

Prova 11 Femin., 400m Livres Infantis A
20/07/2024 - 9:00 Resultados

Rec Nac Open	4:08.77	MARTINS, Francisca Soares	FOCA	Canet-en-Roussillion (FRA)	14/05/2023
Rec Nac INF A	4:31.53	SILVA, Alexandra Maria	POR	Skovde (SWE)	08/08/1980

Infantis A 50m: 5:14.58 - 25m: 5:08.41

Pontos: Rudolph Table 2023

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
1.	MOURA, Margarida Santos	11	Sporting	4:52.50	+0,85	11,3
	50m: 33.44 33.44	150m: 1:48.45 37.53	250m: 3:03.66 37.62	350m: 4:17.84 36.93		
	100m: 1:10.92 37.48	200m: 2:26.04 37.59	300m: 3:40.91 37.25	400m: 4:52.50 34.66		
2.	CAPAREIRA, Alice Machado	11	Academia Desportiva dos Acores	4:53.20	+0,78	11,2
	50m: 32.48 32.48	150m: 1:47.92 38.23	250m: 3:04.04 37.99	350m: 4:18.81 37.04		
	100m: 1:09.69 37.21	200m: 2:26.05 38.13	300m: 3:41.77 37.73	400m: 4:53.20 34.39		
3.	HOLUB, Sofia Hryhorivna	11	Braga	4:55.09	+0,87	10,7
	50m: 33.75 33.75	150m: 1:48.95 38.17	250m: 3:04.24 37.45	350m: 4:19.01 37.56		
	100m: 1:10.78 37.03	200m: 2:26.79 37.84	300m: 3:41.45 37.21	400m: 4:55.09 36.08		
4.	CUNHA, Mariana Fernandes	11	Foca Quinta da Lixa CNF	4:59.54		9,6
	50m: 34.39 34.39	150m: 1:50.95 38.65	250m: 3:07.19 38.00	350m: 4:23.41 37.79		
	100m: 1:12.30 37.91	200m: 2:29.19 38.24	300m: 3:45.62 38.43	400m: 4:59.54 36.13		
5.	FERREIRA, Margarida Almeida	11	Sporting	4:59.78	+0,75	9,5
	50m: 33.54 33.54	150m: 1:49.95 38.85	250m: 3:07.15 38.71	350m:		
	100m: 1:11.10 37.56	200m: 2:28.44 38.49	300m: 3:45.37 38.22	400m: 4:59.78		
6.	JESUS, Vera Franca	11	Clube Naval do Funchal	5:00.27	+0,79	9,4
	50m: 33.16 33.16	150m: 1:50.28 39.16	250m: 3:07.77 38.93	350m: 4:23.47 37.78		
	100m: 1:11.12 37.96	200m: 2:28.84 38.56	300m: 3:45.69 37.92	400m: 5:00.27 36.80		
7.	KOSLOVA, Valeria	11	Braga	5:05.36	+0,81	8,1
	50m: 32.94 32.94	150m: 1:48.02 38.56	250m: 3:06.76 39.90	350m: 4:26.44 39.78		
	100m: 1:09.46 36.52	200m: 2:26.86 38.84	300m: 3:46.66 39.90	400m: 5:05.36 38.92		
8.	PEREIRA, Sofia Barroca	11	BUZIOS - Coruche	5:06.82	+0,96	7,7
	50m: 34.08 34.08	150m: 1:50.41 38.39	250m: 3:09.93 39.90	350m: 4:29.85 39.73		
	100m: 1:12.02 37.94	200m: 2:30.03 39.62	300m: 3:50.12 40.19	400m: 5:06.82 36.97		
9.	NEVES, Joana Cura	11	Condeixa Aqua Clube	5:07.17	+0,90	7,7
	50m: 34.09 34.09	150m: 1:50.02 38.78	250m: 3:08.77 39.97	350m: 4:28.82 40.29		
	100m: 1:11.24 37.15	200m: 2:28.80 38.78	300m: 3:48.53 39.76	400m: 5:07.17 38.35		
10.	HASSAMO, Maria Rita de Assis	11	Benfica	5:08.07	+0,83	7,4
	50m: 34.76 34.76	150m: 1:51.18 38.84	250m: 3:10.37 39.78	350m: 4:30.20 39.86		
	100m: 1:12.34 37.58	200m: 2:30.59 39.41	300m: 3:50.34 39.97	400m: 5:08.07 37.87		
11.	GOMES, Isilda Raquel	11	Foca Quinta da Lixa CNF	5:08.27	+0,94	7,4
	50m: 34.49 34.49	150m: 1:51.55 39.16	250m: 3:10.63 39.18	350m: 4:29.26 39.62		
	100m: 1:12.39 37.90	200m: 2:31.45 39.90	300m: 3:49.64 39.01	400m: 5:08.27 39.01		
12.	PRYMACHENKO, Anastasiya	11	Nucleo de Pombal	5:08.35	+0,86	7,4
	50m: 35.10 35.10	150m: 1:53.76 39.83	250m: 3:13.33 39.84	350m: 4:31.05 38.03		
	100m: 1:13.93 38.83	200m: 2:33.49 39.73	300m: 3:53.02 39.69	400m: 5:08.35 37.30		
13.	SERRA, Ana Filipa	11	CPCD	5:10.40	+0,87	6,9
	50m: 34.54 34.54	150m: 1:53.53 40.08	250m: 3:12.95 39.45	350m: 4:32.76 39.79		
	100m: 1:13.45 38.91	200m: 2:33.50 39.97	300m: 3:52.97 40.02	400m: 5:10.40 37.64		
14.	NUNES, Zoe Pinho	11	Sporting Clube de Aveiro	5:11.55	+0,86	6,6
	50m: 34.21 34.21	150m: 1:50.79 38.95	250m: 3:10.72 40.22	350m: 4:32.11 40.52		
	100m: 1:11.84 37.63	200m: 2:30.50 39.71	300m: 3:51.59 40.87	400m: 5:11.55 39.44		

