

Torneio de Abertura de Categorias
Coimbra, 19 - 20/10/2024

Prova 13 Femin., 400m Livres 12 anos e mais velhos
20/10/2024 - 9:45 Resultados

Rec Reg Open	4:15.70	Camila Rodrigues, REBELO	POR	01/01/2023
Rec Reg Sen	4:15.70	Camila Rodrigues, REBELO	POR	01/01/2023
Rec Reg Jun 18	59:00.00	tempo limite,		
Rec Reg Jun 17	4:18.48	Maria Miguel, VELOSO	POR	01/01/2009
Rec Reg Jun 16	4:22.18	Alexandra Couto, FRAZAO	POR	01/01/2018
Rec Reg Juv A	4:25.30	Alexandra Couto, FRAZAO	POR	01/01/2017
Rec Reg Juv B	4:28.96	Mariana, ROSA	POR	01/01/2019
Rec Reg Inf A	4:34.72	Sara Sofia, ALVES	POR	01/01/2014
Rec Reg Inf B	4:45.02	Sara Sofia, ALVES	POR	01/01/2013
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 Jun 17	4:10.52	Tamila Hryhorivna, HOLUB	SCB	Porto 12/12/2015
Rec Nac Jun 16	4:13.53	Ana Reis, SOUSA	CNLA	Porto 09/12/2017
Rec Nac Juv A	4:18.39	Ana Claudia, SANTOS	SFUAP	Cantanhede 20/12/2004
Rec Nac Juv B	4:23.08	Susana Patricia, MIGUEL	SFUAP	Alhandra 15/05/2004
Rec Nac Inf A	4:25.30	Alexandra Maria, SILVA	FCP	Porto 19/07/1980
Rec Nac Inf B	4:38.40	Filipa Vilas, RUIVO	DNMG	Alcobaça 13/06/2009
S21 - 25m	7:09.95	Filipa Sa, REIS	FVCD	Recarei 22/05/2022
S9 - 25m	4:52.97	Susana Pereira, VEIGA	CNCVG	Leiria 10/12/2022

Pontos: AQUA 2024

Lugar Ano Tempo final Pts

Inf B

1. Matilde Goncalves, SILVA	13	Condeixa Clube	5:58.55	268
50m: 39.66 39.66	150m: 2:10.35 46.08	250m: 3:43.02 46.17	350m: 5:16.09 45.88	
100m: 1:24.27 44.61	200m: 2:56.85 46.50	300m: 4:30.21 47.19	400m: 5:58.55 42.46	
2. Zoryana, PALAMAR	13	Cumbofilha Cantanhedense	6:15.63	233
50m: 39.27 39.27	150m: 2:16.38 49.40	250m: 3:54.09 49.54	350m: 5:31.09 48.41	
100m: 1:26.98 47.71	200m: 3:04.55 48.17	300m: 4:42.68 48.59	400m: 6:15.63 44.54	
3. Maria Mar, JESUS	13	Cumbofilha Cantanhedense	6:21.38	223
50m: 41.39 41.39	150m: 2:17.23 48.49	250m: 3:55.74 49.36	350m: 5:36.96 50.67	
100m: 1:28.74 47.35	200m: 3:06.38 49.15	300m: 4:46.29 50.55	400m: 6:21.38 44.42	

Inf A

1. Maria Leonor, LOBO	12	Condeixa Clube	5:12.70	404
50m: 37.47 37.47	150m: 1:57.78 39.89	250m: 3:17.47 40.13	350m: 4:36.21 39.36	
100m: 1:17.89 40.42	200m: 2:37.34 39.56	300m: 3:56.85 39.38	400m: 5:12.70 36.49	
2. Leonor Ribeiro, FERREIRA	12	Cumbofilha Cantanhedense	5:26.97	353
50m: 36.39 36.39	150m: 1:58.24 41.17	250m: 3:22.02 42.30	350m: 4:45.88 42.12	
100m: 1:17.07 40.68	200m: 2:39.72 41.48	300m: 4:03.76 41.74	400m: 5:26.97 41.09	
3. Clara Lopes, FERNANDES	12	Louzan Natacao	5:52.29	283
50m: 41.21 41.21	150m: 2:12.02 45.54	250m: 3:41.27 43.95	350m: 5:09.94 44.88	
100m: 1:26.48 45.27	200m: 2:57.32 45.30	300m: 4:25.06 43.79	400m: 5:52.29 42.35	
4. Maria Ines, MATEUS	12	Condeixa Clube	6:13.17	238
50m: 45.05 45.05	150m: 2:21.49 48.43	250m: 3:54.48 45.93	350m: 5:29.06 48.12	
100m: 1:33.06 48.01	200m: 3:08.55 47.06	300m: 4:40.94 46.46	400m: 6:13.17 44.11	

