

Campeonato Interdistrital de Juvenis, Juniores, Seniores e Absolutos
Coimbra, 15 - 17/3/2024

Prova 42 Femin., 400m Livres Abs
17/03/2024 - 17:40 Resultados

Rec Nacionais Open	4:08.77	Francisca Soares, MARTINS	FOCA	Canet-en-Roussillion (FRA)	14/05/2023
Rec Nacionais Sen	4:08.77	Francisca Soares, MARTINS	FOCA	Canet-en-Roussillion (FRA)	14/05/2023
Rec Nacionais Jun 17	4:14.67	Tamila Hryhorivna, HOLUB	SCB	Oeiras	23/07/2016
Rec Nacionais Jun 16	4:20.37	Marta Andreia, FERREIRA	POR	Berlim (GER)	04/08/2002
Rec Nacionais Juv A	4:20.78	Tamila Hryhorivna, HOLUB	POR	Porto	07/06/2014
Rec Nacionais Juv B	4:26.20	Maria Francisca, CABRAL	FCP	Oeiras	26/07/2014

TA SEN-FEM Sen: 5:14.83 / TA JUN-FEM Jun: 5:22.66 / TA JUVA-FEM Juv A: 5:30.49 / TA JUVB-FEM Juv B: 5:38.33

Pontos: FINA 2024

Lugar			Ano							Tempo final	Pts
Juv B											
1.	Carolina Ratola, TAVEIRA		10	Galitos / Bresimar						4:43.97	569
	50m:	30.87 30.87	150m:	1:42.52	36.02	250m:	2:55.23	36.01	350m:	4:08.59	36.35
	100m:	1:06.50 35.63	200m:	2:19.22	36.70	300m:	3:32.24	37.01	400m:	4:43.97	35.38
2.	Rita Lucas, SANTOS		10	Condeixa Clube						4:53.66	514
	50m:	32.91 32.91	150m:	1:48.86	37.89	250m:	3:03.62	37.31	350m:	4:19.59	38.07
	100m:	1:10.97 38.06	200m:	2:26.31	37.45	300m:	3:41.52	37.90	400m:	4:53.66	34.07
3.	Maria Miguel, FERNANDES		10	Columbofila Cantanhedense						5:03.69	465
	50m:	33.76 33.76	150m:	1:49.25	38.50	250m:	3:07.37	38.93	350m:	4:25.66	39.20
	100m:	1:10.75 36.99	200m:	2:28.44	39.19	300m:	3:46.46	39.09	400m:	5:03.69	38.03
4.	Leonor Antunes, PAIVA		10	Nautico Academico						5:05.30	458
	50m:	34.63 34.63	150m:	1:51.42	39.08	250m:	3:09.81	39.40	350m:	4:27.79	38.93
	100m:	1:12.34 37.71	200m:	2:30.41	38.99	300m:	3:48.86	39.05	400m:	5:05.30	37.51
5.	Bianca Balbino, MENDES		10	Naval de Peniche						5:05.58	457
	50m:	34.74 34.74	150m:	1:50.95	39.06	250m:	3:10.36	39.90	350m:	4:29.07	39.21
	100m:	1:11.89 37.15	200m:	2:30.46	39.51	300m:	3:49.86	39.50	400m:	5:05.58	36.51
6.	Maria Ines, GANTE		10	Nautico Academico						5:06.29	453
	50m:	34.50 34.50	150m:	1:53.02	39.71	250m:	3:11.83	39.43	350m:	4:29.75	38.65
	100m:	1:13.31 38.81	200m:	2:32.40	39.38	300m:	3:51.10	39.27	400m:	5:06.29	36.54
7.	Barbara Balbino, MENDES		10	Naval de Peniche						5:08.74	443
	50m:	33.57 33.57	150m:	1:49.66	38.89	250m:	3:09.15	39.79	350m:	4:29.66	40.25
	100m:	1:10.77 37.20	200m:	2:29.36	39.70	300m:	3:49.41	40.26	400m:	5:08.74	39.08
8.	Leonor Mosca, SILVA		10	Columbofila Cantanhedense						5:09.43	440
	50m:	35.59 35.59	150m:	1:54.23	39.46	250m:	3:13.00	39.49	350m:	4:31.69	39.25
	100m:	1:14.77 39.18	200m:	2:33.51	39.28	300m:	3:52.44	39.44	400m:	5:09.43	37.74
9.	Isabella Scavone, LOPES		10	Miranda do Corvo						5:18.80	402
	50m:	36.86 36.86	150m:	1:57.91	40.84	250m:	3:19.28	40.88	350m:	4:40.36	40.10
	100m:	1:17.07 40.21	200m:	2:38.40	40.49	300m:	4:00.26	40.98	400m:	5:18.80	38.44
10.	Mariana Bagagem, CARVALHO		10	Miranda do Corvo						5:24.79	380
	50m:	36.53 36.53	150m:	1:59.91	41.83	250m:	3:23.42	41.81	350m:	4:45.22	40.84
	100m:	1:18.08 41.55	200m:	2:41.61	41.70	300m:	4:04.38	40.96	400m:	5:24.79	39.57

