

LEIRIASWIM 2024
Leiria, 11/5/2024

Prova 3 Femin., 400m Livres Grupo B
11/05/2024 - 9:23 Resultados

Rec Nac Open	4:04.61	Diana Margarida, DURAES	POR	Copenhagen (DEN)	17/12/2017
Rec Nac 13	4:25.30	Alexandra Maria, SILVA	FCP	Porto	19/07/1980
Rec Nac 12	4:38.40	Filipa Vilas, RUIVO	DNMG	Alcobaça	13/06/2009

Pontos: FINA 2022

Lugar			Ano					Tempo final	Pts
1.	Joana Cura, NEVES		11	Condeixa Aqua Clube				5:01.16	468
	50m: 33.98	33.98	150m: 1:49.18	38.05	250m: 3:06.12	38.69	350m: 4:24.02	38.92	
	100m: 1:11.13	37.15	200m: 2:27.43	38.25	300m: 3:45.10	38.98	400m: 5:01.16	37.14	
2.	Maria Joao, VALA		11	Pimpoes/Cimai				5:08.57	435
	50m: 35.45	35.45	150m: 1:52.89	39.14	250m: 3:11.27	39.49	350m: 4:30.38	39.95	
	100m: 1:13.75	38.30	200m: 2:31.78	38.89	300m: 3:50.43	39.16	400m: 5:08.57	38.19	
3.	Alice Maria, RODRIGUES		11	Académico de Viseu FC				5:17.03	401
	50m: 36.17	36.17	150m: 1:57.09	40.95	250m: 3:18.75	40.39	350m: 4:38.70	39.86	
	100m: 1:16.14	39.97	200m: 2:38.36	41.27	300m: 3:58.84	40.09	400m: 5:17.03	38.33	
4.	Francisca Coelho, LUCENA		11	O Crasto				5:34.46	342
	50m: 37.56	37.56	150m: 2:02.88	43.23	250m: 3:26.95	41.86	350m: 4:53.94	43.17	
	100m: 1:19.65	42.09	200m: 2:45.09	42.21	300m: 4:10.77	43.82	400m: 5:34.46	40.52	
5.	Luna Francisco, PEREIRA		12	Nucleo de Pombal				5:48.41	302
	50m: 38.74	38.74	150m: 2:06.12	44.28	250m: 3:36.46	45.37	350m: 5:06.87	44.93	
	100m: 1:21.84	43.10	200m: 2:51.09	44.97	300m: 4:21.94	45.48	400m: 5:48.41	41.54	
6.	Matilde Nogueira, LOURENCO		11	CCDSerta				5:49.59	299
	50m: 39.32	39.32	150m: 2:08.54	45.65	250m: 3:39.95	46.02	350m: 5:09.21	44.11	
	100m: 1:22.89	43.57	200m: 2:53.93	45.39	300m: 4:25.10	45.15	400m: 5:49.59	40.38	
7.	Isabela Lourenco, COSTA		11	Benedita				6:00.52	273
	50m: 38.71	38.71	150m: 2:10.47	46.56	250m: 3:44.07	46.85	350m: 5:16.67	46.03	
	100m: 1:23.91	45.20	200m: 2:57.22	46.75	300m: 4:30.64	46.57	400m: 6:00.52	43.85	
8.	Matilde Ferreira, NOGUEIRA		12	Estamos Juntos				6:04.00	265
	50m: 39.19	39.19	150m: 2:13.85	48.03	250m: 3:47.39	45.61	350m: 5:19.59	45.88	
	100m: 1:25.82	46.63	200m: 3:01.78	47.93	300m: 4:33.71	46.32	400m: 6:04.00	44.41	
9.	Safira Pedro, FONSECA		12	Vieirense				6:04.98	263
	50m: 39.42	39.42	150m: 2:12.98	47.74	250m: 3:47.24	46.53	350m: 5:20.26	46.52	
	100m: 1:25.24	45.82	200m: 3:00.71	47.73	300m: 4:33.74	46.50	400m: 6:04.98	44.72	
10.	Matilde Santos, CHAVES		11	Estarreja/PROZINCO				6:11.28	250
	50m: 39.18	39.18	150m: 2:10.18	46.44	250m: 3:46.52	48.84	350m: 5:24.67	48.64	
	100m: 1:23.74	44.56	200m: 2:57.68	47.50	300m: 4:36.03	49.51	400m: 6:11.28	46.61	
11.	Ana Francisca, SANTOS		11	Nacional de Natação				6:21.84	229
	50m: 40.99	40.99	150m: 2:18.10	50.20	250m: 3:58.37	49.29	350m: 5:35.60	48.42	
	100m: 1:27.90	46.91	200m: 3:09.08	50.98	300m: 4:47.18	48.81	400m: 6:21.84	46.24	

