

Prova 17
02/03/2024 - 11:25

Femin., 400m Livres

Absoluto
Resultados

TAC Juvenis B Fem Juv B 50m: 6:08.80 - 25m: 6:08.80 / TAC Juvenis A Fem Juv A 50m: 5:57.34 - 25m: 5:57.34 /
TAC Juniores Fem Jun 50m: 5:57.34 - 25m: 5:57.34 / TAC Sêniores Fem Sen 50m: 5:57.34 - 25m: 5:57.34

Pontos: FINA 2023

Lugar	Nome	Idade	Clube	Tempo Final				FINA
Infantis B ANALEN								
1.	Carolina Paixao CENICO	12	Acmn	6:24.55				217
	50m: 42.11 42.11	150m: 2:18.56 49.47	250m: 3:59.41 50.06	350m: 5:38.03 48.68	400m: 6:24.55 46.52			
	100m: 1:29.09 46.98	200m: 3:09.35 50.79	300m: 4:49.35 49.94					
2.	Ines Borges COSTA	12	Ndco	6:29.53				209
	50m: 43.22 43.22	150m: 2:19.60 49.30	250m: 3:59.01 49.00	350m: 5:41.43 51.58	400m: 6:29.53 48.10			
	100m: 1:30.30 47.08	200m: 3:10.01 50.41	300m: 4:49.85 50.84					
3.	Ines Oliveira GOMES	12	Ndco	6:46.56				184
	50m: 45.76 45.76	150m: 2:28.42 52.20	250m: 4:13.29 53.52	350m: 5:57.14 51.61	400m: 6:46.56 49.42			
	100m: 1:36.22 50.46	200m: 3:19.77 51.35	300m: 5:05.53 52.24					
4.	Madalena Santos MACHADO	12	Ndco	6:55.05				173
	50m: 46.60 46.60	150m: 2:33.44 53.75	250m: 4:21.29 53.14	350m: 6:05.83 51.53	400m: 6:55.05 49.22			
	100m: 1:39.69 53.09	200m: 3:28.15 54.71	300m: 5:14.30 53.01					
5.	Teresa Filipe BANHA	12	Acmn	6:58.16				169
	50m: 45.35 45.35	150m: 2:32.36 53.40	250m: 4:20.96 54.03	350m: 6:08.52 53.19	400m: 6:58.16 49.64			
	100m: 1:38.96 53.61	200m: 3:26.93 54.57	300m: 5:15.33 54.37					
6.	Beatriz Silva MORAIS	12	Ndco	7:19.06				146
	50m: 46.64 46.64	150m: 2:37.23 56.43	250m: 4:30.45 57.70	350m: 6:25.50 56.30	400m: 7:19.06 53.56			
	100m: 1:40.80 54.16	200m: 3:32.75 55.52	300m: 5:29.20 58.75					
Infantis B ANICentro								
1.	Maria Beatriz MESTRE	12	Eléctrico	5:51.49				284
	50m: 37.32 37.32	150m: 2:05.18 44.99	250m: 3:38.03 46.95	350m: 5:09.34 45.41	400m: 5:51.49 42.15			
	100m: 1:20.19 42.87	200m: 2:51.08 45.90	300m: 4:23.93 45.90					
2.	Margarida Amaral MESQUITA	12	Eléctrico	7:29.48				136
	50m: 48.37 48.37	150m: 2:42.24 57.95	250m: 4:42.27 1:00.47	350m: 6:39.19 57.83	400m: 7:29.48 50.29			
	100m: 1:44.29 55.92	200m: 3:41.80 59.56	300m: 5:41.36 59.09					
Infantis A ANALEN								
1.	Ines Diogo MESTRE	13	Aljustrelense	5:33.22				334
	50m: 36.01 36.01	150m: 1:57.57 41.85	250m: 3:24.08 43.60	350m: 4:50.73 42.67	400m: 5:33.22 42.49			
	100m: 1:15.72 39.71	200m: 2:40.48 42.91	300m: 4:08.06 43.98					
2.	Maria Ines LUIS	13	Aljustrelense	5:49.16				290
	50m: 36.43 36.43	150m: 2:03.33 44.15	250m: 3:33.20 44.69	350m: 5:03.76 45.19	400m: 5:49.16 45.40			
	100m: 1:19.18 42.75	200m: 2:48.51 45.18	300m: 4:18.57 45.37					
3.	Alice Raquel DIAS	13	Grupo Desportivo Mora	6:18.57				228
	50m: 41.27 41.27	150m: 2:14.24 47.49	250m: 3:52.01 49.35	350m: 5:30.74 49.64	400m: 6:18.57 47.83			
	100m: 1:26.75 45.48	200m: 3:02.66 48.42	300m: 4:41.10 49.09					
Infantis A ANICentro								
1.	Maria Madalena MESQUITA	13	Natacao do Fundao/Girassol	6:22.75				220
	50m: 43.76 43.76	150m: 2:21.97 49.54	250m: 4:01.93 49.75	350m: 5:38.45 47.65	400m: 6:22.75 44.30			
	100m: 1:32.43 48.67	200m: 3:12.18 50.21	300m: 4:50.80 48.87					
2.	Daniela Matias RIBEIRO	13	CCDSerta	6:33.11				203
	50m: 42.79 42.79	150m: 2:22.99 50.86	250m: 4:03.20 49.64	350m: 5:45.34 51.14	400m: 6:33.11 47.77			
	100m: 1:32.13 49.34	200m: 3:13.56 50.57	300m: 4:54.20 51.00					

