



Torneio Distrital Nadador Completo
Tomar, 03 e 04 de Fevereiro de 2024

Prova 1	Femin., 400m Livres					Absoluto
03/02/2024 - 15:30						Resultados
Recorde Distrital ANDS Open	4:18.88	Mafalda Sofia Rosa	CNRM	Leiria	10/12/2022	
Recorde Distrital ANDS Sen	4:17.75	Mafalda Sofia Rosa	CNRM	Albufeira	11/11/2023	
Recorde Distrital ANDS 17	4:20.47	Mafalda Sofia Rosa	CNRM	Leiria	14/12/2019	
Recorde Distrital ANDS 16	4:25.09	Mafalda Sofia Rosa	CNRM	Coruche	15/03/2019	
Recorde Distrital ANDS Juv A	4:26.26	Mafalda Sofia Rosa	CNRM	Tomar	19/11/2017	
Recorde Distrital ANDS Juv B	4:33.98	Ana Rita Boavista	CNLA	Guimarães	10/03/2002	
Recorde Distrital ANDS Inf A	4:39.54	Mafalda Sofia Rosa	CNRM	Tomar	20/03/2016	
Recorde Distrital ANDS Inf B	4:50.13	Mafalda Sofia Rosa	CNRM	Coruche	15/03/2015	

Pontos: FINA 2023

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts	Pontos
Infantil B							
1.	Rita Gomes Valentim	12	Torres Novas	5:25.49		358	
	50m: 37.13 37.13	100m: 1:18.60 41.47	200m: 2:42.45 1:23.85	400m: 5:25.49		2:43.04	
2.	Matilde Casimiro Bibi	12	BUZIOS-Coruche	5:27.52		352	
	50m: 38.02 38.02	100m: 1:20.02 42.00	200m: 2:45.50 1:25.48	400m: 5:27.52		2:42.02	
3.	Rita Maria Rosa	12	BUZIOS-Coruche	5:48.94		291	
	50m: 40.10 40.10	100m: 1:23.82 43.72	200m: 2:54.36 1:30.54	400m: 5:48.94		2:54.58	
4.	Marta Costa Soares	12	Uniao Samorense	5:53.98		278	
	50m: 39.43 39.43	100m: 1:23.03 43.60	200m: 2:53.32 1:30.29	400m: 5:53.98		3:00.66	
5.	Rita Balsa Alves	12	BUZIOS-Coruche	6:08.97		246	
	50m: 40.94 40.94	100m: 1:26.47 45.53	200m: 3:00.72 1:34.25	400m: 6:08.97		3:08.25	
6.	Maria Pais Santos	12	BUZIOS-Coruche	6:12.74		238	
	50m: 41.88 41.88	100m: 1:27.98 46.10	200m: 3:02.87 1:34.89	400m: 6:12.74		3:09.87	
7.	Margarida Madeira Pires	12	Rio Maior	6:12.85		238	
	50m: 43.43 43.43	100m: 1:30.99 47.56	200m: 3:05.97 1:34.98	400m: 6:12.85		3:06.88	
8.	Laura Rosinha Maia	12	Gualdim Pais	6:23.60		219	
	50m: 40.17 40.17	100m: 1:25.85 45.68	200m: 3:01.17 1:35.32	400m: 6:23.60		3:22.43	
9.	Ana Sofia Graca	12	Uniao Samorense	6:52.95		175	
	50m: 43.59 43.59	100m: 1:34.38 50.79	200m: 3:20.13 1:45.75	400m: 6:52.95		3:32.82	
10.	Laura Sofia Graca	12	Uniao Samorense	7:00.40		166	
	50m: 46.47 46.47	100m: 1:38.69 52.22	200m: 3:26.72 1:48.03	400m: 7:00.40		3:33.68	
11.	Ana Marisa Simples	12	Uniao Samorense	7:02.15		164	
	50m: 44.27 44.27	100m: 1:33.84 49.57	200m: 3:19.13 1:45.29	400m: 7:02.15		3:43.02	
12.	Matilde Abelho Vaz	12	CLAC-Entroncamento	7:03.56		162	
	50m: 44.82 44.82	100m: 1:34.25 49.43	200m: 3:16.44 1:42.19	400m: 7:03.56		3:47.12	
13.	Beatriz Rodrigues Fontinho	12	CLAC-Entroncamento	7:26.93		138	
	50m: 47.21 47.21	100m: 1:40.42 53.21	200m: 3:34.64 1:54.22	400m: 7:26.93		3:52.29	
14.	Joana Verissimo Tavares	12	CLAC-Entroncamento	7:31.36		134	
	50m: 49.50 49.50	100m: 1:47.82 58.32	200m: 3:43.86 1:56.04	400m: 7:31.36		3:47.50	
15.	Ines Santos Pina	12	CLAC-Entroncamento	8:00.26		111	
	50m: 49.30 49.30	100m: 1:46.07 56.77	200m: 3:50.23 2:04.16	400m: 8:00.26		4:10.03	
Infantil A							
1.	Sofia Barroca Pereira	11	BUZIOS-Coruche	5:10.82		412	
	50m: 35.00 35.00	100m: 1:14.22 39.22	200m: 2:34.47 1:20.25	400m: 5:10.82		2:36.35	
2.	Margarida Pinho Formigo	11	Torres Novas	5:26.62		355	
	50m: 36.91 36.91	100m: 1:17.75 40.84	200m: 2:41.12 1:23.37	400m: 5:26.62		2:45.50	
3.	Clara Santos Madureira	11	Torres Novas	5:28.17		350	
	50m: 38.06 38.06	100m: 1:20.29 42.23	200m: 2:43.82 1:23.53	400m: 5:28.17		2:44.35	