Juv A

1.	Luana Ferreira, CRAVEIRO		09	Marinha Grande						4:35.92	620
	50m:	31.19 31.19	150m:	1:40.10	34.59	250m:	2:50.87	35.21	350m:	4:00.88	35.20
	100m:	1:05.51 34.32	200m:	2:15.66	35.56	300m:	3:25.68	34.81	400m:	4:35.92	35.04
2.	Alana Costa, MATIAS		09	União de Coimbra						4:50.30	533
	50m:	33.43 33.43	150m:	1:46.73	37.02	250m:	3:00.94	37.20	350m:	4:14.80	37.01
	100m:	1:09.71 36.28	200m:	2:23.74	37.01	300m:	3:37.79	36.85	400m:	4:50.30	35.50
3.	Francisca Soreto, PEDREIRO		09	Galitos / Bresimar						4:53.91	513
	50m:	32.61 32.61	150m:	1:46.32	37.69	250m:	3:01.88	37.57	350m:	4:17.25	38.04
	100m:	1:08.63 36.02	200m:	2:24.31	37.99	300m:	3:39.21	37.33	400m:	4:53.91	36.66
4.	Francisca Ramos, NUNES		09	Naval de Peniche						4:56.47	500
	50m:	33.51 33.51	150m:	1:49.20	38.29	250m:	3:05.24	38.15	350m:	4:21.70	37.99
	100m:	1:10.91 37.40	200m:	2:27.09	37.89	300m:	3:43.71	38.47	400m:	4:56.47	34.77

Campeonato Interdistrital de Juvenis, Juniores, Seniores e Absolutos
Coimbra, 15 - 17/3/2024