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Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
15.	SYTNYK, Sofia	11	Braga	5:11.70	+0,93	6,5
	50m: 34.83 34.83	150m: 1:52.37 39.65	250m: 3:12.55 40.20	350m: 4:32.87 40.19		
	100m: 1:12.72 37.89	200m: 2:32.35 39.98	300m: 3:52.68 40.13	400m: 5:11.70 38.83		
16.	RODRIGUES, Alice Maria	11	Academico Viseu Futebol Clube	5:12.19	+0,97	6,4
	50m: 35.41 35.41	150m: 1:54.71 40.64	250m: 3:14.79 40.29	350m: 4:34.20 39.09		
	100m: 1:14.07 38.66	200m: 2:34.50 39.79	300m: 3:55.11 40.32	400m: 5:12.19 37.99		
17.	CARDOSO, Matilde Paiva	11	Fluvial Portuense	5:13.49	+0,84	6,1
	50m: 35.30 35.30	150m: 1:54.92 40.11	250m: 3:15.63 40.48	350m: 4:35.34 39.62		
	100m: 1:14.81 39.51	200m: 2:35.15 40.23	300m: 3:55.72 40.09	400m: 5:13.49 38.15		
18.	MAO DE FERRO, Ana	11	Sporting	5:14.34	+0,93	5,9
	50m: 35.11 35.11	150m: 1:54.77 40.59	250m: 3:15.86 40.45	350m: 4:36.35 39.89		
	100m: 1:14.18 39.07	200m: 2:35.41 40.64	300m: 3:56.46 40.60	400m: 5:14.34 37.99		
19.	LOISAS, Filipa Ferreira	11	Columbofila Cantanhedense	5:14.53	+0,87	5,8
	50m: 36.25 36.25	150m: 1:55.48 39.77	250m: 3:15.28 39.78	350m: 4:35.91 39.76		
	100m: 1:15.71 39.46	200m: 2:35.50 40.02	300m: 3:56.15 40.87	400m: 5:14.53 38.62		
20.	ALVES, Leonor Mota	11	Nautico Marinha Grande	5:15.60	+0,93	5,5
	<i>FTL</i>					
	50m: 35.65 35.65	150m: 1:56.20 40.88	250m: 3:17.62 40.73	350m: 4:37.88 39.45		
	100m: 1:15.32 39.67	200m: 2:36.89 40.69	300m: 3:58.43 40.81	400m: 5:15.60 37.72		
21.	MAGIYEVA, Eva	11	Lagoa Academico Clube	5:16.28	+0,79	5,4
	<i>FTL</i>					
	50m: 35.57 35.57	150m: 1:55.45 40.69	250m: 3:16.76 40.88	350m: 4:37.62 40.58		
	100m: 1:14.76 39.19	200m: 2:35.88 40.43	300m: 3:57.04 40.28	400m: 5:16.28 38.66		
22.	CAMEJO, Carolina Melo	11	Sporting	5:16.55	+0,85	5,3
	<i>FTL</i>					
	50m: 34.35 34.35	150m: 1:51.87 39.05	250m: 3:14.44 40.98	350m: 4:36.14 39.58		
	100m: 1:12.82 38.47	200m: 2:33.46 41.59	300m: 3:56.56 42.12	400m: 5:16.55 40.41		
23.	GOMES, Madalena Correia	11	Adrcimm	5:17.06	+0,89	5,2
	<i>FTL</i>					
	50m: 35.62 35.62	150m: 1:56.31 40.87	250m: 3:16.61 39.81	350m: 4:37.60 40.78		
	100m: 1:15.44 39.82	200m: 2:36.80 40.49	300m: 3:56.82 40.21	400m: 5:17.06 39.46		
24.	PITA, Carolina Damas	11	Cnac	5:17.82	+0,84	5,0
	<i>FTL</i>					
	50m: 37.17 37.17	150m: 1:59.39 41.49	250m: 3:20.70 40.19	350m: 4:40.54 39.02		
	100m: 1:17.90 40.73	200m: 2:40.51 41.12	300m: 4:01.52 40.82	400m: 5:17.82 37.28		
25.	ALMEIDA, Eva Miranda	11	Columbofila Cantanhedense	5:17.90	+0,86	5,0
	<i>FTL</i>					
	50m: 35.38 35.38	150m: 1:56.45 41.16	250m: 3:18.29 40.69	350m: 4:39.86 40.48		
	100m: 1:15.29 39.91	200m: 2:37.60 41.15	300m: 3:59.38 41.09	400m: 5:17.90 38.04		
26.	MARTINS, Leonor Gomes	11	Porto	5:18.26	+0,93	4,9
	<i>FTL</i>					
	50m: 35.82 35.82	150m: 1:55.28 40.33	250m: 3:16.59 40.83	350m: 4:37.73 40.53		
	100m: 1:14.95 39.13	200m: 2:35.76 40.48	300m: 3:57.20 40.61	400m: 5:18.26 40.53		
27.	GONCALVES, Yara Clemente	11	Porto	5:18.64	+0,77	4,8
	<i>FTL</i>					
	50m: 35.63 35.63	150m: 1:55.94 41.13	250m: 3:18.26 41.01	350m: 4:39.45 40.29		
	100m: 1:14.81 39.18	200m: 2:37.25 41.31	300m: 3:59.16 40.90	400m: 5:18.64 39.19		