Juv B

1. Zoe Pinho, NUNES	11	Galitos / Bresimar	4:51.07	501
50m: 33.42 33.42	150m: 1:47.08 36.86	250m: 3:00.27 36.57	350m: 4:14.81 37.47	
100m: 1:10.22 36.80	200m: 2:23.70 36.62	300m: 3:37.34 37.07	400m: 4:51.07 36.26	
2. Joana Cura, NEVES	11	Condeixa Clube	5:03.15	444
50m: 35.00 35.00	150m: 1:50.45 38.14	250m: 3:07.51 38.28	350m: 4:25.41 38.72	
100m: 1:12.31 37.31	200m: 2:29.23 38.78	300m: 3:46.69 39.18	400m: 5:03.15 37.74	
3. Beatriz Oliveira, PORTULEZ	11	Cumbofilha Cantanhedense	5:05.31	434
50m: 35.60 35.60	150m: 1:52.72 38.51	250m: 3:09.67 38.72	350m: 4:27.46 38.95	
100m: 1:14.21 38.61	200m: 2:30.95 38.23	300m: 3:48.51 38.84	400m: 5:05.31 37.85	

Torneio de Abertura de Categorias
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Prova 13, Femin., 400m Livres, Juv B

Lugar	Ano	Tempo final	Pts
4. Eva Miranda, ALMEIDA	11	5:08.87	419
50m: 35.34 35.34	150m: 1:53.23 39.15	250m: 3:12.19 39.50	350m: 4:30.92 39.41
100m: 1:14.08 38.74	200m: 2:32.69 39.46	300m: 3:51.51 39.32	400m: 5:08.87 37.95
5. Laura Duarte, NEVES	11	5:12.30	406
50m: 35.42 35.42	150m: 1:54.25 39.24	250m: 3:12.84 38.72	350m: 4:33.52 41.09
100m: 1:15.01 39.59	200m: 2:34.12 39.87	300m: 3:52.43 39.59	400m: 5:12.30 38.78
6. Matilde Sofia, PEREIRA	11	5:13.48	401
50m: 37.09 37.09	150m: 1:57.13 40.15	250m: 3:16.82 39.67	350m: 4:36.30 39.33
100m: 1:16.98 39.89	200m: 2:37.15 40.02	300m: 3:56.97 40.15	400m: 5:13.48 37.18
7. Filipa Ferreira, LOISAS	11	5:14.99	395
50m: 35.91 35.91	150m: 1:54.67 39.90	250m: 3:15.18 40.15	350m: 4:35.45 40.04
100m: 1:14.77 38.86	200m: 2:35.03 40.36	300m: 3:55.41 40.23	400m: 5:14.99 39.54
8. Leonor Cioga, MOREIRA	11	5:26.16	356
50m: 36.85 36.85	150m: 1:58.97 41.37	250m: 3:22.46 41.54	350m: 4:45.77 41.61
100m: 1:17.60 40.75	200m: 2:40.92 41.95	300m: 4:04.16 41.70	400m: 5:26.16 40.39
9. Matilde Conde, FIGUEIREDO	11	5:27.50	352
50m: 38.77 38.77	150m: 2:02.15 42.28	250m: 3:24.81 41.21	350m: 4:48.05 41.92
100m: 1:19.87 41.10	200m: 2:43.60 41.45	300m: 4:06.13 41.32	400m: 5:27.50 39.45

