



XXXII Taça Vale do Tejo
Abrantes, 18 de Janeiro de 2025

Prova 1	Femin., 400m Livres				Infantis
18/01/2025					Resultados
Rec Nac 25m Open	4:04.57	MARTINS Francisca Soares	POR	Otopeni (ROU)	10/12/2023
Rec Nac 25m Inf A	4:25.30	SILVA Alexandra Maria	FCP	Porto	19/07/1980
Rec Nac 25m Inf B	4:38.40	RUIVO Filipa Vilas	DNMG	Alcobaça	13/06/2009
Rec Taça Vale do Tejo	4:35.75	ROCHA Diana Ramos	SANMIN	Abrantes	21/04/2007

Pontos: AQUA 2024

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	Pts
1.	NUNES Maria Ines	12	Seleccao de Lisboa	4:48.15		517	14,00
	50m: 32.56 32.56	150m: 1:44.57 36.32	250m: 2:58.39 37.23	350m: 4:12.54 37.17			
	100m: 1:08.25 35.69	200m: 2:21.16 36.59	300m: 3:35.37 36.98	400m: 4:48.15 35.61			
2.	BIBI Matilde Casimiro	12	Seleccao Distrito Santarem	4:58.85		463	12,00
	50m: 33.62 33.62	150m: 1:48.38 37.95	250m: 3:04.77 38.32	350m: 4:21.70 38.64			
	100m: 1:10.43 36.81	200m: 2:26.45 38.07	300m: 3:43.06 38.29	400m: 4:58.85 37.15			
3.	LOURA Rita Maria	12	Seleccao do Algarve	5:00.67		455	11,00
	50m: 33.50 33.50	150m: 1:48.14 38.12	250m: 3:05.06 38.76	350m: 4:23.02 39.50			
	100m: 1:10.02 36.52	200m: 2:26.30 38.16	300m: 3:43.52 38.46	400m: 5:00.67 37.65			
4.	NOGUEIRA Maria Luisa	12	Seleccao de Coimbra	5:01.75		450	10,00
	50m: 33.87 33.87	150m: 1:49.36 38.25	250m: 3:07.20 39.42	350m: 4:24.75 38.66			
	100m: 1:11.11 37.24	200m: 2:27.78 38.42	300m: 3:46.09 38.89	400m: 5:01.75 37.00			
5.	SIMOES Maria Luis	12	Seleccao do Norte de Portug	5:04.75		437	9,00
	50m: 34.51 34.51	150m: 1:51.31 38.75	250m: 3:08.77 38.54	350m: 4:26.63 38.90			
	100m: 1:12.56 38.05	200m: 2:30.23 38.92	300m: 3:47.73 38.96	400m: 5:04.75 38.12			
6.	CORTES Carolina Torres	12	Seleccao do Minho	5:10.41		413	8,00
	50m: 35.02 35.02	150m: 1:53.28 39.73	250m: 3:13.67 40.23	350m: 4:33.13 39.46			
	100m: 1:13.55 38.53	200m: 2:33.44 40.16	300m: 3:53.67 40.00	400m: 5:10.41 37.28			
7.	PIMENTA Ana Carolina	12	Seleccao Centro Norte Portu	5:12.17		406	7,00
	50m: 34.16 34.16	150m: 1:51.07 39.57	250m: 3:10.56 39.89	350m: 4:32.67 40.99			
	100m: 1:11.50 37.34	200m: 2:30.67 39.60	300m: 3:51.68 41.12	400m: 5:12.17 39.50			
8.	VARELA Laura Krempel	12	Seleccao Distrito Leiria	5:26.08		356	6,00
	50m: 35.91 35.91	150m: 1:57.74 42.08	250m: 3:22.21 41.85	350m: 4:46.60 41.73			
	100m: 1:15.66 39.75	200m: 2:40.36 42.62	300m: 4:04.87 42.66	400m: 5:26.08 39.48			
9.	SILVA Maria Francisca	12	Seleccao dos Acores	5:29.00		347	5,00
	50m: 36.48 36.48	150m: 1:58.74 41.73	250m: 3:22.67 41.49	350m: 4:47.57 42.23			
	100m: 1:17.01 40.53	200m: 2:41.18 42.44	300m: 4:05.34 42.67	400m: 5:29.00 41.43			
10.	FARIA Beatriz Cunha	13	Seleccao da Madeira	5:44.00		303	4,00
	50m: 34.91 34.91	150m: 2:01.10 44.02	250m: 3:31.93 46.02	350m: 5:01.96 45.65			
	100m: 1:17.08 42.17	200m: 2:45.91 44.81	300m: 4:16.31 44.38	400m: 5:44.00 42.04			
11.	NUNES Mafalda Costa	12	Seleccao do Alentejo	5:46.89		296	3,00
	50m: 38.71 38.71	150m: 2:05.90 44.53	250m: 3:35.86 45.20	350m: 5:03.84 43.76			
	100m: 1:21.37 42.66	200m: 2:50.66 44.76	300m: 4:20.08 44.22	400m: 5:46.89 43.05			
12.	MATELA Leonor Afonso	12	Seleccao do Nordeste	5:47.32		295	2,00
	50m: 38.96 38.96	150m: 2:06.04 44.14	250m: 3:36.90 46.09	350m: 5:05.31 45.67			
	100m: 1:21.90 42.94	200m: 2:50.81 44.77	300m: 4:19.64 42.74	400m: 5:47.32 42.01			
13.	MESTRE Maria Beatriz	12	Seleccao do Interior Centro	5:52.68		282	1,00
	50m: 37.09 37.09	150m: 2:05.51 45.81	250m: 3:36.37 45.54	350m: 5:08.89 45.81			
	100m: 1:19.70 42.61	200m: 2:50.83 45.32	300m: 4:23.08 46.71	400m: 5:52.68 43.79			