Prova 17, Femin., 400m Livres, Infantis A ANICentro

Lugar	Nome	Idade	Clube	Tempo Final	FINA
3.	Madalena Santos ROLO	13	CCDSerta	6:47.91	182
	50m: 45.68 45.68	150m: 2:30.66 53.04	250m: 4:18.02 53.76	350m: 6:02.57 51.86	
	100m: 1:37.62 51.94	200m: 3:24.26 53.60	300m: 5:10.71 52.69	400m: 6:47.91 45.34	

Juvenis ANALEN

1.	Joana Afonso BANZA	15	Aljustrelense	5:28.31	349
	50m: 36.32 36.32	150m: 1:57.30 40.73	250m: 3:20.62 41.68	350m: 4:44.45 41.48	
	100m: 1:16.57 40.25	200m: 2:38.94 41.64	300m: 4:02.97 42.35	400m: 5:28.31 43.86	
2.	Leonor Duarte GONCALVES	14	Ndco	5:31.27	340
	50m: 38.64 38.64	150m: 2:02.17 42.46	250m: 3:26.58 42.29	350m: 4:50.87 42.17	
	100m: 1:19.71 41.07	200m: 2:44.29 42.12	300m: 4:08.70 42.12	400m: 5:31.27 40.40	
3.	Leonor Neves MARINHEIRO	14	Zona Azul	5:39.70	315
	50m: 36.84 36.84	150m: 2:03.00 44.20	250m: 3:30.36 43.68	350m: 5:00.18 45.02	
	100m: 1:18.80 41.96	200m: 2:46.68 43.68	300m: 4:15.16 44.80	400m: 5:39.70 39.52	
4.	Leonor Barao GUERREIRO	14	Aljustrelense	5:48.46	292
	50m: 36.26 36.26	150m: 2:01.84 44.00	250m: 3:33.16 46.15	350m: 5:04.49 45.31	
	100m: 1:17.84 41.58	200m: 2:47.01 45.17	300m: 4:19.18 46.02	400m: 5:48.46 43.97	

