

Prova 3
18.05.2024 - 17:34

Femin., 400m Estilos

Juvenis
Resultados

Rec Regional Juv A	4:51.85	Ana Claudia Santos	POR	Setubal	2004
Rec Regional Juv B	4:57.68	Susana Patricia Miguel	POR	Penafiel	2004
Rec Regional Absoluto	4:36.19	Victoria Kaminskaya	POR	Copenhagen (DEN)	2017
Rec Nacional Juv A	4:51.85	Ana Claudia Santos	POR	Setubal	2004
Rec Nacional Juv B	4:57.68	Susana Patricia Miguel	POR	Penafiel	2004
Rec Nacional Absoluto	4:36.19	Victoria Kaminskaya	POR	Copenhagen (DEN)	2017

Mínimo Participação Juv B: 6:20.01; Juv A: 6:05.46

Pontos: FINA 2023

Pos.	Nadador	Ano	Clube	Tempo	Pts
Juvenis B					
1.	Rita Braga Gomes	10	Sporting	5:26.11	500
	50m: 34.80 34.80	150m: 1:59.22 43.84	250m: 3:26.47 44.79	350m: 4:49.67 37.88	
	100m: 1:15.38 40.58	200m: 2:41.68 42.46	300m: 4:11.79 45.32	400m: 5:26.11 36.44	
2.	Ana Nabais Mendes	10	Laranjeiro	5:28.89	488
	50m: 35.02 35.02	150m: 1:57.31 42.62	250m: 3:27.15 47.87	350m: 4:52.72 37.33	
	100m: 1:14.69 39.67	200m: 2:39.28 41.97	300m: 4:15.39 48.24	400m: 5:28.89 36.17	
3.	Carolina Escrevente Guerra	10	Alges	5:31.08	478
	50m: 36.07 36.07	150m: 1:58.83 41.29	250m: 3:26.70 47.29	350m: 4:53.38 38.21	
	100m: 1:17.54 41.47	200m: 2:39.41 40.58	300m: 4:15.17 48.47	400m: 5:31.08 37.70	
4.	Rita Canas Brito	10	Naval Setubalense	5:36.88	454
	50m: 36.18 36.18	150m: 2:00.91 43.28	250m: 3:30.02 47.49	350m: 4:58.32 41.37	
	100m: 1:17.63 41.45	200m: 2:42.53 41.62	300m: 4:16.95 46.93	400m: 5:36.88 38.56	
5.	Beatriz Costa Diniz	10	Sporting	5:38.97	445
	50m: 35.98 35.98	150m: 2:03.45 44.33	250m: 3:34.33 48.20	350m: 5:01.28 38.51	
	100m: 1:19.12 43.14	200m: 2:46.13 42.68	300m: 4:22.77 48.44	400m: 5:38.97 37.69	
6.	Maria Duarte Carvalho	10	Benfica	5:40.69	439
	50m: 37.49 37.49	150m: 2:07.49 45.66	250m: 3:36.62 44.20	350m: 5:01.63 40.15	
	100m: 1:21.83 44.34	200m: 2:52.42 44.93	300m: 4:21.48 44.86	400m: 5:40.69 39.06	
7.	Maria Madalena Fernandes	10	Alges	5:41.26	436
	50m: 35.07 35.07	150m: 2:00.67 45.85	250m: 3:35.27 49.79	350m: 5:04.25 38.49	
	100m: 1:14.82 39.75	200m: 2:45.48 44.81	300m: 4:25.76 50.49	400m: 5:41.26 37.01	
8.	Luisa Anjos Frischknecht	10	Naval Setubalense	5:41.28	436
	50m: 35.32 35.32	150m: 2:01.39 45.43	250m: 3:33.70 47.39	350m: 5:03.14 41.11	
	100m: 1:15.96 40.64	200m: 2:46.31 44.92	300m: 4:22.03 48.33	400m: 5:41.28 38.14	
9.	Jessica Bernardino Lopes	10	Fisica Torres Vedras	5:44.01	426
	50m: 37.57 37.57	150m: 2:07.32 44.72	250m: 3:39.54 47.67	350m: 5:06.80 38.52	
	100m: 1:22.60 45.03	200m: 2:51.87 44.55	300m: 4:28.28 48.74	400m: 5:44.01 37.21	
10.	Joana Alexandra Silva	10	CPCD - Póvoa Sta Iria	5:49.64	406
	50m: 36.06 36.06	150m: 2:05.43 45.96	250m: 3:39.82 51.70	350m: 5:11.46 38.95	
	100m: 1:19.47 43.41	200m: 2:48.12 42.69	300m: 4:32.51 52.69	400m: 5:49.64 38.18	
11.	Maria Rita Filipe	10	Geslours	5:54.53	389
	50m: 40.17 40.17	150m: 2:08.50 41.78	250m: 3:40.71 51.65	350m: 5:14.25 41.11	
	100m: 1:26.72 46.55	200m: 2:49.06 40.56	300m: 4:33.14 52.43	400m: 5:54.53 40.28	
12.	Giovanna Cunha Ferreira	10	Sporting	6:00.07	371
	50m: 35.42 35.42	150m: 2:04.34 46.91	250m: 3:45.39 54.05	350m: 5:20.03 40.29	
	100m: 1:17.43 42.01	200m: 2:51.34 47.00	300m: 4:39.74 54.35	400m: 6:00.07 40.04	
13.	Bruna Sofia Simoes	10	Sporting	6:00.41	370
	50m: 41.12 41.12	150m: 2:14.42 43.46	250m: 3:49.19 52.49	350m: 5:20.95 39.58	
	100m: 1:30.96 49.84	200m: 2:56.70 42.28	300m: 4:41.37 52.18	400m: 6:00.41 39.46	
14.	Estela Couto Ribeiro	10	Sporting	6:03.46	361
	50m: 38.72 38.72	150m: 2:13.78 47.20	250m: 3:52.92 52.13	350m: 5:24.72 39.78	
	100m: 1:26.58 47.86	200m: 3:00.79 47.01	300m: 4:44.94 52.02	400m: 6:03.46 38.74	
15.	Maria Ines Fryxell	10	AONDA - Azeitão	6:11.59	338
	50m: 40.67 40.67	150m: 2:18.41 47.44	250m: 3:57.77 53.50	350m: 5:33.02 40.44	
	100m: 1:30.97 50.30	200m: 3:04.27 45.86	300m: 4:52.58 54.81	400m: 6:11.59 38.57	
16.	Alice Fernandes Rodrigues	10	Geslours	6:12.99	334
	50m: 39.28 39.28	150m: 2:15.40 47.48	250m: 3:55.90 54.10	350m: 5:32.63 41.44	
	100m: 1:27.92 48.64	200m: 3:01.80 46.40	300m: 4:51.19 55.29	400m: 6:12.99 40.36	

