

Torneio Regional Fundo Infantis e Juvenis  
Cantanhede, 18 - 19/5/2024

Prova 1  
18/05/2024 - 16:00

Femin., 400m Estilos

12 anos e mais velhos  
Resultados

Pontos: FINA 2023

Lugar			Ano							Tempo final
<b>Inf B</b>										
1.	Leonor Simoes, SOUSA		12	CNAC						<b>5:45.82</b>
	50m:	37.47 37.47	150m:	2:08.10	46.53	250m:	3:40.93	47.84	350m:	5:08.55 38.95
	100m:	1:21.57 44.10	200m:	2:53.09	44.99	300m:	4:29.60	48.67	400m:	5:45.82 37.27
2.	Maria Luisa, NOGUEIRA		12	AAC						<b>5:47.12</b>
	50m:	37.06 37.06	150m:	2:08.27	47.54	250m:	3:42.89	48.91	350m:	5:10.39 39.42
	100m:	1:20.73 43.67	200m:	2:53.98	45.71	300m:	4:30.97	48.08	400m:	5:47.12 36.73
3.	Maria Leonor, LOBO		12	CAQC						<b>6:03.44</b>
	50m:	39.76 39.76	150m:	2:12.23	47.17	250m:	3:50.54	52.54	350m:	5:25.66 40.22
	100m:	1:25.06 45.30	200m:	2:58.00	45.77	300m:	4:45.44	54.90	400m:	6:03.44 37.78
DSQ	Maria Ines, MATEUS		12	CAQC		<i>SW 6.4 - O/A atleta após perder a posição de costas efectuou mais do que uma braçada, na viragem aos 175 metros.</i>				
DSQ	Alice Silva, SENNA		12	CAQC		<i>SW 6.4 - O/A atleta após perder a posição de costas não iniciou a viragem imediatamente após ter terminado a braçada, na viragem aos 175 metros.</i>				
DSQ	Clara Lopes, FERNANDES		12	ALN		<i>SW 8.3 - O/A atleta executou pernadas alternadas aos 75 metros.</i>				
<b>Inf A</b>										
1.	Joana Cura, NEVES		11	CAQC						<b>5:42.50</b>
	50m:	35.85 35.85	150m:	2:01.24	43.78	250m:	3:34.40	50.00	350m:	5:03.80 38.40
	100m:	1:17.46 41.61	200m:	2:44.40	43.16	300m:	4:25.40	51.00	400m:	5:42.50 38.70
2.	Eva Miranda, ALMEIDA		11	SCC						<b>5:51.40</b>
	50m:	38.36 38.36	150m:	2:10.07	45.41	250m:	3:43.54	48.63	350m:	5:14.30 39.35
	100m:	1:24.66 46.30	200m:	2:54.91	44.84	300m:	4:34.95	51.41	400m:	5:51.40 37.10
3.	Matilde Sofia, PEREIRA		11	CNAC						<b>5:59.82</b>
	50m:	42.00 42.00	150m:	2:15.33	45.17	250m:	3:49.62	50.28	350m:	5:22.70 42.13
	100m:	1:30.16 48.16	200m:	2:59.34	44.01	300m:	4:40.57	50.95	400m:	5:59.82 37.12
4.	Matilde Conde, FIGUEIREDO		11	CAQC						<b>6:00.05</b>
	50m:	41.94 41.94	150m:	2:15.80	47.55	250m:	3:53.59	52.37	350m:	5:23.68 38.89
	100m:	1:28.25 46.31	200m:	3:01.22	45.42	300m:	4:44.79	51.20	400m:	6:00.05 36.37
5.	Carolina Damas, PITA		11	CNAC						<b>6:03.67</b>
	50m:	39.53 39.53	150m:	2:13.29	45.71	250m:	3:49.49	51.71	350m:	5:24.62 42.21
	100m:	1:27.58 48.05	200m:	2:57.78	44.49	300m:	4:42.41	52.92	400m:	6:03.67 39.05
6.	Sara Ferreira, SANTOS		11	SCC						<b>6:15.25</b>
	50m:	40.40 40.40	150m:	2:15.23	46.09	250m:	3:54.36	54.01	350m:	5:33.08 43.30
	100m:	1:29.14 48.74	200m:	3:00.35	45.12	300m:	4:49.78	55.42	400m:	6:15.25 42.17
7.	Carlota Francisco, SANTOS		11	CNAC						<b>6:24.11</b>
	50m:	43.15 43.15	150m:	2:26.43	49.14	250m:	4:06.41	52.42	350m:	5:43.24 43.13
	100m:	1:37.29 54.14	200m:	3:13.99	47.56	300m:	5:00.11	53.70	400m:	6:24.11 40.87
DSQ	Rita Cravino, RIBEIRO		11	CNAC		<i>SW 8.2 A atleta executou braçadas alternadas após a viragem dos 50 metros</i>				

