

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

Prova 8 Femin., 400m Estilos Abs  
16/03/2024 - 10:05 Resultados

Rec Nacionais Open	4:40.11	Victoria, KAMINSKAYA	POR	Pontevedra (ESP)	09/04/2017
Rec Nacionais Sen	4:40.11	Victoria, KAMINSKAYA	POR	Pontevedra (ESP)	09/04/2017
Rec Nacionais Jun 17	4:52.12	Victoria, KAMINSKAYA	PIMP	Oeiras	27/07/2012
Rec Nacionais Jun 16	4:54.00	Ines Neto, ROCHA	SANNP	Gijón (ESP)	20/05/2017
Rec Nacionais Juv A	4:58.08	Diana Margarida, DURAES	FOCA	Povoa de Varzim	05/08/2011
Rec Nacionais Juv B	5:01.00	Ines Neto, ROCHA	CAP	Coimbra	24/07/2015

TA JUVB-FEM Juv B: 6:28.85 / TA JUVA-FEM Juv A: 6:19.85 / TA JUN-FEM Jun: 6:10.84 / TA SEN-FEM Sen: 6:01.85

Pontos: FINA 2024

Lugar			Ano							Tempo final	Pts
<b>Juv B</b>											
1.	Carolina Ratola, TAVEIRA		10	Galitos / Bresimar						<b>5:22.45</b>	560
	50m:	31.51 31.51	150m:	1:49.68	40.95	250m:	3:17.31	46.96	350m:	4:44.63	38.84
	100m:	1:08.73 37.22	200m:	2:30.35	40.67	300m:	4:05.79	48.48	400m:	5:22.45	37.82
2.	Maria Neto, SIMOES		10	Condeixa Clube						<b>5:35.80</b>	496
	50m:	34.66 34.66	150m:	2:01.03	44.89	250m:	3:31.22	46.63	350m:	4:58.07	38.82
	100m:	1:16.14 41.48	200m:	2:44.59	43.56	300m:	4:19.25	48.03	400m:	5:35.80	37.73
3.	Leonor Nunes, CARDEAL		10	Individual ANCPN						<b>5:39.14</b>	481
	50m:	34.31 34.31	150m:	2:05.05	46.98	250m:	3:36.48	48.71	350m:	5:03.00	37.17
	100m:	1:18.07 43.76	200m:	2:47.77	42.72	300m:	4:25.83	49.35	400m:	5:39.14	36.14
4.	Maria Ines, GANTE		10	Nautico Academico						<b>5:39.29</b>	481
	50m:	35.85 35.85	150m:	2:01.98	44.83	250m:	3:34.15	48.49	350m:	5:01.73	38.43
	100m:	1:17.15 41.30	200m:	2:45.66	43.68	300m:	4:23.30	49.15	400m:	5:39.29	37.56
5.	Matilde Santos, VIEIRA		10	Marinha Grande						<b>5:46.38</b>	452
	50m:	35.04 35.04	150m:	2:02.47	45.69	250m:	3:37.69	51.20	350m:	5:08.18	39.50
	100m:	1:16.78 41.74	200m:	2:46.49	44.02	300m:	4:28.68	50.99	400m:	5:46.38	38.20
6.	Sofia Roma, BRIZIDA		10	Bairro dos Anjos						<b>5:46.90</b>	450
	50m:	36.73 36.73	150m:	2:08.29	45.93	250m:	3:37.62	45.81	350m:	5:07.07	42.57
	100m:	1:22.36 45.63	200m:	2:51.81	43.52	300m:	4:24.50	46.88	400m:	5:46.90	39.83
7.	Leonor Mosca, SILVA		10	Columbifila Cantanhedense						<b>6:02.43</b>	394
	50m:	37.55 37.55	150m:	2:12.08	49.89	250m:	3:50.33	49.81	350m:	5:22.93	40.14
	100m:	1:22.19 44.64	200m:	3:00.52	48.44	300m:	4:42.79	52.46	400m:	6:02.43	39.50
8.	Mariana Dias, PEREIRA		10	Algés e Águeda XXI						<b>6:03.96</b>	389
	50m:	38.94 38.94	150m:	2:11.24	46.54	250m:	3:48.19	51.44	350m:	5:22.91	42.26
	100m:	1:24.70 45.76	200m:	2:56.75	45.51	300m:	4:40.65	52.46	400m:	6:03.96	41.05
9.	Sofia Oliveira, FREITAS		10	O Crasto						<b>6:10.08</b>	370
	50m:	40.50 40.50	150m:	2:17.22	47.71	250m:	3:57.43	53.42	350m:	5:31.02	39.90
	100m:	1:29.51 49.01	200m:	3:04.01	46.79	300m:	4:51.12	53.69	400m:	6:10.08	39.06
10.	Luana Filipe, REIS		10	Alcobaca						<b>6:13.85</b>	359
	50m:	41.65 41.65	150m:	2:17.62	46.34	250m:	3:52.62	49.48	350m:	5:29.45	45.62
	100m:	1:31.28 49.63	200m:	3:03.14	45.52	300m:	4:43.83	51.21	400m:	6:13.85	44.40

