

Prova 21

Femin., 400m Livres

Infantis B

23/11/2024 - 16:15

Resultados

Recorde Regional (25m) Open	4:32.90	Andreia Monteiro Barreira	CMNPR	Peso da Régua	04/11/2023
Recorde Regional (25m) Inf B	4:55.62	Ana Margarida Guedes	GCVR	Espinho	26/05/2013

Pontos: FINA 2023

Lugar	Nome	Licença	Ano	Clube	Tempo Final	PtsObs
1.	Ana Rita Teixeira	216143	13	CMN Peso da Régua	<b>5:54.90</b>	276
	50m: 38.93 38.93	150m: 2:56.06		250m: 4:28.83	350m: 5:54.90	
	100m: 1:23.37 44.44	200m: 2:56.06		300m: 4:28.83	400m: 5:54.90	
2.	Laura Jorge Alves	216844	13	Gcvr	<b>6:09.64</b>	245
	50m: 42.00 42.00	200m: 3:05.64 1:36.33		400m: 6:09.64 1:30.03		
	100m: 1:29.31 47.31	300m: 4:39.61 1:33.97				
3.	Susana Pedro Carvalhinha	214488	13	Gcvr	<b>6:12.25</b>	239
	50m: 43.47 43.47	200m: 3:08.86 1:37.21		400m: 6:12.25 1:30.25		
	100m: 1:31.65 48.18	300m: 4:42.00 1:33.14				
4.	Naima Francisco Ferreira	218420	13	EN Bragança	<b>6:29.78</b>	208
	50m: 41.50 41.50	200m: 3:11.43 1:41.47		400m: 6:29.78 1:33.38		
	100m: 1:29.96 48.46	300m: 4:56.40 1:44.97				
5.	Benedita Martins Fernandes	214551	13	Gcvr	<b>6:41.10</b>	191
	50m: 47.86 47.86	200m: 3:25.23 1:44.40		400m: 6:41.10 1:33.21		
	100m: 1:40.83 52.97	300m: 5:07.89 1:42.66				
6.	Maria Joao Gomes	216332	13	Gcvr	<b>6:42.11</b>	190
	50m: 47.07 47.07	200m: 3:24.78 1:44.85		400m: 6:42.11 1:35.46		
	100m: 1:39.93 52.86	300m: 5:06.65 1:41.87				
7.	Leonor Vaz Osorio	216142	13	CMN Peso da Régua	<b>6:47.42</b>	182
	50m: 48.04 48.04	200m: 3:25.61 1:44.91		400m: 6:47.42 1:38.16		
	100m: 1:40.70 52.66	300m: 5:09.26 1:43.65				
8.	Carlota Teiga Cruz	217390	13	Gcvr	<b>6:49.50</b>	180
	50m: 48.50 48.50	200m: 3:26.47 1:45.86		400m: 6:49.50 1:38.50		
	100m: 1:40.61 52.11	300m: 5:11.00 1:44.53				
9.	Matilde Ribeiro Sales	220142	13	CMN Peso da Régua	<b>7:05.00</b>	161
	50m: 50.62 50.62	200m: 3:34.28 1:49.25		400m: 7:05.00 1:41.69		
	100m: 1:45.03 54.41	300m: 5:23.31 1:49.03				
10.	Mariana Lopes Carvalho	214486	13	Gcvr	<b>7:36.36</b>	130
	50m: 54.00 54.00	200m: 3:47.75 1:56.32		400m: 7:36.36 1:48.61		
	100m: 1:51.43 57.43	300m: 5:47.75 2:00.00				
11.	Mara Daniela Rocha	222067	13	CMN Peso da Régua	<b>7:40.23</b>	126
	50m: 50.32 50.32	200m: 3:44.29 1:57.93		400m: 7:40.23 1:56.19		
	100m: 1:46.36 56.04	300m: 5:44.04 1:59.75				
12.	Alice Guedes Pinto	217401	13	CMN Peso da Régua	<b>7:45.46</b>	122
	50m: 51.25 51.25	200m: 3:51.04 2:01.76		400m: 7:45.46 1:53.07		
	100m: 1:49.28 58.03	300m: 5:52.39 2:01.35				
13.	Maria Luisa Santos	223238	13	CMN Peso da Régua	<b>8:08.57</b>	106
	50m: 53.89 53.89	200m: 2:58.11 1:03.36		400m: 8:08.57 3:01.10		
	100m: 1:54.75 1:00.86	300m: 5:07.47 2:09.36				
DNS	Magda Jorge Nascimento	220734	13	EMNVinhais/FCV		

Prova 21

Femin., 400m Livres

Infantis A

23/11/2024 - 16:15

Resultados

Recorde Regional (25m) Open	4:32.90	Andreia Monteiro Barreira	CMNPR	Peso da Régua	04/11/2023
Recorde Regional (25m) Inf A	4:53.19	Ana Margarida Guedes	GCVR	Santa Marta	06/07/2014