Resultados online: anlisboa.info/live

Prova 3, Femin., 400m Estilos

Juvenis A

1. Sofia Monteiro Uva	09 Alges	50m: 34.48 100m: 1:14.54	34.48 40.06	150m: 1:57.12 200m: 2:38.19	42.58 41.07	250m: 3:22.92 300m: 4:08.46	44.73 45.54	350m: 4:45.90 400m: 5:21.00	37.44 35.10
2. Matilde Lopes Fialho	09 Palmela Desporto	50m: 33.39 100m: 1:12.16	33.39 38.77	150m: 1:50.22 200m: 2:29.20	38.06 38.98	250m: 3:16.97 300m: 4:06.09	47.77 49.12	350m: 4:45.07 400m: 5:22.46	38.98 37.39
3. Beatriz Ferreira Batista	09 CPCD - Póvoa Sta Iria	50m: 35.00 100m: 1:15.73	35.00 40.73	150m: 1:57.20 200m: 2:37.75	41.47 40.55	250m: 3:23.16 300m: 4:09.55	45.41 46.39	350m: 4:47.72 400m: 5:23.74	38.17 36.02
4. Maria Leonor Calcada	09 Sporting	50m: 33.53 100m: 1:12.95	33.53 39.42	150m: 1:54.62 200m: 2:35.34	41.67 40.72	250m: 3:23.39 300m: 4:11.72	48.05 48.33	350m: 4:49.40 400m: 5:25.60	37.68 36.20
5. Madalena Azevedo Messias	09 Sporting	50m: 33.69 100m: 1:13.24	33.69 39.55	150m: 1:57.79 200m: 2:41.30	44.55 43.51	250m: 3:25.11 300m: 4:11.19	43.81 46.08	350m: 4:50.56 400m: 5:27.47	39.37 36.91
6. Alice Lucas Pedro	09 Alges	50m: 35.12 100m: 1:15.44	35.12 40.32	150m: 2:00.54 200m: 2:44.26	45.10 43.72	250m: 3:30.86 300m: 4:18.94	46.80 48.08	350m: 4:57.60 400m: 5:34.09	38.66 36.49
7. Constanca Lopes Cruz	09 Colegio Int Monte Maior	50m: 36.38 100m: 1:19.71	36.38 43.33	150m: 2:02.48 200m: 2:44.32	42.77 41.84	250m: 3:32.40 300m: 4:21.13	48.08 48.73	350m: 4:58.53 400m: 5:35.18	37.40 36.65
8. Daniela Pina Rodrigues	09 Geslours	50m: 35.54 100m: 1:18.71	35.54 43.17	150m: 2:02.09 200m: 2:43.54	43.38 41.45	250m: 3:30.69 300m: 4:19.19	47.12 48.53	350m: 4:58.25 400m: 5:36.86	39.06 38.61
9. Beatriz Silva Jordao	09 Individual ANL	50m: 37.04 100m: 1:19.33	37.04 42.29	150m: 2:03.90 200m: 2:46.65	44.57 42.75	250m: 3:35.26 300m: 4:23.53	48.61 48.27	350m: 5:01.02 400m: 5:37.81	37.49 36.79
10. Maria Luisa Dinis	09 Alges	50m: 36.30 100m: 1:21.26	36.30 44.96	150m: 2:04.58 200m: 2:47.00	43.32 42.42	250m: 3:36.38 300m: 4:26.13	49.38 49.75	350m: 5:04.23 400m: 5:42.29	38.10 38.06
11. Beatriz Ribeiro Lima	09 Geslours	50m: 39.60 100m: 1:23.46	39.60 43.86	150m: 2:06.09 200m: 2:48.23	42.63 42.14	250m: 3:40.80 300m: 4:32.61	52.57 51.81	350m: 5:11.00 400m: 5:47.84	38.39 36.84
12. Rita Sequeira Barros	09 Alges	50m: 34.78 100m: 1:14.58	34.78 39.80	150m: 2:00.36 200m: 2:44.86	45.78 44.50	250m: 3:35.02 300m: 4:26.26	50.16 51.24	350m: 5:08.53 400m: 5:49.64	42.27 41.11
13. Margarida Maia Lopes	09 Geslours	50m: 38.39 100m: 1:25.98	38.39 47.59	150m: 2:11.72 200m: 2:56.28	45.74 44.56	250m: 3:47.92 300m: 4:40.47	51.64 52.55	350m: 5:19.93 400m: 5:58.31	39.46 38.38
14. Ana Kostenko	09 Naval Setubalense	50m: 38.84 100m: 1:24.36	38.84 45.52	150m: 2:10.12 200m: 2:55.37	45.76 45.25	250m: 3:48.82 300m: 4:40.59	53.45 51.77	350m: 5:22.76 400m: 6:02.98	42.17 40.22

Juvenis

1. Sofia Monteiro Uva	09 Alges	50m: 34.48 100m: 1:14.54	34.48 40.06	150m: 1:57.12 200m: 2:38.19	42.58 41.07	250m: 3:22.92 300m: 4:08.46	44.73 45.54	350m: 4:45.90 400m: 5:21.00	37.44 35.10
2. Matilde Lopes Fialho	09 Palmela Desporto	50m: 33.39 100m: 1:12.16	33.39 38.77	150m: 1:50.22 200m: 2:29.20	38.06 38.98	250m: 3:16.97 300m: 4:06.09	47.77 49.12	350m: 4:45.07 400m: 5:22.46	38.98 37.39
3. Beatriz Ferreira Batista	09 CPCD - Póvoa Sta Iria	50m: 35.00 100m: 1:15.73	35.00 40.73	150m: 1:57.20 200m: 2:37.75	41.47 40.55	250m: 3:23.16 300m: 4:09.55	45.41 46.39	350m: 4:47.72 400m: 5:23.74	38.17 36.02
4. Maria Leonor Calcada	09 Sporting	50m: 33.53 100m: 1:12.95	33.53 39.42	150m: 1:54.62 200m: 2:35.34	41.67 40.72	250m: 3:23.39 300m: 4:11.72	48.05 48.33	350m: 4:49.40 400m: 5:25.60	37.68 36.20
5. Rita Braga Gomes	10 Sporting	50m: 34.80 100m: 1:15.38	34.80 40.58	150m: 1:59.22 200m: 2:41.68	43.84 42.46	250m: 3:26.47 300m: 4:11.79	44.79 45.32	350m: 4:49.67 400m: 5:26.11	37.88 36.44
6. Madalena Azevedo Messias	09 Sporting	50m: 33.69 100m: 1:13.24	33.69 39.55	150m: 1:57.79 200m: 2:41.30	44.55 43.51	250m: 3:25.11 300m: 4:11.19	43.81 46.08	350m: 4:50.56 400m: 5:27.47	39.37 36.91