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Juv B

1.	Maria Neto, SIMOES	10	CAQC							<b>5:13.89</b>
	50m: 33.81 33.81	150m: 1:53.04	40.65	250m: 3:16.90	43.68	350m: 4:38.32	36.24			
	100m: 1:12.39 38.58	200m: 2:33.22	40.18	300m: 4:02.08	45.18	400m: 5:13.89	35.57			
2.	Rita Lucas, SANTOS	10	CAQC							<b>5:25.19</b>
	50m: 34.50 34.50	150m: 1:55.89	42.32	250m: 3:24.07	47.79	350m: 4:48.73	36.99			
	100m: 1:13.57 39.07	200m: 2:36.28	40.39	300m: 4:11.74	47.67	400m: 5:25.19	36.46			
3.	Leonor Antunes, PAIVA	10	CNAC							<b>5:40.00</b>
	50m: 36.42 36.42	150m: 2:02.68	43.75	250m: 3:35.98	50.15	350m: 5:03.35	37.88			
	100m: 1:18.93 42.51	200m: 2:45.83	43.15	300m: 4:25.47	49.49	400m: 5:40.00	36.65			
4.	Leonor Mosca, SILVA	10	SCC							<b>5:46.65</b>
	50m: 38.35 38.35	150m: 2:06.57	45.24	250m: 3:38.82	48.15	350m: 5:08.58	40.04			
	100m: 1:21.33 42.98	200m: 2:50.67	44.10	300m: 4:28.54	49.72	400m: 5:46.65	38.07			
5.	Maria Miguel, FERNANDES	10	SCC							<b>5:53.92</b>
	50m: 38.12 38.12	150m: 2:07.95	44.59	250m: 3:42.90	50.48	350m: 5:15.81	39.28			
	100m: 1:23.36 45.24	200m: 2:52.42	44.47	300m: 4:36.53	53.63	400m: 5:53.92	38.11			
6.	Mariana Bagagem, CARVALHO	10	CNMC							<b>5:54.86</b>
	50m: 37.70 37.70	150m: 2:06.96	44.04	250m: 3:43.02	52.50	350m: 5:16.50	40.60			
	100m: 1:22.92 45.22	200m: 2:50.52	43.56	300m: 4:35.90	52.88	400m: 5:54.86	38.36			
7.	Isabella Scavone, LOPES	10	CNMC							<b>6:16.43</b>
	50m: 37.70 37.70	150m: 2:12.20	48.91	250m: 3:55.38	55.15	350m: 5:35.04	43.50			
	100m: 1:23.29 45.59	200m: 3:00.23	48.03	300m: 4:51.54	56.16	400m: 6:16.43	41.39			
8.	Sofia Daniela, FERREIRA	10	CUC							<b>6:38.71</b>
	50m: 39.84 39.84	150m: 2:22.14	50.49	250m: 4:09.36	1:00.18	350m: 5:54.93	44.85			
	100m: 1:31.65 51.81	200m: 3:09.18	47.04	300m: 5:10.08	1:00.72	400m: 6:38.71	43.78			
DSQ	Maria Ines, GANTE	10	CNAC							
	<i>SW 7.6 - O/A atleta tocou na parede com as mãos alternadamente na viragem aos 225 metros.</i>									

