

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

Prova 8 Femin., 400m Estilos 14 anos e mais velhos  
22/06/2024 - 10:10 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 ABS-FEM Open: 6:01.85 / 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. Maria Neto, SIMOES	10	Condeixa Clube	<b>5:28.26</b> 531
50m: 34.19 34.19	150m: 1:58.04 42.36	250m: 3:27.40 46.69	350m: 4:52.74 37.42
100m: 1:15.68 41.49	200m: 2:40.71 42.67	300m: 4:15.32 47.92	400m: 5:28.26 35.52
2. Camila Duarte, MARCELO	10	Condeixa Clube	<b>5:29.57</b> 525
50m: 33.46 33.46	150m: 1:58.03 44.90	250m: 3:29.23 47.96	350m: 4:55.20 37.29
100m: 1:13.13 39.67	200m: 2:41.27 43.24	300m: 4:17.91 48.68	400m: 5:29.57 34.37
3. Maria Ines, GANTE	10	Nautico Academico	<b>5:40.28</b> 476
50m: 35.79 35.79	150m: 2:02.31 45.39	250m: 3:35.30 49.68	350m: 5:02.77 38.45
100m: 1:16.92 41.13	200m: 2:45.62 43.31	300m: 4:24.32 49.02	400m: 5:40.28 37.51
4. Leonor Nunes, CARDEAL	10	Individual ANCPN	<b>5:44.19</b> 460
50m: 34.13 34.13	150m: 2:03.27 44.89	250m: 3:35.84 49.57	350m: 5:06.10 39.12
100m: 1:18.38 44.25	200m: 2:46.27 43.00	300m: 4:26.98 51.14	400m: 5:44.19 38.09
5. Vida Sofia, VELEZ	10	Bairro dos Anjos	<b>5:49.57</b> 439
50m: 38.91 38.91	150m: 2:11.96 44.96	250m: 3:44.78 48.91	350m: 5:13.23 40.83
100m: 1:27.00 48.09	200m: 2:55.87 43.91	300m: 4:32.40 47.62	400m: 5:49.57 36.34
6. Diana Isabel, ALVES	10	Pimpoes/Cimai	<b>5:49.97</b> 438
50m: 36.67 36.67	150m: 2:06.53 45.99	250m: 3:43.74 53.21	350m: 5:14.21 38.85
100m: 1:20.54 43.87	200m: 2:50.53 44.00	300m: 4:35.36 51.62	400m: 5:49.97 35.76
7. Matilde Santos, VIEIRA	10	Marinha Grande	<b>5:50.05</b> 438
50m: 35.24 35.24	150m: 2:06.30 48.26	250m: 3:43.15 50.05	350m: 5:13.03 38.01
100m: 1:18.04 42.80	200m: 2:53.10 46.80	300m: 4:35.02 51.87	400m: 5:50.05 37.02
8. Leonor Mosca, SILVA	10	Columbifila Cantanhedense	<b>5:55.77</b> 417
50m: 38.42 38.42	150m: 2:09.43 45.99	250m: 3:47.26 51.70	350m: 5:17.10 38.81
100m: 1:23.44 45.02	200m: 2:55.56 46.13	300m: 4:38.29 51.03	400m: 5:55.77 38.67
9. Mariana Dias, PEREIRA	10	Algés e Águeda XXI	<b>6:03.67</b> 390
<i>FTL</i>			
50m: 38.25 38.25	150m: 2:10.49 46.96	250m: 3:48.29 52.37	350m: 5:22.26 41.35
100m: 1:23.53 45.28	200m: 2:55.92 45.43	300m: 4:40.91 52.62	400m: 6:03.67 41.41
10. Luana Filipe, REIS	10	Alcobaca	<b>6:25.47</b> 328
<i>FTL</i>			
50m: 44.25 44.25	150m: 2:26.16 49.99	250m: 4:05.13 51.15	350m: 5:42.00 46.37
100m: 1:36.17 51.92	200m: 3:13.98 47.82	300m: 4:55.63 50.50	400m: 6:25.47 43.47