Prova 42, Femin., 400m Livres, Juv A

Lugar			Ano					Tempo final	Pts		
5.	Joana Almeida, SANTOS		09	Galitos / Bresimar				5:04.73	460		
	50m:	33.30 33.30	150m:	1:50.34	38.74	250m:	3:08.24	38.52	350m:	4:26.84	39.03
	100m:	1:11.60 38.30	200m:	2:29.72	39.38	300m:	3:47.81	39.57	400m:	5:04.73	37.89
6.	Carlota Ganito, SANTOS		09	Galitos / Bresimar				5:16.31	412		
	50m:	36.04 36.04	150m:	1:55.41	39.91	250m:	3:16.64	40.84	350m:	4:37.81	40.27
	100m:	1:15.50 39.46	200m:	2:35.80	40.39	300m:	3:57.54	40.90	400m:	5:16.31	38.50
7.	Gabriela Lopes, FERNANDES		09	O Crasto				5:21.67	391		
	50m:	35.87 35.87	150m:	1:57.66	41.31	250m:	3:21.06	42.05	350m:	4:44.56	41.67
	100m:	1:16.35 40.48	200m:	2:39.01	41.35	300m:	4:02.89	41.83	400m:	5:21.67	37.11
8.	Beatriz Ferreira, MIGUEL		09	Algés e Águeda XXI				5:22.41	389		
	50m:	35.27 35.27	150m:	1:56.79	40.79	250m:	3:19.42	40.81	350m:	4:42.10	40.88
	100m:	1:16.00 40.73	200m:	2:38.61	41.82	300m:	4:01.22	41.80	400m:	5:22.41	40.31
9.	Ines Ferreira, CHELEU		09	Bairro dos Anjos				5:40.46	330		
	<i>FTL</i>										
	50m:	36.84 36.84	150m:	2:01.07	42.75	250m:	3:28.63	44.92	350m:	4:57.59	44.53
	100m:	1:18.32 41.48	200m:	2:43.71	42.64	300m:	4:13.06	44.43	400m:	5:40.46	42.87
Jun											
1.	Carolina Vizinho, CABRAL		07	Vagos				4:33.72	635		
	50m:	32.19 32.19	150m:	1:41.99	35.07	250m:	2:52.06	35.10	350m:	4:01.47	34.45
	100m:	1:06.92 34.73	200m:	2:16.96	34.97	300m:	3:27.02	34.96	400m:	4:33.72	32.25
2.	Marta Andre, AGUILAR		07	Nautico Academico				4:42.82	576		
	50m:	32.82 32.82	150m:	1:43.97	35.93	250m:	2:56.36	35.91	350m:	4:08.98	36.34
	100m:	1:08.04 35.22	200m:	2:20.45	36.48	300m:	3:32.64	36.28	400m:	4:42.82	33.84
3.	Matilde Violante, VIANA		07	CNLeiria				4:51.44	526		
	50m:	32.70 32.70	150m:	1:46.03	36.88	250m:	3:00.54	36.99	350m:	4:15.06	36.97
	100m:	1:09.15 36.45	200m:	2:23.55	37.52	300m:	3:38.09	37.55	400m:	4:51.44	36.38
4.	Alice Mendes, MACEDO		08	Estamos Juntos				4:52.54	520		
	50m:	32.10 32.10	150m:	1:44.60	36.69	250m:	2:59.21	37.48	350m:	4:15.19	37.77
	100m:	1:07.91 35.81	200m:	2:21.73	37.13	300m:	3:37.42	38.21	400m:	4:52.54	37.35
5.	Laura Carvalho, FERNANDES		08	Nautico Academico				4:56.49	500		
	50m:	32.78 32.78	150m:	1:47.01	37.80	250m:	3:03.15	38.11	350m:	4:19.69	38.18
	100m:	1:09.21 36.43	200m:	2:25.04	38.03	300m:	3:41.51	38.36	400m:	4:56.49	36.80
6.	Sofia Pereira, JORGE		08	Galitos / Bresimar				5:03.31	467		
	50m:	33.42 33.42	150m:	1:48.96	38.45	250m:	3:06.35	38.96	350m:	4:24.66	39.09
	100m:	1:10.51 37.09	200m:	2:27.39	38.43	300m:	3:45.57	39.22	400m:	5:03.31	38.65
7.	Lara Sofia, FONSECA		08	Academico de Viseu				5:10.28	436		
	50m:	34.28 34.28	150m:	1:51.86	39.28	250m:	3:10.74	39.55	350m:	4:31.37	40.26
	100m:	1:12.58 38.30	200m:	2:31.19	39.33	300m:	3:51.11	40.37	400m:	5:10.28	38.91
8.	Maria Joao, LOBO		07	Sporting Aveiro				5:13.80	422		
	50m:	34.75 34.75	150m:	1:54.35	40.36	250m:	3:14.96	40.26	350m:	4:35.02	39.81
	100m:	1:13.99 39.24	200m:	2:34.70	40.35	300m:	3:55.21	40.25	400m:	5:13.80	38.78
9.	Leonor Vendima, COELHO		07	CNLeiria				5:46.92	312		
	<i>FTL</i>										
	50m:	29.63 29.63	150m:	2:09.14	44.36	250m:	3:37.19	43.45	350m:	5:03.90	42.74
	100m:	1:24.78 55.15	200m:	2:53.74	44.60	300m:	4:21.16	43.97	400m:	5:46.92	43.02

Campeonato Interdistrital de Juvenis, Juniores, Seniores e Absolutos
Coimbra, 15 - 17/3/2024

