

Campeonato Interdistrital de Juvenis, Juniores, Seniores e Absolutos
Coimbra, 21 - 23/6/2024

Prova 42 Femin., 400m Livres 14 anos e mais velhos
23/06/2024 - 17:05 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 ABS-FEM Open: 5:14.83 / 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. Maria Neto, SIMOES	10	Condeixa Clube	4:50.11 534
50m: 32.29 32.29	150m: 1:45.70 37.29	250m: 3:00.00 37.24	350m: 4:14.60 37.48
100m: 1:08.41 36.12	200m: 2:22.76 37.06	300m: 3:37.12 37.12	400m: 4:50.11 35.51
2. Bianca Balbino, MENDES	10	Naval de Peniche	5:00.08 482
50m: 33.62 33.62	150m: 1:48.49 38.32	250m: 3:06.24 38.91	350m: 4:23.12 38.33
100m: 1:10.17 36.55	200m: 2:27.33 38.84	300m: 3:44.79 38.55	400m: 5:00.08 36.96
3. Diana Isabel, ALVES	10	Pimpoes/Cimai	5:01.75 474
50m: 34.32 34.32	150m: 1:50.79 38.74	250m: 3:08.65 38.74	350m: 4:25.82 38.35
100m: 1:12.04 37.72	200m: 2:29.91 39.12	300m: 3:47.47 38.82	400m: 5:01.75 35.93
4. Leonor Antunes, PAIVA	10	Nautico Academico	5:01.95 473
50m: 34.01 34.01	150m: 1:50.18 38.53	250m: 3:08.25 39.01	350m: 4:25.63 38.07
100m: 1:11.65 37.64	200m: 2:29.24 39.06	300m: 3:47.56 39.31	400m: 5:01.95 36.32
5. Beatriz Peguinho, SIMOES	10	Academica de Coimbra	5:02.77 469
50m: 33.05 33.05	150m: 1:49.19 38.26	250m: 3:06.37 38.44	350m: 4:24.26 38.60
100m: 1:10.93 37.88	200m: 2:27.93 38.74	300m: 3:45.66 39.29	400m: 5:02.77 38.51
6. Maria Miguel, FERNANDES	10	Columbifila Cantanhedense	5:03.46 466
50m: 33.76 33.76	150m: 1:50.48 38.77	250m: 3:08.22 39.01	350m: 4:26.48 38.68
100m: 1:11.71 37.95	200m: 2:29.21 38.73	300m: 3:47.80 39.58	400m: 5:03.46 36.98
7. Leonor Mosca, SILVA	10	Columbifila Cantanhedense	5:03.77 465
50m: 34.44 34.44	150m: 1:50.90 38.71	250m: 3:08.23 39.00	350m: 4:26.37 39.15
100m: 1:12.19 37.75	200m: 2:29.23 38.33	300m: 3:47.22 38.99	400m: 5:03.77 37.40
Vida Sofia, VELEZ	10	Bairro dos Anjos	5:03.77 465
50m: 34.29 34.29	150m: 1:50.82 38.98	250m: 3:08.45 38.96	350m: 4:26.31 39.07
100m: 1:11.84 37.55	200m: 2:29.49 38.67	300m: 3:47.24 38.79	400m: 5:03.77 37.46
9. Leonor Nunes, CARDEAL	10	Individual ANCP	5:03.93 464
50m: 33.10 33.10	150m: 1:47.35 37.98	250m: 3:06.01 39.93	350m: 4:25.53 39.41
100m: 1:09.37 36.27	200m: 2:26.08 38.73	300m: 3:46.12 40.11	400m: 5:03.93 38.40
10. Sofia Rodrigues, VASCONCELOS	10	Galitos / Bresimar	5:08.70 443
50m: 34.42 34.42	150m: 1:52.35 39.17	250m: 3:12.00 40.00	350m: 4:30.78 39.09
100m: 1:13.18 38.76	200m: 2:32.00 39.65	300m: 3:51.69 39.69	400m: 5:08.70 37.92
11. Madalena Gracio, PEDROSO	10	Marinha Grande	5:09.81 438
50m: 35.29 35.29	150m: 1:54.26 39.74	250m: 3:13.21 39.12	350m: 4:31.52 38.59
100m: 1:14.52 39.23	200m: 2:34.09 39.83	300m: 3:52.93 39.72	400m: 5:09.81 38.29
12. Barbara Balbino, MENDES	10	Naval de Peniche	5:12.05 429
50m: 34.04 34.04	150m: 1:51.00 39.07	250m: 3:09.69 39.80	350m: 4:30.58 40.12
100m: 1:11.93 37.89	200m: 2:29.89 38.89	300m: 3:50.46 40.77	400m: 5:12.05 41.47
13. Maria Carolina, ALVES	10	Bairro dos Anjos	5:15.90 413
<i>FTL</i>			
50m: 30.78 30.78	150m: 1:46.68 39.84	250m: 3:11.45 45.79	350m: 4:34.98 41.90
100m: 1:06.84 36.06	200m: 2:25.66 38.98	300m: 3:53.08 41.63	400m: 5:15.90 40.92
14. Sara Marques, LIMA	10	CASPAE	5:15.95 413
<i>FTL</i>			
50m: 36.08 36.08	150m: 1:56.16 40.33	250m: 3:17.92 41.23	350m: 4:38.17 39.32
100m: 1:15.83 39.75	200m: 2:36.69 40.53	300m: 3:58.85 40.93	400m: 5:15.95 37.78

