

Taça ANDS - Cidade de Rio Maior  
Rio Maior, 20/4/2024

Prova 11  
20/04/2024 - 11:50

Femin., 400m Livres

Absoluto  
Resultados

Pontos: FINA 2024

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Leonor Sombreiro Martins	10		BUZIOS - Coruche	<b>4:51.39</b>		527	
	50m: 33.21 33.21	150m: 1:47.00	37.44	250m: 3:02.26	37.91	350m: 4:16.05	37.43	
	100m: 1:09.56 36.35	200m: 2:24.35	37.35	300m: 3:38.62	36.36	400m: 4:51.39	35.34	
2.	Matilde Violante Viana	07		Nautico de Leiria	<b>4:52.72</b>		519	
	50m: 32.13 32.13	150m: 1:45.62	37.49	250m: 3:01.17	37.73	350m: 4:16.11	37.16	
	100m: 1:08.13 36.00	200m: 2:23.44	37.82	300m: 3:38.95	37.78	400m: 4:52.72	36.61	
3.	Joana Melo Gaspar	09		Nacional de Natacao	<b>4:57.09</b>		497	
	50m: 33.95 33.95	150m: 1:48.69	37.23	250m: 3:03.97	37.72	350m: 4:20.49	38.08	
	100m: 1:11.46 37.51	200m: 2:26.25	37.56	300m: 3:42.41	38.44	400m: 4:57.09	36.60	
4.	Matilde Lopes Fialho	09		Palmela	<b>5:04.61</b>		461	
	50m: 33.55 33.55	150m: 1:49.46	38.29	250m: 3:04.66	36.49	350m: 4:18.41	31.89	
	100m: 1:11.17 37.62	200m: 2:28.17	38.71	300m: 3:46.52	41.86	400m: 5:04.61	46.20	
5.	Rafaela Canano Silva	04		Viver Santarem	<b>5:09.26</b>		440	
	50m: 34.52 34.52	150m: 1:51.77	39.47	250m: 3:10.60	39.44	350m: 4:30.51	40.05	
	100m: 1:12.30 37.78	200m: 2:31.16	39.39	300m: 3:50.46	39.86	400m: 5:09.26	38.75	
6.	Mariana Mauricio Coelho	07		BUZIOS - Coruche	<b>5:10.32</b>		436	
	50m: 33.83 33.83	150m: 1:52.42	40.20	250m: 3:13.32	41.06	350m: 4:33.93	40.89	
	100m: 1:12.22 38.39	200m: 2:32.26	39.84	300m: 3:53.04	39.72	400m: 5:10.32	36.39	
7.	Madalena Maria Midoes	07		Viver Santarem	<b>5:13.37</b>		423	
	50m: 35.26 35.26	150m: 1:54.12	39.97	250m: 3:13.97	39.70	350m: 4:33.89	39.78	
	100m: 1:14.15 38.89	200m: 2:34.27	40.15	300m: 3:54.11	40.14	400m: 5:13.37	39.48	
8.	Sofia Barroca Pereira	11		BUZIOS - Coruche	<b>5:14.35</b>		419	
	50m: 36.37 36.37	150m: 1:56.00	40.76	250m: 3:18.11	40.95	350m: 4:38.03	39.19	
	100m: 1:15.24 38.87	200m: 2:37.16	41.16	300m: 3:58.84	40.73	400m: 5:14.35	36.32	