Prova 42, Femin., 400m Livres

Sen

1.	Beatriz Nunes, CARDEAL	04	Individual ANCNP	4:31.07	654
	50m: 31.46 31.46	150m: 1:41.13	35.06 250m: 2:50.41 34.39	350m: 3:59.83	34.26
	100m: 1:06.07 34.61	200m: 2:16.02	34.89 300m: 3:25.57 35.16	400m: 4:31.07	31.24
2.	Joana Nunes, CARDEAL	02	Individual ANCNP	4:31.10	654
	50m: 31.63 31.63	150m: 1:41.02	35.04 250m: 2:50.38 34.48	350m: 3:59.11	34.05
	100m: 1:05.98 34.35	200m: 2:15.90	34.88 300m: 3:25.06 34.68	400m: 4:31.10	31.99
3.	Joana Barbas, RAMOS	06	Gafanha da Encarnacao	4:37.90	607
	50m: 31.75 31.75	150m: 1:41.51	35.19 250m: 2:52.36 35.41	350m: 4:03.45	35.37
	100m: 1:06.32 34.57	200m: 2:16.95	35.44 300m: 3:28.08 35.72	400m: 4:37.90	34.45
4.	Leonor Verissimo, FARIA	06	Nautico Academico	4:43.98	569
	50m: 32.62 32.62	150m: 1:44.22	36.00 250m: 2:56.87 36.28	350m: 4:09.12	35.97
	100m: 1:08.22 35.60	200m: 2:20.59	36.37 300m: 3:33.15 36.28	400m: 4:43.98	34.86
5.	Maria Neto, FERREIRA	06	Nautico Academico	4:45.19	562
	50m: 31.81 31.81	150m: 1:42.83	35.89 250m: 2:56.03 36.64	350m: 4:09.15	36.71
	100m: 1:06.94 35.13	200m: 2:19.39	36.56 300m: 3:32.44 36.41	400m: 4:45.19	36.04
6.	Miriam Mortagua, SOARES	06	Galitos / Bresimar	4:48.01	545
	50m: 32.54 32.54	150m: 1:43.97	35.89 250m: 2:56.61 36.29	350m: 4:11.34	37.62
	100m: 1:08.08 35.54	200m: 2:20.32	36.35 300m: 3:33.72 37.11	400m: 4:48.01	36.67
7.	Vanessa Sofia, OLIVEIRA	05	Gafanha da Encarnacao	4:49.46	537
	50m: 32.89 32.89	150m: 1:45.28	36.62 250m: 2:59.44 37.25	350m: 4:13.53	37.12
	100m: 1:08.66 35.77	200m: 2:22.19	36.91 300m: 3:36.41 36.97	400m: 4:49.46	35.93
8.	Ana Claudia, FERREIRA	90	Alcobaca	5:01.20	477
	50m: 32.74 32.74	150m: 1:46.28	37.08 250m: 3:03.38 38.55	350m: 4:22.17	39.06
	100m: 1:09.20 36.46	200m: 2:24.83	38.55 300m: 3:43.11 39.73	400m: 5:01.20	39.03
9.	Dalila Leal, BERNARDINO	06	Nucleo de Pombal	5:06.67	452
	50m: 32.64 32.64	150m: 1:48.60	38.81 250m: 3:07.47 39.32	350m: 4:27.52	39.53
	100m: 1:09.79 37.15	200m: 2:28.15	39.55 300m: 3:47.99 40.52	400m: 5:06.67	39.15

Juv B/Abs

1.	Beatriz Nunes, CARDEAL	04	Individual ANCNP	4:31.07	654
	50m: 31.46 31.46	150m: 1:41.13	35.06 250m: 2:50.41 34.39	350m: 3:59.83	34.26
	100m: 1:06.07 34.61	200m: 2:16.02	34.89 300m: 3:25.57 35.16	400m: 4:31.07	31.24
2.	Joana Nunes, CARDEAL	02	Individual ANCNP	4:31.10	654
	50m: 31.63 31.63	150m: 1:41.02	35.04 250m: 2:50.38 34.48	350m: 3:59.11	34.05
	100m: 1:05.98 34.35	200m: 2:15.90	34.88 300m: 3:25.06 34.68	400m: 4:31.10	31.99
3.	Carolina Vizinho, CABRAL	07	Vagos	4:33.72	635
	50m: 32.19 32.19	150m: 1:41.99	35.07 250m: 2:52.06 35.10	350m: 4:01.47	34.45
	100m: 1:06.92 34.73	200m: 2:16.96	34.97 300m: 3:27.02 34.96	400m: 4:33.72	32.25
4.	Luana Ferreira, CRAVEIRO	09	Marinha Grande	4:35.92	620
	50m: 31.19 31.19	150m: 1:40.10	34.59 250m: 2:50.87 35.21	350m: 4:00.88	35.20
	100m: 1:05.51 34.32	200m: 2:15.66	35.56 300m: 3:25.68 34.81	400m: 4:35.92	35.04
5.	Joana Barbas, RAMOS	06	Gafanha da Encarnacao	4:37.90	607
	50m: 31.75 31.75	150m: 1:41.51	35.19 250m: 2:52.36 35.41	350m: 4:03.45	35.37
	100m: 1:06.32 34.57	200m: 2:16.95	35.44 300m: 3:28.08 35.72	400m: 4:37.90	34.45
6.	Marta Andre, AGUILAR	07	Nautico Academico	4:42.82	576
	50m: 32.82 32.82	150m: 1:43.97	35.93 250m: 2:56.36 35.91	350m: 4:08.98	36.34
	100m: 1:08.04 35.22	200m: 2:20.45	36.48 300m: 3:32.64 36.28	400m: 4:42.82	33.84
7.	Carolina Ratola, TAVEIRA	10	Galitos / Bresimar	4:43.97	569
	50m: 30.87 30.87	150m: 1:42.52	36.02 250m: 2:55.23 36.01	350m: 4:08.59	36.35
	100m: 1:06.50 35.63	200m: 2:19.22	36.70 300m: 3:32.24 37.01	400m: 4:43.97	35.38
8.	Leonor Verissimo, FARIA	06	Nautico Academico	4:43.98	569
	50m: 32.62 32.62	150m: 1:44.22	36.00 250m: 2:56.87 36.28	350m: 4:09.12	35.97
	100m: 1:08.22 35.60	200m: 2:20.59	36.37 300m: 3:33.15 36.28	400m: 4:43.98	34.86