Juv A

1. Leonor Nunes, CARDEAL	10	4:43.04	545
50m: 32.49 32.49	150m: 1:45.19 36.47	250m: 2:57.88 36.33	350m: 4:10.04 35.88
100m: 1:08.72 36.23	200m: 2:21.55 36.36	300m: 3:34.16 36.28	400m: 4:43.04 33.00
2. Camila Duarte, MARCELO	10	4:43.62	542
50m: 32.66 32.66	150m: 1:43.47 35.60	250m: 2:55.69 36.25	350m: 4:08.51 36.57
100m: 1:07.87 35.21	200m: 2:19.44 35.97	300m: 3:31.94 36.25	400m: 4:43.62 35.11
3. Maria Neto, SIMOES	10	4:45.95	529
50m: 32.11 32.11	150m: 1:44.16 36.35	250m: 2:57.05 36.31	350m: 4:10.52 36.60
100m: 1:07.81 35.70	200m: 2:20.74 36.58	300m: 3:33.92 36.87	400m: 4:45.95 35.43
4. Rita Lucas, SANTOS	10	4:55.44	479
50m: 33.95 33.95	150m: 1:49.18 37.77	250m: 3:04.29 37.54	350m: 4:19.21 37.39
100m: 1:11.41 37.46	200m: 2:26.75 37.57	300m: 3:41.82 37.53	400m: 4:55.44 36.23
5. Leonor Antunes, PAIVA	10	5:01.51	451
50m: 34.05 34.05	150m: 1:50.07 38.87	250m: 3:07.72 38.41	350m: 4:24.71 38.26
100m: 1:11.20 37.15	200m: 2:29.31 39.24	300m: 3:46.45 38.73	400m: 5:01.51 36.80
6. Maria Ines, GANTE	10	5:01.82	450
50m: 34.68 34.68	150m: 1:51.26 38.89	250m: 3:08.49 38.19	350m: 4:25.19 38.04
100m: 1:12.37 37.69	200m: 2:30.30 39.04	300m: 3:47.15 38.66	400m: 5:01.82 36.63
7. Maria Miguel, FERNANDES	10	5:07.06	427
50m: 34.88 34.88	150m: 1:52.05 39.16	250m: 3:09.09 38.47	350m: 4:28.11 39.52
100m: 1:12.89 38.01	200m: 2:30.62 38.57	300m: 3:48.59 39.50	400m: 5:07.06 38.95
8. Leonor Mosca, SILVA	10	5:10.52	413
50m: 35.86 35.86	150m: 1:53.51 39.17	250m: 3:12.36 39.23	350m: 4:31.69 39.63
100m: 1:14.34 38.48	200m: 2:33.13 39.62	300m: 3:52.06 39.70	400m: 5:10.52 38.83
9. Maria Ines, RODRIGUES	10	5:14.70	397
50m: 35.48 35.48	150m: 1:55.62 40.52	250m: 3:17.26 41.06	350m: 4:37.59 39.96
100m: 1:15.10 39.62	200m: 2:36.20 40.58	300m: 3:57.63 40.37	400m: 5:14.70 37.11

Torneio de Abertura de Categorias
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Prova 13, Femin., 400m Livres

