

Campeonato Interdistrital Juvenis, Juniores, Seniores e Absolutos Inverno
Coimbra, 21 - 23/3/2025

Prova 29 Femin., 400m Estilos 14 anos e mais velhos
22/03/2025 - 17:06 Resultados

Rec Nacionais Open	4:40.11	Victoria, KAMINSKAYA	POR	Pontevedra (ESP)	09/04/2017
Rec Nacionais 18 +	4:40.11	Victoria, KAMINSKAYA	POR	Pontevedra (ESP)	09/04/2017
Rec Nacionais Jun 17	4:52.12	Victoria, KAMINSKAYA	PIMP	Oeiras	27/07/2012
Rec Nacionais Jun 16	4:54.00	Ines Neto, ROCHA	SANNP	Gijón (ESP)	20/05/2017
Rec Nacionais Juv A	4:58.08	Diana Margarida, DURAES	FOCA	Povoa de Varzim	05/08/2011
Rec Nacionais Juv B	5:01.00	Ines Neto, ROCHA	CAP	Coimbra	24/07/2015

TA JUVB-FEM Juv B: 6:21.91 / TA JUVA-FEM Juv A: 6:13.06 / TA JUN-FEM Jun: 6:04.22 / TA SEN-FEM Sen: 5:55.39

Pontos: AQUA 2024

Lugar			Ano			Tempo final			Pts	
Juv B										
1.	Francisca Moreira, FELICIANO		11	Alcobaca		5:25.18			546	
	50m:	34.03 34.03	150m:	1:56.03	42.79	250m:	3:23.79	47.09	350m:	4:49.13 38.43
	100m:	1:13.24 39.21	200m:	2:36.70	40.67	300m:	4:10.70	46.91	400m:	5:25.18 36.05
2.	Matilde Sofia, PEREIRA		11	Condeixa Clube		5:41.13			473	
	50m:	36.22 36.22	150m:	2:03.06	44.10	250m:	3:36.01	50.06	350m:	5:05.21 38.93
	100m:	1:18.96 42.74	200m:	2:45.95	42.89	300m:	4:26.28	50.27	400m:	5:41.13 35.92
3.	Frederica Vinhas, VIEIRA		11	Campinho		5:59.17			405	
	50m:	34.43 34.43	150m:	2:04.56	48.44	250m:	3:40.34	50.64	350m:	5:17.65 46.35
	100m:	1:16.12 41.69	200m:	2:49.70	45.14	300m:	4:31.30	50.96	400m:	5:59.17 41.52