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Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
28.	GONCALVES, Laura Pimenta <i>FTL</i>	11	Braga	5:19.21		4,6
	50m: 35.62 35.62	150m: 1:56.99 42.08	250m: 3:19.25 41.93	350m: 4:41.46 41.09		
	100m: 1:14.91 39.29	200m: 2:37.32 40.33	300m: 4:00.37 41.12	400m: 5:19.21 37.75		
29.	PORTULEZ, Beatriz Oliveira <i>FTL</i>	11	Columbofila Cantanhedense	5:19.55	+0,91	4,6
	50m: 35.74 35.74	150m: 1:55.00 39.70	250m: 3:16.83 40.79	350m: 4:39.85 41.49		
	100m: 1:15.30 39.56	200m: 2:36.04 41.04	300m: 3:58.36 41.53	400m: 5:19.55 39.70		
30.	ENCARNACAO, Catarina Migue <i>FTL</i>	11	Famalicao	5:19.66	+0,81	4,5
	50m: 35.39 35.39	150m: 1:55.88 40.50	250m: 3:18.76 41.49	350m: 4:40.80 40.06		
	100m: 1:15.38 39.99	200m: 2:37.27 41.39	300m: 4:00.74 41.98	400m: 5:19.66 38.86		
31.	FERREIRA, Carolina Morao <i>FTL</i>	11	Academia Desportiva dos Acores	5:20.34	+0,96	4,4
	50m: 34.62 34.62	150m: 1:52.59 39.95	250m: 3:15.75 42.12	350m: 4:40.10 41.94		
	100m: 1:12.64 38.02	200m: 2:33.63 41.04	300m: 3:58.16 42.41	400m: 5:20.34 40.24		
32.	VALA, Maria Joao <i>FTL</i>	11	Pimpoes/Cimai	5:20.97	+0,87	4,2
	50m: 37.16 37.16	150m: 1:59.20 41.67	250m: 3:21.05 40.80	350m: 4:42.28 40.23		
	100m: 1:17.53 40.37	200m: 2:40.25 41.05	300m: 4:02.05 41.00	400m: 5:20.97 38.69		
33.	GUERREIRO, Marta Gak <i>FTL</i>	11	Louletano / Loule Concelho	5:21.26	+0,87	4,1
	50m: 35.24 35.24	150m: 1:56.07 40.69	250m: 3:18.60 41.38	350m: 4:41.15 41.10		
	100m: 1:15.38 40.14	200m: 2:37.22 41.15	300m: 4:00.05 41.45	400m: 5:21.26 40.11		
34.	LUTSIV, Angelina <i>FTL</i>	11	Lagoa Academico Clube	5:21.69	+0,93	4,0
	50m: 35.73 35.73	150m: 1:57.36 41.57	250m: 3:19.85 41.09	350m: 4:42.04 40.93		
	100m: 1:15.79 40.06	200m: 2:38.76 41.40	300m: 4:01.11 41.26	400m: 5:21.69 39.65		
35.	SANTOS, Carlota Sa <i>FTL</i>	11	Nucleo de Pombal	5:21.76	+0,90	4,0
	50m: 36.11 36.11	150m: 1:55.82 40.55	250m: 3:19.08 41.72	350m: 4:41.69 41.04		
	100m: 1:15.27 39.16	200m: 2:37.36 41.54	300m: 4:00.65 41.57	400m: 5:21.76 40.07		
36.	FERREIRA, Violeta Bernardo <i>FTL</i>	11	Fluval Portuense	5:22.21	+0,76	3,9
	50m: 35.36 35.36	150m: 1:55.81 40.99	250m: 3:19.62 42.25	350m: 4:43.44 41.67		
	100m: 1:14.82 39.46	200m: 2:37.37 41.56	300m: 4:01.77 42.15	400m: 5:22.21 38.77		
	BRITO, Arianne Sophia <i>FTL</i>	11	Porto	5:22.21	+0,91	3,9
	50m: 38.05 38.05	150m: 1:59.21 40.68	250m: 3:20.93 40.85	350m: 4:42.28 40.52		
	100m: 1:18.53 40.48	200m: 2:40.08 40.87	300m: 4:01.76 40.83	400m: 5:22.21 39.93		
38.	PEREIRA, Matilde Sofia <i>FTL</i>	11	Cnac	5:22.32	+0,93	3,9
	50m: 37.67 37.67	150m: 1:59.80 41.03	250m: 3:22.35 40.73	350m: 4:44.20 40.41		
	100m: 1:18.77 41.10	200m: 2:41.62 41.82	300m: 4:03.79 41.44	400m: 5:22.32 38.12		