9.	Maria Leonor Lopes	10		Torres Novas	<b>5:14.98</b>		417	
	100m: 1:17.99 1:17.99	300m: 3:59.59	1:21.13	400m: 5:14.98	36.16			
	200m: 2:38.46 1:20.47	350m: 4:38.82	39.23					
10.	Lara Paixao Silva	10		Rio Maior	<b>5:15.10</b>		416	
	50m: 36.73 36.73	150m: 1:56.83	40.63	250m: 3:17.26	40.31	350m: 4:37.52	40.27	
	100m: 1:16.20 39.47	200m: 2:36.95	40.12	300m: 3:57.25	39.99	400m: 5:15.10	37.58	
11.	Mafalda Sousa Mira	07		Nacional de Natacao	<b>5:18.13</b>		405	
	50m: 35.99 35.99	150m: 1:56.36	41.05	250m: 3:17.29	39.81	350m: 4:38.62	40.31	
	100m: 1:15.31 39.32	200m: 2:37.48	41.12	300m: 3:58.31	41.02	400m: 5:18.13	39.51	
12.	Mariana Rosado Gomes	10		Aminata	<b>5:24.45</b>		381	
	50m: 38.34 38.34	150m: 2:01.02	41.57	250m: 3:24.95	41.91	350m: 4:47.46	40.62	
	100m: 1:19.45 41.11	200m: 2:43.04	42.02	300m: 4:06.84	41.89	400m: 5:24.45	36.99	
13.	Ines Azevedo Baraona	07		Palmela	<b>5:24.74</b>		380	
	50m: 35.24 35.24	150m: 1:54.71	40.91	250m: 3:18.22	41.95	350m: 4:43.75	43.24	
	100m: 1:13.80 38.56	200m: 2:36.27	41.56	300m: 4:00.51	42.29	400m: 5:24.74	40.99	
14.	Margarida Pinho Formigo	11		Torres Novas	<b>5:25.69</b>		377	
	50m: 36.57 36.57	150m: 1:58.47	41.34	250m: 3:22.34	41.66	350m: 4:46.09	41.07	
	100m: 1:17.13 40.56	200m: 2:40.68	42.21	300m: 4:05.02	42.68	400m: 5:25.69	39.60	
15.	Maria Joao Vala	11		Pimpoes/Cimai	<b>5:26.72</b>		373	
	50m: 37.85 37.85	150m: 2:01.56	42.16	250m: 3:26.27	42.54	350m: 4:48.76	40.99	
	100m: 1:19.40 41.55	200m: 2:43.73	42.17	300m: 4:07.77	41.50	400m: 5:26.72	37.96	
16.	Rita Gomes Valentim	12		Torres Novas	<b>5:28.43</b>		368	
	50m: 36.89 36.89	150m: 2:01.08	42.78	250m: 3:25.76	42.47	350m: 4:48.72	41.26	
	100m: 1:18.30 41.41	200m: 2:43.29	42.21	300m: 4:07.46	41.70	400m: 5:28.43	39.71	
17.	Mafalda Teles Sousa	11		Pimpoes/Cimai	<b>5:31.34</b>		358	
	50m: 38.56 38.56	150m: 1:59.07	38.37	250m: 3:28.39	42.82	350m: 4:53.10	42.27	
	100m: 1:20.70 42.14	200m: 2:45.57	46.50	300m: 4:10.83	42.44	400m: 5:31.34	38.24	