Juvenis ANICentro

1.	Rita Lobo PIRES	15	Natacao do Fundao/Girassol	5:09.37	417
	50m: 34.25 34.25	150m: 1:50.21 38.32	250m: 3:09.47 40.38	350m: 4:29.84 40.80	
	100m: 1:11.89 37.64	200m: 2:29.09 38.88	300m: 3:49.04 39.57	400m: 5:09.37 39.53	
2.	Carolina Pinto BANHUDO	14	AN Albicastrense	5:35.20	328
	50m: 36.43 36.43	150m: 1:59.56 42.02	250m: 3:26.47 44.31	350m: 4:54.34 44.04	
	100m: 1:17.54 41.11	200m: 2:42.16 42.60	300m: 4:10.30 43.83	400m: 5:35.20 40.86	
3.	Vitoria Morao ALMEIDA	15	AN Albicastrense	5:38.11	320
	50m: 35.72 35.72	150m: 2:00.57 43.08	250m: 3:28.31 43.50	350m: 4:54.92 43.20	
	100m: 1:17.49 41.77	200m: 2:44.81 44.24	300m: 4:11.72 43.41	400m: 5:38.11 43.19	
4.	Maria Ines TEIXEIRA	15	Penta Clube Covilha	5:46.54	297
	50m: 38.90 38.90	150m: 2:05.08 43.39	250m: 3:34.11 44.75	350m: 5:04.05 45.31	
	100m: 1:21.69 42.79	200m: 2:49.36 44.28	300m: 4:18.74 44.63	400m: 5:46.54 42.49	

Absolutos ANALEN

1.	Filipa Maria PEREIRA	18	Aminata	4:59.67	459
	50m: 34.25 34.25	150m: 1:48.94 37.83	250m: 3:05.12 38.20	350m: 4:22.57 38.80	
	100m: 1:11.11 36.86	200m: 2:26.92 37.98	300m: 3:43.77 38.65	400m: 4:59.67 37.10	
2.	Rita Prado SILVA	18	Ndco	5:05.27	434
	50m: 34.65 34.65	150m: 1:50.22 38.12	250m: 3:07.87 39.23	350m: 4:27.67 39.85	
	100m: 1:12.10 37.45	200m: 2:28.64 38.42	300m: 3:47.82 39.95	400m: 5:05.27 37.60	
3.	Maria Lua PISCO	17	Acmn	5:05.31	434
	50m: 34.47 34.47	150m: 1:50.34 38.61	250m: 3:08.57 39.28	350m: 4:27.51 39.38	
	100m: 1:11.73 37.26	200m: 2:29.29 38.95	300m: 3:48.13 39.56	400m: 5:05.31 37.80	
4.	Joana Isabel RICARDO	16	Litoral Alentejano	5:53.71	279
	50m: 39.94 39.94	150m: 2:08.52 44.76	250m: 3:39.22 45.41	350m: 5:10.32 45.51	
	100m: 1:23.76 43.82	200m: 2:53.81 45.29	300m: 4:24.81 45.59	400m: 5:53.71 43.39	

Absolutos ANICentro

1.	Ines Maria ESCARDUCA	16	Elvensé	5:00.16	457
	50m: 32.30 32.30	150m: 1:46.83 37.79	250m: 3:05.23 39.66	350m: 4:23.34 38.83	
	100m: 1:09.04 36.74	200m: 2:25.57 38.74	300m: 3:44.51 39.28	400m: 5:00.16 36.82	

Prova 17, Femin., 400m Livres, Absolutos ANICentro

Lugar	Nome	Idade	Clube	Tempo Final				FINA
2.	Carolina Santos SILVA	18	CCDSerta	5:27.67				351
	50m: 35.05 35.05	150m: 1:56.36	41.10	250m: 3:21.83	42.14	350m: 4:47.78	43.26	
	100m: 1:15.26 40.21	200m: 2:39.69	43.33	300m: 4:04.52	42.69	400m: 5:27.67	39.89	
3.	Ines Sofia TRINDADE	16	Elvense	5:31.92				338
	50m: 35.19 35.19	150m: 1:59.11	42.97	250m: 3:25.71	43.64	350m: 4:53.72	43.72	
	100m: 1:16.14 40.95	200m: 2:42.07	42.96	300m: 4:10.00	44.29	400m: 5:31.92	38.20	
4.	Stefania Cosmina CHITIC	16	Elvense	5:46.48				297
	50m: 37.83 37.83	150m: 2:03.18	43.52	250m: 3:32.81	44.98	350m: 5:03.27	45.32	
	100m: 1:19.66 41.83	200m: 2:47.83	44.65	300m: 4:17.95	45.14	400m: 5:46.48	43.21	