Pontos: FINA 2023

Lugar	Nome	Licença	Ano	Clube	Tempo Final	PtsObs
1.	Leonor Afonso Matela	220723	12	EN Bragança	<b>6:02.06</b>	260
	50m: 40.21 40.21	200m: 2:56.56 1:31.78		400m: 6:02.06 1:32.31		
	100m: 1:24.78 44.57	300m: 4:29.75 1:33.19				
2.	Joana Margarida Soares	146116	12	CMN Peso da Régua	<b>6:16.49</b>	231
	50m: 40.67 40.67	200m: 3:01.78 1:35.94		400m: 6:16.49 1:35.96		
	100m: 1:25.84 45.17	300m: 4:40.53 1:38.75				
3.	Diana Ribeiro Nogueira	217385	12	Gcvr	<b>6:46.02</b>	184
	50m: 45.42 45.42	200m: 3:23.32 1:46.16		400m: 6:46.02 1:38.95		
	100m: 1:37.16 51.74	300m: 5:07.07 1:43.75				
4.	Maria Martins Oliveira	220504	12	Durius Ac Pesqueira	<b>7:03.25</b>	163
	50m: 48.00 48.00	200m: 3:31.31 1:49.50		400m: 7:03.25 1:40.79		
	100m: 1:41.81 53.81	300m: 5:22.46 1:51.15				
5.	Leonor Ferreira Sousa	222428	12	Flavitus	<b>7:08.80</b>	156
	50m: 50.29 50.29	200m: 3:34.13 1:49.11		400m: 7:08.80 1:44.98		
	100m: 1:45.02 54.73	300m: 5:23.82 1:49.69				

Prova 21, Femin., 400m Livres

Prova 21 Femin., 400m Livres Juvénis Resultados  
23/11/2024 - 16:15

Recorde Regional (25m) Open	4:32.90	Andreia Monteiro Barreira	CMNPR	Peso da Régua	04/11/2023
Recorde Regional (25m) Juv A	4:45.43	Maria Silva Pereira	GCVR	Peso da Régua	12/03/2023
Recorde Regional (25m) Juv B	4:51.53	Ana Margarida Guedes	GCVR	Vila Real	23/11/2014

Pontos: FINA 2023

Lugar	Nome	Licença	Ano	Clube	Tempo Final	PtsObs
1.	Maria Ines Mesquita	214677	10	Gcvr	<b>5:07.83</b>	424
	50m: 36.39 36.39	150m:		250m:	350m:	
	100m: 1:15.64 39.25	200m: 2:34.09		300m: 3:52.24	400m: 5:07.83	
2.	Renata Daniela Rangel	220398	11	Gcvr	<b>5:43.51</b>	305
	50m: 38.59 38.59	150m:		250m:	350m:	
	100m: 1:20.29 41.70	200m: 2:47.69		300m: 4:16.37	400m: 5:43.51	
3.	Matilde Pinto Teixeira	211225	11	EN Bragança	<b>5:54.76</b>	277
	50m: 39.29 39.29	150m:		250m:	350m:	
	100m: 1:23.16 43.87	200m: 2:54.04		300m: 4:26.29	400m: 5:54.76	
4.	Ana Magno Fontes	210267	10	EMNVinhais/FCV	<b>6:09.48</b>	245
	50m: 43.80 43.80	200m: 3:07.26 1:36.69		400m: 6:09.48 1:27.78		
	100m: 1:30.57 46.77	300m: 4:41.70 1:34.44				
5.	Diana Costa Fernandes	218005	10	Durius Ac Pesqueira	<b>6:46.78</b>	183
	50m: 46.42 46.42	200m: 3:24.24 1:44.82		400m: 6:46.78 1:37.50		
	100m: 1:39.42 53.00	300m: 5:09.28 1:45.04				
6.	Mariana Veiga Silva	212702	10	EMNVinhais/FCV	<b>6:49.76</b>	179
	50m: 45.26 45.26	200m: 3:18.20 1:43.63		400m: 6:49.76 1:44.72		
	100m: 1:34.57 49.31	300m: 5:05.04 1:46.84				
WDR	Ines Frederico Santos	217397	10	Durius Ac Pesqueira		

Prova 21 Femin., 400m Livres Júniiores e Seniores Resultados  
23/11/2024 - 16:15

Recorde Regional (25m) Open	4:32.90	Andreia Monteiro Barreira	CMNPR	Peso da Régua	04/11/2023
Recorde Regional (25m) Sen	4:32.90	Andreia Monteiro Barreira	CMNPR	Peso da Régua	04/11/2023
Recorde Regional (25m) 17	4:35.07	Joana Patricia Pinto	GCVR	Vila Real	25/06/2011
Recorde Regional (25m) 16	4:39.75	Ana Sofia Leite	GCVR	Chaves	22/11/2008