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Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
18.	Brigida Valentina Mateus	07	Palmela	<b>5:34.75</b>		347	
	50m: 36.11 36.11	150m: 1:57.48	41.32 350m: 4:52.96	2:12.98			
	100m: 1:16.16 40.05	200m: 2:39.98	42.50 400m: 5:34.75	41.79			
19.	Ines Trindade Dionisio	07	Nacional de Natacao	<b>5:40.82</b>		329	
	50m: 36.60 36.60	150m: 2:00.36	42.86 250m: 3:27.82	43.66 350m: 4:56.90	44.96		
	100m: 1:17.50 40.90	200m: 2:44.16	43.80 300m: 4:11.94	44.12 400m: 5:40.82	43.92		
20.	Flor Fortunata Ferreira	10	Gualdim Pais	<b>5:42.83</b>		323	
	50m: 38.61 38.61	150m: 2:06.06	44.58 250m: 3:34.19	44.61 350m: 5:01.42	43.15		
	100m: 1:21.48 42.87	200m: 2:49.58	43.52 300m: 4:18.27	44.08 400m: 5:42.83	41.41		
21.	Carolina Silva Castanheira	11	Nautico de Leiria	<b>5:43.61</b>		321	
	50m: 38.22 38.22	150m: 2:05.37	43.93 250m: 3:34.11	44.98 350m: 5:00.94	42.77		
	100m: 1:21.44 43.22	200m: 2:49.13	43.76 300m: 4:18.17	44.06 400m: 5:43.61	42.67		
22.	Laura Krempel Varela	12	Pimpoes/Cimai	<b>5:52.51</b>		297	
	50m: 39.82 39.82	150m: 2:08.88	45.46 250m: 3:41.42	46.63 350m: 5:10.54	45.02		
	100m: 1:23.42 43.60	200m: 2:54.79	45.91 300m: 4:25.52	44.10 400m: 5:52.51	41.97		
23.	Maria Beatriz Mestre	12	Electrico Clube/ FGil.pt	<b>5:53.32</b>		295	
	100m: 1:22.27 1:22.27	200m: 2:55.05	1:32.78 300m: 4:27.24	1:32.19 400m: 5:53.32	1:26.08		
24.	Carolina Santos Carrilho	08	CLAC-Entroncamento	<b>5:59.01</b>		281	
	100m: 1:25.06 1:25.06	200m: 2:57.81	1:32.75 300m: 4:30.03	1:32.22 400m: 5:59.01	1:28.98		
25.	Margarida Madeira Pires	12	Rio Maior	<b>6:04.41</b>		269	
	50m: 42.34 42.34	150m: 2:15.38	46.70 250m: 3:48.74	46.36 350m: 5:20.45	45.83		
	100m: 1:28.68 46.34	200m: 3:02.38	47.00 300m: 4:34.62	45.88 400m: 6:04.41	43.96		
26.	Vera Almeida Rosa	09	Nautico Abrantes	<b>6:10.65</b>		256	
	50m: 40.02 40.02	150m: 2:13.34	47.93 250m: 3:49.88	48.45 350m: 5:26.24	47.92		
	100m: 1:25.41 45.39	200m: 3:01.43	48.09 300m: 4:38.32	48.44 400m: 6:10.65	44.41		
27.	Yaroslava Tabunschyk	12	Nautico de Leiria	<b>6:17.58</b>		242	
	50m: 41.85 41.85	200m: 3:06.75	1:37.14 400m: 6:17.58	1:32.78			
	100m: 1:29.61 47.76	300m: 4:44.80	1:38.05				
28.	Sofia Espada Passechnikoff	10	Grandola Sports	<b>6:24.80</b>		228	
	50m: 41.23 41.23	150m: 2:19.14	49.70 250m: 3:59.82	50.45 350m: 5:40.20	49.83		
	100m: 1:29.44 48.21	200m: 3:09.37	50.23 300m: 4:50.37	50.55 400m: 6:24.80	44.60		
29.	Margarida Maria Beato	11	Grandola Sports	<b>6:32.85</b>		215	
	50m: 40.19 40.19	150m: 2:18.60	50.48 250m: 4:02.01	51.63 350m: 5:44.11	50.51		
	100m: 1:28.12 47.93	200m: 3:10.38	51.78 300m: 4:53.60	51.59 400m: 6:32.85	48.74		
30.	Juliana Antunes Monteiro	12	Gualdim Pais	<b>6:40.71</b>		202	
	50m: 44.66 44.66	150m: 2:26.60	52.08 250m: 4:12.30	53.04 350m: 5:56.74	51.71		
	100m: 1:34.52 49.86	200m: 3:19.26	52.66 300m: 5:05.03	52.73 400m: 6:40.71	43.97		
31.	Maria Vitoria Martinho	12	Gualdim Pais	<b>7:06.28</b>		168	
	100m: 1:34.73 1:34.73	200m: 3:25.41	1:50.68 300m: 5:18.39	1:52.98 400m: 7:06.28	1:47.89		
32.	Ines Gomes Gamito	10	Grandola Sports	<b>7:06.80</b>		167	
	50m: 45.69 45.69	150m: 2:33.68	55.81 250m: 4:25.72	57.48 350m: 6:17.43	55.58		
	100m: 1:37.87 52.18	200m: 3:28.24	54.56 300m: 5:21.85	56.13 400m: 7:06.80	49.37		
33.	Catarina Leonor Pereira	11	CLAC-Entroncamento	<b>7:43.95</b>		130	
	50m: 46.70 46.70	200m: 3:45.73	2:02.42 400m: 7:43.95	1:55.71			
	100m: 1:43.31 56.61	300m: 5:48.24	2:02.51				
WDR	Madalena Nunes Domingos	07	Viver Santarem				
WDR	Joana Verissimo Tavares	12	CLAC-Entroncamento				