Campeonato Interdistrital de Juvenis, Juniores, Seniores e Absolutos
Coimbra, 21 - 23/6/2024

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

Lugar			Ano			Tempo final			Pts
15.	Mariana Pina, MACEDO		10	Estamos Juntos		5:19.88			398
	<i>FTL</i>								
	50m:	35.61 35.61	150m:	1:56.75 40.67	250m:	3:18.86 40.92	350m:	4:41.35 40.86	
	100m:	1:16.08 40.47	200m:	2:37.94 41.19	300m:	4:00.49 41.63	400m:	5:19.88 38.53	
16.	Leonor Silva, OLIVEIRA		10	Galitos / Bresimar		5:20.67			395
	<i>FTL</i>								
	50m:	35.64 35.64	150m:	1:56.42 40.64	250m:	3:19.70 42.00	350m:	4:42.06 40.90	
	100m:	1:15.78 40.14	200m:	2:37.70 41.28	300m:	4:01.16 41.46	400m:	5:20.67 38.61	
17.	Laura Nobre, MONTEIRO		10	Columbofila Cantanhedense		5:22.29			389
	<i>FTL</i>								
	50m:	35.88 35.88	150m:	1:57.34 41.89	250m:	3:20.12 41.93	350m:	4:42.63 41.22	
	100m:	1:15.45 39.57	200m:	2:38.19 40.85	300m:	4:01.41 41.29	400m:	5:22.29 39.66	
18.	Mariana Dias, PEREIRA		10	Algés e Águeda XXI		5:24.06			383
	<i>FTL</i>								
	50m:	35.68 35.68	150m:	1:56.05 40.42	250m:	3:19.59 41.66	350m:	4:43.33 41.36	
	100m:	1:15.63 39.95	200m:	2:37.93 41.88	300m:	4:01.97 42.38	400m:	5:24.06 40.73	
19.	Isabella Scavone, LOPES		10	Miranda do Corvo		5:27.85			370
	<i>FTL</i>								
	50m:	35.10 35.10	150m:	1:57.83 42.38	250m:	3:22.37 42.41	350m:	4:47.73 42.06	
	100m:	1:15.45 40.35	200m:	2:39.96 42.13	300m:	4:05.67 43.30	400m:	5:27.85 40.12	
20.	Mariana Bagagem, CARVALHO		10	Miranda do Corvo		5:29.26			365
	<i>FTL</i>								
	50m:	36.27 36.27	150m:	2:00.61 42.94	250m:	3:26.29 43.05	350m:	4:50.11 41.53	
	100m:	1:17.67 41.40	200m:	2:43.24 42.63	300m:	4:08.58 42.29	400m:	5:29.26 39.15	
21.	Leonor Delgadinho, ROCHA		10	Sao Joao Ver		5:35.41			345
	<i>FTL</i>								
	50m:	36.43 36.43	150m:	1:59.93 42.51	250m:	3:25.72 43.23	350m:	4:53.14 43.57	
	100m:	1:17.42 40.99	200m:	2:42.49 42.56	300m:	4:09.57 43.85	400m:	5:35.41 42.27	

