



Campeonato Distrital de INF, JUV, JUN, SEN (PC)
Coruche, 1, 2, e 3 Março 2024

Prova 20 Femin., 400m Livres Infantil B
02/03/2024 - 15:30 Resultados

Recorde Distrital ANDS Open	4:18.88	Mafalda Sofia Rosa	CNRM	Leiria	10/12/2022
Recorde Distrital ANDS Inf B	4:50.13	Mafalda Sofia Rosa	CNRM	Coruche	15/03/2015

: 6:49.00

Pontos: FINA 2023

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Rita Gomes Valentim	12		Torres Novas	5:24.49		362	
	50m: 37.21 150m: 1:58.28 250m: 3:22.42 350m: 4:44.64							
	100m: 1:17.70 200m: 2:40.78 300m: 4:03.29 400m: 5:24.49							
2.	Matilde Casimiro Bibi	12		BUZIOS-Coruche	5:25.20		359	
	50m: 37.20 150m: 1:59.53 250m: 3:23.42 350m: 4:46.57							
	100m: 1:18.07 200m: 2:41.28 300m: 4:04.80 400m: 5:25.20							
3.	Rita Maria Rosa	12		BUZIOS-Coruche	5:36.73		324	
	50m: 38.53 150m: 2:03.64 250m: 3:31.12 350m: 4:57.71							
	100m: 1:20.78 200m: 2:47.24 300m: 4:15.06 400m: 5:36.73							
4.	Marta Costa Soares	12		Uniao Samorense	5:38.06		320	
	50m: 38.16 150m: 2:03.87 250m: 3:30.90 350m: 4:58.51							
	100m: 1:21.01 200m: 2:47.31 300m: 4:14.95 400m: 5:38.06							
5.	Rita Balsa Alves	12		BUZIOS-Coruche	5:49.45		289	
	50m: 40.28 150m: 2:09.58 250m: 3:39.14 350m: 5:07.37							
	100m: 1:24.12 200m: 2:54.54 300m: 4:23.88 400m: 5:49.45							
6.	Margarida Madeira Pires	12		Rio Maior	6:04.51		255	
	50m: 42.92 150m: 2:15.27 250m: 3:48.19 350m: 5:19.94							
	100m: 1:28.94 200m: 3:01.88 300m: 4:34.04 400m: 6:04.51							
7.	Maria Pais Santos	12		BUZIOS-Coruche	6:10.52		243	
	50m: 44.36 150m: 2:17.57 250m: 3:52.75 350m: 5:26.61							
	100m: 1:30.98 200m: 3:05.28 300m: 4:39.91 400m: 6:10.52							
8.	Alicia Lopes Deep	12		BUZIOS-Coruche	6:12.69		239	
	50m: 40.71 150m: 2:16.58 250m: 3:53.50 350m: 5:28.68							
	100m: 1:28.06 200m: 3:04.99 300m: 4:40.97 400m: 6:12.69							
9.	Ana Marisa Simples	12		Uniao Samorense	6:32.56		204	
	50m: 42.84 150m: 2:22.14 250m: 4:04.15 350m: 5:46.60							
	100m: 1:31.92 200m: 3:13.25 300m: 4:54.83 400m: 6:32.56							
10.	Ana Sofia Graca	12		Uniao Samorense	6:48.06		182	
	50m: 44.67 150m: 2:27.44 250m: 4:13.76 350m: 5:59.10							
	100m: 1:34.61 200m: 3:19.12 300m: 5:07.53 400m: 6:48.06							
11.	Maria Vitoria Martinho <i>FTL</i>	12		Gualdim Pais	6:51.06		178	
	50m: 41.63 150m: 2:23.92 250m: 4:09.80 350m: 5:57.16							
	100m: 1:31.47 200m: 3:17.14 300m: 5:03.72 400m: 6:51.06							
12.	Laura Sofia Graca <i>FTL</i>	12		Uniao Samorense	6:55.84		172	
	50m: 44.53 150m: 2:29.30 250m: 4:17.78 350m: 6:06.16							
	100m: 1:36.15 200m: 3:23.08 300m: 5:11.90 400m: 6:55.84							
13.	Joana Verissimo Tavares <i>FTL</i>	12		CLAC-Entroncamento	7:51.64		117	
	50m: 52.02 150m: 2:54.10 250m: 4:57.02 350m: 6:56.38							
	100m: 1:51.53 200m: 3:57.30 300m: 5:57.51 400m: 7:51.64							
DNS	Laura Rosinha Maia	12		Gualdim Pais				



