

Prova 2
15/02/2025 - 9:35

Femin., 400m Livres

12 anos e mais velhos
Resultados

Pontos: AQUA 2024

Lugar	Nome	Idade	Licença	Clube	Tempo Final	Pontos	AQUA	
Infantis								
1.	Maria Amelia, Torres	12	216411	VS	5:51.02	- 19,00	286	
	50m: 38.10	38.10	150m: 2:04.80	44.04	250m: 3:34.79	44.60	350m: 5:06.53	46.14
	100m: 1:20.76	42.66	200m: 2:50.19	45.39	300m: 4:20.39	45.60	400m: 5:51.02	44.49
2.	Maria Beatriz, Mestre	13	210855	EFC	5:53.88	- 17,00	279	
	50m: 38.04	38.04	150m: 2:06.75	45.32	250m: 3:39.36	46.71	350m: 5:11.50	46.13
	100m: 1:21.43	43.39	200m: 2:52.65	45.90	300m: 4:25.37	46.01	400m: 5:53.88	42.38
3.	Laura Conde, Correia	12	215517	CNTN	5:54.10	- 16,00	278	
	50m: 41.72	41.72	150m: 2:13.40	46.27	250m: 3:43.92	45.12	350m: 5:13.08	43.88
	100m: 1:27.13	45.41	200m: 2:58.80	45.40	300m: 4:29.20	45.28	400m: 5:54.10	41.02
4.	Carlota Maria, Pereira	12	215071	ANAR	6:05.34	- 15,00	253	
	50m: 39.87	39.87	150m: 2:12.18	46.83	250m: 3:46.44	47.21	350m: 5:21.60	47.60
	100m: 1:25.35	45.48	200m: 2:59.23	47.05	300m: 4:34.00	47.56	400m: 6:05.34	43.74
5.	Sofia, Medeiro Horta	13	216032	ACRZA	6:10.13	- 14,00	244	
	50m: 40.18	40.18	150m: 2:11.81	47.07	250m: 3:47.69	47.91	350m: 5:25.52	49.21
	100m: 1:24.74	44.56	200m: 2:59.78	47.97	300m: 4:36.31	48.62	400m: 6:10.13	44.61
6.	Teresa Filipe, Banha	13	220352	ACMN	6:12.88	- 13,00	238	
	50m: 40.33	40.33	150m: 2:11.47	46.97	250m: 3:48.51	49.41	350m: 5:27.60	50.13
	100m: 1:24.50	44.17	200m: 2:59.10	47.63	300m: 4:37.47	48.96	400m: 6:12.88	45.28
7.	Filipa Serrao, Rosario	13	216068	CNLA	6:18.08	- 12,00	228	
	50m: 41.87	41.87	150m: 2:15.41	48.50	250m: 3:54.43	48.84	350m: 5:34.77	50.36
	100m: 1:26.91	45.04	200m: 3:05.59	50.18	300m: 4:44.41	49.98	400m: 6:18.08	43.31
8.	Maria Benedita, Ribeiro	13	217879	CCDSERTA	6:18.22	- 11,00	228	
	50m: 41.38	41.38	150m: 2:16.84	48.76	250m: 3:55.70	49.25	350m: 5:34.45	49.14
	100m: 1:28.08	46.70	200m: 3:06.45	49.61	300m: 4:45.31	49.61	400m: 6:18.22	43.77
9.	Carolina Campos, Silva	13	217529	CNG	6:37.73	- 10,00	196	
	50m: 42.81	42.81	150m: 2:22.38	50.95	250m: 4:05.63	51.89	350m: 5:49.61	52.15
	100m: 1:31.43	48.62	200m: 3:13.74	51.36	300m: 4:57.46	51.83	400m: 6:37.73	48.12
10.	Ines Batista, Passadinhas	12	219243	CNP	6:45.24	- 9,00	185	
	50m: 40.23	40.23	150m: 2:19.43	51.45	250m: 4:06.58	53.32	350m: 5:53.41	53.27
	100m: 1:27.98	47.75	200m: 3:13.26	53.83	300m: 5:00.14	53.56	400m: 6:45.24	51.83
11.	Bianca Mereacre, Hangan	12	223212	CEN	7:05.15	- 8,00	161	
	50m: 46.08	46.08	150m: 2:34.58	54.58	250m: 4:24.99	54.60	350m: 6:15.09	54.59
	100m: 1:40.00	53.92	200m: 3:30.39	55.81	300m: 5:20.50	55.51	400m: 7:05.15	50.06
Absolutos								
1.	Sofia Barroca, Pereira	14	212103	BUZIOS	4:50.20	19,00	- 506	
	50m: 33.32	33.32	150m: 1:46.71	37.05	250m: 3:01.44	37.62	350m: 4:14.94	36.78
	100m: 1:09.66	36.34	200m: 2:23.82	37.11	300m: 3:38.16	36.72	400m: 4:50.20	35.26
2.	Filipa Maria, Pereira	19	201139	AMINATA	4:54.28	17,00	- 485	
	50m: 34.28	34.28	150m: 1:47.53	36.78	250m: 3:02.28	37.49	350m: 4:17.20	37.61
	100m: 1:10.75	36.47	200m: 2:24.79	37.26	300m: 3:39.59	37.31	400m: 4:54.28	37.08
3.	Ines Maria, Escarduca	17	202744	CEN	5:00.81	16,00	- 454	
	50m: 33.74	33.74	150m: 1:47.82	37.48	250m: 3:04.36	38.94	350m: 4:23.81	39.80
	100m: 1:10.34	36.60	200m: 2:25.42	37.60	300m: 3:44.01	39.65	400m: 5:00.81	37.00
4.	Rita Lobo, Pires	16	205497	CNFU	5:00.91	15,00	- 454	
	50m: 34.73	34.73	150m: 1:49.85	37.76	250m: 3:06.80	38.57	350m: 4:24.20	37.82
	100m: 1:12.09	37.36	200m: 2:28.23	38.38	300m: 3:46.38	39.58	400m: 5:00.91	36.71
5.	Lara Paixao, Silva	15	210801	CNRM	5:08.77	14,00	- 420	
	50m: 33.84	33.84	150m: 1:50.18	39.06	250m: 3:10.31	40.19	350m: 4:30.51	39.85
	100m: 1:11.12	37.28	200m: 2:30.12	39.94	300m: 3:50.66	40.35	400m: 5:08.77	38.26

