

Prova 18
08/03/2025

Femin., 400m Livres

12 anos e mais velhos
Resultados

TAC Infantis B Fem INF B 50m: 6:58.00 - 25m: 6:58.00 / TAC Infantis A Fem INF A 50m: 6:18.00 - 25m: 6:18.00 /
TAC Juvenis B Fem JUV B 50m: 6:08.80 - 25m: 6:08.80 / TAC Juvenis A Fem JUV A 50m: 5:57.34 - 25m: 5:57.34 /
TAC Juniores Fem JUN 50m: 5:52.34 - 25m: 5:52.34 / TAC Sêniores Fem SEN 50m: 5:50.34 - 25m: 5:50.34 /
TAC OPEN Portugal 16 JUN 16: 4:42.03 / TAC OPEN Portugal 15 JUV A: 4:48.90 / TAC OPEN Portugal FEM JUV B JUV B: 4:54.80 /
TAC OPEN Portugal JUN 17 JUN 17: 4:39.57 / TAC OPEN Portugal JUN 18 JUN 18: 4:39.57 /
TAC OPEN Portugal SEN 19 19: 4:34.16 / TAC OPEN Portugal SEN 20 20: 4:32.44 / TAC Zonal Infantis FEM INF B INF B: 5:35.00 /
TAC Zonal Infantis INF A: 5:19.50

Pontos: AQUA 2024

Lugar	Nome	Idade	Licença	Clube	Tempo Final	AQUA
Infantis B ANALEN						
DSQ	Carolina Neves, Mestre 404 - Falsa partida - SW 4.4	12	215933	Aljustrelense		
Infantis B ANICentro						
1.	Rita Vidigal, Caldeira	12	217406	Elvense	6:05.30	253
	50m: 40.28 40.28	150m: 2:12.52	46.79	250m: 3:46.47	46.84	350m: 5:20.56 47.23
	100m: 1:25.73 45.45	200m: 2:59.63	47.11	300m: 4:33.33	46.86	400m: 6:05.30 44.74
2.	Andreia Lourenco, Costa	12	218019	Natacao do Fundao/Yes Energy	6:23.27	219
	50m: 42.00 42.00	150m: 2:16.01	47.92	250m: 3:57.01	50.26	350m: 5:38.98 50.92
	100m: 1:28.09 46.09	200m: 3:06.75	50.74	300m: 4:48.06	51.05	400m: 6:23.27 44.29
3.	Ines Batista, Passadinhas	12	219243	Portalegre	6:44.95	186
	50m: 40.76 40.76	150m: 2:21.90	52.76	250m: 4:09.18	53.41	350m: 5:57.98 53.53
	100m: 1:29.14 48.38	200m: 3:15.77	53.87	300m: 5:04.45	55.27	400m: 6:44.95 46.97
Infantis A ANALEN						
1.	Mariana Isabel, Bento	13	217156	Aminata	5:45.55	299
	50m: 39.86 39.86	150m: 2:07.32	43.78	250m: 3:36.09	43.99	350m: 5:03.72 43.75
	100m: 1:23.54 43.68	200m: 2:52.10	44.78	300m: 4:19.97	43.88	400m: 5:45.55 41.83
2.	Carolina Paixao, Cenico	13	214698	Acmn	5:47.90	293
	50m: 40.06 40.06	150m: 2:08.03	44.16	250m: 3:37.14	44.62	350m: 5:07.03 45.20
	100m: 1:23.87 43.81	200m: 2:52.52	44.49	300m: 4:21.83	44.69	400m: 5:47.90 40.87
3.	Ines Borges, Costa	13	217859	Ndco	5:53.13	281
	50m: 40.93 40.93	150m: 2:08.19	43.99	250m: 3:38.22	44.94	350m: 5:11.50 46.72
	100m: 1:24.20 43.27	200m: 2:53.28	45.09	300m: 4:24.78	46.56	400m: 5:53.13 41.63
4.	Ines Oliveira, Gomes	13	217864	Ndco	6:12.46	239
	50m: 41.81 41.81	150m: 2:13.12	46.37	250m: 3:47.82	47.13	350m: 5:23.98 48.51
	100m: 1:26.75 44.94	200m: 3:00.69	47.57	300m: 4:35.47	47.65	400m: 6:12.46 48.48
5.	Teresa Filipe, Banha	13	220352	Acmn	6:16.82	231
	50m: 41.58 41.58	150m: 2:13.16	47.02	250m: 3:49.16	48.80	350m: 5:26.82 49.18
	100m: 1:26.14 44.56	200m: 3:00.36	47.20	300m: 4:37.64	48.48	400m: 6:16.82 50.00
6.	Sofia, Medeiro Horta	13	216032	Zona Azul	6:17.18	230
	50m: 40.14 40.14	150m: 2:12.78	47.13	250m: 3:48.91	48.20	350m: 5:27.95 49.79
	100m: 1:25.65 45.51	200m: 3:00.71	47.93	300m: 4:38.16	49.25	400m: 6:17.18 49.23
Infantis A ANICentro						
1.	Maria Beatriz, Mestre	13	210855	Eléctrico	5:39.61	315
	50m: 37.25 37.25	150m: 2:02.45	43.45	250m: 3:30.51	44.28	350m: 4:58.44 43.32
	100m: 1:19.00 41.75	200m: 2:46.23	43.78	300m: 4:15.12	44.61	400m: 5:39.61 41.17