LEIRIASWIM 2024
Leiria, 11/5/2024

Prova 3, Femin., 400m Livres

Prova 3 Femin., 400m Livres Grupo C
11/05/2024 - 9:23 Resultados

Rec Nac Open	4:04.61	Diana Margarida, DURAES	POR	Copenhagen (DEN)	17/12/2017
Rec Nac 15	4:18.39	Ana Claudia, SANTOS	SFUAP	Cantanhede	20/12/2004
Rec Nac 14	4:23.08	Susana Patricia, MIGUEL	SFUAP	Alhandra	15/05/2004

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
1. Vida Sofia, VELEZ	10 Ba-Leiria	4:59.09	478
50m: 34.47 34.47	150m: 1:49.86 37.85	250m: 3:05.61 37.82	350m: 4:21.68 38.32
100m: 1:12.01 37.54	200m: 2:27.79 37.93	300m: 3:43.36 37.75	400m: 4:59.09 37.41
2. Maria Rita, OLIVEIRA	09 Académico de Viseu FC	5:01.94	464
50m: 34.31 34.31	150m: 1:50.15 38.28	250m: 3:06.72 38.36	350m: 4:24.39 38.40
100m: 1:11.87 37.56	200m: 2:28.36 38.21	300m: 3:45.99 39.27	400m: 5:01.94 37.55
3. Diana Isabel, ALVES	10 Pimpoes/Cimai	5:02.14	464
50m: 34.78 34.78	150m: 1:50.46 38.10	250m: 3:07.22 38.42	350m: 4:24.70 38.70
100m: 1:12.36 37.58	200m: 2:28.80 38.34	300m: 3:46.00 38.78	400m: 5:02.14 37.44
4. Eva Santos, FERREIRA	10 O Crasto	5:16.99	401
50m: 36.42 36.42	150m: 1:57.22 41.50	250m: 3:18.68 40.41	350m: 4:39.13 39.97
100m: 1:15.72 39.30	200m: 2:38.27 41.05	300m: 3:59.16 40.48	400m: 5:16.99 37.86
5. Beatriz Santa, FILIPE	09 Nacional de Natação	5:34.98	340
50m: 36.88 36.88	150m: 2:02.33 43.25	250m: 3:29.67 43.15	350m: 4:54.46 41.63
100m: 1:19.08 42.20	200m: 2:46.52 44.19	300m: 4:12.83 43.16	400m: 5:34.98 40.52
6. Ines Sousa, FERREIRA	10 Estamos Juntos	5:47.22	305
50m: 39.73 39.73	150m: 2:07.91 45.17	250m: 3:37.14 44.43	350m: 5:05.76 43.97
100m: 1:22.74 43.01	200m: 2:52.71 44.80	300m: 4:21.79 44.65	400m: 5:47.22 41.46