Jun

1.	Marta Andre, AGUILAR	07	Nautico Academico	4:44.81	535
	<i>Rec Regional</i>				
	50m: 32.73 32.73	150m: 1:44.46	35.86	250m: 2:56.48	36.38
	100m: 1:08.60 35.87	200m: 2:20.10	35.64	300m: 3:32.92	36.44
				350m: 4:09.23	36.31
				400m: 4:44.81	35.58
2.	Leonor Mil, MANO	07	Nautico Academico	4:46.22	527
	<i>Rec Regional</i>				
	50m: 32.42 32.42	150m: 1:44.73	36.87	250m: 2:57.60	36.43
	100m: 1:07.86 35.44	200m: 2:21.17	36.44	300m: 3:34.28	36.68
				350m: 4:10.68	36.40
				400m: 4:46.22	35.54
3.	Maria Manuel, CORTESAO	08	Nautico Academico	4:49.47	510
	50m: 33.00 33.00	150m: 1:46.06	36.78	250m: 2:59.96	36.92
	100m: 1:09.28 36.28	200m: 2:23.04	36.98	300m: 3:37.11	37.15
				350m: 4:13.79	36.68
				400m: 4:49.47	35.68
4.	Dania Simoes, RODRIGUES	07	Louzan Natacao	4:50.49	504
	50m: 33.28 33.28	150m: 1:46.72	37.23	250m: 3:00.92	36.80
	100m: 1:09.49 36.21	200m: 2:24.12	37.40	300m: 3:37.96	37.04
				350m: 4:14.83	36.87
				400m: 4:50.49	35.66
5.	Raquel Alexandra, CANCELA	09	Louzan Natacao	4:50.66	503
	50m: 33.01 33.01	150m: 1:47.22	37.65	250m: 3:01.42	36.61
	100m: 1:09.57 36.56	200m: 2:24.81	37.59	300m: 3:37.85	36.43
				350m: 4:14.21	36.36
				400m: 4:50.66	36.45
6.	Joana Almeida, SANTOS	09	Galitos / Bresimar	4:52.14	496
	50m: 34.33 34.33	150m: 1:48.11	37.24	250m: 3:02.32	37.01
	100m: 1:10.87 36.54	200m: 2:25.31	37.20	300m: 3:39.46	37.14
				350m: 4:16.08	36.62
				400m: 4:52.14	36.06
7.	Laura Carvalho, FERNANDES	08	Nautico Academico	4:53.20	490
	50m: 34.48 34.48	150m: 1:49.89	37.83	250m: 3:04.19	36.83
	100m: 1:12.06 37.58	200m: 2:27.36	37.47	300m: 3:41.44	37.25
				350m: 4:18.24	36.80
				400m: 4:53.20	34.96
8.	Angela Rodrigues, REBELO	07	Louzan Natacao	4:54.34	485
	50m: 32.91 32.91	150m: 1:46.46	37.23	250m: 3:00.66	36.76
	100m: 1:09.23 36.32	200m: 2:23.90	37.44	300m: 3:38.14	37.48
				350m: 4:16.31	38.17
				400m: 4:54.34	38.03
9.	Cristiana Sofia, DUARTE	07	Academica de Coimbra	4:57.01	472
	50m: 34.19 34.19	150m: 1:48.87	38.09	250m: 3:04.07	36.78
	100m: 1:10.78 36.59	200m: 2:27.29	38.42	300m: 3:41.55	37.48
				350m: 4:19.52	37.97
				400m: 4:57.01	37.49
10.	Ines Filipa, DIOGO	07	Nautico Academico	4:57.18	471
	50m: 33.53 33.53	150m: 1:47.82	37.48	250m: 3:03.73	37.86
	100m: 1:10.34 36.81	200m: 2:25.87	38.05	300m: 3:41.59	37.86
				350m: 4:19.68	38.09
				400m: 4:57.18	37.50
11.	Francisca Soreto, PEDREIRO	09	Galitos / Bresimar	5:00.15	457
	50m: 34.75 34.75	150m: 1:50.03	37.94	250m: 3:05.83	38.18
	100m: 1:12.09 37.34	200m: 2:27.65	37.62	300m: 3:44.02	38.19
				350m: 4:22.43	38.41
				400m: 5:00.15	37.72
12.	Rita Isabel, NEVES	08	Condeixa Clube	5:07.08	427
	50m: 35.34 35.34	150m: 1:52.74	38.91	250m: 3:10.56	39.09
	100m: 1:13.83 38.49	200m: 2:31.47	38.73	300m: 3:49.65	39.09
				350m: 4:29.52	39.87
				400m: 5:07.08	37.56
13.	Raquel Filipa, JESUS	08	Nautico Academico	5:19.43	379
	50m: 36.24 36.24	150m: 1:56.93	40.81	250m: 3:17.93	40.18
	100m: 1:16.12 39.88	200m: 2:37.75	40.82	300m: 3:59.09	41.16
				350m: 4:39.86	40.77
				400m: 5:19.43	39.57
14.	Antonella Saad, BARBOSA	09	Lisboa	5:25.52	358
	50m: 36.00 36.00	150m: 1:57.15	41.08	250m: 3:21.04	42.08
	100m: 1:16.07 40.07	200m: 2:38.96	41.81	300m: 4:03.10	42.06
				350m: 4:45.01	41.91
				400m: 5:25.52	40.51

Sen

1.	Camila Rodrigues, REBELO	03	Louzan Natacao	4:26.41	654
	50m: 29.81 29.81	150m: 1:36.29	33.77	250m: 2:43.97	33.70
	100m: 1:02.52 32.71	200m: 2:10.27	33.98	300m: 3:18.38	34.41
				350m: 3:52.67	34.29
				400m: 4:26.41	33.74
2.	Beatriz Nunes, CARDEAL	04	Condeixa Clube	4:31.40	619
	50m: 32.01 32.01	150m: 1:40.36	34.15	250m: 2:48.37	34.04
	100m: 1:06.21 34.20	200m: 2:14.33	33.97	300m: 3:23.05	34.68
				350m: 3:57.90	34.85
				400m: 4:31.40	33.50