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Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
39.	FELICIANO, Francisca Moreira <i>FTL</i>	11	Alcobaca	5:22.98	+0,85	3,7
	50m: 35.08 35.08	150m: 1:55.42 40.66	250m: 3:18.37 41.74	350m: 4:42.90 42.41		
	100m: 1:14.76 39.68	200m: 2:36.63 41.21	300m: 4:00.49 42.12	400m: 5:22.98 40.08		
40.	CORREIA, Rita Santos <i>FTL</i>	11	Vilacondense	5:23.38	+0,94	3,6
	50m: 35.83 35.83	150m: 1:58.17 41.57	250m: 3:21.31 41.06	350m: 4:44.49 41.63		
	100m: 1:16.60 40.77	200m: 2:40.25 42.08	300m: 4:02.86 41.55	400m: 5:23.38 38.89		
41.	VASCONCELOS, Matilde Pinto <i>FTL</i>	11	Porto	5:23.73	+0,96	3,5
	50m: 36.62 36.62	150m: 1:59.70 42.79	250m: 3:23.83 42.24	350m: 4:46.52 40.72		
	100m: 1:16.91 40.29	200m: 2:41.59 41.89	300m: 4:05.80 41.97	400m: 5:23.73 37.21		
42.	VIEIRA, Frederica Vinhas <i>FTL</i>	11	Cdca	5:24.10	+0,86	3,4
	50m: 35.42 35.42	150m: 1:55.76 40.91	250m: 3:19.64 42.22	350m: 4:44.01 42.31		
	100m: 1:14.85 39.43	200m: 2:37.42 41.66	300m: 4:01.70 42.06	400m: 5:24.10 40.09		
43.	PAIVA, Ines Silva <i>FTL</i>	11	Adrcimm	5:24.32	+0,92	3,4
	50m: 35.42 35.42	150m: 1:58.29 42.36	250m: 3:22.59 42.48	350m: 4:46.07 41.11		
	100m: 1:15.93 40.51	200m: 2:40.11 41.82	300m: 4:04.96 42.37	400m: 5:24.32 38.25		
44.	ANDRADE, Luisa Goncalves <i>FTL</i>	11	Porto	5:24.54	+0,98	3,3
	50m: 35.96 35.96	150m: 1:57.96 42.04	250m: 3:21.83 42.15	350m: 4:44.55 40.87		
	100m: 1:15.92 39.96	200m: 2:39.68 41.72	300m: 4:03.68 41.85	400m: 5:24.54 39.99		
45.	FORMIGO, Margarida Pinho <i>FTL</i>	11	Torres Novas	5:24.57	+0,78	3,3
	50m: 34.77 34.77	150m: 1:56.52 41.88	250m: 3:22.47 43.00	350m: 4:45.91 41.21		
	100m: 1:14.64 39.87	200m: 2:39.47 42.95	300m: 4:04.70 42.23	400m: 5:24.57 38.66		
46.	MONTEIRO, Francisca Cunha <i>FTL</i>	11	Benfica	5:24.62	+0,75	3,3
	50m: 35.83 35.83	150m: 1:57.23 41.68	250m: 3:21.04 42.01	350m: 4:45.71 41.94		
	100m: 1:15.55 39.72	200m: 2:39.03 41.80	300m: 4:03.77 42.73	400m: 5:24.62 38.91		
47.	COSTA, Rafaela Tome <i>FTL</i>	11	Clube Naval do Funchal	5:25.71	+0,88	3,0
	50m: 36.59 36.59	150m: 1:58.17 42.18	250m: 3:22.67 42.49	350m: 4:45.87 40.85		
	100m: 1:15.99 39.40	200m: 2:40.18 42.01	300m: 4:05.02 42.35	400m: 5:25.71 39.84		
48.	BALDO, Madalena Ferreira <i>FTL</i>	11	Adrcimm	5:25.85	+0,76	3,0
	50m: 35.09 35.09	150m: 1:55.09 41.03	250m: 3:18.39 41.93	350m: 4:42.93 42.56		
	100m: 1:14.06 38.97	200m: 2:36.46 41.37	300m: 4:00.37 41.98	400m: 5:25.85 42.92		
49.	GOMES, Constanca Faria <i>FTL</i>	11	Famalicao	5:26.11	+0,98	2,9
	50m: 36.85 36.85	150m: 1:58.70 40.95	250m: 3:22.39 41.13	350m: 4:45.12 40.72		
	100m: 1:17.75 40.90	200m: 2:41.26 42.56	300m: 4:04.40 42.01	400m: 5:26.11 40.99		