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Prova 1, Femin., 400m Livres, Infantil A

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts	Pontos
4.	Benedita Maria Lagarinhos	11	Viver Santarem	5:33.26		334	
	50m: 37.76 37.76	100m: 1:18.81 41.05	200m: 2:43.81 1:25.00	400m: 5:33.26		2:49.45	
5.	Beatriz Agostinho Duque	11	20Km de Almeirim	5:44.07		303	
	50m: 40.56 40.56	100m: 1:24.45 43.89	200m: 2:53.15 1:28.70	400m: 5:44.07		2:50.92	
6.	Mariana Freitas Mota	11	Torres Novas	5:51.79		284	
	50m: 40.22 40.22	100m: 1:24.44 44.22	200m: 2:53.12 1:28.68	400m: 5:51.79		2:58.67	
7.	Rita Lino Ferreira	11	BUZIOS-Coruche	6:03.79		257	
	50m: 42.69 42.69	100m: 1:29.59 46.90	200m: 3:02.26 1:32.67	400m: 6:03.79		3:01.53	
8.	Maria Ines Ferreira	11	Torres Novas	6:12.09		240	
	50m: 40.82 40.82	100m: 1:26.28 45.46	200m: 3:01.97 1:35.69	400m: 6:12.09		3:10.12	
9.	Beatriz Isabel Moura	11	Nautico Abrantes	6:40.30		192	
	50m: 46.22 46.22	100m: 1:37.47 51.25	200m: 3:23.59 1:46.12	400m: 6:40.30		3:16.71	
10.	Catarina Leonor Pereira	11	CLAC-Entroncamento	7:19.50		145	
	50m: 46.97 46.97	100m: 1:41.94 54.97	200m: 3:33.08 1:51.14	400m: 7:19.50		3:46.42	
DNS	Carolina Reis Lopes	11	Torres Novas				
WDR	Diana Cristina Calhau	11	BUZIOS-Coruche				