**Juv A**

1.	Luana Ferreira, CRAVEIRO		09	Marinha Grande						<b>5:27.49</b>	535
	50m:	33.70 33.70	150m:	1:59.15	43.08	250m:	3:27.47	46.45	350m:	4:51.63	37.26
	100m:	1:16.07 42.37	200m:	2:41.02	41.87	300m:	4:14.37	46.90	400m:	5:27.49	35.86
2.	Marta Oliveira, SILVA		09	Sanjoanense						<b>5:44.50</b>	459
	50m:	34.15 34.15	150m:	2:02.48	47.27	250m:	3:36.57	49.86	350m:	5:06.03	39.00
	100m:	1:15.21 41.06	200m:	2:46.71	44.23	300m:	4:27.03	50.46	400m:	5:44.50	38.47
3.	Raquel Alexandra, CANCELA		09	Louzan Natacao/EFAPEL						<b>5:48.68</b>	443
	50m:	36.49 36.49	150m:	2:06.26	45.97	250m:	3:38.20	48.03	350m:	5:09.79	41.55
	100m:	1:20.29 43.80	200m:	2:50.17	43.91	300m:	4:28.24	50.04	400m:	5:48.68	38.89

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

Prova 8, Femin., 400m Estilos

Jun

1.	Carolina Mendes, NUNES	08	Estarreja	<b>5:31.53</b>	515
	50m: 33.54 33.54	150m: 1:58.17	44.18 250m: 3:28.96	48.37 350m: 4:55.40	37.79
	100m: 1:13.99 40.45	200m: 2:40.59	42.42 300m: 4:17.61	48.65 400m: 5:31.53	36.13
2.	Angela Rodrigues, REBELO	07	Louzan Natacao/EFAPEL	<b>5:32.05</b>	513
	50m: 32.98 32.98	150m: 1:56.68	44.18 250m: 3:26.01	45.85 350m: 4:52.31	39.12
	100m: 1:12.50 39.52	200m: 2:40.16	43.48 300m: 4:13.19	47.18 400m: 5:32.05	39.74
3.	Rita Isabel, NEVES	08	Condeixa Clube	<b>5:34.37</b>	502
	50m: 35.30 35.30	150m: 2:00.42	44.69 250m: 3:29.41	46.87 350m: 4:56.69	38.99
	100m: 1:15.73 40.43	200m: 2:42.54	42.12 300m: 4:17.70	48.29 400m: 5:34.37	37.68
4.	Bianca Filipa, ALMEIDA	07	Algés e Águeda XXI	<b>5:35.94</b>	495
	50m: 34.09 34.09	150m: 2:00.89	46.52 250m: 3:35.79	50.81 350m: 5:01.24	36.14
	100m: 1:14.37 40.28	200m: 2:44.98	44.09 300m: 4:25.10	49.31 400m: 5:35.94	34.70
5.	Laura Carvalho, FERNANDES	08	Nautico Academico	<b>5:41.57</b>	471
	50m: 33.83 33.83	150m: 1:59.91	46.03 250m: 3:34.88	51.68 350m: 5:04.00	38.66
	100m: 1:13.88 40.05	200m: 2:43.20	43.29 300m: 4:25.34	50.46 400m: 5:41.57	37.57
6.	Rita Rocha, SILVA	08	Alcobaca	<b>5:43.60</b>	463
	50m: 34.59 34.59	150m: 2:03.31	45.88 250m: 3:34.44	46.35 350m: 5:03.51	41.22
	100m: 1:17.43 42.84	200m: 2:48.09	44.78 300m: 4:22.29	47.85 400m: 5:43.60	40.09
7.	Dania Rodrigues, SIMOES	07	Louzan Natacao/EFAPEL	<b>5:45.89</b>	454
	50m: 33.57 33.57	150m: 2:00.48	45.55 250m: 3:35.26	50.39 350m: 5:06.13	40.61
	100m: 1:14.93 41.36	200m: 2:44.87	44.39 300m: 4:25.52	50.26 400m: 5:45.89	39.76