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Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
50.	FIGUEIREDO, Matilde Conde <i>FTL</i>	11	Condeixa Aqua Clube	5:26.12	+0,89	2,9
	50m: 37.64 37.64 150m: 2:01.31 42.14 250m: 3:25.36 41.96 350m: 4:47.77 41.32 100m: 1:19.17 41.53 200m: 2:43.40 42.09 300m: 4:06.45 41.09 400m: 5:26.12 38.35					
51.	GONCALVES, Francisca Mene:11s <i>FTL</i>	11	Benfica	5:26.21	+0,83	2,9
	50m: 33.85 33.85 150m: 1:55.48 42.02 250m: 3:20.25 42.69 350m: 4:45.98 42.94 100m: 1:13.46 39.61 200m: 2:37.56 42.08 300m: 4:03.04 42.79 400m: 5:26.21 40.23					
52.	SANTOS, Sara Ferreira <i>FTL</i>	11	Columbofila Cantanhedense	5:26.42		2,8
	50m: 36.40 36.40 150m: 1:58.03 41.35 250m: 3:21.95 41.73 350m: 4:46.19 41.84 100m: 1:16.68 40.28 200m: 2:40.22 42.19 300m: 4:04.35 42.40 400m: 5:26.42 40.23					
53.	SILVA, Leonor Coelho <i>FTL</i>	11	Individual ANL	5:27.14	+0,84	2,7
	50m: 35.35 35.35 150m: 1:55.01 40.63 250m: 3:20.06 42.82 350m: 4:45.55 42.66 100m: 1:14.38 39.03 200m: 2:37.24 42.23 300m: 4:02.89 42.83 400m: 5:27.14 41.59					
54.	CORREIA, Maria Rendeiro <i>FTL</i>	11	Alges	5:27.19	+0,85	2,6
	50m: 35.97 35.97 150m: 1:57.55 41.71 250m: 3:21.93 42.34 350m: 4:46.89 42.62 100m: 1:15.84 39.87 200m: 2:39.59 42.04 300m: 4:04.27 42.34 400m: 5:27.19 40.30					
55.	PINTO, Bianca Arouca <i>FTL</i>	11	Leixoes Sport Clube	5:27.40	+0,92	2,6
	50m: 36.55 36.55 150m: 1:59.16 42.00 250m: 3:22.33 41.62 350m: 4:46.58 41.60 100m: 1:17.16 40.61 200m: 2:40.71 41.55 300m: 4:04.98 42.65 400m: 5:27.40 40.82					
56.	OLIVEIRA, Rafaela Marreiros <i>FTL</i>	11	Pdem	5:27.55	+0,92	2,6
	50m: 36.35 36.35 150m: 1:58.15 41.51 250m: 3:22.97 42.58 350m: 4:48.06 42.13 100m: 1:16.64 40.29 200m: 2:40.39 42.24 300m: 4:05.93 42.96 400m: 5:27.55 39.49					
57.	RODRIGUES, Beatriz Freitas <i>FTL</i>	11	Leixoes Sport Clube	5:28.50	+0,81	2,3
	50m: 35.66 35.66 150m: 2:00.09 42.69 250m: 3:24.56 42.14 350m: 4:48.68 42.24 100m: 1:17.40 41.74 200m: 2:42.42 42.33 300m: 4:06.44 41.88 400m: 5:28.50 39.82					
58.	SOUSA, Mafalda Teles <i>FTL</i>	11	Pimpoes/Cimai	5:28.91	+0,83	2,2
	50m: 36.13 36.13 150m: 1:58.19 41.64 250m: 3:22.97 42.22 350m: 4:47.98 42.33 100m: 1:16.55 40.42 200m: 2:40.75 42.56 300m: 4:05.65 42.68 400m: 5:28.91 40.93					
59.	SILVA, Beatriz Serrano <i>FTL</i>	11	Vilacondense	5:29.76	+0,91	2,0
	50m: 37.63 37.63 150m: 2:01.95 43.19 250m: 3:28.06 42.99 350m: 4:52.06 40.81 100m: 1:18.76 41.13 200m: 2:45.07 43.12 300m: 4:11.25 43.19 400m: 5:29.76 37.70					
60.	MENDES, Leonor Marques <i>FTL</i>	11	Galitos / Bresimar	5:29.78	+0,85	2,0
	50m: 35.84 35.84 150m: 1:58.98 42.32 250m: 3:23.26 42.65 350m: 4:49.36 42.82 100m: 1:16.66 40.82 200m: 2:40.61 41.63 300m: 4:06.54 43.28 400m: 5:29.78 40.42					