Resultados online: anlisboa.info/live

Prova 3, Femin., 400m Estilos, Juvenis

Pos.	Nadador	Ano	Clube	Tempo	Pts
7.	Ana Nabais Mendes	10	Laranjeiro	5:28.89	488
	50m: 35.02 35.02	150m: 1:57.31 42.62	250m: 3:27.15 47.87	350m: 4:52.72 37.33	
	100m: 1:14.69 39.67	200m: 2:39.28 41.97	300m: 4:15.39 48.24	400m: 5:28.89 36.17	
8.	Carolina Escrevente Guerra	10	Alges	5:31.08	478
	50m: 36.07 36.07	150m: 1:58.83 41.29	250m: 3:26.70 47.29	350m: 4:53.38 38.21	
	100m: 1:17.54 41.47	200m: 2:39.41 40.58	300m: 4:15.17 48.47	400m: 5:31.08 37.70	
9.	Alice Lucas Pedro	09	Alges	5:34.09	465
	50m: 35.12 35.12	150m: 2:00.54 45.10	250m: 3:30.86 46.60	350m: 4:57.60 38.66	
	100m: 1:15.44 40.32	200m: 2:44.26 43.72	300m: 4:18.94 48.08	400m: 5:34.09 36.49	
10.	Constança Lopes Cruz	09	Colegio Int Monte Maior	5:35.18	461
	50m: 36.38 36.38	150m: 2:02.48 43.28	250m: 3:32.40 48.08	350m: 4:58.53 37.40	
	100m: 1:19.71 43.33	200m: 2:44.32 41.84	300m: 4:21.13 48.73	400m: 5:35.18 36.65	
11.	Daniela Pina Rodrigues	09	Geslours	5:36.86	454
	50m: 35.54 35.54	150m: 2:02.09 43.38	250m: 3:30.66 47.12	350m: 4:58.25 39.06	
	100m: 1:18.71 43.17	200m: 2:43.54 41.45	300m: 4:19.19 48.53	400m: 5:36.86 38.61	
12.	Rita Canas Brito	10	Naval Setubalense	5:36.88	454
	50m: 36.18 36.18	150m: 2:00.91 43.28	250m: 3:30.02 47.49	350m: 4:58.32 41.37	
	100m: 1:17.63 41.45	200m: 2:42.53 41.62	300m: 4:16.95 46.93	400m: 5:36.88 38.56	
13.	Beatriz Silva Jordao	09	Individual ANL	5:37.81	450
	50m: 37.04 37.04	150m: 2:03.90 44.57	250m: 3:35.26 48.61	350m: 5:01.02 37.49	
	100m: 1:19.33 42.29	200m: 2:46.65 42.75	300m: 4:23.53 48.27	400m: 5:37.81 36.79	
14.	Beatriz Costa Diniz	10	Sporting	5:38.97	445
	50m: 35.98 35.98	150m: 2:03.45 44.33	250m: 3:34.33 48.20	350m: 5:01.28 38.51	
	100m: 1:19.12 43.14	200m: 2:46.13 42.68	300m: 4:22.77 48.44	400m: 5:38.97 37.69	
15.	Maria Duarte Carvalho	10	Benfica	5:40.69	439
	50m: 37.49 37.49	150m: 2:07.49 45.66	250m: 3:36.62 44.20	350m: 5:01.63 40.15	
	100m: 1:21.83 44.34	200m: 2:52.42 44.93	300m: 4:21.48 44.86	400m: 5:40.69 39.06	
16.	Maria Madalena Fernandes	10	Alges	5:41.26	436
	50m: 35.07 35.07	150m: 2:00.67 45.85	250m: 3:35.27 49.79	350m: 5:04.25 38.49	
	100m: 1:14.82 39.75	200m: 2:45.48 44.81	300m: 4:25.76 50.49	400m: 5:41.26 37.01	
17.	Luisa Anjos Frischknecht	10	Naval Setubalense	5:41.28	436