Prova 3 Femin., 400m Livres Grupo D
11/05/2024 - 9:23 Resultados

Rec Nac Open	4:04.61	Diana Margarida, DURAES	POR	Copenhagen (DEN)	17/12/2017
Rec Nac 18 +	4:04.61	Diana Margarida, DURAES	POR	Copenhagen (DEN)	17/12/2017
Rec Nac 17	4:10.52	Tamila Hryhorivna, HOLUB	SCB	Porto	12/12/2015
Rec Nac 16	4:13.53	Ana Reis, SOUSA	CNLA	Porto	09/12/2017

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
1. Madalena Almeida, FIGUEIRA	07 Académico de Viseu FC	4:49.52	527
50m: 31.43 31.43	150m: 1:42.85 36.27	250m: 2:56.44 36.88	350m: 4:12.62 38.09
100m: 1:06.58 35.15	200m: 2:19.56 36.71	300m: 3:34.53 38.09	400m: 4:49.52 36.90
2. Dalila Leal, BERNARDINO	06 Nucleo de Pombal	4:51.79	515
50m: 33.12 33.12	150m: 1:46.03 36.68	250m: 2:59.93 36.96	350m: 4:15.56 38.10
100m: 1:09.35 36.23	200m: 2:22.97 36.94	300m: 3:37.46 37.53	400m: 4:51.79 36.23
Alice Mendes, MACEDO	08 Estamos Juntos	4:51.79	515
50m: 32.70 32.70	150m: 1:45.75 36.96	250m: 2:59.47 36.37	350m: 4:16.30 37.62
100m: 1:08.79 36.09	200m: 2:23.10 37.35	300m: 3:38.68 39.21	400m: 4:51.79 35.49

LEIRIASWIM 2024
Leiria, 11/5/2024

Prova 3, Femin., 400m Livres, Grupo D

Lugar	Ano	Tempo final	Pts
4. Ines Correia, TEIXEIRA	06 Natação da Amadora	4:52.85	509
50m: 32.60 32.60	150m: 1:45.76 36.96	250m: 3:01.51 38.11	350m: 4:16.63 37.08
100m: 1:08.80 36.20	200m: 2:23.40 37.64	300m: 3:39.55 38.04	400m: 4:52.85 36.22
5. Ines Mira, PINO	06 Pimpoes/Cimai	4:54.21	502
50m: 32.72 32.72	150m: 1:46.12 36.95	250m: 3:01.32 37.79	350m: 4:17.37 38.26
100m: 1:09.17 36.45	200m: 2:23.53 37.41	300m: 3:39.11 37.79	400m: 4:54.21 36.84
6. Leonor Caetano, MOREIRA	06 Vieirense	4:59.47	476
50m: 33.53 33.53	150m: 1:48.34 38.09	250m: 3:04.31 37.59	350m: 4:20.97 38.72
100m: 1:10.25 36.72	200m: 2:26.72 38.38	300m: 3:42.25 37.94	400m: 4:59.47 38.50
7. Mafalda Sousa, MIRA	07 Nacional de Natação	5:05.61	448
50m: 35.28 35.28	150m: 1:52.91 38.93	250m: 3:10.33 38.64	350m: 4:27.68 38.82
100m: 1:13.98 38.70	200m: 2:31.69 38.78	300m: 3:48.86 38.53	400m: 5:05.61 37.93
8. Matilde Santos, COUTINHO	07 Naval da Nazaré	5:40.95	322
50m: 35.85 35.85	150m: 2:01.03 43.76	250m: 3:29.75 44.03	350m: 4:57.76 43.47
100m: 1:17.27 41.42	200m: 2:45.72 44.69	300m: 4:14.29 44.54	400m: 5:40.95 43.19
9. Solange Ramalho, PEREIRA	90 Ba-Leiria	5:59.03	276
50m: 40.02 40.02	150m: 2:08.83 45.00	250m: 3:39.53 45.51	350m: 5:12.59 46.53
100m: 1:23.83 43.81	200m: 2:54.02 45.19	300m: 4:26.06 46.53	400m: 5:59.03 46.44

