

Prova 8
23/11/2024 - 11:15

Femin., 400m Livres

12 anos e mais velhos
Resultados

Pontos: AQUA 2024

Lugar	Nome	Idade	Clube	Tempo Final				AQUA
Infantis								
1.	Maria Beatriz, Mestre	13	Elétrico	5:50.88				286
	50m: 36.69 36.69	150m: 2:06.30 46.09	250m: 3:36.85 45.71	350m: 5:08.66 45.92				
	100m: 1:20.21 43.52	200m: 2:51.14 44.84	300m: 4:22.74 45.89	400m: 5:50.88 42.22				
2.	Rita Vidigal, Caldeira	12	Elvense	6:06.22				251
	50m: 40.68 40.68	150m: 2:12.81 46.40	250m: 3:47.24 47.03	350m: 5:20.97 46.28				
	100m: 1:26.41 45.73	200m: 3:00.21 47.40	300m: 4:34.69 47.45	400m: 6:06.22 45.25				
3.	Margarida Lourenco, Antunes	13	CCDSerta	6:07.76				248
	50m: 39.30 39.30	150m: 2:10.76 46.15	250m: 3:45.41 47.23	350m: 5:21.98 48.69				
	100m: 1:24.61 45.31	200m: 2:58.18 47.42	300m: 4:33.29 47.88	400m: 6:07.76 45.78				
4.	Carlota Maria, Pereira	12	AN Alcabastrense	6:07.80				248
	50m: 40.54 40.54	150m: 2:13.06 46.76	250m: 3:47.92 47.80	350m: 5:23.53 47.99				
	100m: 1:26.30 45.76	200m: 3:00.12 47.06	300m: 4:35.54 47.62	400m: 6:07.80 44.27				
5.	Leonor Santos, Silva	12	CCDSerta	6:21.36				223
	50m: 41.27 41.27	150m: 2:17.10 49.20	250m: 3:57.12 50.20	350m: 5:36.52 48.90				
	100m: 1:27.90 46.63	200m: 3:06.92 49.82	300m: 4:47.62 50.50	400m: 6:21.36 44.84				
6.	Maria Benedita, Ribeiro	13	CCDSerta	6:26.74				213
	50m: 44.01 44.01	150m: 2:21.46 49.80	250m: 4:01.08 50.63	350m: 5:42.00 50.30				
	100m: 1:31.66 47.65	200m: 3:10.45 48.99	300m: 4:51.70 50.62	400m: 6:26.74 44.74				
7.	Matilde Nunes, Simoes	13	CCDSerta	6:32.35				204
	50m: 43.29 43.29	150m: 2:21.60 50.39	250m: 4:04.25 51.51	350m: 5:45.38 51.15				
	100m: 1:31.21 47.92	200m: 3:12.74 51.14	300m: 4:54.23 49.98	400m: 6:32.35 46.97				
8.	Andreia Lourenco, Costa	12	Natacao do Fundao/Yes Energy	6:34.11				202
	50m: 43.10 43.10	150m: 2:23.47 51.46	250m: 4:04.77 50.89	350m: 5:46.35 51.15				
	100m: 1:32.01 48.91	200m: 3:13.88 50.41	300m: 4:55.20 50.43	400m: 6:34.11 47.76				
9.	Carolina Campos, Silva	13	Natacao Guarda	6:40.63				192
	50m: 42.01 42.01	150m: 2:24.10 51.84	250m: 4:08.09 52.26	350m: 5:53.40 53.17				
	100m: 1:32.26 50.25	200m: 3:15.83 51.73	300m: 5:00.23 52.14	400m: 6:40.63 47.23				
10.	Leonor Cardoso, Tavares	13	CCDSerta	6:43.90				187
	50m: 49.18 49.18	150m: 2:34.36 53.35	250m: 4:16.38 49.81	350m: 5:57.07 50.01				
	100m: 1:41.01 51.83	200m: 3:26.57 52.21	300m: 5:07.06 50.68	400m: 6:43.90 46.83				
11.	Iara Goncalves, Rodrigues	12	Elvense	6:43.99				187
	50m: 46.75 46.75	150m: 2:32.90 53.55	250m: 4:17.83 51.76	350m: 5:59.16 49.57				
	100m: 1:39.35 52.60	200m: 3:26.07 53.17	300m: 5:09.59 51.76	400m: 6:43.99 44.83				
12.	Matilde Portela, Lopes	13	SC Campomaiorense	6:47.57				182
	50m: 43.57 43.57	150m: 2:27.57 52.73	250m: 4:13.82 52.75	350m: 5:58.73 52.16				
	100m: 1:34.84 51.27	200m: 3:21.07 53.50	300m: 5:06.57 52.75	400m: 6:47.57 48.84				
13.	Margarida Serejo, Cane	13	Elétrico	6:48.21				181
	50m: 48.18 48.18	150m: 2:30.97 52.93	250m: 4:15.87 52.28	350m: 5:57.85 49.53				
	100m: 1:38.04 49.86	200m: 3:23.59 52.62	300m: 5:08.32 52.45	400m: 6:48.21 50.36				
14.	Beatriz Sa, Gasparetto	12	Elétrico	6:54.49				173
	50m: 45.85 45.85	150m: 2:30.32 53.67	250m: 4:15.04 52.62	350m: 6:03.93 53.58				
	100m: 1:36.65 50.80	200m: 3:22.42 52.10	300m: 5:10.35 55.31	400m: 6:54.49 50.56				
15.	Ana Carolina, Janeiro	13	Portalegre	7:05.85				160
	50m: 46.60 46.60	150m: 2:32.92 54.36	250m: 4:22.72 55.27	350m: 6:13.34 55.38				
	100m: 1:38.56 51.96	200m: 3:27.45 54.53	300m: 5:17.96 55.24	400m: 7:05.85 52.51				