Torneio de Abertura de Categorias
Coimbra, 19 - 20/10/2024

Prova 13, Femin., 400m Livres, Sen

Lugar			Ano					Tempo final	Pts		
3.	Joana Nunes, CARDEAL		02	Condeixa Clube				4:31.53	618		
	50m:	31.87 31.87	150m:	1:40.81	34.65	250m:	2:49.57	34.24	350m:	3:58.47	34.38
	100m:	1:06.16 34.29	200m:	2:15.33	34.52	300m:	3:24.09	34.52	400m:	4:31.53	33.06
4.	Helena Nunes, RODRIGUES		03	Condeixa Clube				4:40.45	560		
	50m:	32.36 32.36	150m:	1:43.26	35.73	250m:	2:54.80	35.61	350m:	4:06.10	35.53
	100m:	1:07.53 35.17	200m:	2:19.19	35.93	300m:	3:30.57	35.77	400m:	4:40.45	34.35
5.	Catarina Martins, MESTRE		00	Lisboa				4:40.63	559		
	50m:	31.87 31.87	150m:	1:41.11	35.26	250m:	2:53.51	36.18	350m:	4:05.59	35.96
	100m:	1:05.85 33.98	200m:	2:17.33	36.22	300m:	3:29.63	36.12	400m:	4:40.63	35.04
6.	Ana Carolina, MONTEIRO		04	Academica de Coimbra				4:46.27	527		
	50m:	32.51 32.51	150m:	1:44.73	36.26	250m:	2:57.91	36.39	350m:	4:10.81	36.42
	100m:	1:08.47 35.96	200m:	2:21.52	36.79	300m:	3:34.39	36.48	400m:	4:46.27	35.46
7.	Ana Teresa, ROMÃO		06	Academica de Coimbra				4:46.69	525		
	50m:	33.98 33.98	150m:	1:46.70	36.35	250m:	2:59.27	35.77	350m:	4:11.79	36.22
	100m:	1:10.35 36.37	200m:	2:23.50	36.80	300m:	3:35.57	36.30	400m:	4:46.69	34.90
8.	Sara Calisto, PIMENTEL		05	Academica de Coimbra				4:47.65	519		
	50m:	32.85 32.85	150m:	1:45.05	36.78	250m:	2:58.40	36.66	350m:	4:11.95	36.37
	100m:	1:08.27 35.42	200m:	2:21.74	36.69	300m:	3:35.58	37.18	400m:	4:47.65	35.70
9.	Joana Francisca, RODRIGUES		04	Condeixa Clube				4:53.09	491		
	50m:	33.12 33.12	150m:	1:45.91	36.68	250m:	3:01.00	37.47	350m:	4:16.58	37.64
	100m:	1:09.23 36.11	200m:	2:23.53	37.62	300m:	3:38.94	37.94	400m:	4:53.09	36.51
10.	Beatriz Ferreira, GASPAR		04	Academica de Coimbra				4:58.10	467		
	50m:	33.58 33.58	150m:	1:48.31	37.98	250m:	3:04.88	38.41	350m:	4:21.75	38.42
	100m:	1:10.33 36.75	200m:	2:26.47	38.16	300m:	3:43.33	38.45	400m:	4:58.10	36.35
11.	Susana Pereira, VEIGA		00	Belenenses				5:02.72	446		
	50m:	34.43 34.43	150m:	1:47.94	37.25	250m:	3:04.77	38.83	350m:	4:23.67	39.51
	100m:	1:10.69 36.26	200m:	2:25.94	38.00	300m:	3:44.16	39.39	400m:	5:02.72	39.05
12.	Beatriz Andre, GASPAR		06	Nautico Academico				5:09.13	418		
	50m:	34.58 34.58	150m:	1:51.56	38.93	250m:	3:10.49	39.66	350m:	4:29.60	39.53
	100m:	1:12.63 38.05	200m:	2:30.83	39.27	300m:	3:50.07	39.58	400m:	5:09.13	39.53
13.	Valentina Saad, BARBOSA		04	Lisboa				5:15.00	395		
	50m:	34.35 34.35	150m:	1:50.13	38.43	250m:	3:10.48	40.76	350m:	4:33.67	41.99
	100m:	1:11.70 37.35	200m:	2:29.72	39.59	300m:	3:51.68	41.20	400m:	5:15.00	41.33
14.	Matilde Lucia, GASPAR		06	APC Coimbra				7:00.59	166		
	<i>Rec Nac NA</i>										
	50m:	47.12 47.12	150m:	2:32.50	53.68	250m:	4:20.12	53.63	350m:	6:04.16	50.59
	100m:	1:38.82 51.70	200m:	3:26.49	53.99	300m:	5:13.57	53.45	400m:	7:00.59	56.43