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Prova 20, Femin., 400m Livres

Prova 20 Femin., 400m Livres Infantil A
02/03/2024 - 15:30 Resultados

Recorde Distrital ANDS Open	4:18.88	Mafalda Sofia Rosa	CNRM	Leiria	10/12/2022
Recorde Distrital ANDS Inf A	4:39.54	Mafalda Sofia Rosa	CNRM	Tomar	20/03/2016

: 6:33.00

Pontos: FINA 2023

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Sofia Barroca Pereira	11		BUZIOS-Coruche	5:09.06		419	
	50m: 36.18	150m: 1:56.37	250m: 3:15.83	350m: 4:34.26				
	100m: 1:15.91	200m: 2:36.59	300m: 3:55.14	400m: 5:09.06				
2.	Margarida Pinho Formigo	11		Torres Novas	5:21.21		373	
	50m: 36.53	150m: 1:56.19	250m: 3:18.56	350m: 4:40.63				
	100m: 1:15.66	200m: 2:37.72	300m: 3:59.25	400m: 5:21.21				
3.	Clara Santos Madureira	11		Torres Novas	5:34.69		330	
	50m: 36.99	150m: 2:00.99	250m: 3:27.44	350m: 4:52.87				
	100m: 1:18.39	200m: 2:44.51	300m: 4:10.19	400m: 5:34.69				
4.	Beatriz Agostinho Duque	11		20Km de Almeirim	5:41.88		309	
	50m: 39.79	150m: 2:06.70	250m: 3:33.87	350m: 5:00.42				
	100m: 1:22.76	200m: 2:50.50	300m: 4:17.42	400m: 5:41.88				
5.	Mariana Freitas Mota	11		Torres Novas	5:45.10		301	
	50m: 39.64	150m: 2:06.46	250m: 3:34.32	350m: 5:02.45				
	100m: 1:22.94	200m: 2:50.27	300m: 4:18.14	400m: 5:45.10				
6.	Maria Ines Ferreira	11		Torres Novas	6:06.44		251	
	50m: 41.19	150m: 2:13.96	250m: 3:46.88	350m: 5:20.42				
	100m: 1:27.13	200m: 3:00.56	300m: 4:33.61	400m: 6:06.44				
7.	Carolina Reis Lopes	11		Torres Novas	6:32.57		204	
	50m: 46.06	150m: 2:25.39	250m: 4:04.74	350m: 5:43.78				
	100m: 1:36.05	200m: 3:14.93	300m: 4:55.05	400m: 6:32.57				

Prova 20 Femin., 400m Livres Juvenil B
02/03/2024 - 15:30 Resultados

Recorde Distrital ANDS Open	4:18.88	Mafalda Sofia Rosa	CNRM	Leiria	10/12/2022
Recorde Distrital ANDS Juv B	4:33.98	Ana Rita Boavista	CNLA	Guimarães	10/03/2002

: 6:19.00

Pontos: FINA 2023

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Leonor Sombreiro Martins	10		BUZIOS-Coruche	4:50.23		506	
	50m: 32.76	150m: 1:45.30	250m: 2:59.66	350m: 4:14.66				
	100m: 1:08.45	200m: 2:22.37	300m: 3:37.21	400m: 4:50.23				
2.	Maria Leonor Lopes	10		Torres Novas	5:04.01		440	
	50m: 35.73	150m: 1:52.77	250m: 3:09.80	350m: 4:26.52				
	100m: 1:14.19	200m: 2:31.70	300m: 3:48.05	400m: 5:04.01				
3.	Lara Paixao Silva	10		Rio Maior	5:06.55		429	
	50m: 32.95	150m: 1:49.29	250m: 3:08.76	350m: 4:28.28				
	100m: 1:10.36	200m: 2:28.98	300m: 3:47.93	400m: 5:06.55				
4.	Flor Fortunata Ferreira	10		Gualdim Pais	5:16.57		390	
	50m: 35.91	150m: 1:56.85	250m: 3:18.74	350m: 4:39.14				
	100m: 1:15.38	200m: 2:37.65	300m: 3:58.97	400m: 5:16.57				



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Prova 20 Femin., 400m Livres Juvenil A
02/03/2024 - 15:30 Resultados