Sen

1.	Ines Jacinto, HENRIQUES	00	Louzan Natacao/EFAPEL	<b>5:00.58</b>	692
	50m: 30.37 30.37	150m: 1:44.37	39.37 250m: 3:07.36	44.45 350m: 4:26.62	35.14
	100m: 1:05.00 34.63	200m: 2:22.91	38.54 300m: 3:51.48	44.12 400m: 5:00.58	33.96
2.	Ana Filipa, VEIGA	01	Gafanha da Encarnacao	<b>5:08.82</b>	638
	50m: 32.45 32.45	150m: 1:52.32	41.84 250m: 3:15.79	42.21 350m: 4:33.73	35.96
	100m: 1:10.48 38.03	200m: 2:33.58	41.26 300m: 3:57.77	41.98 400m: 5:08.82	35.09
3.	Beatriz Nunes, CARDEAL	04	Individual ANCNP	<b>5:12.74</b>	614
	50m: 31.10 31.10	150m: 1:50.01	42.83 250m: 3:16.74	45.02 350m: 4:38.31	35.65
	100m: 1:07.18 36.08	200m: 2:31.72	41.71 300m: 4:02.66	45.92 400m: 5:12.74	34.43
4.	Helena Nunes, RODRIGUES	03	Condeixa Clube	<b>5:20.29</b>	571
	50m: 32.41 32.41	150m: 1:51.23	41.32 250m: 3:19.30	47.49 350m: 4:43.71	35.71
	100m: 1:09.91 37.50	200m: 2:31.81	40.58 300m: 4:08.00	48.70 400m: 5:20.29	36.58
5.	Joana Barbas, RAMOS	06	Gafanha da Encarnacao	<b>5:24.28</b>	551
	50m: 34.23 34.23	150m: 1:56.52	41.46 250m: 3:24.50	47.37 350m: 4:48.46	35.84
	100m: 1:15.06 40.83	200m: 2:37.13	40.61 300m: 4:12.62	48.12 400m: 5:24.28	35.82
6.	Ana Francisca, SILVA	06	Alcobaca	<b>5:29.55</b>	525
	50m: 34.23 34.23	150m: 1:55.58	41.76 250m: 3:25.19	48.36 350m: 4:52.78	38.73
	100m: 1:13.82 39.59	200m: 2:36.83	41.25 300m: 4:14.05	48.86 400m: 5:29.55	36.77
7.	Ana Carolina, MONTEIRO	04	União de Coimbra	<b>5:30.95</b>	518
	50m: 33.27 33.27	150m: 1:55.95	44.65 250m: 3:27.21	47.17 350m: 4:54.47	38.23
	100m: 1:11.30 38.03	200m: 2:40.04	44.09 300m: 4:16.24	49.03 400m: 5:30.95	36.48
8.	Sara Calisto, PIMENTEL	05	Gafanha da Encarnacao	<b>5:33.07</b>	508
	50m: 33.55 33.55	150m: 1:58.73	46.71 250m: 3:31.51	47.63 350m: 4:56.15	37.20
	100m: 1:12.02 38.47	200m: 2:43.88	45.15 300m: 4:18.95	47.44 400m: 5:33.07	36.92
9.	Barbara Nunes, MARQUES	06	Estarreja	<b>5:35.86</b>	496
	50m: 33.70 33.70	150m: 1:58.30	44.05 250m: 3:28.70	48.21 350m: 4:58.41	40.92
	100m: 1:14.25 40.55	200m: 2:40.49	42.19 300m: 4:17.49	48.79 400m: 5:35.86	37.45
10.	Ana Rita, ALMEIDA	05	Campinho	<b>5:44.06</b>	461
	50m: 35.23 35.23	150m: 2:07.25	46.89 250m: 3:37.71	44.52 350m: 5:04.92	40.54
	100m: 1:20.36 45.13	200m: 2:53.19	45.94 300m: 4:24.38	46.67 400m: 5:44.06	39.14