Prova 2, Femin., 400m Livres, Absolutos

Lugar	Nome	Idade	Licença	Clube	Tempo Final	Pontos	AQUA
6.	Matilde Nogueira, Lourenco	14	214556	CCDSERTA	5:14.47	13,00	- 397
	50m: 35.72 35.72	150m: 1:56.36	41.11	250m: 3:17.67	40.70	350m: 4:37.79	39.94
	100m: 1:15.25 39.53	200m: 2:36.97	40.61	300m: 3:57.85	40.18	400m: 5:14.47	36.68
7.	Leonor Neves, Marinheiro	15	212851	ACRZA	5:34.15	12,00	- 331
	50m: 36.52 36.52	150m: 1:59.41	42.43	250m: 3:27.08	43.74	350m: 4:53.93	42.93
	100m: 1:16.98 40.46	200m: 2:43.34	43.93	300m: 4:11.00	43.92	400m: 5:34.15	40.22
8.	Diana Goncalves, Oliveira	18	200564	VS	5:35.45	11,00	- 327
	50m: 35.39 35.39	150m: 1:56.43	41.37	250m: 3:23.15	43.33	350m: 4:52.29	44.86
	100m: 1:15.06 39.67	200m: 2:39.82	43.39	300m: 4:07.43	44.28	400m: 5:35.45	43.16
9.	Sofia Moreira, Dias	15	214686	ACMN	5:36.43	10,00	- 324
	50m: 39.22 39.22	150m: 2:04.25	43.20	250m: 3:31.20	42.94	350m: 4:56.37	42.10
	100m: 1:21.05 41.83	200m: 2:48.26	44.01	300m: 4:14.27	43.07	400m: 5:36.43	40.06
10.	Rita Isabel, Oliveira	15	216105	CFE	5:41.92	9,00	- 309
	50m: 37.25 37.25	150m: 2:00.03	41.95	250m: 3:28.85	43.98	350m: 4:58.09	43.95
	100m: 1:18.08 40.83	200m: 2:44.87	44.84	300m: 4:14.14	45.29	400m: 5:41.92	43.83
11.	Matilde Trigueiros, Paulo	14	212835	ANAR	5:54.25	8,00	- 278
	50m: 38.55 38.55	150m: 2:06.81	44.53	250m: 3:36.27	45.26	350m: 5:09.84	46.79
	100m: 1:22.28 43.73	200m: 2:51.01	44.20	300m: 4:23.05	46.78	400m: 5:54.25	44.41
12.	Alice Raquel, Dias	14	211596	GDRTCMM	5:55.99	7,00	- 274
	50m: 39.09 39.09	150m: 2:06.57	44.59	250m: 3:38.45	46.11	350m: 5:12.01	46.60
	100m: 1:21.98 42.89	200m: 2:52.34	45.77	300m: 4:25.41	46.96	400m: 5:55.99	43.98
13.	Constanca Alves, Matos	14	211863	CNLA	6:11.25	6,00	- 241
	50m: 40.31 40.31	150m: 2:12.00	47.29	250m: 3:47.95	48.48	350m: 5:24.36	48.13
	100m: 1:24.71 44.40	200m: 2:59.47	47.47	300m: 4:36.23	48.28	400m: 6:11.25	46.89