Recorde Distrital ANDS Open	4:18.88	Mafalda Sofia Rosa	CNRM	Leiria	10/12/2022
Recorde Distrital ANDS Juv A	4:26.26	Mafalda Sofia Rosa	CNRM	Tomar	19/11/2017

: 6:07.00

Pontos: FINA 2023

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Laura Prates Morais	09	BUZIOS-Coruche	4:58.80		463	
	50m: 33.98 150m: 1:49.73 250m: 3:05.86 350m: 4:21.91						
	100m: 1:11.48 200m: 2:27.68 300m: 3:43.91 400m: 4:58.80						
2.	Leonor Margarida Mateus	09	BUZIOS-Coruche	5:16.66		389	
	50m: 36.39 150m: 1:56.26 250m: 3:17.32 350m: 4:37.95						
	100m: 1:16.10 200m: 2:36.79 300m: 3:57.84 400m: 5:16.66						
3.	Catarina Isabel Galvao	09	BUZIOS-Coruche	5:44.98		301	
	50m: 38.95 150m: 2:05.54 250m: 3:34.00 350m: 5:02.20						
	100m: 1:22.06 200m: 2:49.88 300m: 4:18.01 400m: 5:44.98						
4.	Leonor Marques Carvalho	09	Rio Maior	6:06.26		251	
	50m: 39.61 150m: 2:09.88 250m: 3:43.03 350m: 5:20.13						
	100m: 1:23.81 200m: 2:56.22 300m: 4:31.24 400m: 6:06.26						
5.	Vera Almeida Rosa	09	Nautico Abrantes	6:20.49		224	
	<i>FTL</i>						
	50m: 41.50 150m: 2:15.80 250m: 3:53.74 350m: 5:34.06						
	100m: 1:27.98 200m: 3:04.58 300m: 4:43.96 400m: 6:20.49						

Prova 20 Femin., 400m Livres Junior
02/03/2024 - 15:30 Resultados

Recorde Distrital ANDS Open	4:18.88	Mafalda Sofia Rosa	CNRM	Leiria	10/12/2022
Recorde Distrital ANDS 17	4:20.47	Mafalda Sofia Rosa	CNRM	Leiria	14/12/2019
Recorde Distrital ANDS Jun16	4:25.09	Mafalda Sofia Rosa	CNRM	Coruche	15/03/2019

Jun/Sen: 5:42.00

Pontos: FINA 2023

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Rafaela Ferreira Mendes	08	Torres Novas	4:39.15		568	
	50m: 31.64 150m: 1:41.21 250m: 2:52.80 350m: 4:04.75						
	100m: 1:05.78 200m: 2:16.88 300m: 3:28.89 400m: 4:39.15						
2.	Mariana Mauricio Coelho	07	BUZIOS-Coruche	5:03.76		441	
	50m: 34.03 150m: 1:50.61 250m: 3:08.10 350m: 4:27.16						
	100m: 1:11.94 200m: 2:28.98 300m: 3:47.40 400m: 5:03.76						
3.	Madalena Maria Midoes	07	Viver Santarem	5:04.16		439	
	50m: 34.66 150m: 1:50.06 250m: 3:07.77 350m: 4:26.08						
	100m: 1:12.04 200m: 2:28.53 300m: 3:47.08 400m: 5:04.16						
4.	Daniela Santos Carrilho	08	CLAC-Entroncamento	5:50.62		287	
	<i>FTL</i>						
	50m: 38.10 150m: 2:06.55 250m: 3:36.76 350m: 5:07.03						
	100m: 1:22.27 200m: 2:52.49 300m: 4:22.28 400m: 5:50.62						



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Femin., 400m Livres

Senior
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

Jun/Sen: 5:42.00

Pontos: FINA 2023

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Rafaela Canano Silva	04		Viver Santarem	5:01.34		452	
	50m: 33.79	150m: 1:48.68	250m: 3:06.03	350m: 4:23.45				
	100m: 1:10.61	200m: 2:27.12	300m: 3:44.86	400m: 5:01.34				
2.	Ines Goncalves Fernandes	06		Nautico Abrantes	5:21.26		373	
	50m: 34.19	150m: 1:53.26	250m: 3:16.00	350m: 4:40.21				
	100m: 1:12.87	200m: 2:34.41	300m: 3:58.18	400m: 5:21.26				
DNS	Marta Filipa Bucha	06		Viver Santarem				