	50m: 35.32 35.32	150m: 2:01.39 45.43	250m: 3:33.70 47.39	350m: 5:03.14 41.11	
	100m: 1:15.96 40.64	200m: 2:46.31 44.92	300m: 4:22.03 48.33	400m: 5:41.28 38.14	
18.	Maria Luisa Dinis	09	Alges	5:42.29	432
	50m: 36.30 36.30	150m: 2:04.58 43.32	250m: 3:36.38 49.38	350m: 5:04.23 38.10	
	100m: 1:21.26 44.96	200m: 2:47.00 42.42	300m: 4:26.13 49.75	400m: 5:42.29 38.06	
19.	Jessica Bernardino Lopes	10	Fisica Torres Vedras	5:44.01	426
	50m: 37.57 37.57	150m: 2:07.32 44.72	250m: 3:39.54 47.67	350m: 5:06.80 38.52	
	100m: 1:22.60 45.03	200m: 2:51.87 44.55	300m: 4:28.28 48.74	400m: 5:44.01 37.21	
20.	Beatriz Ribeiro Lima	09	Geslours	5:47.84	412
	50m: 39.60 39.60	150m: 2:06.09 42.63	250m: 3:40.80 52.57	350m: 5:11.00 38.39	
	100m: 1:23.46 43.86	200m: 2:48.23 42.14	300m: 4:32.61 51.81	400m: 5:47.84 36.84	
21.	Rita Sequeira Barros	09	Alges	5:49.64	406
	50m: 34.78 34.78	150m: 2:00.36 45.78	250m: 3:35.02 50.16	350m: 5:08.53 42.27	
	100m: 1:14.58 39.80	200m: 2:44.86 44.50	300m: 4:26.26 51.24	400m: 5:49.64 41.11	
	Joana Alexandra Silva	10	CPCD - Póvoa Sta Iria	5:49.64	406
	50m: 36.06 36.06	150m: 2:05.43 45.96	250m: 3:39.82 51.70	350m: 5:11.46 38.95	
	100m: 1:19.47 43.41	200m: 2:48.12 42.69	300m: 4:32.51 52.69	400m: 5:49.64 38.18	
23.	Maria Rita Filipe	10	Geslours	5:54.53	389
	50m: 40.17 40.17	150m: 2:08.50 41.78	250m: 3:40.71 51.65	350m: 5:14.25 41.11	
	100m: 1:26.72 46.55	200m: 2:49.06 40.56	300m: 4:33.14 52.43	400m: 5:54.53 40.28	
24.	Margarida Maia Lopes	09	Geslours	5:58.31	377
	50m: 38.39 38.39	150m: 2:11.72 45.74	250m: 3:47.92 51.64	350m: 5:19.93 39.46	
	100m: 1:25.98 47.59	200m: 2:56.28 44.56	300m: 4:40.47 52.55	400m: 5:58.31 38.38	
25.	Giovanna Cunha Ferreira	10	Sporting	6:00.07	371
	50m: 35.42 35.42	150m: 2:04.34 46.91	250m: 3:45.39 54.05	350m: 5:20.03 40.29	
	100m: 1:17.43 42.01	200m: 2:51.34 47.00	300m: 4:39.74 54.35	400m: 6:00.07 40.04	
26.	Bruna Sofia Simoes	10	Sporting	6:00.41	370
	50m: 41.12 41.12	150m: 2:14.42 43.46	250m: 3:49.19 52.49	350m: 5:20.95 39.58	
	100m: 1:30.96 49.84	200m: 2:56.70 42.28	300m: 4:41.37 52.18	400m: 6:00.41 39.46	
27.	Ana Kostenko	09	Naval Setubalense	6:02.98	363
	50m: 38.84 38.84	150m: 2:10.12 45.76	250m: 3:48.82 53.45	350m: 5:22.76 42.17	
	100m: 1:24.36 45.52	200m: 2:55.37 45.25	300m: 4:40.59 51.77	400m: 6:02.98 40.22	