Pontos: FINA 2023

Lugar	Nome	Licença	Ano	Clube	Tempo Final	PtsObs
1.	Francisca Moreira Fonseca	209211	09	CMN Peso da Régua	<b>5:37.83</b>	320
	50m: 37.19 37.19	150m:		250m:	350m:	
	100m: 1:17.98 40.79	200m: 2:43.34		300m: 4:10.91	400m: 5:37.83	
2.	Bianca Santos Goncalves	209198	07	EN Bragança	<b>6:13.50</b>	237
	50m: 37.05 37.05	150m:		250m:	350m:	
	100m: 1:19.12 42.07	200m: 2:49.19		300m: 4:30.72	400m: 6:13.50	
3.	Bruna Filipa Costa	220503	09	Durius Ac Pesqueira	<b>6:24.57</b>	217
	50m: 42.32 42.32	200m: 3:09.36 1:39.32		400m: 6:24.57 1:36.25		
	100m: 1:30.04 47.72	300m: 4:48.32 1:38.96				
4.	Joana Veiga Freixo	217396	09	Durius Ac Pesqueira	<b>6:39.38</b>	194
	50m: 46.73 46.73	200m: 3:20.41 1:43.03		400m: 6:39.38 1:36.15		
	100m: 1:37.38 50.65	300m: 5:03.23 1:42.82				

Prova 21, Femin., 400m Livres

Prova 21	Femin., 400m Livres					Absoluto
23/11/2024 - 16:15						Resultados
Recorde Regional (25m) Open	4:32.90	Andreia Monteiro Barreira	CMNPR	Peso da Régua	04/11/2023	
Recorde Regional (25m) Sen	4:32.90	Andreia Monteiro Barreira	CMNPR	Peso da Régua	04/11/2023	
Recorde Regional (25m) 17	4:35.07	Joana Patricia Pinto	GCVR	Vila Real	25/06/2011	
Recorde Regional (25m) 16	4:39.75	Ana Sofia Leite	GCVR	Chaves	22/11/2008	
Recorde Regional (25m) Juv A	4:45.43	Maria Silva Pereira	GCVR	Peso da Régua	12/03/2023	
Recorde Regional (25m) Juv B	4:51.53	Ana Margarida Guedes	GCVR	Vila Real	23/11/2014	

Pontos: FINA 2023

Lugar	Nome	Licença	Ano	Clube	Tempo Final	PtsObs
1.	Maria Ines Mesquita	214677	10	Gcvr	<b>5:07.83</b>	424
	50m: 36.39 36.39	150m:		250m:	350m:	
	100m: 1:15.64 39.25	200m: 2:34.09		300m: 3:52.24	400m: 5:07.83	
2.	Francisca Moreira Fonseca	209211	09	CMN Peso da Régua	<b>5:37.83</b>	320
	50m: 37.19 37.19	150m:		250m:	350m:	
	100m: 1:17.98 40.79	200m: 2:43.34		300m: 4:10.91	400m: 5:37.83	
3.	Renata Daniela Rangel	220398	11	Gcvr	<b>5:43.51</b>	305
	50m: 38.59 38.59	150m:		250m:	350m:	
	100m: 1:20.29 41.70	200m: 2:47.69		300m: 4:16.37	400m: 5:43.51	
4.	Matilde Pinto Teixeira	211225	11	EN Bragança	<b>5:54.76</b>	277
	50m: 39.29 39.29	150m:		250m:	350m:	
	100m: 1:23.16 43.87	200m: 2:54.04		300m: 4:26.29	400m: 5:54.76	
5.	Ana Magno Fontes	210267	10	EMNVinhais/FCV	<b>6:09.48</b>	245
	50m: 43.80 43.80	200m: 3:07.26 1:36.69		400m: 6:09.48 1:27.78		
	100m: 1:30.57 46.77	300m: 4:41.70 1:34.44				
6.	Bianca Santos Goncalves	209198	07	EN Bragança	<b>6:13.50</b>	237
	50m: 37.05 37.05	150m:		250m:	350m:	
	100m: 1:19.12 42.07	200m: 2:49.19		300m: 4:30.72	400m: 6:13.50	
7.	Bruna Filipa Costa	220503	09	Durius Ac Pesqueira	<b>6:24.57</b>	217
	50m: 42.32 42.32	200m: 3:09.36 1:39.32		400m: 6:24.57 1:36.25		
	100m: 1:30.04 47.72	300m: 4:48.32 1:38.96				
8.	Joana Veiga Freixo	217396	09	Durius Ac Pesqueira	<b>6:39.38</b>	194
	50m: 46.73 46.73	200m: 3:20.41 1:43.03		400m: 6:39.38 1:36.15		
	100m: 1:37.38 50.65	300m: 5:03.23 1:42.82				
9.	Diana Costa Fernandes	218005	10	Durius Ac Pesqueira	<b>6:46.78</b>	183
	50m: 46.42 46.42	200m: 3:24.24 1:44.82		400m: 6:46.78 1:37.50		
	100m: 1:39.42 53.00	300m: 5:09.28 1:45.04				
10.	Mariana Veiga Silva	212702	10	EMNVinhais/FCV	<b>6:49.76</b>	179
	50m: 45.26 45.26	200m: 3:18.20 1:43.63		400m: 6:49.76 1:44.72		
	100m: 1:34.57 49.31	300m: 5:05.04 1:46.84				
WDR	Ines Frederico Santos	217397	10	Durius Ac Pesqueira		