Juv A

1.	Alana Costa, MATIAS		09	União de Coimbra		4:39.68			596
	50m:	32.06 32.06	150m:	1:42.21 35.68	250m:	2:53.58 36.09	350m:	4:05.35 35.90	
	100m:	1:06.53 34.47	200m:	2:17.49 35.28	300m:	3:29.45 35.87	400m:	4:39.68 34.33	
2.	Lara Catarina, MAIA		09	Estarreja		4:49.42			537
	50m:	32.49 32.49	150m:	1:44.45 36.22	250m:	2:58.42 37.11	350m:	4:12.96 37.14	
	100m:	1:08.23 35.74	200m:	2:21.31 36.86	300m:	3:35.82 37.40	400m:	4:49.42 36.46	
3.	Francisca Soreto, PEDREIRO		09	Galitos / Bresimar		4:59.19			486
	50m:	33.67 33.67	150m:	1:49.37 38.25	250m:	3:05.64 38.08	350m:	4:22.84 38.38	
	100m:	1:11.12 37.45	200m:	2:27.56 38.19	300m:	3:44.46 38.82	400m:	4:59.19 36.35	
4.	Marta Oliveira, SILVA		09	Sanjoanense		5:08.84			442
	50m:	34.38 34.38	150m:	1:51.92 39.42	250m:	3:11.51 39.36	350m:	4:30.59 39.18	
	100m:	1:12.50 38.12	200m:	2:32.15 40.23	300m:	3:51.41 39.90	400m:	5:08.84 38.25	
5.	Gabriela Lopes, FERNANDES		09	O Crasto		5:23.93			383
	<i>FTL</i>								
	50m:	35.08 35.08	150m:	1:57.09 41.09	250m:	3:22.78 42.23	350m:	4:46.12 40.16	
	100m:	1:16.00 40.92	200m:	2:40.55 43.46	300m:	4:05.96 43.18	400m:	5:23.93 37.81	

Campeonato Interdistrital de Juvenis, Juniores, Seniores e Absolutos
Coimbra, 21 - 23/6/2024

Prova 42, Femin., 400m Livres

Jun

1.	Bianca Filipa, ALMEIDA	07	Algés e Águeda XXI	4:41.78	582
	50m: 32.63 32.63	150m: 1:44.23	35.85	250m: 2:55.96	35.31
	100m: 1:08.38 35.75	200m: 2:20.65	36.42	300m: 3:31.82	35.86
				350m: 4:07.20	35.38
				400m: 4:41.78	34.58
2.	Carolina Vizinho, CABRAL	07	Natação de Vagos	4:42.46	578
	50m: 32.34 32.34	150m: 1:43.97	35.73	250m: 2:56.59	36.12
	100m: 1:08.24 35.90	200m: 2:20.47	36.50	300m: 3:33.28	36.69
				350m: 4:09.25	35.97
				400m: 4:42.46	33.21
3.	Laura Carvalho, FERNANDES	08	Nautico Academico	4:49.50	537
	50m: 33.41 33.41	150m: 1:46.63	37.19	250m: 3:00.78	36.96
	100m: 1:09.44 36.03	200m: 2:23.82	37.19	300m: 3:37.69	36.91
				350m: 4:14.30	36.61
				400m: 4:49.50	35.20
4.	Marta Andre, AGUILAR	07	Nautico Academico	4:49.67	536
	50m: 32.96 32.96	150m: 1:44.50	36.08	250m: 2:57.74	36.14
	100m: 1:08.42 35.46	200m: 2:21.60	37.10	300m: 3:35.47	37.73