Prova 11, Femin., 400m Livres, Infantis A

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
61.	BRAZ, Julia Laginha <i>FTL</i>	11	Lagoa Academico Clube	5:30.64	+0,81	1,8
	50m: 38.43 38.43	150m: 2:03.06 42.55	250m: 3:27.37 42.39	350m: 4:51.31 41.05		
	100m: 1:20.51 42.08	200m: 2:44.98 41.92	300m: 4:10.26 42.89	400m: 5:30.64 39.33		
62.	GASPAR, Beatriz Marques <i>FTL</i>	11	Nautico Marinha Grande	5:31.00	+0,99	1,7
	50m: 36.16 36.16	150m: 2:00.66 43.14	250m: 3:26.63 42.99	350m: 4:52.19 42.36		
	100m: 1:17.52 41.36	200m: 2:43.64 42.98	300m: 4:09.83 43.20	400m: 5:31.00 38.81		
63.	TEIXEIRA, Beatriz Marques <i>FTL</i>	11	Lagoa Academico Clube	5:32.06	+0,82	1,4
	50m: 37.19 37.19	150m: 2:02.74 43.14	250m: 3:27.36 42.57	350m: 4:52.77 41.67		
	100m: 1:19.60 42.41	200m: 2:44.79 42.05	300m: 4:11.10 43.74	400m: 5:32.06 39.29		
64.	PRATA, Benedita Gomes <i>FTL</i>	11	Fluvial Portuense	5:33.25		1,1
	50m: 36.49 36.49	150m: 2:00.35 42.70	250m: 3:25.27 42.86	350m: 4:50.72 42.71		
	100m: 1:17.65 41.16	200m: 2:42.41 42.06	300m: 4:08.01 42.74	400m: 5:33.25 42.53		
65.	OLIVEIRA, Mariana Lopes <i>FTL</i>	11	Clube Naval do Funchal	5:33.79	+0,86	
	50m: 35.73 35.73	150m: 1:59.09 42.72	250m: 3:25.81 43.63	350m: 4:52.75 42.90		
	100m: 1:16.37 40.64	200m: 2:42.18 43.09	300m: 4:09.85 44.04	400m: 5:33.79 41.04		
66.	LUIS, Eliana Beatriz <i>FTL</i>	11	Lousada Sec.XXI	5:34.16	+0,89	
	50m: 37.70 37.70	150m: 2:02.80 43.13	250m: 3:30.03 43.46	350m: 4:55.14 42.10		
	100m: 1:19.67 41.97	200m: 2:46.57 43.77	300m: 4:13.04 43.01	400m: 5:34.16 39.02		
67.	CARVALHO, Maria Madeira <i>FTL</i>	11	Alges	5:34.43	+0,77	
	50m: 37.12 37.12	150m: 2:02.52 42.91	250m: 3:28.59 43.26	350m: 4:55.35 43.20		
	100m: 1:19.61 42.49	200m: 2:45.33 42.81	300m: 4:12.15 43.56	400m: 5:34.43 39.08		
68.	PINTO, Matilde Sofia <i>FTL</i>	11	Sporting Clube Sao Joao Ver	5:34.45	+0,86	
	50m: 35.58 35.58	150m: 2:00.46 43.31	250m: 3:26.07 42.91	350m: 4:53.07 43.41		
	100m: 1:17.15 41.57	200m: 2:43.16 42.70	300m: 4:09.66 43.59	400m: 5:34.45 41.38		
69.	SANTOS, Eva Alves <i>FTL</i>	11	Adrcimm	5:35.41		
	50m: 38.05 38.05	150m: 2:04.15 43.88	250m: 3:31.15 43.14	350m: 4:56.06 42.17		
	100m: 1:20.27 42.22	200m: 2:48.01 43.86	300m: 4:13.89 42.74	400m: 5:35.41 39.35		
70.	ARROJADO, Maria Abreu <i>FTL</i>	11	Naval Praia da Vitoria	5:35.72	+0,76	
	50m: 35.82 35.82	150m: 1:59.84 42.95	250m: 3:26.91 43.52	350m: 4:55.07 43.74		
	100m: 1:16.89 41.07	200m: 2:43.39 43.55	300m: 4:11.33 44.42	400m: 5:35.72 40.65		
71.	PEREIRA, Matilde Bento <i>FTL</i>	11	Gesloures	5:37.33	+0,96	
	50m: 37.43 37.43	150m: 2:01.92 43.24	250m: 3:28.96 43.90	350m: 4:55.84 42.76		
	100m: 1:18.68 41.25	200m: 2:45.06 43.14	300m: 4:13.08 44.12	400m: 5:37.33 41.49		