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

Prova 8, Femin., 400m Estilos

Juv B/Abs

1.	Ines Jacinto, HENRIQUES	00	Louzan Natacao/EFAPEL	<b>5:00.58</b>	692
	50m: 30.37 30.37	150m: 1:44.37	39.37 250m: 3:07.36 44.45	350m: 4:26.62	35.14
	100m: 1:05.00 34.63	200m: 2:22.91	38.54 300m: 3:51.48 44.12	400m: 5:00.58	33.96
2.	Ana Filipa, VEIGA	01	Gafanha da Encarnacao	<b>5:08.82</b>	638
	50m: 32.45 32.45	150m: 1:52.32	41.84 250m: 3:15.79 42.21	350m: 4:33.73	35.96
	100m: 1:10.48 38.03	200m: 2:33.58	41.26 300m: 3:57.77 41.98	400m: 5:08.82	35.09
3.	Beatriz Nunes, CARDEAL	04	Individual ANCNP	<b>5:12.74</b>	614
	50m: 31.10 31.10	150m: 1:50.01	42.83 250m: 3:16.74 45.02	350m: 4:38.31	35.65
	100m: 1:07.18 36.08	200m: 2:31.72	41.71 300m: 4:02.66 45.92	400m: 5:12.74	34.43
4.	Helena Nunes, RODRIGUES	03	Condeixa Clube	<b>5:20.29</b>	571
	50m: 32.41 32.41	150m: 1:51.23	41.32 250m: 3:19.30 47.49	350m: 4:43.71	35.71
	100m: 1:09.91 37.50	200m: 2:31.81	40.58 300m: 4:08.00 48.70	400m: 5:20.29	36.58
5.	Carolina Ratola, TAVEIRA	10	Galitos / Bresimar	<b>5:22.45</b>	560
	50m: 31.51 31.51	150m: 1:49.68	40.95 250m: 3:17.31 46.96	350m: 4:44.63	38.84
	100m: 1:08.73 37.22	200m: 2:30.35	40.67 300m: 4:05.79 48.48	400m: 5:22.45	37.82
6.	Joana Barbas, RAMOS	06	Gafanha da Encarnacao	<b>5:24.28</b>	551
	50m: 34.23 34.23	150m: 1:56.52	41.46 250m: 3:24.50 47.37	350m: 4:48.46	35.84
	100m: 1:15.06 40.83	200m: 2:37.13	40.61 300m: 4:12.62 48.12	400m: 5:24.28	35.82
7.	Luana Ferreira, CRAVEIRO	09	Marinha Grande	<b>5:27.49</b>	535
	50m: 33.70 33.70	150m: 1:59.15	43.08 250m: 3:27.47 46.45	350m: 4:51.63	37.26
	100m: 1:16.07 42.37	200m: 2:41.02	41.87 300m: 4:14.37 46.90	400m: 5:27.49	35.86
8.	Ana Francisca, SILVA	06	Alcobaca	<b>5:29.55</b>	525
	50m: 34.23 34.23	150m: 1:55.58	41.76 250m: 3:25.19 48.36	350m: 4:52.78	38.73
	100m: 1:13.82 39.59	200m: 2:36.83	41.25 300m: 4:14.05 48.86	400m: 5:29.55	36.77
9.	Ana Carolina, MONTEIRO	04	União de Coimbra	<b>5:30.95</b>	518
	50m: 33.27 33.27	150m: 1:55.95	44.65 250m: 3:27.21 47.17	350m: 4:54.47	38.23