Prova 3

Femin., 400m Livres

Grupos B,C e D

11/05/2024 - 9:23

Resultados

Rec Nac Open	4:04.61	Diana Margarida, DURAES	POR	Copenhagen (DEN)	17/12/2017
Rec Nac 18 +	4:04.61	Diana Margarida, DURAES	POR	Copenhagen (DEN)	17/12/2017
Rec Nac 17	4:10.52	Tamila Hryhorivna, HOLUB	SCB	Porto	12/12/2015
Rec Nac 16	4:13.53	Ana Reis, SOUSA	CNLA	Porto	09/12/2017
Rec Nac 15	4:18.39	Ana Claudia, SANTOS	SFUAP	Cantanhede	20/12/2004
Rec Nac 14	4:23.08	Susana Patricia, MIGUEL	SFUAP	Alhandra	15/05/2004
Rec Nac 13	4:25.30	Alexandra Maria, SILVA	FCP	Porto	19/07/1980
Rec Nac 12	4:38.40	Filipa Vilas, RUIVO	DNMG	Alcobaça	13/06/2009

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
1. Madalena Almeida, FIGUEIRA	07 Académico de Viseu FC	4:49.52	527
50m: 31.43 31.43	150m: 1:42.85 36.27	250m: 2:56.44 36.88	350m: 4:12.62 38.09
100m: 1:06.58 35.15	200m: 2:19.56 36.71	300m: 3:34.53 38.09	400m: 4:49.52 36.90
2. Dalila Leal, BERNARDINO	06 Nucleo de Pombal	4:51.79	515
50m: 33.12 33.12	150m: 1:46.03 36.68	250m: 2:59.93 36.96	350m: 4:15.56 38.10
100m: 1:09.35 36.23	200m: 2:22.97 36.94	300m: 3:37.46 37.53	400m: 4:51.79 36.23
Alice Mendes, MACEDO	08 Estamos Juntos	4:51.79	515
50m: 32.70 32.70	150m: 1:45.75 36.96	250m: 2:59.47 36.37	350m: 4:16.30 37.62
100m: 1:08.79 36.09	200m: 2:23.10 37.35	300m: 3:38.68 39.21	400m: 4:51.79 35.49
4. Ines Correia, TEIXEIRA	06 Natação da Amadora	4:52.85	509
50m: 32.60 32.60	150m: 1:45.76 36.96	250m: 3:01.51 38.11	350m: 4:16.63 37.08
100m: 1:08.80 36.20	200m: 2:23.40 37.64	300m: 3:39.55 38.04	400m: 4:52.85 36.22