Prova 8, Femin., 400m Livres, Infantis

Lugar	Nome	Idade	Clube	Tempo Final				AQUA
16.	Joana Franca, Rasteiro	13	Portalegre	7:29.88				135
	50m: 48.80 48.80	150m: 2:40.98 58.07	250m: 4:37.38 57.58	350m: 6:30.13 55.14				
	100m: 1:42.91 54.11	200m: 3:39.80 58.82	300m: 5:34.99 57.61	400m: 7:29.88 59.75				

Absolutos

1.	Ines Maria, Escarduca	17	Elvense	5:07.94				423
	50m: 34.00 34.00	150m: 1:49.63 38.45	250m: 3:09.68 40.21	350m: 4:30.92 40.25				
	100m: 1:11.18 37.18	200m: 2:29.47 39.84	300m: 3:50.67 40.99	400m: 5:07.94 37.02				
2.	Matilde Nogueira, Lourenco	14	CCDSerta	5:30.60				342
	50m: 36.51 36.51	150m: 1:58.71 41.56	250m: 3:23.44 42.53	350m: 4:48.78 41.99				
	100m: 1:17.15 40.64	200m: 2:40.91 42.20	300m: 4:06.79 43.35	400m: 5:30.60 41.82				
3.	Maria Alexandra, Marques	21	AN Alcabastrense	5:39.31				316
	50m: 39.36 39.36	150m: 2:05.19 43.25	250m: 3:31.19 42.67	350m: 4:56.35 42.82				
	100m: 1:21.94 42.58	200m: 2:48.52 43.33	300m: 4:13.53 42.34	400m: 5:39.31 42.96				
4.	Filipa Calado, Gervasio	15	Elvense	5:43.62				304
	50m: 38.16 38.16	150m: 2:03.38 42.70	250m: 3:32.28 44.76	350m: 5:02.80 45.05				
	100m: 1:20.68 42.52	200m: 2:47.52 44.14	300m: 4:17.75 45.47	400m: 5:43.62 40.82				
5.	Carolina Neves, Sousa	15	Eléctrico	5:44.82				301
	50m: 38.86 38.86	150m: 2:02.80 42.52	250m: 3:31.99 45.29	350m: 5:01.38 44.87				
	100m: 1:20.28 41.42	200m: 2:46.70 43.90	300m: 4:16.51 44.52	400m: 5:44.82 43.44				
6.	Carolina Pinto, Banhudo	15	AN Alcabastrense	5:46.74				296
	50m: 35.86 35.86	150m: 1:59.98 43.31	250m: 3:29.15 44.78	350m: 5:01.33 46.30				
	100m: 1:16.67 40.81	200m: 2:44.37 44.39	300m: 4:15.03 45.88	400m: 5:46.74 45.41				
7.	Ines Sofia, Trindade	17	Elvense	5:50.66				286
	50m: 34.75 34.75	150m: 2:05.43 46.94	250m: 3:37.27 45.53	350m: 5:08.74 45.30				
	100m: 1:18.49 43.74	200m: 2:51.74 46.31	300m: 4:23.44 46.17	400m: 5:50.66 41.92				