Prova 11, Femin., 400m Livres, Infantis A

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
72.	PEREIRA, Ana Matilde <i>FTL</i>	11	Clube Naval do Funchal	5:37.69	+0,85	
	50m: 37.81 37.81	150m: 2:03.54 43.21	250m: 3:30.34 43.66	350m: 4:56.78 43.11		
	100m: 1:20.33 42.52	200m: 2:46.68 43.14	300m: 4:13.67 43.33	400m: 5:37.69 40.91		
73.	MARQUES, Laura Cruzeiro <i>FTL</i>	11	Sporting Clube de Aveiro	5:38.41	+0,96	
	50m: 36.80 36.80	150m: 2:00.99 42.94	250m: 3:28.78 44.79	350m: 4:56.12 43.70		
	100m: 1:18.05 41.25	200m: 2:43.99 43.00	300m: 4:12.42 43.64	400m: 5:38.41 42.29		
74.	MATA, Valeria Isabel <i>FTL</i>	11	Clube Naval do Funchal	5:38.58	+0,77	
	50m: 36.11 36.11	150m: 1:59.83 42.37	250m: 3:27.90 44.30	350m: 4:57.02 44.20		
	100m: 1:17.46 41.35	200m: 2:43.60 43.77	300m: 4:12.82 44.92	400m: 5:38.58 41.56		
75.	CONDON, Zoe Leitao <i>FTL</i>	11	Naval de Faro	5:39.10	+0,81	
	50m: 35.90 35.90	150m: 2:00.85 43.43	250m: 3:28.98 43.95	350m: 4:58.04 44.34		
	100m: 1:17.42 41.52	200m: 2:45.03 44.18	300m: 4:13.70 44.72	400m: 5:39.10 41.06		
76.	SANTOS, Maria Goncalves <i>FTL</i>	11	Lagoa Academico Clube	5:39.12	+0,82	
	50m: 37.54 37.54	150m: 2:03.67 44.20	250m: 3:31.66 43.94	350m: 4:59.35 43.18		
	100m: 1:19.47 41.93	200m: 2:47.72 44.05	300m: 4:16.17 44.51	400m: 5:39.12 39.77		
77.	VELOSA, Ana Matilde <i>FTL</i>	11	Juventude Atlantico Clube	5:39.35	+0,81	
	50m: 37.29 37.29	150m: 2:04.39 44.27	250m: 3:33.15 44.73	350m: 5:00.56 42.81		
	100m: 1:20.12 42.83	200m: 2:48.42 44.03	300m: 4:17.75 44.60	400m: 5:39.35 38.79		
78.	SOARES, Isabella Nascimento <i>FTL</i>	11	Naval da Horta	5:39.56		
	50m: 37.88 37.88	150m: 2:03.04 43.67	250m: 3:29.52 43.12	350m: 4:56.41 43.38		
	100m: 1:19.37 41.49	200m: 2:46.40 43.36	300m: 4:13.03 43.51	400m: 5:39.56 43.15		
79.	OLIVEIRA, Isabel Grilo <i>FTL</i>	11	Lagoa Academico Clube	5:40.31	+0,81	
	50m: 37.39 37.39	150m: 2:04.60 44.08	250m: 3:33.77 44.65	350m: 4:59.83 42.29		