	100m: 1:11.30 38.03	200m: 2:40.04	44.09 300m: 4:16.24 49.03	400m: 5:30.95	36.48
10.	Carolina Mendes, NUNES	08	Estarreja	<b>5:31.53</b>	515
	50m: 33.54 33.54	150m: 1:58.17	44.18 250m: 3:28.96 48.37	350m: 4:55.40	37.79
	100m: 1:13.99 40.45	200m: 2:40.59	42.42 300m: 4:17.61 48.65	400m: 5:31.53	36.13
11.	Angela Rodrigues, REBELO	07	Louzan Natacao/EFAPEL	<b>5:32.05</b>	513
	50m: 32.98 32.98	150m: 1:56.68	44.18 250m: 3:26.01 45.85	350m: 4:52.31	39.12
	100m: 1:12.50 39.52	200m: 2:40.16	43.48 300m: 4:13.19 47.18	400m: 5:32.05	39.74
12.	Sara Calisto, PIMENTEL	05	Gafanha da Encarnacao	<b>5:33.07</b>	508
	50m: 33.55 33.55	150m: 1:58.73	46.71 250m: 3:31.51 47.63	350m: 4:56.15	37.20
	100m: 1:12.02 38.47	200m: 2:43.88	45.15 300m: 4:18.95 47.44	400m: 5:33.07	36.92
13.	Rita Isabel, NEVES	08	Condeixa Clube	<b>5:34.37</b>	502
	50m: 35.30 35.30	150m: 2:00.42	44.69 250m: 3:29.41 46.87	350m: 4:56.69	38.99
	100m: 1:15.73 40.43	200m: 2:42.54	42.12 300m: 4:17.70 48.29	400m: 5:34.37	37.68
14.	Maria Neto, SIMOES	10	Condeixa Clube	<b>5:35.80</b>	496
	50m: 34.66 34.66	150m: 2:01.03	44.89 250m: 3:31.22 46.63	350m: 4:58.07	38.82
	100m: 1:16.14 41.48	200m: 2:44.59	43.56 300m: 4:19.25 48.03	400m: 5:35.80	37.73
15.	Barbara Nunes, MARQUES	06	Estarreja	<b>5:35.86</b>	496
	50m: 33.70 33.70	150m: 1:58.30	44.05 250m: 3:28.70 48.21	350m: 4:58.41	40.92
	100m: 1:14.25 40.55	200m: 2:40.49	42.19 300m: 4:17.49 48.79	400m: 5:35.86	37.45
16.	Bianca Filipa, ALMEIDA	07	Algés e Águeda XXI	<b>5:35.94</b>	495
	50m: 34.09 34.09	150m: 2:00.89	46.52 250m: 3:35.79 50.81	350m: 5:01.24	36.14
	100m: 1:14.37 40.28	200m: 2:44.98	44.09 300m: 4:25.10 49.31	400m: 5:35.94	34.70
17.	Leonor Nunes, CARDEAL	10	Individual ANCNP	<b>5:39.14</b>	481
	50m: 34.31 34.31	150m: 2:05.05	46.98 250m: 3:36.48 48.71	350m: 5:03.00	37.17
	100m: 1:18.07 43.76	200m: 2:47.77	42.72 300m: 4:25.83 49.35	400m: 5:39.14	36.14
18.	Maria Ines, GANTE	10	Nautico Academico	<b>5:39.29</b>	481
	50m: 35.85 35.85	150m: 2:01.98	44.83 250m: 3:34.15 48.49	350m: 5:01.73	38.43
	100m: 1:17.15 41.30	200m: 2:45.66	43.68 300m: 4:23.30 49.15	400m: 5:39.29	37.56