8.	Clara Sofia, Marcal	16	CCDSerta	5:54.31				278
	50m: 41.19 41.19	150m: 2:10.27 45.38	250m: 3:41.30 46.79	350m: 5:12.28 44.76				
	100m: 1:24.89 43.70	200m: 2:54.51 44.24	300m: 4:27.52 46.22	400m: 5:54.31 42.03				
9.	Joana Nobre, Jesus	14	Natacao Guarda	5:56.35				273
	50m: 36.85 36.85	150m: 2:04.13 44.71	250m: 3:36.96 46.43	350m: 5:12.68 48.46				
	100m: 1:19.42 42.57	200m: 2:50.53 46.40	300m: 4:24.22 47.26	400m: 5:56.35 43.67				
10.	Madalena Santos, Rolo	14	CCDSerta	6:32.45				204
	50m: 46.47 46.47	150m: 2:27.51 50.26	250m: 4:07.04 50.10	350m: 5:48.61 50.96				
	100m: 1:37.25 50.78	200m: 3:16.94 49.43	300m: 4:57.65 50.61	400m: 6:32.45 43.84				
11.	Daniela Matias, Ribeiro	14	CCDSerta	6:35.79				199
	50m: 45.26 45.26	150m: 2:26.50 50.87	250m: 4:08.51 51.20	350m: 5:49.24 50.28				
	100m: 1:35.63 50.37	200m: 3:17.31 50.81	300m: 4:58.96 50.45	400m: 6:35.79 46.55				
12.	Madalena Pires, Tavares	15	AN Alcabastrense	6:40.05				193
	50m: 46.35 46.35	150m: 2:31.20 52.77	250m: 4:16.13 51.71	350m: 5:56.08 50.09				
	100m: 1:38.43 52.08	200m: 3:24.42 53.22	300m: 5:05.99 49.86	400m: 6:40.05 43.97				
13.	Alice Salgueiro, Menichetti	14	Portalegre	6:48.75				181
	50m: 45.37 45.37	150m: 2:27.59 53.42	250m: 4:13.03 51.76	350m: 5:59.40 53.03				
	100m: 1:34.17 48.80	200m: 3:21.27 53.68	300m: 5:06.37 53.34	400m: 6:48.75 49.35				

Prova 8, Femin., 400m Livres

EXH Joana Teixeira, Dias	28	CLAC-Entroncamento	5:36.75	324
50m: 37.16 37.16	150m: 2:00.43 42.50	250m: 3:27.16 43.61	350m: 4:54.96 43.85	
100m: 1:17.93 40.77	200m: 2:43.55 43.12	300m: 4:11.11 43.95	400m: 5:36.75 41.79	
EXH Joana Verissimo, Tavares	13	CLAC-Entroncamento	6:54.38	173
50m: 45.54 45.54	150m: 2:31.28 53.53	250m: 4:16.59 52.48	350m: 6:04.04 54.49	
100m: 1:37.75 52.21	200m: 3:24.11 52.83	300m: 5:09.55 52.96	400m: 6:54.38 50.34	