Splash Meet Manager, 11.79567

Registered to Associação de Natação do Distrito de Leiria

14/05/2024 16:48 - Página 3

LEIRIASWIM 2024
Leiria, 11/5/2024

Prova 3, Femin., 400m Livres, Grupos B,C e D

Lugar			Ano			Tempo final	Pts	
5.	Ines Mira, PINO		06	Pimpoes/Cimai		4:54.21	502	
	50m: 32.72	32.72	150m: 1:46.12	36.95	250m: 3:01.32	37.79	350m: 4:17.37	38.26
	100m: 1:09.17	36.45	200m: 2:23.53	37.41	300m: 3:39.11	37.79	400m: 4:54.21	36.84
6.	Vida Sofia, VELEZ		10	Ba-Leiria		4:59.09	478	
	50m: 34.47	34.47	150m: 1:49.86	37.85	250m: 3:05.61	37.82	350m: 4:21.68	38.32
	100m: 1:12.01	37.54	200m: 2:27.79	37.93	300m: 3:43.36	37.75	400m: 4:59.09	37.41
7.	Leonor Caetano, MOREIRA		06	Vieirense		4:59.47	476	
	50m: 33.53	33.53	150m: 1:48.34	38.09	250m: 3:04.31	37.59	350m: 4:20.97	38.72
	100m: 1:10.25	36.72	200m: 2:26.72	38.38	300m: 3:42.25	37.94	400m: 4:59.47	38.50
8.	Joana Cura, NEVES		11	Condeixa Aqua Clube		5:01.16	468	
	50m: 33.98	33.98	150m: 1:49.18	38.05	250m: 3:06.12	38.69	350m: 4:24.02	38.92
	100m: 1:11.13	37.15	200m: 2:27.43	38.25	300m: 3:45.10	38.98	400m: 5:01.16	37.14
9.	Maria Rita, OLIVEIRA		09	Académico de Viseu FC		5:01.94	464	
	50m: 34.31	34.31	150m: 1:50.15	38.28	250m: 3:06.72	38.36	350m: 4:24.39	38.40
	100m: 1:11.87	37.56	200m: 2:28.36	38.21	300m: 3:45.99	39.27	400m: 5:01.94	37.55
10.	Diana Isabel, ALVES		10	Pimpoes/Cimai		5:02.14	464	
	50m: 34.78	34.78	150m: 1:50.46	38.10	250m: 3:07.22	38.42	350m: 4:24.70	38.70
	100m: 1:12.36	37.58	200m: 2:28.80	38.34	300m: 3:46.00	38.78	400m: 5:02.14	37.44
11.	Mafalda Sousa, MIRA		07	Nacional de Natação		5:05.61	448	
	50m: 35.28	35.28	150m: 1:52.91	38.93	250m: 3:10.33	38.64	350m: 4:27.68	38.82
	100m: 1:13.98	38.70	200m: 2:31.69	38.78	300m: 3:48.86	38.53	400m: 5:05.61	37.93
12.	Maria Joao, VALA		11	Pimpoes/Cimai		5:08.57	435	
	50m: 35.45	35.45	150m: 1:52.89	39.14	250m: 3:11.27	39.49	350m: 4:30.38	39.95
	100m: 1:13.75	38.30	200m: 2:31.78	38.89	300m: 3:50.43	39.16	400m: 5:08.57	38.19
13.	Eva Santos, FERREIRA		10	O Crasto		5:16.99	401	
	50m: 36.42	36.42	150m: 1:57.22	41.50	250m: 3:18.68	40.41	350m: 4:39.13	39.97
	100m: 1:15.72	39.30	200m: 2:38.27	41.05	300m: 3:59.16	40.48	400m: 5:16.99	37.86
14.	Alice Maria, RODRIGUES		11	Académico de Viseu FC		5:17.03	401	
	50m: 36.17	36.17	150m: 1:57.09	40.95	250m: 3:18.75	40.39	350m: 4:38.70	39.86
	100m: 1:16.14	39.97	200m: 2:38.36	41.27	300m: 3:58.84	40.09	400m: 5:17.03	38.33
15.	Francisca Coelho, LUCENA		11	O Crasto		5:34.46	342	
	50m: 37.56	37.56	150m: 2:02.88	43.23	250m: 3:26.95	41.86	350m: 4:53.94	43.17
	100m: 1:19.65	42.09	200m: 2:45.09	42.21	300m: 4:10.77	43.82	400m: 5:34.46	40.52
16.	Beatriz Santa, FILIPE		09	Nacional de Natação		5:34.98	340	
	50m: 36.88	36.88	150m: 2:02.33	43.25	250m: 3:29.67	43.15	350m: 4:54.46	41.63
	100m: 1:19.08	42.20	200m: 2:46.52	44.19	300m: 4:12.83	43.16	400m: 5:34.98	40.52
17.	Matilde Santos, COUTINHO		07	Naval da Nazaré		5:40.95	322	
	50m: 35.85	35.85	150m: 2:01.03	43.76	250m: 3:29.75	44.03	350m: 4:57.76	43.47
	100m: 1:17.27	41.42	200m: 2:45.72	44.69	300m: 4:14.29	44.54	400m: 5:40.95	43.19