Juv A

1.	Camila Duarte, MARCELO		10	Condeixa Clube		5:20.08			573	
	50m:	33.03 33.03	150m:	1:55.21	44.66	250m:	3:24.23	46.46	350m:	4:46.43 35.36
	100m:	1:10.55 37.52	200m:	2:37.77	42.56	300m:	4:11.07	46.84	400m:	5:20.08 33.65
2.	Maria Neto, SIMOES		10	Condeixa Clube		5:20.77			569	
	50m:	33.23 33.23	150m:	1:56.13	42.84	250m:	3:22.88	44.22	350m:	4:45.84 36.63
	100m:	1:13.29 40.06	200m:	2:38.66	42.53	300m:	4:09.21	46.33	400m:	5:20.77 34.93
3.	Maria Ines, GANTE		10	Nautico Academico		5:33.53			506	
	50m:	34.81 34.81	150m:	1:56.80	42.94	250m:	3:28.50	48.83	350m:	4:56.72 38.33
	100m:	1:13.86 39.05	200m:	2:39.67	42.87	300m:	4:18.39	49.89	400m:	5:33.53 36.81
4.	Vida Sofia, VELEZ		10	Bairro dos Anjos		5:37.76			487	
	50m:	37.05 37.05	150m:	2:07.01	44.19	250m:	3:36.44	49.69	350m:	5:02.37 37.21
	100m:	1:22.82 45.77	200m:	2:46.75	39.74	300m:	4:25.16	48.72	400m:	5:37.76 35.39
5.	Leonor Nunes, CARDEAL		10	Condeixa Clube		5:38.60			484	
	50m:	34.07 34.07	150m:	2:02.14	44.56	250m:	3:33.35	49.68	350m:	5:01.78 38.34
	100m:	1:17.58 43.51	200m:	2:43.67	41.53	300m:	4:23.44	50.09	400m:	5:38.60 36.82
6.	Matilde Santos, VIEIRA		10	Nautico Marinha Grande		5:44.33			460	
	50m:	34.98 34.98	150m:	2:03.92	46.37	250m:	3:38.53	50.08	350m:	5:07.69 37.42
	100m:	1:17.55 42.57	200m:	2:48.45	44.53	300m:	4:30.27	51.74	400m:	5:44.33 36.64
7.	Laura Helena, AMORIM		10	Nautico Marinha Grande		5:50.16			437	
	50m:	37.58 37.58	150m:	2:08.17	45.57	250m:	3:42.36	50.21	350m:	5:12.87 40.03
	100m:	1:22.60 45.02	200m:	2:52.15	43.98	300m:	4:32.84	50.48	400m:	5:50.16 37.29
8.	Mariana Dias, PEREIRA		10	Algés e Águeda XXI		6:04.00			389	
	50m:	38.33 38.33	150m:	2:11.57	46.82	250m:	3:48.40	51.01	350m:	5:22.83 41.12
	100m:	1:24.75 46.42	200m:	2:57.39	45.82	300m:	4:41.71	53.31	400m:	6:04.00 41.17
9.	Sofia Oliveira, FREITAS		10	O Crasto		6:12.43			363	
	50m:	39.83 39.83	150m:	2:19.37	51.11	250m:	3:57.71	50.54	350m:	5:33.90 42.72
	100m:	1:28.26 48.43	200m:	3:07.17	47.80	300m:	4:51.18	53.47	400m:	6:12.43 38.53
10.	Luana Filipe, REIS		10	Alcobaca		6:16.31			352	
	<i>FTL</i>									
	50m:	38.46 38.46	150m:	2:19.12	50.09	250m:	3:56.65	49.32	350m:	5:32.27 45.55
	100m:	1:29.03 50.57	200m:	3:07.33	48.21	300m:	4:46.72	50.07	400m:	6:16.31 44.04

Campeonato Interdistrital Juvenis, Juniores, Seniores e Absolutos Inverno
Coimbra, 21 - 23/3/2025

Prova 29, Femin., 400m Estilos

Jun

1.	Luana Ferreira, CRAVEIRO	09	Nautico Marinha Grande	5:21.22	567
	50m: 33.63 33.63	150m: 1:57.50	43.84 250m: 3:24.03	44.82 350m: 4:46.12	37.46
	100m: 1:13.66 40.03	200m: 2:39.21	41.71 300m: 4:08.66	44.63 400m: 5:21.22	35.10
2.	Alana Costa, MATIAS	09	Nautico Academico	5:22.60	559
	50m: 33.95 33.95	150m: 1:58.73	42.92 250m: 3:26.43	46.81 350m: 4:48.48	36.16
	100m: 1:15.81 41.86	200m: 2:39.62	40.89 300m: 4:12.32	45.89 400m: 5:22.60	34.12
3.	Carolina Mendes, NUNES	08	Estarreja	5:29.24	526
	50m: 33.43 33.43	150m: 1:57.27	44.13 250m: 3:27.66	47.96 350m: 4:52.64	37.62
	100m: 1:13.14 39.71	200m: 2:39.70	42.43 300m: 4:15.02	47.36 400m: 5:29.24	36.60
4.	Rita Isabel, NEVES	08	Condeixa Clube	5:30.17	522
	50m: 35.23 35.23	150m: 1:59.39	44.80 250m: 3:28.77	46.74 350m: 4:54.30	38.53
	100m: 1:14.59 39.36	200m: 2:42.03	42.64 300m: 4:15.77	47.00 400m: 5:30.17	35.87
5.	Rita Rocha, SILVA	08	Alcobaca	5:37.94	486
	50m: 34.64 34.64	150m: 2:03.33	46.13 250m: 3:32.74	45.23 350m: 4:59.23	39.80
	100m: 1:17.20 42.56	200m: 2:47.51	44.18 300m: 4:19.43	46.69 400m: 5:37.94	38.71
6.	Caetana Amado, SANTOS	09	Miranda do Corvo	5:38.52	484
	50m: 35.08 35.08	150m: 2:01.34	42.33 250m: 3:32.88	51.01 350m: 5:01.61	38.57
	100m: 1:19.01 43.93	200m: 2:41.87	40.53 300m: 4:23.04	50.16 400m: 5:38.52	36.91