Campeonato Interdistrital de Juvenis, Juniores, Seniores e Absolutos
Coimbra, 15 - 17/3/2024

Prova 42, Femin., 400m Livres, Juv B/Abs

Lugar			Ano					Tempo final	Pts		
9.	Maria Neto, FERREIRA		06	Nautico Academico				4:45.19	562		
	50m:	31.81 31.81	150m:	1:42.83	35.89	250m:	2:56.03	36.64	350m:	4:09.15	36.71
	100m:	1:06.94 35.13	200m:	2:19.39	36.56	300m:	3:32.44	36.41	400m:	4:45.19	36.04
10.	Miriam Mortagua, SOARES		06	Galitos / Bresimar				4:48.01	545		
	50m:	32.54 32.54	150m:	1:43.97	35.89	250m:	2:56.61	36.29	350m:	4:11.34	37.62
	100m:	1:08.08 35.54	200m:	2:20.32	36.35	300m:	3:33.72	37.11	400m:	4:48.01	36.67
11.	Vanessa Sofia, OLIVEIRA		05	Gafanha da Encarnacao				4:49.46	537		
	50m:	32.89 32.89	150m:	1:45.28	36.62	250m:	2:59.44	37.25	350m:	4:13.53	37.12
	100m:	1:08.66 35.77	200m:	2:22.19	36.91	300m:	3:36.41	36.97	400m:	4:49.46	35.93
12.	Alana Costa, MATIAS		09	União de Coimbra				4:50.30	533		
	50m:	33.43 33.43	150m:	1:46.73	37.02	250m:	3:00.94	37.20	350m:	4:14.80	37.01
	100m:	1:09.71 36.28	200m:	2:23.74	37.01	300m:	3:37.79	36.85	400m:	4:50.30	35.50
13.	Matilde Violante, VIANA		07	CNLeiria				4:51.44	526		
	50m:	32.70 32.70	150m:	1:46.03	36.88	250m:	3:00.54	36.99	350m:	4:15.06	36.97
	100m:	1:09.15 36.45	200m:	2:23.55	37.52	300m:	3:38.09	37.55	400m:	4:51.44	36.38
14.	Alice Mendes, MACEDO		08	Estamos Juntos				4:52.54	520		
	50m:	32.10 32.10	150m:	1:44.60	36.69	250m:	2:59.21	37.48	350m:	4:15.19	37.77
	100m:	1:07.91 35.81	200m:	2:21.73	37.13	300m:	3:37.42	38.21	400m:	4:52.54	37.35
15.	Rita Lucas, SANTOS		10	Condeixa Clube				4:53.66	514		
	50m:	32.91 32.91	150m:	1:48.86	37.89	250m:	3:03.62	37.31	350m:	4:19.59	38.07
	100m:	1:10.97 38.06	200m:	2:26.31	37.45	300m:	3:41.52	37.90	400m:	4:53.66	34.07
16.	Francisca Soreto, PEDREIRO		09	Galitos / Bresimar				4:53.91	513		
	50m:	32.61 32.61	150m:	1:46.32	37.69	250m:	3:01.88	37.57	350m:	4:17.25	38.04
	100m:	1:08.63 36.02	200m:	2:24.31	37.99	300m:	3:39.21	37.33	400m:	4:53.91	36.66
17.	Francisca Ramos, NUNES		09	Naval de Peniche				4:56.47	500		
	50m:	33.51 33.51	150m:	1:49.20	38.29	250m:	3:05.24	38.15	350m:	4:21.70	37.99
	100m:	1:10.91 37.40	200m:	2:27.09	37.89	300m:	3:43.71	38.47	400m:	4:56.47	34.77