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Juvenis ANALEN

1. Leonor Duarte, Goncalves	15	208323	Ndco	5:16.29	391	
50m: 34.56 34.56	150m: 1:53.05	40.25	250m: 3:14.03	40.74	350m: 4:36.59	41.37
100m: 1:12.80 38.24	200m: 2:33.29	40.24	300m: 3:55.22	41.19	400m: 5:16.29	39.70
2. Leonor Neves, Marinheiro	15	212851	Zona Azul	5:33.38	333	
50m: 36.21 36.21	150m: 1:58.94	42.00	250m: 3:25.48	43.67	350m: 4:52.27	43.35
100m: 1:16.94 40.73	200m: 2:41.81	42.87	300m: 4:08.92	43.44	400m: 5:33.38	41.11
3. Rita Isabel, Oliveira	15	216105	Estremoz	5:35.27	328	
50m: 37.74 37.74	150m: 2:00.84	41.81	250m: 3:25.90	42.93	350m: 4:53.39	43.38
100m: 1:19.03 41.29	200m: 2:42.97	42.13	300m: 4:10.01	44.11	400m: 5:35.27	41.88
4. Sofia Moreira, Dias	15	214686	Acmn	5:39.75	315	
50m: 40.17 40.17	150m: 2:07.68	43.65	250m: 3:34.68	43.70	350m: 4:59.52	41.87
100m: 1:24.03 43.86	200m: 2:50.98	43.30	300m: 4:17.65	42.97	400m: 5:39.75	40.23
5. Alice Raquel, Dias	14	211596	Grupo Desportivo Mora	5:47.47	294	
50m: 39.94 39.94	150m: 2:07.07	44.37	250m: 3:36.31	44.76	350m: 5:06.03	45.06
100m: 1:22.70 42.76	200m: 2:51.55	44.48	300m: 4:20.97	44.66	400m: 5:47.47	41.44

Juvenis ANICentro

1. Matilde Nogueira, Lourenco	14	214556	CCDSerta	5:08.37	421	
50m: 34.32 34.32	150m: 1:52.43	39.49	250m: 3:12.46	40.21	350m: 4:31.99	39.96
100m: 1:12.94 38.62	200m: 2:32.25	39.82	300m: 3:52.03	39.57	400m: 5:08.37	36.38
2. Carolina Pinto, Banhudo	15	211117	AN Albicastrense	5:29.05	347	
50m: 37.58 37.58	150m: 1:59.91	41.67	250m: 3:24.06	42.37	350m: 4:49.41	42.66
100m: 1:18.24 40.66	200m: 2:41.69	41.78	300m: 4:06.75	42.69	400m: 5:29.05	39.64
3. Filipa Calado, Gervasio	15	205873	Elvense	5:32.34	337	
50m: 37.28 37.28	150m: 2:01.26	42.40	250m: 3:24.99	42.28	350m: 4:51.44	43.46
100m: 1:18.86 41.58	200m: 2:42.71	41.45	300m: 4:07.98	42.99	400m: 5:32.34	40.90
4. Matilde Trigueiros, Paulo	14	212835	AN Albicastrense	5:48.26	292	
50m: 39.78 39.78	150m: 2:06.13	44.16	250m: 3:35.34	45.34	350m: 5:06.01	44.98
100m: 1:21.97 42.19	200m: 2:50.00	43.87	300m: 4:21.03	45.69	400m: 5:48.26	42.25

Absolutos ANALEN

1. Filipa Maria, Pereira	19	201139	Aminata	5:00.48	456	
50m: 33.30 33.30	150m: 1:46.88	37.12	250m: 3:03.17	38.54	350m: 4:21.64	39.41
100m: 1:09.76 36.46	200m: 2:24.63	37.75	300m: 3:42.23	39.06	400m: 5:00.48	38.84
2. Joana Afonso, Banza	16	205992	Aljustrelense	5:15.26	394	
50m: 34.92 34.92	150m: 1:53.78	40.06	250m: 3:14.15	40.43	350m: 4:35.72	40.83
100m: 1:13.72 38.80	200m: 2:33.72	39.94	300m: 3:54.89	40.74	400m: 5:15.26	39.54
3. Maria Alexandra, Grad	17	139218	Aminata	5:28.56	348	
50m: 34.23 34.23	150m: 1:54.48	41.92	250m: 3:19.67	43.23	350m: 4:46.44	44.00
100m: 1:12.56 38.33	200m: 2:36.44	41.96	300m: 4:02.44	42.77	400m: 5:28.56	42.12

Absolutos ANICentro

1. Rita Lobo, Pires	16	205497	Natacao do Fundao/Yes Energy	4:57.52	469	
50m: 34.32 34.32	150m: 1:48.77	37.81	250m: 3:04.03	37.37	350m: 4:20.21	38.42
100m: 1:10.96 36.64	200m: 2:26.66	37.89	300m: 3:41.79	37.76	400m: 4:57.52	37.31
2. Ines Maria, Escarduca	17	202744	Elvense	5:00.59	455	
50m: 33.34 33.34	150m: 1:48.16	38.04	250m: 3:04.72	38.53	350m: 4:23.46	38.92
100m: 1:10.12 36.78	200m: 2:26.19	38.03	300m: 3:44.54	39.82	400m: 5:00.59	37.13
3. Vitoria Morao, Almeida	16	206749	AN Albicastrense	5:48.22	293	
50m: 37.19 37.19	150m: 2:02.88	43.74	250m: 3:33.93	45.63	350m: 5:04.88	45.20
100m: 1:19.14 41.95	200m: 2:48.30	45.42	300m: 4:19.68	45.75	400m: 5:48.22	43.34