Sen

1.	Ines Jacinto, HENRIQUES	00	Louzan Natacao/EFAPEL	4:58.15	709
	50m: 31.14 31.14	150m: 1:44.57	38.91 250m: 3:06.31	43.63 350m: 4:24.85	34.84
	100m: 1:05.66 34.52	200m: 2:22.68	38.11 300m: 3:50.01	43.70 400m: 4:58.15	33.30
2.	Beatriz Nunes, CARDEAL	04	Condeixa Clube	5:06.34	653
	50m: 30.79 30.79	150m: 1:48.27	42.04 250m: 3:11.93	44.62 350m: 4:32.45	35.48
	100m: 1:06.23 35.44	200m: 2:27.31	39.04 300m: 3:56.97	45.04 400m: 5:06.34	33.89
3.	Ana Filipa, VEIGA	01	Gafanha da Encarnação	5:11.40	622
	50m: 32.80 32.80	150m: 1:53.46	42.76 250m: 3:18.24	42.78 350m: 4:36.05	36.12
	100m: 1:10.70 37.90	200m: 2:35.46	42.00 300m: 3:59.93	41.69 400m: 5:11.40	35.35
4.	Giovanna Vaz, VARGAS	00	Nautico Marinha Grande	5:23.89	553
	50m: 32.46 32.46	150m: 1:53.15	43.61 250m: 3:21.72	46.30 350m: 4:46.55	37.96
	100m: 1:09.54 37.08	200m: 2:35.42	42.27 300m: 4:08.59	46.87 400m: 5:23.89	37.34
5.	Joana Rosa, FERREIRA	05	Nautico de Leiria - VOID	5:39.08	482
	50m: 33.48 33.48	150m: 1:59.41	45.21 250m: 3:31.90	47.86 350m: 5:00.67	40.70
	100m: 1:14.20 40.72	200m: 2:44.04	44.63 300m: 4:19.97	48.07 400m: 5:39.08	38.41

DSQ Barbara Nunes, MARQUES 06 Estarreja
SW 6.5 - O/A atleta não terminou o percurso na posição de costas., Percurso de Costas (200 metros)

Juv B/Abs

1.	Ines Jacinto, HENRIQUES	00	Louzan Natacao/EFAPEL	4:58.15	709
	50m: 31.14 31.14	150m: 1:44.57	38.91 250m: 3:06.31	43.63 350m: 4:24.85	34.84
	100m: 1:05.66 34.52	200m: 2:22.68	38.11 300m: 3:50.01	43.70 400m: 4:58.15	33.30
2.	Beatriz Nunes, CARDEAL	04	Condeixa Clube	5:06.34	653
	50m: 30.79 30.79	150m: 1:48.27	42.04 250m: 3:11.93	44.62 350m: 4:32.45	35.48
	100m: 1:06.23 35.44	200m: 2:27.31	39.04 300m: 3:56.97	45.04 400m: 5:06.34	33.89
3.	Ana Filipa, VEIGA	01	Gafanha da Encarnação	5:11.40	622
	50m: 32.80 32.80	150m: 1:53.46	42.76 250m: 3:18.24	42.78 350m: 4:36.05	36.12
	100m: 1:10.70 37.90	200m: 2:35.46	42.00 300m: 3:59.93	41.69 400m: 5:11.40	35.35
4.	Camila Duarte, MARCELO	10	Condeixa Clube	5:20.08	573
	50m: 33.03 33.03	150m: 1:55.21	44.66 250m: 3:24.23	46.46 350m: 4:46.43	35.36
	100m: 1:10.55 37.52	200m: 2:37.77	42.56 300m: 4:11.07	46.84 400m: 5:20.08	33.65

Campeonato Interdistrital Juvenis, Juniores, Seniores e Absolutos Inverno
Coimbra, 21 - 23/3/2025