Juvenil B

1.	Leonor Sombreireiro Martins	10	BUZIOS-Coruche	4:46.13		528	
	50m: 32.83 32.83	100m: 1:08.19 35.36	200m: 2:22.12 1:13.93	400m: 4:46.13		2:24.01	
2.	Lara Paixao Silva	10	Rio Maior	5:10.90		411	
	50m: 34.50 34.50	100m: 1:12.43 37.93	200m: 2:31.40 1:18.97	400m: 5:10.90		2:39.50	
3.	Maria Leonor Lopes	10	Torres Novas	5:16.70		389	
	50m: 36.35 36.35	100m: 1:16.67 40.32	200m: 2:37.99 1:21.32	400m: 5:16.70		2:38.71	
4.	Flor Fortunata Ferreira	10	Gualdim Pais	5:25.00		360	
	50m: 36.68 36.68	100m: 1:17.16 40.48	200m: 2:40.18 1:23.02	400m: 5:25.00		2:44.82	
5.	Debora Sofia Santos	10	Rio Maior	5:39.41		316	
	50m: 38.31 38.31	100m: 1:20.99 42.68	200m: 2:48.24 1:27.25	400m: 5:39.41		2:51.17	
6.	Maria Carmo Rodrigues	10	BUZIOS-Coruche	5:43.87		304	
	50m: 40.86 40.86	100m: 1:23.61 42.75	200m: 2:51.88 1:28.27	400m: 5:43.87		2:51.99	
7.	Leonor Matilde Oliveira	10	20Km de Almeirim	5:50.30		287	
	50m: 38.05 38.05	100m: 1:21.05 43.00	200m: 2:51.12 1:30.07	400m: 5:50.30		2:59.18	
8.	Angela Maria Pereira	10	Nautico Salvaterra Magos	6:00.65		263	
	50m: 41.78 41.78	100m: 1:27.53 45.75	200m: 2:59.90 1:32.37	400m: 6:00.65		3:00.75	

Juvenil A

1.	Laura Brites Costa	09	Rio Maior	4:55.57		479	
	50m: 33.31 33.31	100m: 1:09.71 36.40	200m: 2:24.14 1:14.43	400m: 4:55.57		2:31.43	
2.	Laura Prates Morais	09	BUZIOS-Coruche	4:56.63		474	
	50m: 33.50 33.50	100m: 1:10.05 36.55	200m: 2:25.36 1:15.31	400m: 4:56.63		2:31.27	
3.	Leonor Margarida Mateus	09	BUZIOS-Coruche	5:11.80		408	
	50m: 35.13 35.13	100m: 1:14.08 38.95	200m: 2:33.19 1:19.11	400m: 5:11.80		2:38.61	
4.	Catarina Isabel Galvao	09	BUZIOS-Coruche	5:44.92		301	
	50m: 39.53 39.53	100m: 1:21.59 42.06	200m: 2:48.03 1:26.44	400m: 5:44.92		2:56.89	
5.	Leonor Marques Carvalho	09	Rio Maior	6:05.56		253	
	50m: 39.75 39.75	100m: 1:24.97 45.22	200m: 2:58.72 1:33.75	400m: 6:05.56		3:06.84	
6.	Carolina Cupertino Marchante	09	CLAC-Entroncamento	6:08.09		248	
	50m: 40.57 40.57	100m: 1:25.28 44.71	200m: 2:59.49 1:34.21	400m: 6:08.09		3:08.60	



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Prova 1, Femin., 400m Livres, Juvenil A

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts	Pontos
7.	Maria Ines Campos	09	Nautico Abrantes	6:43.06		188	
	50m: 44.02 44.02	100m: 1:31.66 47.64	200m: 3:13.09 1:41.43	400m: 6:43.06	3:29.97		
WDR	Matilde Rainho Santos	09	CLAC-Entroncamento				