				350m: 4:13.04	37.57
				400m: 4:49.67	36.63
5.	Matilde Violante, VIANA	07	Nautico Leiria	4:55.88	503
	50m: 32.66 32.66	150m: 1:45.68	37.04	250m: 3:01.35	37.63
	100m: 1:08.64 35.98	200m: 2:23.72	38.04	300m: 3:39.50	38.15
				350m: 4:18.02	38.52
				400m: 4:55.88	37.86
6.	Alice Mendes, MACEDO	08	Estamos Juntos	4:56.54	500
	50m: 33.16 33.16	150m: 1:47.17	37.90	250m: 3:02.46	37.15
	100m: 1:09.27 36.11	200m: 2:25.31	38.14	300m: 3:40.32	37.86
				350m: 4:19.29	38.97
				400m: 4:56.54	37.25
7.	Maria Saraiva, PAIXAO	08	Galitos / Bresimar	4:57.88	493
	50m: 35.08 35.08	150m: 1:51.67	38.58	250m: 3:07.44	37.55
	100m: 1:13.09 38.01	200m: 2:29.89	38.22	300m: 3:45.03	37.59
				350m: 4:22.02	36.99
				400m: 4:57.88	35.86
8.	Maria Manuel, CORTESAO	08	Nautico Academico	4:58.33	491
	50m: 32.70 32.70	150m: 1:46.23	37.29	250m: 3:01.74	37.84
	100m: 1:08.94 36.24	200m: 2:23.90	37.67	300m: 3:40.38	38.64
				350m: 4:19.13	38.75
				400m: 4:58.33	39.20
9.	Sofia Pereira, JORGE	08	Galitos / Bresimar	5:08.41	444
	50m: 34.45 34.45	150m: 1:51.55	39.06	250m: 3:10.15	39.37
	100m: 1:12.49 38.04	200m: 2:30.78	39.23	300m: 3:50.02	39.87
				350m: 4:30.00	39.98
				400m: 5:08.41	38.41
10.	Rafaela Calvo, COUTINHO	08	Campinho	5:09.62	439
	50m: 34.03 34.03	150m: 1:51.74	38.87	250m: 3:10.80	38.88
	100m: 1:12.87 38.84	200m: 2:31.92	40.18	300m: 3:51.22	40.42
				350m: 4:30.54	39.32
				400m: 5:09.62	39.08
11.	Matilde Marques, MENDES	08	Gafanha da Encarnacao	5:16.41	411
	<i>FTL</i>				
	50m: 35.31 35.31	150m: 1:55.77	40.54	250m: 3:17.13	40.95
	100m: 1:15.23 39.92	200m: 2:36.18	40.41	300m: 3:57.22	40.09
				350m: 4:37.79	40.57
				400m: 5:16.41	38.62
12.	Maria Miguel, RESENDE	08	Estarreja	5:20.73	395
	<i>FTL</i>				
	50m: 34.51 34.51	150m: 1:54.26	40.68	250m: 3:16.84	41.43
	100m: 1:13.58 39.07	200m: 2:35.41	41.15	300m: 3:59.39	42.55
				350m: 4:40.44	41.05
				400m: 5:20.73	40.29
13.	Leonor Pereira, ROCHA	08	Sporting de Espinho	5:25.44	378
	<i>FTL</i>				
	50m: 35.60 35.60	150m: 1:56.57	40.97	250m: 3:21.99	43.20
	100m: 1:15.60 40.00	200m: 2:38.79	42.22	300m: 4:04.91	42.92
				350m: 4:47.32	42.41
				400m: 5:25.44	38.12