Prova 29, Femin., 400m Estilos, Juv B/Abs

Lugar			Ano					Tempo final	Pts
5.	Maria Neto, SIMOES		10	Condeixa Clube				5:20.77	569
	50m:	33.23 33.23	150m:	1:56.13	42.84	250m:	3:22.88 44.22	350m:	4:45.84 36.63
	100m:	1:13.29 40.06	200m:	2:38.66	42.53	300m:	4:09.21 46.33	400m:	5:20.77 34.93
6.	Luana Ferreira, CRAVEIRO		09	Nautico Marinha Grande				5:21.22	567
	50m:	33.63 33.63	150m:	1:57.50	43.84	250m:	3:24.03 44.82	350m:	4:46.12 37.46
	100m:	1:13.66 40.03	200m:	2:39.21	41.71	300m:	4:08.66 44.63	400m:	5:21.22 35.10
7.	Alana Costa, MATIAS		09	Nautico Academico				5:22.60	559
	50m:	33.95 33.95	150m:	1:58.73	42.92	250m:	3:26.43 46.81	350m:	4:48.48 36.16
	100m:	1:15.81 41.86	200m:	2:39.62	40.89	300m:	4:12.32 45.89	400m:	5:22.60 34.12
8.	Giovanna Vaz, VARGAS		00	Nautico Marinha Grande				5:23.89	553
	50m:	32.46 32.46	150m:	1:53.15	43.61	250m:	3:21.72 46.30	350m:	4:46.55 37.96
	100m:	1:09.54 37.08	200m:	2:35.42	42.27	300m:	4:08.59 46.87	400m:	5:23.89 37.34
9.	Francisca Moreira, FELICIANO		11	Alcobaca				5:25.18	546
	50m:	34.03 34.03	150m:	1:56.03	42.79	250m:	3:23.79 47.09	350m:	4:49.13 38.43
	100m:	1:13.24 39.21	200m:	2:36.70	40.67	300m:	4:10.70 46.91	400m:	5:25.18 36.05
10.	Carolina Mendes, NUNES		08	Estarreja				5:29.24	526
	50m:	33.43 33.43	150m:	1:57.27	44.13	250m:	3:27.66 47.96	350m:	4:52.64 37.62
	100m:	1:13.14 39.71	200m:	2:39.70	42.43	300m:	4:15.02 47.36	400m:	5:29.24 36.60
11.	Rita Isabel, NEVES		08	Condeixa Clube				5:30.17	522
	50m:	35.23 35.23	150m:	1:59.39	44.80	250m:	3:28.77 46.74	350m:	4:54.30 38.53
	100m:	1:14.59 39.36	200m:	2:42.03	42.64	300m:	4:15.77 47.00	400m:	5:30.17 35.87
12.	Maria Ines, GANTE		10	Nautico Academico				5:33.53	506
	50m:	34.81 34.81	150m:	1:56.80	42.94	250m:	3:28.50 48.83	350m:	4:56.72 38.33
	100m:	1:13.86 39.05	200m:	2:39.67	42.87	300m:	4:18.39 49.89	400m:	5:33.53 36.81
13.	Vida Sofia, VELEZ		10	Bairro dos Anjos				5:37.76	487
	50m:	37.05 37.05	150m:	2:07.01	44.19	250m:	3:36.44 49.69	350m:	5:02.37 37.21
	100m:	1:22.82 45.77	200m:	2:46.75	39.74	300m:	4:25.16 48.72	400m:	5:37.76 35.39
14.	Rita Rocha, SILVA		08	Alcobaca				5:37.94	486
	50m:	34.64 34.64	150m:	2:03.33	46.13	250m:	3:32.74 45.23	350m:	4:59.23 39.80
	100m:	1:17.20 42.56	200m:	2:47.51	44.18	300m:	4:19.43 46.69	400m:	5:37.94 38.71
15.	Caetana Amado, SANTOS		09	Miranda do Corvo				5:38.52	484
	50m:	35.08 35.08	150m:	2:01.34	42.33	250m:	3:32.88 51.01	350m:	5:01.61 38.57
	100m:	1:19.01 43.93	200m:	2:41.87	40.53	300m:	4:23.04 50.16	400m:	5:38.52 36.91
16.	Leonor Nunes, CARDEAL		10	Condeixa Clube				5:38.60	484
	50m:	34.07 34.07	150m:	2:02.14	44.56	250m:	3:33.35 49.68	350m:	5:01.78 38.34
	100m:	1:17.58 43.51	200m:	2:43.67	41.53	300m:	4:23.44 50.09	400m:	5:38.60 36.82
17.	Joana Rosa, FERREIRA		05	Nautico de Leiria - VOID				5:39.08	482
	50m:	33.48 33.48	150m:	1:59.41	45.21	250m:	3:31.90 47.86	350m:	5:00.67 40.70
	100m:	1:14.20 40.72	200m:	2:44.04	44.63	300m:	4:19.97 48.07	400m:	5:39.08 38.41
18.	Matilde Sofia, PEREIRA		11	Condeixa Clube				5:41.13	473
	50m:	36.22 36.22	150m:	2:03.06	44.10	250m:	3:36.01 50.06	350m:	5:05.21 38.93
	100m:	1:18.96 42.74	200m:	2:45.95	42.89	300m:	4:26.28 50.27	400m:	5:41.13 35.92
19.	Matilde Santos, VIEIRA		10	Nautico Marinha Grande				5:44.33	460
	50m:	34.98 34.98	150m:	2:03.92	46.37	250m:	3:38.53 50.08	350m:	5:07.69 37.42
	100m:	1:17.55 42.57	200m:	2:48.45	44.53	300m:	4:30.27 51.74	400m:	5:44.33 36.64
20.	Laura Helena, AMORIM		10	Nautico Marinha Grande				5:50.16	437
	50m:	37.58 37.58	150m:	2:08.17	45.57	250m:	3:42.36 50.21	350m:	5:12.87 40.03
	100m:	1:22.60 45.02	200m:	2:52.15	43.98	300m:	4:32.84 50.48	400m:	5:50.16 37.29
21.	Frederica Vinhas, VIEIRA		11	Campinho				5:59.17	405
	50m:	34.43 34.43	150m:	2:04.56	48.44	250m:	3:40.34 50.64	350m:	5:17.65 46.35
	100m:	1:16.12 41.69	200m:	2:49.70	45.14	300m:	4:31.30 50.96	400m:	5:59.17 41.52
22.	Mariana Dias, PEREIRA		10	Algés e Águeda XXI				6:04.00	389
	50m:	38.33 38.33	150m:	2:11.57	46.82	250m:	3:48.40 51.01	350m:	5:22.83 41.12
	100m:	1:24.75 46.42	200m:	2:57.39	45.82	300m:	4:41.71 53.31	400m:	6:04.00 41.17