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

Prova 8, Femin., 400m Estilos, Juv B/Abs

Lugar			Ano					Tempo final	Pts			
19.	Laura Carvalho, FERNANDES		08	Nautico Academico				<b>5:41.57</b>	471			
	50m:	33.83 33.83	150m:	1:59.91	46.03	250m:	3:34.88	51.68	350m:	5:04.00	38.66	
	100m:	1:13.88	40.05	200m:	2:43.20	43.29	300m:	4:25.34	50.46	400m:	5:41.57	37.57
20.	Rita Rocha, SILVA		08	Alcobaca				<b>5:43.60</b>	463			
	50m:	34.59 34.59	150m:	2:03.31	45.88	250m:	3:34.44	46.35	350m:	5:03.51	41.22	
	100m:	1:17.43	42.84	200m:	2:48.09	44.78	300m:	4:22.29	47.85	400m:	5:43.60	40.09
21.	Ana Rita, ALMEIDA		05	Campinho				<b>5:44.06</b>	461			
	50m:	35.23 35.23	150m:	2:07.25	46.89	250m:	3:37.71	44.52	350m:	5:04.92	40.54	
	100m:	1:20.36	45.13	200m:	2:53.19	45.94	300m:	4:24.38	46.67	400m:	5:44.06	39.14
22.	Marta Oliveira, SILVA		09	Sanjoanense				<b>5:44.50</b>	459			
	50m:	34.15 34.15	150m:	2:02.48	47.27	250m:	3:36.57	49.86	350m:	5:06.03	39.00	
	100m:	1:15.21	41.06	200m:	2:46.71	44.23	300m:	4:27.03	50.46	400m:	5:44.50	38.47
23.	Dania Rodrigues, SIMOES		07	Louzan Natacao/EFAPEL				<b>5:45.89</b>	454			
	50m:	33.57 33.57	150m:	2:00.48	45.55	250m:	3:35.26	50.39	350m:	5:06.13	40.61	
	100m:	1:14.93	41.36	200m:	2:44.87	44.39	300m:	4:25.52	50.26	400m:	5:45.89	39.76
24.	Matilde Santos, VIEIRA		10	Marinha Grande				<b>5:46.38</b>	452			
	50m:	35.04 35.04	150m:	2:02.47	45.69	250m:	3:37.69	51.20	350m:	5:08.18	39.50	
	100m:	1:16.78	41.74	200m:	2:46.49	44.02	300m:	4:28.68	50.99	400m:	5:46.38	38.20
25.	Sofia Roma, BRIZIDA		10	Bairro dos Anjos				<b>5:46.90</b>	450			
	50m:	36.73 36.73	150m:	2:08.29	45.93	250m:	3:37.62	45.81	350m:	5:07.07	42.57	
	100m:	1:22.36	45.63	200m:	2:51.81	43.52	300m:	4:24.50	46.88	400m:	5:46.90	39.83
26.	Raquel Alexandra, CANCELA		09	Louzan Natacao/EFAPEL				<b>5:48.68</b>	443			
	50m:	36.49 36.49	150m:	2:06.26	45.97	250m:	3:38.20	48.03	350m:	5:09.79	41.55	
	100m:	1:20.29	43.80	200m:	2:50.17	43.91	300m:	4:28.24	50.04	400m:	5:48.68	38.89
27.	Leonor Mosca, SILVA		10	Columbofila Cantanhedense				<b>6:02.43</b>	394			
	50m:	37.55 37.55	150m:	2:12.08	49.89	250m:	3:50.33	49.81	350m:	5:22.93	40.14	
	100m:	1:22.19	44.64	200m:	3:00.52	48.44	300m:	4:42.79	52.46	400m:	6:02.43	39.50
28.	Mariana Dias, PEREIRA		10	Algés e Águeda XXI				<b>6:03.96</b>	389			
	50m:	38.94 38.94	150m:	2:11.24	46.54	250m:	3:48.19	51.44	350m:	5:22.91	42.26	
	100m:	1:24.70	45.76	200m:	2:56.75	45.51	300m:	4:40.65	52.46	400m:	6:03.96	41.05
29.	Sofia Oliveira, FREITAS		10	O Crasto				<b>6:10.08</b>	370			
	50m:	40.50 40.50	150m:	2:17.22	47.71	250m:	3:57.43	53.42	350m:	5:31.02	39.90	
	100m:	1:29.51	49.01	200m:	3:04.01	46.79	300m:	4:51.12	53.69	400m:	6:10.08	39.06
30.	Luana Filipe, REIS		10	Alcobaca				<b>6:13.85</b>	359			
	50m:	41.65 41.65	150m:	2:17.62	46.34	250m:	3:52.62	49.48	350m:	5:29.45	45.62	
	100m:	1:31.28	49.63	200m:	3:03.14	45.52	300m:	4:43.83	51.21	400m:	6:13.85	44.40