

Torneio Inter-Regional Especialista
Rio Maior, 15 - 16/6/2024

Prova 12
15/06/2024 - 16:10

Femin., 400m Estilos

Infantil
Resultados

Inf B: 7:52.50; Inf A: 7:46.50

Pontos: FINA 2024

Lugar	Nome	Ano	Clube	Tempo Final	Pts	Pontos
1.	Ana Filipa Serra	11	CPCD-Povoa St Iria	5:55.60	417	
	50m: 39.88 150m: 2:13.30 250m: 3:48.87 350m: 5:17.76					
	100m: 1:25.82 200m: 2:59.18 300m: 4:38.67 400m: 5:55.60					
2.	Ines Silva Paiva	11	Colegio Monte Maior	6:04.96	386	
	50m: 39.38 150m: 2:12.15 250m: 3:51.37 350m: 5:23.79					
	100m: 1:25.29 200m: 3:00.95 300m: 4:42.67 400m: 6:04.96					
3.	Sofia Barroca Pereira	11	BUZIOS - Coruche	6:09.85	371	
	50m: 45.60 100m: 1:35.57 200m: 3:09.16 300m: 4:55.47 400m: 6:09.85					
4.	Telma Filipa Magalhaes	12	Fisica Torres Vedras	6:13.95	359	
	50m: 41.93 150m: 2:20.43 250m: 4:01.05 350m: 5:34.92					
	100m: 1:33.36 200m: 3:08.89 300m: 4:53.89 400m: 6:13.95					
5.	Laura Flores Serra	12	Vikings	6:21.03	339	
	50m: 40.27 150m: 2:20.61 250m: 4:02.53 350m: 5:38.99					
	100m: 1:30.42 200m: 3:08.44 300m: 4:57.75 400m: 6:21.03					
6.	Maria Ines Antunes	12	Benfica	6:28.64	320	
	50m: 44.77 150m: 2:28.86 250m: 4:11.54 350m: 5:48.71					
	100m: 1:38.73 200m: 3:17.48 300m: 5:07.88 400m: 6:28.64					
7.	Maria Goncalves Oliveira	11	Desportivo de Odemira	6:36.18	302	
	50m: 40.80 150m: 2:23.22 250m: 4:10.45 350m: 5:52.00					
	100m: 1:30.85 200m: 3:13.56 300m: 5:05.52 400m: 6:36.18					
8.	Ines Moreira Pedro	12	Benfica	6:50.10	272	
	50m: 47.69 150m: 2:36.97 250m: 4:25.76 400m: 6:50.10					
	100m: 1:45.47 200m: 3:26.18 300m: 5:26.27					
9.	Beatriz Agostinho Duque	11	20Km de Almeirim	6:50.88	270	
	100m: 1:50.03 200m: 3:28.71 300m: 5:23.30 400m: 6:50.88					
10.	Madalena Carreiro Rodrigues	11	Benfica	6:58.75	255	
	50m: 48.70 150m: 2:41.85 250m: 4:30.03 350m: 6:15.45					
	100m: 1:49.57 200m: 3:32.82 300m: 5:28.72 400m: 6:58.75					
11.	Matilde Abelho Vaz	12	CLAC-Entroncamento	7:03.30	247	
	50m: 51.36 150m: 2:46.16 250m: 4:36.62 350m: 6:19.54					
	100m: 1:50.56 200m: 3:39.06 300m: 5:33.38 400m: 7:03.30					
12.	Juliana Antunes Monteiro	12	Gualdim Pais	7:28.95	207	
	50m: 58.15 150m: 3:01.07 250m: 4:56.34 350m: 6:44.63					
	100m: 2:01.00 200m: 3:59.33 300m: 5:54.75 400m: 7:28.95					