Sen

1.	Helena Nunes, RODRIGUES	03	Condeixa Clube	4:33.58	636
	50m: 31.74 31.74	150m: 1:40.39	34.57	250m: 2:50.39	34.74
	100m: 1:05.82 34.08	200m: 2:15.65	35.26	300m: 3:24.91	34.52
				350m: 3:59.79	34.88
				400m: 4:33.58	33.79
2.	Beatriz Nunes, CARDEAL	04	Individual ANCP	4:37.31	611
	50m: 31.61 31.61	150m: 1:40.42	34.88	250m: 2:51.41	35.41
	100m: 1:05.54 33.93	200m: 2:16.00	35.58	300m: 3:26.84	35.43
				350m: 4:02.53	35.69
				400m: 4:37.31	34.78
3.	Leonor Verissimo, FARIA	06	Nautico Academico	4:42.39	579
	50m: 32.61 32.61	150m: 1:44.35	36.03	250m: 2:56.70	36.36
	100m: 1:08.32 35.71	200m: 2:20.34	35.99	300m: 3:32.87	36.17
				350m: 4:08.78	35.91
				400m: 4:42.39	33.61

Campeonato Interdistrital de Juvenis, Juniores, Seniores e Absolutos
Coimbra, 21 - 23/6/2024

Prova 42, Femin., 400m Livres, Sen

Lugar			Ano					Tempo final	Pts
4.	Miriam Mortagua, SOARES		06	Galitos / Bresimar				4:51.70	525
	50m:	32.92 32.92	150m:	1:45.48	36.91	250m:	3:00.00 37.44	350m:	4:14.82 37.47
	100m:	1:08.57 35.65	200m:	2:22.56	37.08	300m:	3:37.35 37.35	400m:	4:51.70 36.88
5.	Dalila Leal, BERNARDINO		06	Nucleo de Pombal				5:08.45	444
	50m:	34.29 34.29	150m:	1:51.22	39.06	250m:	3:10.31 39.92	350m:	4:30.57 39.94
	100m:	1:12.16 37.87	200m:	2:30.39	39.17	300m:	3:50.63 40.32	400m:	5:08.45 37.88
6.	Beatriz Luz, MARTINS <i>FTL</i>		06	Pimpoes/Cimai				5:21.01	394
	50m:	35.06 35.06	150m:	1:56.93	41.42	250m:	3:18.36 40.68	350m:	4:41.13 41.28
	100m:	1:15.51 40.45	200m:	2:37.68	40.75	300m:	3:59.85 41.49	400m:	5:21.01 39.88