Junior

1.	Rafaela Ferreira Mendes	08	Torres Novas	4:51.34		500	
	50m: 32.19 32.19	100m: 1:07.44 35.25	200m: 2:20.94 1:13.50	400m: 4:51.34	2:30.40		
2.	Marta Filipa Nunes	07	Viver Santarem	4:53.75		488	
	50m: 32.78 32.78	200m: 2:22.65 1:49.87	400m: 4:53.75 2:31.10				
3.	Madalena Maria Midoes	07	Viver Santarem	4:54.10		486	
	50m: 34.10 34.10	100m: 1:11.15 37.05	200m: 2:25.45 1:14.30	400m: 4:54.10	2:28.65		
4.	Mariana Mauricio Coelho	07	BUZIOS-Coruche	5:01.62		450	
	50m: 33.41 33.41	100m: 1:11.02 37.61	200m: 2:28.30 1:17.28	400m: 5:01.62	2:33.32		
5.	Catarina Maria Fragoso	07	Viver Santarem	5:04.58		437	
	50m: 33.78 33.78	100m: 1:10.86 37.08	200m: 2:27.50 1:16.64	400m: 5:04.58	2:37.08		
6.	Carolina Santos Carrilho	08	CLAC-Entroncamento	5:31.79		338	
	50m: 37.00 37.00	100m: 1:17.25 40.25	200m: 2:40.69 1:23.44	400m: 5:31.79	2:51.10		
7.	Diana Goncalves Oliveira	07	20Km de Almeirim	5:35.43		327	
	50m: 36.31 36.31	100m: 1:16.78 40.47	200m: 2:40.25 1:23.47	400m: 5:35.43	2:55.18		
8.	Daniela Santos Carrilho	08	CLAC-Entroncamento	5:46.53		297	
	50m: 38.28 38.28	100m: 1:20.43 42.15	200m: 2:48.93 1:28.50	400m: 5:46.53	2:57.60		
9.	Carlota Pereira Sousa	08	Viver Santarem	6:07.19		249	
	50m: 38.90 38.90	100m: 1:22.62 43.72	200m: 2:54.47 1:31.85	400m: 6:07.19	3:12.72		
WDR	Beatriz Roseiro Dias	07	Nautico Abrantes				
WDR	Beatriz Maria Simoes	07	Torres Novas				

Senior

1.	Marta Filipa Bucha	06	Viver Santarem	4:51.83		497	
	50m: 33.30 33.30	100m: 1:09.47 36.17	200m: 2:22.89 1:13.42	400m: 4:51.83	2:28.94		
2.	Joana Patricia Antunes	06	CLAC-Entroncamento	5:21.49		372	
	50m: 35.34 35.34	100m: 1:13.89 38.55	200m: 2:34.71 1:20.82	400m: 5:21.49	2:46.78		
3.	Marta Chambel Dias	02	CLAC-Entroncamento	5:23.98		363	
	50m: 36.19 36.19	100m: 1:16.38 40.19	200m: 2:38.56 1:22.18	400m: 5:23.98	2:45.42		
4.	Margarida Miguel Mendes	06	Viver Santarem	5:24.83		361	
	50m: 36.26 36.26	100m: 1:16.76 40.50	200m: 2:39.95 1:23.19	400m: 5:24.83	2:44.88		
5.	Barbara Maia Freitas	06	CLAC-Entroncamento	5:41.81		309	
	50m: 37.58 37.58	100m: 1:20.04 42.46	200m: 2:46.46 1:26.42	400m: 5:41.81	2:55.35		
6.	Matilde Nabeiro Monraia	06	CLAC-Entroncamento	5:53.44		280	
	50m: 36.69 36.69	100m: 1:18.09 41.40	200m: 2:46.55 1:28.46	400m: 5:53.44	3:06.89		
WDR	Ana Patricia Oliveira	03	Viver Santarem				
WDR	Constanca Grincho Sousa	06	Viver Santarem				



Torneio Distrital Nadador Completo
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Prova 1, Femin., 400m Livres