Campeonato Interdistrital Juvenis, Juniores, Seniores e Absolutos Inverno
Coimbra, 21 - 23/3/2025

Prova 29, Femin., 400m Estilos, Juv B/Abs

Lugar			Ano					Tempo final	Pts		
23.	Sofia Oliveira, FREITAS		10	O Crasto				6:12.43	363		
	50m:	39.83 39.83	150m:	2:19.37	51.11	250m:	3:57.71	50.54	350m:	5:33.90	42.72
	100m:	1:28.26 48.43	200m:	3:07.17	47.80	300m:	4:51.18	53.47	400m:	6:12.43	38.53
24.	Luana Filipe, REIS		10	Alcobaca				6:16.31	352		
	<i>FTL</i>										
	50m:	38.46 38.46	150m:	2:19.12	50.09	250m:	3:56.65	49.32	350m:	5:32.27	45.55
	100m:	1:29.03 50.57	200m:	3:07.33	48.21	300m:	4:46.72	50.07	400m:	6:16.31	44.04
DSQ	Barbara Nunes, MARQUES		06	Estarreja							
	<i>SW 6.5 - O/A atleta não terminou o percurso na posição de costas., Percurso de Costas (200 metros)</i>										
EXH	Constanca Lourenco, AZEVEDO		10	Lagoa AC				5:20.82	569		
	50m:	33.53 33.53	150m:	1:54.77	41.49	250m:	3:21.81	47.33	350m:	4:45.33	36.78
	100m:	1:13.28 39.75	200m:	2:34.48	39.71	300m:	4:08.55	46.74	400m:	5:20.82	35.49