18.	Laura Carvalho, FERNANDES		08	Nautico Academico				4:56.49	500		
	50m:	32.78 32.78	150m:	1:47.01	37.80	250m:	3:03.15	38.11	350m:	4:19.69	38.18
	100m:	1:09.21 36.43	200m:	2:25.04	38.03	300m:	3:41.51	38.36	400m:	4:56.49	36.80
19.	Ana Claudia, FERREIRA		90	Alcobaca				5:01.20	477		
	50m:	32.74 32.74	150m:	1:46.28	37.08	250m:	3:03.38	38.55	350m:	4:22.17	39.06
	100m:	1:09.20 36.46	200m:	2:24.83	38.55	300m:	3:43.11	39.73	400m:	5:01.20	39.03
20.	Sofia Pereira, JORGE		08	Galitos / Bresimar				5:03.31	467		
	50m:	33.42 33.42	150m:	1:48.96	38.45	250m:	3:06.35	38.96	350m:	4:24.66	39.09
	100m:	1:10.51 37.09	200m:	2:27.39	38.43	300m:	3:45.57	39.22	400m:	5:03.31	38.65
21.	Maria Miguel, FERNANDES		10	Columbifila Cantanhedense				5:03.69	465		
	50m:	33.76 33.76	150m:	1:49.25	38.50	250m:	3:07.37	38.93	350m:	4:25.66	39.20
	100m:	1:10.75 36.99	200m:	2:28.44	39.19	300m:	3:46.46	39.09	400m:	5:03.69	38.03
22.	Joana Almeida, SANTOS		09	Galitos / Bresimar				5:04.73	460		
	50m:	33.30 33.30	150m:	1:50.34	38.74	250m:	3:08.24	38.52	350m:	4:26.84	39.03
	100m:	1:11.60 38.30	200m:	2:29.72	39.38	300m:	3:47.81	39.57	400m:	5:04.73	37.89
23.	Leonor Antunes, PAIVA		10	Nautico Academico				5:05.30	458		
	50m:	34.63 34.63	150m:	1:51.42	39.08	250m:	3:09.81	39.40	350m:	4:27.79	38.93
	100m:	1:12.34 37.71	200m:	2:30.41	38.99	300m:	3:48.86	39.05	400m:	5:05.30	37.51
24.	Bianca Balbino, MENDES		10	Naval de Peniche				5:05.58	457		
	50m:	34.74 34.74	150m:	1:50.95	39.06	250m:	3:10.36	39.90	350m:	4:29.07	39.21
	100m:	1:11.89 37.15	200m:	2:30.46	39.51	300m:	3:49.86	39.50	400m:	5:05.58	36.51
25.	Maria Ines, GANTE		10	Nautico Academico				5:06.29	453		
	50m:	34.50 34.50	150m:	1:53.02	39.71	250m:	3:11.83	39.43	350m:	4:29.75	38.65
	100m:	1:13.31 38.81	200m:	2:32.40	39.38	300m:	3:51.10	39.27	400m:	5:06.29	36.54
26.	Dalila Leal, BERNARDINO		06	Nucleo de Pombal				5:06.67	452		
	50m:	32.64 32.64	150m:	1:48.60	38.81	250m:	3:07.47	39.32	350m:	4:27.52	39.53
	100m:	1:09.79 37.15	200m:	2:28.15	39.55	300m:	3:47.99	40.52	400m:	5:06.67	39.15

Campeonato Interdistrital de Juvenis, Juniores, Seniores e Absolutos
Coimbra, 15 - 17/3/2024