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Abrantes, 18 de Janeiro de 2025

Prova 1, Femin., 400m Livres

Prova 1
18/01/2025
Femin., 400m Livres
Juvenis
Resultados

Rec Nac 25m Open	4:04.57	MARTINS Francisca Soares	POR	Otopeni (ROU)	10/12/2023
Rec Nac 25m Juv A	4:18.39	SANTOS Ana Claudia	SFUAP	Cantanhede	20/12/2004
Rec Nac 25m Juv B	4:23.08	MIGUEL Susana Patricia	SFUAP	Alhandra	15/05/2004
Rec Taça Vale do Tejo	4:22.59	PIRES Marta Joao	SANL	Abrantes	25/01/2020

Pontos: AQUA 2024

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	Pts
1.	CARDEAL Leonor Nunes	10	Seleccao de Coimbra	4:33.66		603	14,00
	50m: 31.84 31.84	150m: 1:41.70 35.50	250m: 2:52.60 35.26	350m: 4:02.35 34.57			
	100m: 1:06.20 34.36	200m: 2:17.34 35.64	300m: 3:27.78 35.18	400m: 4:33.66 31.31			
2.	TAVEIRA Carolina Ratola	10	Seleccao Centro Norte Portu	4:33.96		601	12,00
	50m: 31.17 31.17	150m: 1:41.50 35.27	250m: 2:51.86 35.09	350m: 4:01.32 34.61			
	100m: 1:06.23 35.06	200m: 2:16.77 35.27	300m: 3:26.71 34.85	400m: 4:33.96 32.64			
3.	HOLUB Sofia Hryhorivna	11	Seleccao do Norte de Portug	4:41.96		552	11,00
	50m: 31.95 31.95	150m: 1:42.23 35.47	250m: 2:54.13 36.12	350m: 4:07.18 36.28			
	100m: 1:06.76 34.81	200m: 2:18.01 35.78	300m: 3:30.90 36.77	400m: 4:41.96 34.78			
4.	MARQUES Ana Jose	10	Seleccao do Minho	4:42.19		550	10,00
	50m: 32.66 32.66	150m: 1:42.91 35.36	250m: 2:54.81 36.17	350m: 4:07.34 36.22			
	100m: 1:07.55 34.89	200m: 2:18.64 35.73	300m: 3:31.12 36.31	400m: 4:42.19 34.85			
5.	MOURA Margarida Santos	11	Seleccao de Lisboa	4:45.52		531	9,00
	50m: 32.26 32.26	150m: 1:43.93 35.88	250m: 2:56.87 36.50	350m: 4:09.82 36.39			
	100m: 1:08.05 35.79	200m: 2:20.37 36.44	300m: 3:33.43 36.56	400m: 4:45.52 35.70			
6.	MARTINS Leonor Sombreiro	10	Seleccao Distrito Santarem	4:48.23		516	8,00
	50m: 31.58 31.58	150m: 1:42.98 36.35	250m: 2:58.26 37.80	350m: 4:13.43 37.45			
	100m: 1:06.63 35.05	200m: 2:20.46 37.48	300m: 3:35.98 37.72	400m: 4:48.23 34.80			
7.	SANTOS Carolina Brito	10	Seleccao do Algarve	4:48.86		513	7,00
	50m: 33.17 33.17	150m: 1:46.26 36.96	250m: 3:00.32 36.72	350m: 4:14.10 36.89			
	100m: 1:09.30 36.13	200m: 2:23.60 37.34	300m: 3:37.21 36.89	400m: 4:48.86 34.76			
8.	JESUS Vera Franca	11	Seleccao da Madeira	4:49.76		508	6,00
	50m: 33.49 33.49	150m: 1:47.09 36.94	250m: 3:01.19 37.10	350m: 4:14.25 35.90			