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Juvenil
Resultados

Juv B: 7:32.00; Juv A: 7:18.00

Pontos: FINA 2024

Lugar	Nome	Ano	Clube	Tempo Final	Pts	Pontos
1.	Beatriz Ferreira Batista	09	CPCD-Povoa St Iria	5:36.06	495	
	50m: 35.67 150m: 2:01.45 250m: 3:30.63 350m: 4:57.99					
	100m: 1:17.69 200m: 2:44.19 300m: 4:18.10 400m: 5:36.06					
2.	Leonor Duarte Goncalves	10	Desportivo de Odemira	6:22.83	334	
	50m: 41.68 150m: 2:21.19 250m: 4:05.93 350m: 5:42.21					
	100m: 1:29.94 200m: 3:11.74 300m: 5:00.56 400m: 6:22.83					

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Junior
Resultados

: 6:58.50

Pontos: FINA 2024

Lugar	Nome	Ano	Clube	Tempo Final	Pts	Pontos
1.	Catarina Alexandra Alves	07	GesLoures	5:24.07	552	
	50m: 34.00 150m: 1:54.32 250m: 3:23.17 350m: 4:47.53					
	100m: 1:11.12 200m: 2:35.51 300m: 4:11.06 400m: 5:24.07					
2.	Laura Maria Cruz	07	Colegio Monte Maior	5:30.50	520	
	50m: 36.90 150m: 2:01.02 250m: 3:29.64 350m: 4:54.59					
	100m: 1:19.52 200m: 2:42.56 300m: 4:17.78 400m: 5:30.50					
3.	Marta Matos Laranjeira	08	Individual ANL	5:50.34	437	
	50m: 36.19 150m: 2:09.09 250m: 3:46.84 350m: 5:14.61					
	100m: 1:19.53 200m: 2:57.32 300m: 4:36.74 400m: 5:50.34					
4.	Catarina Maria Fragoso	07	Viver Santarem	6:00.23	402	
	50m: 36.46 150m: 2:10.05 250m: 3:45.72 350m: 5:19.64					
	100m: 1:20.79 200m: 2:57.57 300m: 4:35.65 400m: 6:00.23					
5.	Maria Madalena Monteiro	08	Gualdim Pais	6:06.20	382	
	50m: 37.49 150m: 2:13.19 250m: 3:52.91 350m: 5:27.00					
	100m: 1:23.55 200m: 3:02.23 300m: 4:46.26 400m: 6:06.20					
6.	Clarisse Teixeira Teles	08	Naval Setubalense	6:11.66	366	
	50m: 41.31 150m: 2:17.20 250m: 3:57.26 350m: 5:31.46					
	100m: 1:29.99 200m: 3:03.69 300m: 4:49.48 400m: 6:11.66					
7.	Carolina Santos Carrilho	08	CLAC-Entroncamento	6:31.48	313	
	50m: 43.91 150m: 2:25.68 250m: 4:09.48 350m: 5:47.76					
	100m: 1:35.12 200m: 3:15.25 300m: 5:02.73 400m: 6:31.48					
8.	Daniela Santos Carrilho	08	CLAC-Entroncamento	6:32.96	309	
	50m: 44.08 150m: 2:27.46 250m: 4:10.48 350m: 5:49.68					
	100m: 1:35.73 200m: 3:16.33 300m: 5:04.85 400m: 6:32.96					
9.	Inês Ferreira Franco	08	Individual ANL	7:01.93	250	
	<i>FTL</i>					
	50m: 50.79 150m: 2:41.45 250m: 4:31.20 350m: 6:18.02					
	100m: 1:49.82 200m: 3:29.97 300m: 5:32.33 400m: 7:01.93					

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Senior
Resultados

: 6:50.00

Pontos: FINA 2024

Lugar	Nome	Ano	Clube	Tempo Final	Pts	Pontos
1.	Maria Jardim Fidalgo	04	Colegio Vasco da Gama	5:27.46	535	
	50m: 32.97 150m: 1:54.93 250m: 3:27.42 350m: 4:52.04					
	100m: 1:10.19 200m: 2:39.68 300m: 4:16.01 400m: 5:27.46					
DNS	Maria Carolina Vargas	05	Benfica			
WDR	Marta Chambel Dias	02	CLAC-Entroncamento			