Prova 42, Femin., 400m Livres, Juv B/Abs

Lugar			Ano					Tempo final	Pts		
27.	Barbara Balbino, MENDES		10	Naval de Peniche				5:08.74	443		
	50m:	33.57 33.57	150m:	1:49.66	38.89	250m:	3:09.15	39.79	350m:	4:29.66	40.25
	100m:	1:10.77 37.20	200m:	2:29.36	39.70	300m:	3:49.41	40.26	400m:	5:08.74	39.08
28.	Leonor Mosca, SILVA		10	Columbofila Cantanhedense				5:09.43	440		
	50m:	35.59 35.59	150m:	1:54.23	39.46	250m:	3:13.00	39.49	350m:	4:31.69	39.25
	100m:	1:14.77 39.18	200m:	2:33.51	39.28	300m:	3:52.44	39.44	400m:	5:09.43	37.74
29.	Lara Sofia, FONSECA		08	Academico de Viseu				5:10.28	436		
	50m:	34.28 34.28	150m:	1:51.86	39.28	250m:	3:10.74	39.55	350m:	4:31.37	40.26
	100m:	1:12.58 38.30	200m:	2:31.19	39.33	300m:	3:51.11	40.37	400m:	5:10.28	38.91
30.	Maria Joao, LOBO		07	Sporting Aveiro				5:13.80	422		
	50m:	34.75 34.75	150m:	1:54.35	40.36	250m:	3:14.96	40.26	350m:	4:35.02	39.81
	100m:	1:13.99 39.24	200m:	2:34.70	40.35	300m:	3:55.21	40.25	400m:	5:13.80	38.78
31.	Carlota Ganito, SANTOS		09	Galitos / Bresimar				5:16.31	412		
	50m:	36.04 36.04	150m:	1:55.41	39.91	250m:	3:16.64	40.84	350m:	4:37.81	40.27
	100m:	1:15.50 39.46	200m:	2:35.80	40.39	300m:	3:57.54	40.90	400m:	5:16.31	38.50
32.	Isabella Scavone, LOPES		10	Miranda do Corvo				5:18.80	402		
	50m:	36.86 36.86	150m:	1:57.91	40.84	250m:	3:19.28	40.88	350m:	4:40.36	40.10
	100m:	1:17.07 40.21	200m:	2:38.40	40.49	300m:	4:00.26	40.98	400m:	5:18.80	38.44
33.	Gabriela Lopes, FERNANDES		09	O Crasto				5:21.67	391		
	50m:	35.87 35.87	150m:	1:57.66	41.31	250m:	3:21.06	42.05	350m:	4:44.56	41.67
	100m:	1:16.35 40.48	200m:	2:39.01	41.35	300m:	4:02.89	41.83	400m:	5:21.67	37.11
34.	Beatriz Ferreira, MIGUEL		09	Algés e Águeda XXI				5:22.41	389		
	50m:	35.27 35.27	150m:	1:56.79	40.79	250m:	3:19.42	40.81	350m:	4:42.10	40.88
	100m:	1:16.00 40.73	200m:	2:38.61	41.82	300m:	4:01.22	41.80	400m:	5:22.41	40.31
35.	Mariana Bagagem, CARVALHO		10	Miranda do Corvo				5:24.79	380		
	50m:	36.53 36.53	150m:	1:59.91	41.83	250m:	3:23.42	41.81	350m:	4:45.22	40.84
	100m:	1:18.08 41.55	200m:	2:41.61	41.70	300m:	4:04.38	40.96	400m:	5:24.79	39.57
36.	Ines Ferreira, CHELEU		09	Bairro dos Anjos				5:40.46	330		
	<i>FTL</i>										
	50m:	36.84 36.84	150m:	2:01.07	42.75	250m:	3:28.63	44.92	350m:	4:57.59	44.53
	100m:	1:18.32 41.48	200m:	2:43.71	42.64	300m:	4:13.06	44.43	400m:	5:40.46	42.87
37.	Leonor Vendima, COELHO		07	CNLeiria				5:46.92	312		
	<i>FTL</i>										
	50m:	29.63 29.63	150m:	2:09.14	44.36	250m:	3:37.19	43.45	350m:	5:03.90	42.74
	100m:	1:24.78 55.15	200m:	2:53.74	44.60	300m:	4:21.16	43.97	400m:	5:46.92	43.02