Absoluto

1.	Leonor Sombreiro Martins	10	BUZIOS-Coruche	4:46.13	528
	50m: 32.83 32.83	100m: 1:08.19 35.36	200m: 2:22.12 1:13.93	400m: 4:46.13 2:24.01	
2.	Rafaela Ferreira Mendes	08	Torres Novas	4:51.34	500
	50m: 32.19 32.19	100m: 1:07.44 35.25	200m: 2:20.94 1:13.50	400m: 4:51.34 2:30.40	
3.	Marta Filipa Bucha	06	Viver Santarem	4:51.83	497
	50m: 33.30 33.30	100m: 1:09.47 36.17	200m: 2:22.89 1:13.42	400m: 4:51.83 2:28.94	
4.	Marta Filipa Nunes	07	Viver Santarem	4:53.75	488
	50m: 32.78 32.78	200m: 2:22.65 1:49.87	400m: 4:53.75 2:31.10		
5.	Madalena Maria Midoes	07	Viver Santarem	4:54.10	486
	50m: 34.10 34.10	100m: 1:11.15 37.05	200m: 2:25.45 1:14.30	400m: 4:54.10 2:28.65	
6.	Laura Brites Costa	09	Rio Maior	4:55.57	479
	50m: 33.31 33.31	100m: 1:09.71 36.40	200m: 2:24.14 1:14.43	400m: 4:55.57 2:31.43	
7.	Laura Prates Morais	09	BUZIOS-Coruche	4:56.63	474
	50m: 33.50 33.50	100m: 1:10.05 36.55	200m: 2:25.36 1:15.31	400m: 4:56.63 2:31.27	
8.	Mariana Mauricio Coelho	07	BUZIOS-Coruche	5:01.62	450
	50m: 33.41 33.41	100m: 1:11.02 37.61	200m: 2:28.30 1:17.28	400m: 5:01.62 2:33.32	
9.	Catarina Maria Fragoso	07	Viver Santarem	5:04.58	437
	50m: 33.78 33.78	100m: 1:10.86 37.08	200m: 2:27.50 1:16.64	400m: 5:04.58 2:37.08	
10.	Sofia Barroca Pereira	11	BUZIOS-Coruche	5:10.82	412
	50m: 35.00 35.00	100m: 1:14.22 39.22	200m: 2:34.47 1:20.25	400m: 5:10.82 2:36.35	
11.	Lara Paixao Silva	10	Rio Maior	5:10.90	411
	50m: 34.50 34.50	100m: 1:12.43 37.93	200m: 2:31.40 1:18.97	400m: 5:10.90 2:39.50	
12.	Leonor Margarida Mateus	09	BUZIOS-Coruche	5:11.80	408
	50m: 35.13 35.13	100m: 1:14.08 38.95	200m: 2:33.19 1:19.11	400m: 5:11.80 2:38.61	
13.	Maria Leonor Lopes	10	Torres Novas	5:16.70	389
	50m: 36.35 36.35	100m: 1:16.67 40.32	200m: 2:37.99 1:21.32	400m: 5:16.70 2:38.71	
14.	Joana Patricia Antunes	06	CLAC-Entroncamento	5:21.49	372
	50m: 35.34 35.34	100m: 1:13.89 38.55	200m: 2:34.71 1:20.82	400m: 5:21.49 2:46.78	
15.	Marta Chambel Dias	02	CLAC-Entroncamento	5:23.98	363
	50m: 36.19 36.19	100m: 1:16.38 40.19	200m: 2:38.56 1:22.18	400m: 5:23.98 2:45.42	
16.	Margarida Miguel Mendes	06	Viver Santarem	5:24.83	361
	50m: 36.26 36.26	100m: 1:16.76 40.50	200m: 2:39.95 1:23.19	400m: 5:24.83 2:44.88	
17.	Flor Fortunata Ferreira	10	Gualdim Pais	5:25.00	360
	50m: 36.68 36.68	100m: 1:17.16 40.48	200m: 2:40.18 1:23.02	400m: 5:25.00 2:44.82	
18.	Rita Gomes Valentim	12	Torres Novas	5:25.49	358
	50m: 37.13 37.13	100m: 1:18.60 41.47	200m: 2:42.45 1:23.85	400m: 5:25.49 2:43.04	
19.	Margarida Pinho Formigo	11	Torres Novas	5:26.62	355
	50m: 36.91 36.91	100m: 1:17.75 40.84	200m: 2:41.12 1:23.37	400m: 5:26.62 2:45.50	
20.	Matilde Casimiro Bibi	12	BUZIOS-Coruche	5:27.52	352
	50m: 38.02 38.02	100m: 1:20.02 42.00	200m: 2:45.50 1:25.48	400m: 5:27.52 2:42.02	
21.	Clara Santos Madureira	11	Torres Novas	5:28.17	350
	50m: 38.06 38.06	100m: 1:20.29 42.23	200m: 2:43.82 1:23.53	400m: 5:28.17 2:44.35	
22.	Carolina Santos Carrilho	08	CLAC-Entroncamento	5:31.79	338
	50m: 37.00 37.00	100m: 1:17.25 40.25	200m: 2:40.69 1:23.44	400m: 5:31.79 2:51.10	
23.	Benedita Maria Lagarinhos	11	Viver Santarem	5:33.26	334
	50m: 37.76 37.76	100m: 1:18.81 41.05	200m: 2:43.81 1:25.00	400m: 5:33.26 2:49.45	