	100m: 1:10.15 36.66	200m: 2:24.09 37.00	300m: 3:38.35 37.16	400m: 4:49.76 35.51			
9.	AMORIM Laura Helena	10	Seleccao Distrito Leiria	4:54.49		484	5,00
	50m: 32.89 32.89	150m: 1:46.21 37.28	250m: 3:01.73 37.76	350m: 4:17.43 37.54			
	100m: 1:08.93 36.04	200m: 2:23.97 37.76	300m: 3:39.89 38.16	400m: 4:54.49 37.06			
10.	FERREIRA Carolina Morao	11	Seleccao dos Acores	4:58.46		465	4,00
	50m: 33.68 33.68	150m: 1:47.96 37.97	250m: 3:04.99 38.41	350m: 4:21.71 38.41			
	100m: 1:09.99 36.31	200m: 2:26.58 38.62	300m: 3:43.30 38.31	400m: 4:58.46 36.75			
11.	MESQUITA Maria Ines	10	Seleccao do Nordeste	5:01.49		451	3,00
	50m: 35.40 35.40	150m: 1:51.20 37.97	250m: 3:07.78 38.20	350m: 4:23.50 37.61			
	100m: 1:13.23 37.83	200m: 2:29.58 38.38	300m: 3:45.89 38.11	400m: 5:01.49 37.99			
12.	GONCALVES Leonor Duarte	10	Seleccao do Alentejo	5:10.04		415	2,00
	50m: 35.04 35.04	150m: 1:52.63 39.63	250m: 3:12.41 39.99	350m: 4:32.83 40.14			
	100m: 1:13.00 37.96	200m: 2:32.42 39.79	300m: 3:52.69 40.28	400m: 5:10.04 37.21			
13.	LOURENCO Matilde Nogueira	11	Seleccao do Interior Centro	5:26.63		355	1,00
	50m: 35.88 35.88	150m: 1:55.07 40.17	250m: 3:18.44 42.38	350m: 4:44.68 42.55			
	100m: 1:14.90 39.02	200m: 2:36.06 40.99	300m: 4:02.13 43.69	400m: 5:26.63 41.95			



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Abrantes, 18 de Janeiro de 2025

Prova 1, Femin., 400m Livres

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	Pts
EXH	FERREIRA Margarida Almeida	11	Seleccao de Lisboa	4:50.07		507	-
	50m: 32.32 32.32	150m: 1:46.14 37.54	250m: 3:00.51 37.18	350m: 4:14.18 37.03			
	100m: 1:08.60 36.28	200m: 2:23.33 37.19	300m: 3:37.15 36.64	400m: 4:50.07 35.89			
EXH	FORMIGO Margarida Pinho	11	Seleccao Distrito Santarem	5:13.47		401	-
	50m: 34.28 34.28	150m: 1:51.05 39.25	250m: 3:11.51 41.00	350m: 4:33.04 40.39			
	100m: 1:11.80 37.52	200m: 2:30.51 39.46	300m: 3:52.65 41.14	400m: 5:13.47 40.43			
EXH	ALVES Rita Balsa	12	Seleccao Distrito Santarem	5:26.52		355	-
	50m: 36.20 36.20	150m: 1:57.17 41.43	250m: 3:22.53 42.47	350m: 4:46.33 41.98			
	100m: 1:15.74 39.54	200m: 2:40.06 42.89	300m: 4:04.35 41.82	400m: 5:26.52 40.19			
EXH	DEEP Alicia Lopes	12	Seleccao Distrito Santarem	5:38.01		320	-
	50m: 36.46 36.46	150m: 2:01.74 44.02	250m: 3:29.52 43.57	350m: 4:57.35 43.49			
	100m: 1:17.72 41.26	200m: 2:45.95 44.21	300m: 4:13.86 44.34	400m: 5:38.01 40.66			