Juv B/Abs

1.	Helena Nunes, RODRIGUES		03	Condeixa Clube				4:33.58	636
	50m:	31.74 31.74	150m:	1:40.39	34.57	250m:	2:50.39 34.74	350m:	3:59.79 34.88
	100m:	1:05.82 34.08	200m:	2:15.65	35.26	300m:	3:24.91 34.52	400m:	4:33.58 33.79
2.	Beatriz Nunes, CARDEAL		04	Individual ANCP				4:37.31	611
	50m:	31.61 31.61	150m:	1:40.42	34.88	250m:	2:51.41 35.41	350m:	4:02.53 35.69
	100m:	1:05.54 33.93	200m:	2:16.00	35.58	300m:	3:26.84 35.43	400m:	4:37.31 34.78
3.	Alana Costa, MATIAS		09	União de Coimbra				4:39.68	596
	50m:	32.06 32.06	150m:	1:42.21	35.68	250m:	2:53.58 36.09	350m:	4:05.35 35.90
	100m:	1:06.53 34.47	200m:	2:17.49	35.28	300m:	3:29.45 35.87	400m:	4:39.68 34.33
4.	Bianca Filipa, ALMEIDA		07	Algés e Águeda XXI				4:41.78	582
	50m:	32.63 32.63	150m:	1:44.23	35.85	250m:	2:55.96 35.31	350m:	4:07.20 35.38
	100m:	1:08.38 35.75	200m:	2:20.65	36.42	300m:	3:31.82 35.86	400m:	4:41.78 34.58
5.	Leonor Verissimo, FARIA		06	Nautico Academico				4:42.39	579
	50m:	32.61 32.61	150m:	1:44.35	36.03	250m:	2:56.70 36.36	350m:	4:08.78 35.91
	100m:	1:08.32 35.71	200m:	2:20.34	35.99	300m:	3:32.87 36.17	400m:	4:42.39 33.61
6.	Carolina Vizinho, CABRAL		07	Natação de Vagos				4:42.46	578
	50m:	32.34 32.34	150m:	1:43.97	35.73	250m:	2:56.59 36.12	350m:	4:09.25 35.97
	100m:	1:08.24 35.90	200m:	2:20.47	36.50	300m:	3:33.28 36.69	400m:	4:42.46 33.21
7.	Lara Catarina, MAIA		09	Estarreja				4:49.42	537
	50m:	32.49 32.49	150m:	1:44.45	36.22	250m:	2:58.42 37.11	350m:	4:12.96 37.14
	100m:	1:08.23 35.74	200m:	2:21.31	36.86	300m:	3:35.82 37.40	400m:	4:49.42 36.46
8.	Laura Carvalho, FERNANDES		08	Nautico Academico				4:49.50	537
	50m:	33.41 33.41	150m:	1:46.63	37.19	250m:	3:00.78 36.96	350m:	4:14.30 36.61
	100m:	1:09.44 36.03	200m:	2:23.82	37.19	300m:	3:37.69 36.91	400m:	4:49.50 35.20
9.	Marta Andre, AGUILAR		07	Nautico Academico				4:49.67	536
	50m:	32.96 32.96	150m:	1:44.50	36.08	250m:	2:57.74 36.14	350m:	4:13.04 37.57
	100m:	1:08.42 35.46	200m:	2:21.60	37.10	300m:	3:35.47 37.73	400m:	4:49.67 36.63
10.	Maria Neto, SIMOES		10	Condeixa Clube				4:50.11	534
	50m:	32.29 32.29	150m:	1:45.70	37.29	250m:	3:00.00 37.24	350m:	4:14.60 37.48
	100m:	1:08.41 36.12	200m:	2:22.76	37.06	300m:	3:37.12 37.12	400m:	4:50.11 35.51
11.	Miriam Mortagua, SOARES		06	Galitos / Bresimar				4:51.70	525
	50m:	32.92 32.92	150m:	1:45.48	36.91	250m:	3:00.00 37.44	350m:	4:14.82 37.47
	100m:	1:08.57 35.65	200m:	2:22.56	37.08	300m:	3:37.35 37.35	400m:	4:51.70 36.88
12.	Matilde Violante, VIANA		07	Nautico Leiria				4:55.88	503
	50m:	32.66 32.66	150m:	1:45.68	37.04	250m:	3:01.35 37.63	350m:	4:18.02 38.52
	100m:	1:08.64 35.98	200m:	2:23.72	38.04	300m:	3:39.50 38.15	400m:	4:55.88 37.86
13.	Alice Mendes, MACEDO		08	Estamos Juntos				4:56.54	500
	50m:	33.16 33.16	150m:	1:47.17	37.90	250m:	3:02.46 37.15	350m:	4:19.29 38.97
	100m:	1:09.27 36.11	200m:	2:25.31	38.14	300m:	3:40.32 37.86	400m:	4:56.54 37.25
14.	Maria Saraiva, PAIXAO		08	Galitos / Bresimar				4:57.88	493
	50m:	35.08 35.08	150m:	1:51.67	38.58	250m:	3:07.44 37.55	350m:	4:22.02 36.99
	100m:	1:13.09 38.01	200m:	2:29.89	38.22	300m:	3:45.03 37.59	400m:	4:57.88 35.86