LEIRIASWIM 2024
Leiria, 11/5/2024

Prova 3, Femin., 400m Livres, Grupos B,C e D

Lugar			Ano					Tempo final	Pts
18.	Ines Sousa, FERREIRA		10	Estamos Juntos				5:47.22	305
	50m: 39.73	39.73	150m: 2:07.91	45.17	250m: 3:37.14	44.43	350m: 5:05.76	43.97	
	100m: 1:22.74	43.01	200m: 2:52.71	44.80	300m: 4:21.79	44.65	400m: 5:47.22	41.46	
19.	Luna Francisco, PEREIRA		12	Nucleo de Pombal				5:48.41	302
	50m: 38.74	38.74	150m: 2:06.12	44.28	250m: 3:36.46	45.37	350m: 5:06.87	44.93	
	100m: 1:21.84	43.10	200m: 2:51.09	44.97	300m: 4:21.94	45.48	400m: 5:48.41	41.54	
20.	Matilde Nogueira, LOURENCO		11	CCDSerta				5:49.59	299
	50m: 39.32	39.32	150m: 2:08.54	45.65	250m: 3:39.95	46.02	350m: 5:09.21	44.11	
	100m: 1:22.89	43.57	200m: 2:53.93	45.39	300m: 4:25.10	45.15	400m: 5:49.59	40.38	
21.	Solange Ramalho, PEREIRA		90	Ba-Leiria				5:59.03	276
	50m: 40.02	40.02	150m: 2:08.83	45.00	250m: 3:39.53	45.51	350m: 5:12.59	46.53	
	100m: 1:23.83	43.81	200m: 2:54.02	45.19	300m: 4:26.06	46.53	400m: 5:59.03	46.44	
22.	Isabela Lourenco, COSTA		11	Benedita				6:00.52	273
	50m: 38.71	38.71	150m: 2:10.47	46.56	250m: 3:44.07	46.85	350m: 5:16.67	46.03	
	100m: 1:23.91	45.20	200m: 2:57.22	46.75	300m: 4:30.64	46.57	400m: 6:00.52	43.85	
23.	Matilde Ferreira, NOGUEIRA		12	Estamos Juntos				6:04.00	265
	50m: 39.19	39.19	150m: 2:13.85	48.03	250m: 3:47.39	45.61	350m: 5:19.59	45.88	
	100m: 1:25.82	46.63	200m: 3:01.78	47.93	300m: 4:33.71	46.32	400m: 6:04.00	44.41	
24.	Safira Pedro, FONSECA		12	Vieirense				6:04.98	263
	50m: 39.42	39.42	150m: 2:12.98	47.74	250m: 3:47.24	46.53	350m: 5:20.26	46.52	
	100m: 1:25.24	45.82	200m: 3:00.71	47.73	300m: 4:33.74	46.50	400m: 6:04.98	44.72	
25.	Matilde Santos, CHAVES		11	Estarreja/PROZINCO				6:11.28	250
	50m: 39.18	39.18	150m: 2:10.18	46.44	250m: 3:46.52	48.84	350m: 5:24.67	48.64	
	100m: 1:23.74	44.56	200m: 2:57.68	47.50	300m: 4:36.03	49.51	400m: 6:11.28	46.61	
26.	Ana Francisca, SANTOS		11	Nacional de Natação				6:21.84	229
	50m: 40.99	40.99	150m: 2:18.10	50.20	250m: 3:58.37	49.29	350m: 5:35.60	48.42	
	100m: 1:27.90	46.91	200m: 3:09.08	50.98	300m: 4:47.18	48.81	400m: 6:21.84	46.24	
EXH	Laura Silva, VALENTIM		10	Ba-Leiria				6:21.32	230
	50m: 39.45	39.45	150m: 2:13.60	47.71	250m: 3:53.98	50.70	350m: 5:32.87	49.31	
	100m: 1:25.89	46.44	200m: 3:03.28	49.68	300m: 4:43.56	49.58	400m: 6:21.32	48.45	