Juv A

1. Marta Oliveira, SILVA	09	Sanjoanense	<b>5:41.51</b> 471
50m: 33.35 33.35	150m: 2:00.91 47.66	250m: 3:33.38 48.09	350m: 5:03.11 39.75
100m: 1:13.25 39.90	200m: 2:45.29 44.38	300m: 4:23.36 49.98	400m: 5:41.51 38.40
2. Rita Calado, CRUZ	09	Nautico Academico	<b>5:45.84</b> 454
50m: 36.29 36.29	150m: 2:04.66 45.06	250m: 3:36.19 47.04	350m: 5:06.25 40.54
100m: 1:19.60 43.31	200m: 2:49.15 44.49	300m: 4:25.71 49.52	400m: 5:45.84 39.59

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

Prova 8, Femin., 400m Estilos

Jun

1.	Nuria Soares, SILVA	07	Sao Joao Ver	<b>5:28.28</b>	531
	50m: 32.95 32.95	150m: 1:55.45	43.73 250m: 3:25.81	46.86 350m: 4:50.81	38.30
	100m: 1:11.72 38.77	200m: 2:38.95	43.50 300m: 4:12.51	46.70 400m: 5:28.28	37.47
2.	Carolina Mendes, NUNES	08	Estarreja	<b>5:32.78</b>	509
	50m: 33.78 33.78	150m: 1:58.99	45.06 250m: 3:30.72	48.14 350m: 4:56.28	37.65
	100m: 1:13.93 40.15	200m: 2:42.58	43.59 300m: 4:18.63	47.91 400m: 5:32.78	36.50
3.	Rita Isabel, NEVES	08	Condeixa Clube	<b>5:36.58</b>	492
	50m: 34.73 34.73	150m: 2:00.62	45.16 250m: 3:30.82	47.01 350m: 4:59.01	40.21
	100m: 1:15.46 40.73	200m: 2:43.81	43.19 300m: 4:18.80	47.98 400m: 5:36.58	37.57
4.	Rita Rocha, SILVA	08	Alcobaca	<b>5:39.50</b>	480
	50m: 35.66 35.66	150m: 2:04.15	45.50 250m: 3:34.72	46.94 350m: 5:01.08	40.55
	100m: 1:18.65 42.99	200m: 2:47.78	43.63 300m: 4:20.53	45.81 400m: 5:39.50	38.42

Sen

1.	Ana Filipa, VEIGA	01	Gafanha da Encarnacao	<b>5:11.26</b>	623
	50m: 32.68 32.68	150m: 1:53.55	42.67 250m: 3:17.78	42.85 350m: 4:36.05	35.78
	100m: 1:10.88 38.20	200m: 2:34.93	41.38 300m: 4:00.27	42.49 400m: 5:11.26	35.21
2.	Beatriz Nunes, CARDEAL	04	Individual ANCNP	<b>5:20.39</b>	571
	50m: 31.21 31.21	150m: 1:51.20	43.85 250m: 3:19.63	47.00 350m: 4:43.74	38.08
	100m: 1:07.35 36.14	200m: 2:32.63	41.43 300m: 4:05.66	46.03 400m: 5:20.39	36.65
3.	Maria Joao, RIBEIRO	05	Sao Joao Ver	<b>5:25.36</b>	545
	50m: 33.25 33.25	150m: 1:56.11	44.96 250m: 3:24.77	45.13 350m: 4:47.85	38.37
	100m: 1:11.15 37.90	200m: 2:39.64	43.53 300m: 4:09.48	44.71 400m: 5:25.36	37.51
4.	Barbara Nunes, MARQUES	06	Estarreja	<b>5:29.99</b>	523
	50m: 33.23 33.23	150m: 1:55.22	42.53 250m: 3:24.30	46.61 350m: 4:52.93	39.50
	100m: 1:12.69 39.46	200m: 2:37.69	42.47 300m: 4:13.43	49.13 400m: 5:29.99	37.06
5.	Ana Carolina, MONTEIRO	04	União de Coimbra	<b>5:31.05</b>	517
	50m: 33.46 33.46	150m: 1:57.07	44.81 250m: 3:28.85	47.42 350m: 4:55.19	37.59
	100m: 1:12.26 38.80	200m: 2:41.43	44.36 300m: 4:17.60	48.75 400m: 5:31.05	35.86
6.	Sara Calisto, PIMENTEL	05	Gafanha da Encarnacao	<b>5:33.65</b>	505
	50m: 33.77 33.77	150m: 1:58.17	45.83 250m: 3:30.38	47.98 350m: 4:56.36	38.38
	100m: 1:12.34 38.57	200m: 2:42.40	44.23 300m: 4:17.98	47.60 400m: 5:33.65	37.29

