

**CAMPEONATO INTER- REGIONAL DE CLUBES**  
Santarem, 25/2/2024

Prova 2	Femin., 400m Livres				ABS FEM
25/02/2024 - 9:35					Resultados
Rec Nac 25m Open	4:04.61	Diana Margarida, DURAES	POR	Copenhagen (DEN)	17/12/2017
Rec Nac 25m 18 +	4:04.61	Diana Margarida, DURAES	POR	Copenhagen (DEN)	17/12/2017
Rec Nac 25m 17	4:10.52	Tamila Hryhorivna, HOLUB	SCB	Porto	12/12/2015
Rec Nac 25m 16	4:13.53	Ana Reis, SOUSA	CNLA	Porto	09/12/2017
Rec Nac 25m 15	4:18.39	Ana Claudia, SANTOS	SFUAP	Cantanhede	20/12/2004
Rec Nac 25m 14	4:23.08	Susana Patricia, MIGUEL	SFUAP	Alhandra	15/05/2004
Rec Nac 25m 13	4:25.30	Alexandra Maria, SILVA	FCP	Porto	19/07/1980
Rec Nac 25m 12	4:38.40	Filipa Vilas, RUIVO	DNMG	Alcoçaba	13/06/2009
Recorde Distrital ANDS Open	4:18.88	Mafalda Sofia, ROSA	CNRM	Leiria	10/12/2022
Recorde Distrital ANDS 18 +	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 15	4:26.26	Mafalda Sofia, ROSA	CNRM	Tomar	19/11/2017
Recorde Distrital ANDS 14	4:33.98	Ana Rita, BOAVISTA	CNLA	Guimarães	10/03/2002
Recorde Distrital ANDS 13	4:39.54	Mafalda Sofia, ROSA	CNRM	Tomar	20/03/2016
Recorde Distrital ANDS 12	4:50.13	Mafalda Sofia, ROSA	CNRM	Coruche	15/03/2015

Pontos: FINA 2023

Lugar	Ano				Tempo final	Pts
1. Leonor Sombreiro, MARTINS	10	BUZIOS-Coruche		<b>4:48.52</b>	515	
50m: 32.84 150m: 1:44.82	250m: 2:58.73	350m: 4:13.32				
100m: 1:08.50 200m: 2:21.36	300m: 3:36.33	400m: 4:48.52				
2. Madalena Maria, MIDOES	07	Viver Santarem		<b>4:58.34</b>	466	
50m: 34.21 150m: 1:48.64	250m: 3:03.37	350m: 4:20.39				
100m: 1:11.16 200m: 2:26.22	300m: 3:41.77	400m: 4:58.34				
3. Ines Maria, ESCARDUCA	08	Elvense		<b>4:59.57</b>	460	
50m: 33.43 150m: 1:47.39	250m: 3:04.87	350m: 4:22.46				
100m: 1:09.80 200m: 2:25.82	300m: 3:43.64	400m: 4:59.57				
4. Rita Lobo, PIRES	09	Natacao do Fundao/GIRASSOL		<b>5:07.99</b>	423	
50m: 34.01 150m: 1:49.20	250m: 3:07.61	350m: 4:27.99				
100m: 1:10.72 200m: 2:28.22	300m: 3:47.62	400m: 5:07.99				
5. Carolina Santos, CARRILHO	08	CLAC-Entroncamento		<b>5:38.37</b>	319	
50m: 37.31 150m: 2:01.68	250m: 3:28.07	350m: 4:56.05				
100m: 1:18.80 200m: 2:44.83	300m: 4:12.08	400m: 5:38.37				
6. Maria Beatriz, MESTRE	12	Electrico Clube/ FGil.pt		<b>5:40.32</b>	313	
50m: 40.05 150m: 2:06.64	250m: 3:34.29	350m: 5:01.26				
100m: 1:23.22 200m: 2:50.31	300m: 4:18.72	400m: 5:40.32				
7. Maria Ines, TEIXEIRA	09	Penta da Covilha		<b>5:47.25</b>	295	
50m: 37.84 150m: 2:06.94	250m: 3:36.10	350m: 5:05.61				
100m: 1:21.75 200m: 2:52.02	300m: 4:21.45	400m: 5:47.25				
8. Simone Lopes, FERNANDES	06	Portalegre		<b>5:48.83</b>	291	
50m: 38.60 150m: 2:05.17	250m: 3:34.44	350m: 5:04.70				
100m: 1:20.91 200m: 2:49.89	300m: 4:19.97	400m: 5:48.83				
9. Rita Isabel, OLIVEIRA	10	Estremoz / Estremozcarnes		<b>5:55.04</b>	276	
50m: 39.50 150m: 2:08.71	250m: 3:40.16	350m: 5:11.32				
100m: 1:23.30 200m: 2:54.35	300m: 4:25.56	400m: 5:55.04				
10. Alice Raquel, DIAS	11	Desportivo de Mora		<b>6:09.92</b>	244	
50m: 40.01 150m: 2:10.15	250m: 3:43.52	350m: 5:21.82				
100m: 1:24.05 200m: 2:56.21	300m: 4:32.39	400m: 6:09.92				