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Prova 1, Femin., 400m Livres, Absoluto

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts	Pontos
24.	Diana Goncalves Oliveira 50m: 36.31 36.31	07	20Km de Almeirim	5:35.43 100m: 1:16.78 40.47 200m: 2:40.25 1:23.47	400m: 5:35.43	327	2:55.18
25.	Debora Sofia Santos 50m: 38.31 38.31	10	Rio Maior	5:39.41 100m: 1:20.99 42.68 200m: 2:48.24 1:27.25	400m: 5:39.41	316	2:51.17
26.	Barbara Maia Freitas 50m: 37.58 37.58	06	CLAC-Entroncamento	5:41.81 100m: 1:20.04 42.46 200m: 2:46.46 1:26.42	400m: 5:41.81	309	2:55.35
27.	Maria Carmo Rodrigues 50m: 40.86 40.86	10	BUZIOS-Coruche	5:43.87 100m: 1:23.61 42.75 200m: 2:51.88 1:28.27	400m: 5:43.87	304	2:51.99
28.	Beatriz Agostinho Duque 50m: 40.56 40.56	11	20Km de Almeirim	5:44.07 100m: 1:24.45 43.89 200m: 2:53.15 1:28.70	400m: 5:44.07	303	2:50.92
29.	Catarina Isabel Galvao 50m: 39.53 39.53	09	BUZIOS-Coruche	5:44.92 100m: 1:21.59 42.06 200m: 2:48.03 1:26.44	400m: 5:44.92	301	2:56.89
30.	Daniela Santos Carrilho 50m: 38.28 38.28	08	CLAC-Entroncamento	5:46.53 100m: 1:20.43 42.15 200m: 2:48.93 1:28.50	400m: 5:46.53	297	2:57.60
31.	Rita Maria Rosa 50m: 40.10 40.10	12	BUZIOS-Coruche	5:48.94 100m: 1:23.82 43.72 200m: 2:54.36 1:30.54	400m: 5:48.94	291	2:54.58
32.	Leonor Matilde Oliveira 50m: 38.05 38.05	10	20Km de Almeirim	5:50.30 100m: 1:21.05 43.00 200m: 2:51.12 1:30.07	400m: 5:50.30	287	2:59.18
33.	Mariana Freitas Mota 50m: 40.22 40.22	11	Torres Novas	5:51.79 100m: 1:24.44 44.22 200m: 2:53.12 1:28.68	400m: 5:51.79	284	2:58.67
34.	Matilde Nabeiro Monraia 50m: 36.69 36.69	06	CLAC-Entroncamento	5:53.44 100m: 1:18.09 41.40 200m: 2:46.55 1:28.46	400m: 5:53.44	280	3:06.89
35.	Marta Costa Soares 50m: 39.43 39.43	12	Uniao Samorense	5:53.98 100m: 1:23.03 43.60 200m: 2:53.32 1:30.29	400m: 5:53.98	278	3:00.66
36.	Angela Maria Pereira 50m: 41.78 41.78	10	Nautico Salvaterra Magos	6:00.65 100m: 1:27.53 45.75 200m: 2:59.90 1:32.37	400m: 6:00.65	263	3:00.75
37.	Rita Lino Ferreira 50m: 42.69 42.69	11	BUZIOS-Coruche	6:03.79 100m: 1:29.59 46.90 200m: 3:02.26 1:32.67	400m: 6:03.79	257	3:01.53
38.	Leonor Marques Carvalho 50m: 39.75 39.75	09	Rio Maior	6:05.56 100m: 1:24.97 45.22 200m: 2:58.72 1:33.75	400m: 6:05.56	253	3:06.84
39.	Carlota Pereira Sousa 50m: 38.90 38.90	08	Viver Santarem	6:07.19 100m: 1:22.62 43.72 200m: 2:54.47 1:31.85	400m: 6:07.19	249	3:12.72
40.	Carolina Cupertino Marchante 50m: 40.57 40.57	09	CLAC-Entroncamento	6:08.09 100m: 1:25.28 44.71 200m: 2:59.49 1:34.21	400m: 6:08.09	248	3:08.60
41.	Rita Balsa Alves 50m: 40.94 40.94	12	BUZIOS-Coruche	6:08.97 100m: 1:26.47 45.53 200m: 3:00.72 1:34.25	400m: 6:08.97	246	3:08.25
42.	Maria Ines Ferreira 50m: 40.82 40.82	11	Torres Novas	6:12.09 100m: 1:26.28 45.46 200m: 3:01.97 1:35.69	400m: 6:12.09	240	3:10.12
43.	Maria Pais Santos 50m: 41.88 41.88	12	BUZIOS-Coruche	6:12.74 100m: 1:27.98 46.10 200m: 3:02.87 1:34.89	400m: 6:12.74	238	3:09.87
44.	Margarida Madeira Pires 50m: 43.43 43.43	12	Rio Maior	6:12.85 100m: 1:30.99 47.56 200m: 3:05.97 1:34.98	400m: 6:12.85	238	3:06.88
45.	Laura Rosinha Maia 50m: 40.17 40.17	12	Gualdim Pais	6:23.60 100m: 1:25.85 45.68 200m: 3:01.17 1:35.32	400m: 6:23.60	219	3:22.43
46.	Beatriz Isabel Moura 50m: 46.22 46.22	11	Nautico Abrantes	6:40.30 100m: 1:37.47 51.25 200m: 3:23.59 1:46.12	400m: 6:40.30	192	3:16.71
47.	Maria Ines Campos 50m: 44.02 44.02	09	Nautico Abrantes	6:43.06 100m: 1:31.66 47.64 200m: 3:13.09 1:41.43	400m: 6:43.06	188	3:29.97



