 33.26	150m:	1:47.61	37.37	250m:	3:01.91	36.82	350m:	4:17.57 38.39
	100m:	1:10.24 36.98	200m:	2:25.09	37.48	300m:	3:39.18	37.27	400m:	4:54.39 36.82
6.	Bianca Balbino, MENDES		10	Naval de Peniche				4:59.03	6,00	
	50m:	33.30 33.30	150m:	1:46.64	37.42	250m:	3:03.04	38.32	350m:	4:20.69 38.90
	100m:	1:09.22 35.92	200m:	2:24.72	38.08	300m:	3:41.79	38.75	400m:	4:59.03 38.34
7.	Vida Sofia, VELEZ		10	Ba-Leiria				5:00.58	5,00	
	50m:	32.88 32.88	150m:	1:47.30	38.19	250m:	3:04.52	38.38	350m:	4:22.06 38.67
	100m:	1:09.11 36.23	200m:	2:26.14	38.84	300m:	3:43.39	38.87	400m:	5:00.58 38.52
8.	Tania Cristina, MENDES		99	Vieirense				5:13.03	4,00	
	50m:	35.85 35.85	150m:	1:54.54	40.29	250m:	3:13.98	39.04	350m:	4:35.13 40.77
	100m:	1:14.25 38.40	200m:	2:34.94	40.40	300m:	3:54.36	40.38	400m:	5:13.03 37.90
9.	Catarina Tagarroso, LOBO		07	Uniao Juncalense				5:40.77	3,00	
	50m:	36.25 36.25	150m:	2:00.85	43.06	250m:	3:29.41	43.96	350m:	4:57.59 43.91
	100m:	1:17.79 41.54	200m:	2:45.45	44.60	300m:	4:13.68	44.27	400m:	5:40.77 43.18
10.	Kelly Simao, COSTA		11	Óbidos				6:20.64	2,00	
	50m:	41.38 41.38	150m:	2:16.39	47.93	250m:	3:54.47	49.43	350m:	5:33.81 50.00
	100m:	1:28.46 47.08	200m:	3:05.04	48.65	300m:	4:43.81	49.34	400m:	6:20.64 46.83
11.	Constanca Santos, COUTINHO		12	Naval da Nazaré				6:48.13	1,00	
	50m:	43.20 43.20	150m:	2:24.69	52.63	250m:	4:12.74	54.24	350m:	5:59.42 51.98
	100m:	1:32.06 48.86	200m:	3:18.50	53.81	300m:	5:07.44	54.70	400m:	6:48.13 48.71
EXH	Maria Carolina, ALVES		10	Ba-Leiria				5:09.43	-	
	50m:	33.55 33.55	150m:	1:49.84	39.08	250m:	3:08.92	39.67	350m:	4:29.34 39.71
	100m:	1:10.76 37.21	200m:	2:29.25	39.41	300m:	3:49.63	40.71	400m:	5:09.43 40.09
EXH	Luna Francisco, PEREIRA		12	Nucleo de Pombal				5:46.46	-	
	50m:	38.07 38.07	150m:	2:04.71	43.92	250m:	3:33.94	44.50	350m:	5:03.98 45.20
	100m:	1:20.79 42.72	200m:	2:49.44	44.73	300m:	4:18.78	44.84	400m:	5:46.46 42.48



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Lugar	Ano	Tempo final	
EXH Teresa Ribeiro, ROCHA	11	Aminata	5:48.58 -
50m: 38.68 38.68	150m: 2:09.66 46.04	250m: 3:38.67 45.12	350m: 5:07.52 42.89
100m: 1:23.62 44.94	200m: 2:53.55 43.89	300m: 4:24.63 45.96	400m: 5:48.58 41.06
EXH Carolina Matos, CORREIA	12	Nucleo de Pombal	6:11.41 -
50m: 42.49 42.49	150m: 2:16.88 47.54	250m: 3:52.35 47.99	350m: 5:27.28 47.84
100m: 1:29.34 46.85	200m: 3:04.36 47.48	300m: 4:39.44 47.09	400m: 6:11.41 44.13
EXH Yara Nunes, MARCELINO	11	Nucleo de Pombal	6:11.81 -
50m: 40.90 40.90	150m: 2:14.51 47.67	250m: 3:50.85 48.00	350m: 5:27.31 48.35
100m: 1:26.84 45.94	200m: 3:02.85 48.34	300m: 4:38.96 48.11	400m: 6:11.81 44.50
EXH Rita Alexandra, JORDAO	12	Uniao Juncalense	6:17.86 -
50m: 44.86 44.86	150m: 2:23.23 49.55	250m: 3:58.65 47.54	350m: 5:34.30 47.30
100m: 1:33.68 48.82	200m: 3:11.11 47.88	300m: 4:47.00 48.35	400m: 6:17.86 43.56
EXH Maria Ines, GOMES	12	Nucleo de Pombal	6:19.73 -
50m: 42.49 42.49	150m: 2:18.39 48.91	250m: 3:56.08 49.19	350m: 5:29.87 44.37
100m: 1:29.48 46.99	200m: 3:06.89 48.50	300m: 4:45.50 49.42	400m: 6:19.73 49.86
EXH Daniela Carvalho, FERREIRA	12	Nucleo de Pombal	6:26.60 -
50m: 43.09 43.09	150m: 2:20.42 49.18	250m: 4:00.08 49.22	350m: 5:39.85 49.43
100m: 1:31.24 48.15	200m: 3:10.86 50.44	300m: 4:50.42 50.34	400m: 6:26.60 46.75
EXH Maria Santos, SILVA	06	Uniao Juncalense	6:41.13 -
50m: 42.54 42.54	150m: 2:21.02 50.12	250m: 4:06.35 53.34	350m: 5:51.09 51.90
100m: 1:30.90 48.36	200m: 3:13.01 51.99	300m: 4:59.19 52.84	400m: 6:41.13 50.04
EXH Eleonora Alves, ROSARIO	12	Uniao Juncalense	7:28.54 -
50m: 51.29 51.29	150m: 2:45.19 56.86	250m: 4:38.53 56.94	350m: 6:34.18 58.18
100m: 1:48.33 57.04	200m: 3:41.59 56.40	300m: 5:36.00 57.47	400m: 7:28.54 54.36