	100m: 1:20.52 43.13	200m: 2:49.12 44.52	300m: 4:17.54 43.77	400m: 5:40.31 40.48		
80.	FERNANDES, Ines Rua <i>FTL</i>	11	Gcwr	5:41.21	+0,97	
	50m: 38.79 38.79	150m: 2:03.78 43.20	250m: 3:31.26 44.10	350m: 4:58.75 43.46		
	100m: 1:20.58 41.79	200m: 2:47.16 43.38	300m: 4:15.29 44.03	400m: 5:41.21 42.46		
81.	BASILIO, Margarida Escobar <i>FTL</i>	11	Fluvial Portuense	5:45.90	+0,82	
	50m: 36.52 36.52	150m: 2:02.34 44.09	250m: 3:32.85 45.28	350m: 5:02.52 44.76		
	100m: 1:18.25 41.73	200m: 2:47.57 45.23	300m: 4:17.76 44.91	400m: 5:45.90 43.38		
82.	NUNES, Diana Gomes <i>FTL</i>	11	Adrcimm	5:46.74	+0,92	
	50m: 36.89 36.89	150m: 2:02.70 44.50	250m: 3:33.72 45.64	350m: 5:03.85 45.04		
	100m: 1:18.20 41.31	200m: 2:48.08 45.38	300m: 4:18.81 45.09	400m: 5:46.74 42.89		

Prova 11, Femin., 400m Livres, Infantis A

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
83.	MAZUR, Julia <i>FTL</i>	11	CNLeiria	5:50.06	+0,85	
	50m: 38.09 38.09	150m: 2:05.16 44.25	250m: 3:34.11 44.52	350m: 5:06.15 46.44		
	100m: 1:20.91 42.82	200m: 2:49.59 44.43	300m: 4:19.71 45.60	400m: 5:50.06 43.91		
84.	SARGO, Leonor Lourenco <i>FTL</i>	11	Clube Naval do Funchal	5:50.49	+0,80	
	50m: 37.00 37.00	150m: 2:03.76 44.25	250m: 3:35.07 45.75	350m: 5:06.39 45.34		
	100m: 1:19.51 42.51	200m: 2:49.32 45.56	300m: 4:21.05 45.98	400m: 5:50.49 44.10		
85.	PAGANI, Maria Fatima <i>FTL</i>	11	Ahbe	5:57.65	+0,94	
	50m: 36.74 36.74	150m: 2:06.71 46.92	250m: 3:38.89 45.54	350m: 5:13.32 46.50		
	100m: 1:19.79 43.05	200m: 2:53.35 46.64	300m: 4:26.82 47.93	400m: 5:57.65 44.33		
DSQ	RIBEIRO, Ines Sousa <i>102 - O(a) atleta não completou o percurso - SW 10.2</i>	11	Clube Desportivo Feirense		+0,88	
DSQ	MADUREIRA, Clara Santos <i>501 - Não tocou na parede na viragem aos 50 metros - SW 5.2</i>	11	Torres Novas			
EXH	HURYNOVICH, Varvara <i>FTL</i>	11	Alges	5:41.49	+0,97	
	50m: 37.65 37.65	150m: 2:03.85 44.74	250m: 3:34.17 45.47	350m: 5:02.36 43.62		
	100m: 1:19.11 41.46	200m: 2:48.70 44.85	300m: 4:18.74 44.57	400m: 5:41.49 39.13		