Torneio Distrital Nadador Completo
Tomar,03 e 04 de Fevereiro de 2024

Prova 1, Femin., 400m Livres, Absoluto

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts	Pontos
48.	Ana Sofia Graca 50m: 43.59 43.59	12	Uniao Samorense	6:52.95 100m: 1:34.38 50.79 200m: 3:20.13 1:45.75	400m: 6:52.95	175	3:32.82
49.	Laura Sofia Graca 50m: 46.47 46.47	12	Uniao Samorense	7:00.40 100m: 1:38.69 52.22 200m: 3:26.72 1:48.03	400m: 7:00.40	166	3:33.68
50.	Ana Marisa Simples 50m: 44.27 44.27	12	Uniao Samorense	7:02.15 100m: 1:33.84 49.57 200m: 3:19.13 1:45.29	400m: 7:02.15	164	3:43.02
51.	Matilde Abelho Vaz 50m: 44.82 44.82	12	CLAC-Entroncamento	7:03.56 100m: 1:34.25 49.43 200m: 3:16.44 1:42.19	400m: 7:03.56	162	3:47.12
52.	Catarina Leonor Pereira 50m: 46.97 46.97	11	CLAC-Entroncamento	7:19.50 100m: 1:41.94 54.97 200m: 3:33.08 1:51.14	400m: 7:19.50	145	3:46.42
53.	Beatriz Rodrigues Fontinho 50m: 47.21 47.21	12	CLAC-Entroncamento	7:26.93 100m: 1:40.42 53.21 200m: 3:34.64 1:54.22	400m: 7:26.93	138	3:52.29
54.	Joana Verissimo Tavares 50m: 49.50 49.50	12	CLAC-Entroncamento	7:31.36 100m: 1:47.82 58.32 200m: 3:43.86 1:56.04	400m: 7:31.36	134	3:47.50
55.	Ines Santos Pina 50m: 49.30 49.30	12	CLAC-Entroncamento	8:00.26 100m: 1:46.07 56.77 200m: 3:50.23 2:04.16	400m: 8:00.26	111	4:10.03
DNS	Carolina Reis Lopes	11	Torres Novas				
WDR	Diana Cristina Calhau	11	BUZIOS-Coruche				
WDR	Matilde Rainho Santos	09	CLAC-Entroncamento				
WDR	Beatriz Roseiro Dias	07	Nautico Abrantes				
WDR	Beatriz Maria Simoes	07	Torres Novas				
WDR	Ana Patricia Oliveira	03	Viver Santarem				
WDR	Constanca Grincho Sousa	06	Viver Santarem				