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

Lugar			Ano					Tempo final	Pts		
15.	Maria Manuel, CORTESAO		08	Nautico Academico				4:58.33	491		
	50m:	32.70 32.70	150m:	1:46.23	37.29	250m:	3:01.74	37.84	350m:	4:19.13	38.75
	100m:	1:08.94 36.24	200m:	2:23.90	37.67	300m:	3:40.38	38.64	400m:	4:58.33	39.20
16.	Francisca Soreto, PEDREIRO		09	Galitos / Bresimar				4:59.19	486		
	50m:	33.67 33.67	150m:	1:49.37	38.25	250m:	3:05.64	38.08	350m:	4:22.84	38.38
	100m:	1:11.12 37.45	200m:	2:27.56	38.19	300m:	3:44.46	38.82	400m:	4:59.19	36.35
17.	Bianca Balbino, MENDES		10	Naval de Peniche				5:00.08	482		
	50m:	33.62 33.62	150m:	1:48.49	38.32	250m:	3:06.24	38.91	350m:	4:23.12	38.33
	100m:	1:10.17 36.55	200m:	2:27.33	38.84	300m:	3:44.79	38.55	400m:	5:00.08	36.96
18.	Diana Isabel, ALVES		10	Pimpoes/Cimai				5:01.75	474		
	50m:	34.32 34.32	150m:	1:50.79	38.75	250m:	3:08.65	38.74	350m:	4:25.82	38.35
	100m:	1:12.04 37.72	200m:	2:29.91	39.12	300m:	3:47.47	38.82	400m:	5:01.75	35.93
19.	Leonor Antunes, PAIVA		10	Nautico Academico				5:01.95	473		
	50m:	34.01 34.01	150m:	1:50.18	38.53	250m:	3:08.25	39.01	350m:	4:25.63	38.07
	100m:	1:11.65 37.64	200m:	2:29.24	39.06	300m:	3:47.56	39.31	400m:	5:01.95	36.32
20.	Beatriz Peguinho, SIMOES		10	Academica de Coimbra				5:02.77	469		
	50m:	33.05 33.05	150m:	1:49.19	38.26	250m:	3:06.37	38.44	350m:	4:24.26	38.60
	100m:	1:10.93 37.88	200m:	2:27.93	38.74	300m:	3:45.66	39.29	400m:	5:02.77	38.51
21.	Maria Miguel, FERNANDES		10	Columbifila Cantanhedense				5:03.46	466		
	50m:	33.76 33.76	150m:	1:50.48	38.77	250m:	3:08.22	39.01	350m:	4:26.48	38.68
	100m:	1:11.71 37.95	200m:	2:29.21	38.73	300m:	3:47.80	39.58	400m:	5:03.46	36.98
22.	Leonor Mosca, SILVA		10	Columbifila Cantanhedense				5:03.77	465		
	50m:	34.44 34.44	150m:	1:50.90	38.71	250m:	3:08.23	39.00	350m:	4:26.37	39.15
	100m:	1:12.19 37.75	200m:	2:29.23	38.33	300m:	3:47.22	38.99	400m:	5:03.77	37.40
	Vida Sofia, VELEZ		10	Bairro dos Anjos				5:03.77	465		
	50m:	34.29 34.29	150m:	1:50.82	38.98	250m:	3:08.45	38.96	350m:	4:26.31	39.07
	100m:	1:11.84 37.55	200m:	2:29.49	38.67	300m:	3:47.24	38.79	400m:	5:03.77	37.46
24.	Leonor Nunes, CARDEAL		10	Individual ANCP				5:03.93	464		
	50m:	33.10 33.10	150m:	1:47.35	37.98	250m:	3:06.01	39.93	350m:	4:25.53	39.41
	100m:	1:09.37 36.27	200m:	2:26.08	38.73	300m:	3:46.12	40.11	400m:	5:03.93	38.40
25.	Sofia Pereira, JORGE		08	Galitos / Bresimar				5:08.41	444		
	50m:	34.45 34.45	150m:	1:51.55	39.06	250m:	3:10.15	39.37	350m:	4:30.00	39.98
	100m:	1:12.49 38.04	200m:	2:30.78	39.23	300m:	3:50.02	39.87	400m:	5:08.41	38.41
26.	Dalila Leal, BERNARDINO		06	Nucleo de Pombal				5:08.45	444		
	50m:	34.29 34.29	150m:	1:51.22	39.06	250m:	3:10.31	39.92	350m:	4:30.57	39.94
	100m:	1:12.16 37.87	200m:	2:30.39	39.17	300m:	3:50.63	40.32	400m:	5:08.45	37.88
27.	Sofia Rodrigues, VASCONCELOS		10	Galitos / Bresimar				5:08.70	443		
	50m:	34.42 34.42	150m:	1:52.35	39.17	250m:	3:12.00	40.00	350m:	4:30.78	39.09
	100m:	1:13.18 38.76	200m:	2:32.00	39.65	300m:	3:51.69	39.69	400m:	5:08.70	37.92
28.	Marta Oliveira, SILVA		09	Sanjoanense				5:08.84	442		
	50m:	34.38 34.38	150m:	1:51.92	39.42	250m:	3:11.51	39.36	350m:	4:30.59	39.18
	100m:	1:12.50 38.12	200m:	2:32.15	40.23	300m:	3:51.41	39.90	400m:	5:08.84	38.25
29.	Rafaela Calvo, COUTINHO		08	Campinho				5:09.62	439		
	50m:	34.03 34.03	150m:	1:51.74	38.87	250m:	3:10.80	38.88	350m:	4:30.54	39.32
	100m:	1:12.87 38.84	200m:	2:31.92	40.18	300m:	3:51.22	40.42	400m:	5:09.62	39.08
30.	Madalena Gracio, PEDROSO		10	Marinha Grande				5:09.81	438		
	50m:	35.29 35.29	150m:	1:54.26	39.74	250m:	3:13.21	39.12	350m:	4:31.52	38.59
	100m:	1:14.52 39.23	200m:	2:34.09	39.83	300m:	3:52.93	39.72	400m:	5:09.81	38.29
31.	Barbara Balbino, MENDES		10	Naval de Peniche				5:12.05	429		
	50m:	34.04 34.04	150m:	1:51.00	39.07	250m:	3:09.69	39.80	350m:	4:30.58	40.12
	100m:	1:11.93 37.89	200m:	2:29.89	38.89	300m:	3:50.46	40.77	400m:	5:12.05	41.47