Juv B/Abs

1.	Ana Filipa, VEIGA	01	Gafanha da Encarnacao	<b>5:11.26</b>	623
	50m: 32.68 32.68	150m: 1:53.55	42.67 250m: 3:17.78	42.85 350m: 4:36.05	35.78
	100m: 1:10.88 38.20	200m: 2:34.93	41.38 300m: 4:00.27	42.49 400m: 5:11.26	35.21
2.	Beatriz Nunes, CARDEAL	04	Individual ANCNP	<b>5:20.39</b>	571
	50m: 31.21 31.21	150m: 1:51.20	43.85 250m: 3:19.63	47.00 350m: 4:43.74	38.08
	100m: 1:07.35 36.14	200m: 2:32.63	41.43 300m: 4:05.66	46.03 400m: 5:20.39	36.65
3.	Maria Joao, RIBEIRO	05	Sao Joao Ver	<b>5:25.36</b>	545
	50m: 33.25 33.25	150m: 1:56.11	44.96 250m: 3:24.77	45.13 350m: 4:47.85	38.37
	100m: 1:11.15 37.90	200m: 2:39.64	43.53 300m: 4:09.48	44.71 400m: 5:25.36	37.51
4.	Maria Neto, SIMOES	10	Condeixa Clube	<b>5:28.26</b>	531
	50m: 34.19 34.19	150m: 1:58.04	42.36 250m: 3:27.40	46.69 350m: 4:52.74	37.42
	100m: 1:15.68 41.49	200m: 2:40.71	42.67 300m: 4:15.32	47.92 400m: 5:28.26	35.52
5.	Nuria Soares, SILVA	07	Sao Joao Ver	<b>5:28.28</b>	531
	50m: 32.95 32.95	150m: 1:55.45	43.73 250m: 3:25.81	46.86 350m: 4:50.81	38.30
	100m: 1:11.72 38.77	200m: 2:38.95	43.50 300m: 4:12.51	46.70 400m: 5:28.28	37.47
6.	Camila Duarte, MARCELO	10	Condeixa Clube	<b>5:29.57</b>	525
	50m: 33.46 33.46	150m: 1:58.03	44.90 250m: 3:29.23	47.96 350m: 4:55.20	37.29
	100m: 1:13.13 39.67	200m: 2:41.27	43.24 300m: 4:17.91	48.68 400m: 5:29.57	34.37