Resultados online: anlisboa.info/live

Prova 3, Femin., 400m Estilos, Juvenis

Pos.	Nadador	Ano	Clube	Tempo	Pts
28.	Estela Couto Ribeiro	10	Sporting	6:03.46	361
	50m: 38.72 38.72	150m: 2:13.78 47.20	250m: 3:52.92 52.13	350m: 5:24.72 39.78	
	100m: 1:26.58 47.86	200m: 3:00.79 47.01	300m: 4:44.94 52.02	400m: 6:03.46 38.74	
29.	Maria Ines Fryxell	10	AONDA - Azeitão	6:11.59	338
	50m: 40.67 40.67	150m: 2:18.41 47.44	250m: 3:57.77 53.50	350m: 5:33.02 40.44	
	100m: 1:30.97 50.30	200m: 3:04.27 45.86	300m: 4:52.58 54.81	400m: 6:11.59 38.57	
30.	Alice Fernandes Rodrigues	10	Gesloures	6:12.99	334
	50m: 39.28 39.28	150m: 2:15.40 47.48	250m: 3:55.90 54.10	350m: 5:32.63 41.44	
	100m: 1:27.92 48.64	200m: 3:01.80 46.40	300m: 4:51.19 55.29	400m: 6:12.99 40.36	

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apoios
institucionais



parceiros