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

Lugar			Ano			Tempo final			Pts
32.	Maria Carolina, ALVES		10	Bairro dos Anjos		5:15.90			413
	<i>FTL</i>								
	50m:	30.78 30.78	150m:	1:46.68 39.84	250m:	3:11.45 45.79	350m:	4:34.98 41.90	
	100m:	1:06.84 36.06	200m:	2:25.66 38.98	300m:	3:53.08 41.63	400m:	5:15.90 40.92	
33.	Sara Marques, LIMA		10	CASPAE		5:15.95			413
	<i>FTL</i>								
	50m:	36.08 36.08	150m:	1:56.16 40.33	250m:	3:17.92 41.23	350m:	4:38.17 39.32	
	100m:	1:15.83 39.75	200m:	2:36.69 40.53	300m:	3:58.85 40.93	400m:	5:15.95 37.78	
34.	Matilde Marques, MENDES		08	Gafanha da Encarnacao		5:16.41			411
	<i>FTL</i>								
	50m:	35.31 35.31	150m:	1:55.77 40.54	250m:	3:17.13 40.95	350m:	4:37.79 40.57	
	100m:	1:15.23 39.92	200m:	2:36.18 40.41	300m:	3:57.22 40.09	400m:	5:16.41 38.62	
35.	Mariana Pina, MACEDO		10	Estamos Juntos		5:19.88			398
	<i>FTL</i>								
	50m:	35.61 35.61	150m:	1:56.75 40.67	250m:	3:18.86 40.92	350m:	4:41.35 40.86	
	100m:	1:16.08 40.47	200m:	2:37.94 41.19	300m:	4:00.49 41.63	400m:	5:19.88 38.53	
36.	Leonor Silva, OLIVEIRA		10	Galitos / Bresimar		5:20.67			395
	<i>FTL</i>								
	50m:	35.64 35.64	150m:	1:56.42 40.64	250m:	3:19.70 42.00	350m:	4:42.06 40.90	
	100m:	1:15.78 40.14	200m:	2:37.70 41.28	300m:	4:01.16 41.46	400m:	5:20.67 38.61	
37.	Maria Miguel, RESENDE		08	Estarreja		5:20.73			395
	<i>FTL</i>								
	50m:	34.51 34.51	150m:	1:54.26 40.68	250m:	3:16.84 41.43	350m:	4:40.44 41.05	
	100m:	1:13.58 39.07	200m:	2:35.41 41.15	300m:	3:59.39 42.55	400m:	5:20.73 40.29	
38.	Beatriz Luz, MARTINS		06	Pimpoes/Cimai		5:21.01			394
	<i>FTL</i>								
	50m:	35.06 35.06	150m:	1:56.93 41.42	250m:	3:18.36 40.68	350m:	4:41.13 41.28	
	100m:	1:15.51 40.45	200m:	2:37.68 40.75	300m:	3:59.85 41.49	400m:	5:21.01 39.88	
39.	Laura Nobre, MONTEIRO		10	Columbifila Cantanhedense		5:22.29			389
	<i>FTL</i>								
	50m:	35.88 35.88	150m:	1:57.34 41.89	250m:	3:20.12 41.93	350m:	4:42.63 41.22	
	100m:	1:15.45 39.57	200m:	2:38.19 40.85	300m:	4:01.41 41.29	400m:	5:22.29 39.66	
40.	Gabriela Lopes, FERNANDES		09	O Crasto		5:23.93			383
	<i>FTL</i>								
	50m:	35.08 35.08	150m:	1:57.09 41.09	250m:	3:22.78 42.23	350m:	4:46.12 40.16	
	100m:	1:16.00 40.92	200m:	2:40.55 43.46	300m:	4:05.96 43.18	400m:	5:23.93 37.81	
41.	Mariana Dias, PEREIRA		10	Algés e Águeda XXI		5:24.06			383
	<i>FTL</i>								
	50m:	35.68 35.68	150m:	1:56.05 40.42	250m:	3:19.59 41.66	350m:	4:43.33 41.36	
	100m:	1:15.63 39.95	200m:	2:37.93 41.88	300m:	4:01.97 42.38	400m:	5:24.06 40.73	
42.	Leonor Pereira, ROCHA		08	Sporting de Espinho		5:25.44			378
	<i>FTL</i>								
	50m:	35.60 35.60	150m:	1:56.57 40.97	250m:	3:21.99 43.20	350m:	4:47.32 42.41	
	100m:	1:15.60 40.00	200m:	2:38.79 42.22	300m:	4:04.91 42.92	400m:	5:25.44 38.12	
43.	Isabella Scavone, LOPES		10	Miranda do Corvo		5:27.85			370
	<i>FTL</i>								
	50m:	35.10 35.10	150m:	1:57.83 42.38	250m:	3:22.37 42.41	350m:	4:47.73 42.06	
	100m:	1:15.45 40.35	200m:	2:39.96 42.13	300m:	4:05.67 43.30	400m:	5:27.85 40.12	

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Lugar			Ano			Tempo final			Pts
44.	Mariana Bagagem, CARVALHO		10	Miranda do Corvo		5:29.26			365
	<i>FTL</i>								
	50m:	36.27 36.27	150m:	2:00.61 42.94	250m:	3:26.29 43.05	350m:	4:50.11 41.53	
	100m:	1:17.67 41.40	200m:	2:43.24 42.63	300m:	4:08.58 42.29	400m:	5:29.26 39.15	
45.	Leonor Delgadinho, ROCHA		10	Sao Joao Ver		5:35.41			345
	<i>FTL</i>								
	50m:	36.43 36.43	150m:	1:59.93 42.51	250m:	3:25.72 43.23	350m:	4:53.14 43.57	
	100m:	1:17.42 40.99	200m:	2:42.49 42.56	300m:	4:09.57 43.85	400m:	5:35.41 42.27	