Juv A

1.	Leonor Mercês, CAVALEIRO	09	SCC							<b>5:22.45</b>
	50m: 34.65 34.65	150m: 1:55.64	41.57	250m: 3:22.10	46.20	350m: 4:46.24	37.68			
	100m: 1:14.07 39.42	200m: 2:35.90	40.26	300m: 4:08.56	46.46	400m: 5:22.45	36.21			
2.	Rita Calado, CRUZ	09	CNAC							<b>5:29.91</b>
	50m: 36.38 36.38	150m: 2:01.33	42.10	250m: 3:27.16	44.87	350m: 4:52.25	38.98			
	100m: 1:19.23 42.85	200m: 2:42.29	40.96	300m: 4:13.27	46.11	400m: 5:29.91	37.66			
3.	Raquel Alexandra, CANCELA	09	ALN							<b>5:30.25</b>
	50m: 34.96 34.96	150m: 1:59.33	43.17	250m: 3:27.34	46.82	350m: 4:54.59	39.87			
	100m: 1:16.16 41.20	200m: 2:40.52	41.19	300m: 4:14.72	47.38	400m: 5:30.25	35.66			
4.	Ana Margarida, CRUZ	09	CNAC							<b>6:09.35</b>
	50m: 38.20 38.20	150m: 2:10.07	46.72	250m: 3:48.21	52.39	350m: 5:26.45	44.15			
	100m: 1:23.35 45.15	200m: 2:55.82	45.75	300m: 4:42.30	54.09	400m: 6:09.35	42.90			
5.	Gabriela Maria, SILVA	09	SCC							<b>6:30.31</b>
	50m: 39.37 39.37	150m: 2:22.03	51.07	250m: 4:06.93	54.93	350m: 6:30.31	1:27.54			
	100m: 1:30.96 51.59	200m: 3:12.00	49.97	300m: 5:02.77	55.84	400m: 6:30.31				
EXH	Rita Isabel, NEVES	08	CAQC							<b>5:19.02</b>
	50m: 34.72 34.72	150m: 1:54.58	42.36	250m: 3:21.10	45.15	350m: 4:43.45	36.93			
	100m: 1:12.22 37.50	200m: 2:35.95	41.37	300m: 4:06.52	45.42	400m: 5:19.02	35.57			
EXH	Caetana Amado, SANTOS	09	CNMC							<b>5:36.21</b>
	50m: 35.88 35.88	150m: 1:59.41	40.57	250m: 3:29.64	49.66	350m: 4:57.98	38.63			
	100m: 1:18.84 42.96	200m: 2:39.98	40.57	300m: 4:19.35	49.71	400m: 5:36.21	38.23			
EXH	Margarida Paiva, CORREIA	12	CNMC							<b>6:19.45</b>
	50m: 39.47 39.47	150m: 2:15.13	48.30	250m: 3:58.15	55.21	350m: 5:37.41	44.43			
	100m: 1:26.83 47.36	200m: 3:02.94	47.81	300m: 4:52.98	54.83	400m: 6:19.45	42.04			

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EXH	Beatriz Pires, SOARES		12	CNMC						<b>6:44.69</b>
	50m:	44.54 44.54	150m:	2:29.30 49.72	250m:	4:15.51 57.04	350m:	5:59.75 46.82		
	100m:	1:39.58 55.04	200m:	3:18.47 49.17	300m:	5:12.93 57.42	400m:	6:44.69 44.94		
EXH	Leonor Cioga, MOREIRA		11	CAQC						<b>6:46.50</b>
	50m:	44.07 44.07	150m:	2:32.72 51.80	250m:	4:19.19 57.74	350m:	6:02.69 44.51		
	100m:	1:40.92 56.85	200m:	3:21.45 48.73	300m:	5:18.18 58.99	400m:	6:46.50 43.81		