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

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

Lugar			Ano					Tempo final	Pts			
7.	Barbara Nunes, MARQUES		06	Estarreja				<b>5:29.99</b>	523			
	50m:	33.23 33.23	150m:	1:55.22	42.53	250m:	3:24.30	46.61	350m:	4:52.93	39.50	
	100m:	1:12.69	39.46	200m:	2:37.69	42.47	300m:	4:13.43	49.13	400m:	5:29.99	37.06
8.	Ana Carolina, MONTEIRO		04	União de Coimbra				<b>5:31.05</b>	517			
	50m:	33.46 33.46	150m:	1:57.07	44.81	250m:	3:28.85	47.42	350m:	4:55.19	37.59	
	100m:	1:12.26	38.80	200m:	2:41.43	44.36	300m:	4:17.60	48.75	400m:	5:31.05	35.86
9.	Carolina Mendes, NUNES		08	Estarreja				<b>5:32.78</b>	509			
	50m:	33.78 33.78	150m:	1:58.99	45.06	250m:	3:30.72	48.14	350m:	4:56.28	37.65	
	100m:	1:13.93	40.15	200m:	2:42.58	43.59	300m:	4:18.63	47.91	400m:	5:32.78	36.50
10.	Sara Calisto, PIMENTEL		05	Gafanha da Encarnacao				<b>5:33.65</b>	505			
	50m:	33.77 33.77	150m:	1:58.17	45.83	250m:	3:30.38	47.98	350m:	4:56.36	38.38	
	100m:	1:12.34	38.57	200m:	2:42.40	44.23	300m:	4:17.98	47.60	400m:	5:33.65	37.29
11.	Rita Isabel, NEVES		08	Condeixa Clube				<b>5:36.58</b>	492			
	50m:	34.73 34.73	150m:	2:00.62	45.16	250m:	3:30.82	47.01	350m:	4:59.01	40.21	
	100m:	1:15.46	40.73	200m:	2:43.81	43.19	300m:	4:18.80	47.98	400m:	5:36.58	37.57
12.	Rita Rocha, SILVA		08	Alcobaca				<b>5:39.50</b>	480			
	50m:	35.66 35.66	150m:	2:04.15	45.50	250m:	3:34.72	46.94	350m:	5:01.08	40.55	
	100m:	1:18.65	42.99	200m:	2:47.78	43.63	300m:	4:20.53	45.81	400m:	5:39.50	38.42
13.	Maria Ines, GANTE		10	Nautico Academico				<b>5:40.28</b>	476			
	50m:	35.79 35.79	150m:	2:02.31	45.39	250m:	3:35.30	49.68	350m:	5:02.77	38.45	
	100m:	1:16.92	41.13	200m:	2:45.62	43.31	300m:	4:24.32	49.02	400m:	5:40.28	37.51
14.	Marta Oliveira, SILVA		09	Sanjoanense				<b>5:41.51</b>	471			
	50m:	33.35 33.35	150m:	2:00.91	47.66	250m:	3:33.38	48.09	350m:	5:03.11	39.75	
	100m:	1:13.25	39.90	200m:	2:45.29	44.38	300m:	4:23.36	49.98	400m:	5:41.51	38.40
15.	Leonor Nunes, CARDEAL		10	Individual ANCP				<b>5:44.19</b>	460			
	50m:	34.13 34.13	150m:	2:03.27	44.89	250m:	3:35.84	49.57	350m:	5:06.10	39.12	
	100m:	1:18.38	44.25	200m:	2:46.27	43.00	300m:	4:26.98	51.14	400m:	5:44.19	38.09
16.	Rita Calado, CRUZ		09	Nautico Academico				<b>5:45.84</b>	454			
	50m:	36.29 36.29	150m:	2:04.66	45.06	250m:	3:36.19	47.04	350m:	5:06.25	40.54	
	100m:	1:19.60	43.31	200m:	2:49.15	44.49	300m:	4:25.71	49.52	400m:	5:45.84	39.59
17.	Vida Sofia, VELEZ		10	Bairro dos Anjos				<b>5:49.57</b>	439			
	50m:	38.91 38.91	150m:	2:11.96	44.96	250m:	3:44.78	48.91	350m:	5:13.23	40.83	
	100m:	1:27.00	48.09	200m:	2:55.87	43.91	300m:	4:32.40	47.62	400m:	5:49.57	36.34
18.	Diana Isabel, ALVES		10	Pimpoes/Cimai				<b>5:49.97</b>	438			
	50m:	36.67 36.67	150m:	2:06.53	45.99	250m:	3:43.74	53.21	350m:	5:14.21	38.85	
	100m:	1:20.54	43.87	200m:	2:50.53	44.00	300m:	4:35.36	51.62	400m:	5:49.97	35.76
19.	Matilde Santos, VIEIRA		10	Marinha Grande				<b>5:50.05</b>	438			
	50m:	35.24 35.24	150m:	2:06.30	48.26	250m:	3:43.15	50.05	350m:	5:13.03	38.01	
	100m:	1:18.04	42.80	200m:	2:53.10	46.80	300m:	4:35.02	51.87	400m:	5:50.05	37.02
20.	Leonor Mosca, SILVA		10	Columbifila Cantanhedense				<b>5:55.77</b>	417			
	50m:	38.42 38.42	150m:	2:09.43	45.99	250m:	3:47.26	51.70	350m:	5:17.10	38.81	
	100m:	1:23.44	45.02	200m:	2:55.56	46.13	300m:	4:38.29	51.03	400m:	5:55.77	38.67
21.	Mariana Dias, PEREIRA		10	Algés e Águeda XXI				<b>6:03.67</b>	390			
	<i>FTL</i>											
	50m:	38.25 38.25	150m:	2:10.49	46.96	250m:	3:48.29	52.37	350m:	5:22.26	41.35	
	100m:	1:23.53	45.28	200m:	2:55.92	45.43	300m:	4:40.91	52.62	400m:	6:03.67	41.41
22.	Luana Filipe, REIS		10	Alcobaca				<b>6:25.47</b>	328			
	<i>FTL</i>											
	50m:	44.25 44.25	150m:	2:26.16	49.99	250m:	4:05.13	51.15	350m:	5:42.00	46.37	
	100m:	1:36.17	51.92	200m:	3:13.98	47.82	300m:	4:55.63	50.50	400m:	6:25.47	43.47