

Taça ANDS - Cidade de Rio Maior
Rio Maior, 15/3/2025

Prova 11
15/03/2025 - 11:40

Femin., 400m Livres

Absoluto
Resultados

Pontos: AQUA 2024

Lugar	Nome	AnoCod	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Beatriz Silva Louro	07	Louletano / Loule Aqui e Agora	4:36.54		616	27,00
	50m: 31.38 31.38	200m: 2:14.98	1:09.60	300m: 3:25.66	35.55	400m: 4:36.54	35.19
	100m: 1:05.38 34.00	250m: 2:50.11	35.13	350m: 4:01.35	35.69		
2.	Sara Sofia Alves	07	Palmela	4:46.69		553	25,00
	50m: 33.14 33.14	150m: 1:44.44	35.94	250m: 2:57.86	36.53	350m: 4:11.64	36.96
	100m: 1:08.50 35.36	200m: 2:21.33	36.89	300m: 3:34.68	36.82	400m: 4:46.69	35.05
3.	Leonor Sombreiro Martins	10	BUZIOS-Coruche	4:46.71		553	24,00
	50m: 32.26 32.26	150m: 1:44.35	36.90	250m: 2:58.99	37.28	350m: 4:12.82	36.61
	100m: 1:07.45 35.19	200m: 2:21.71	37.36	300m: 3:36.21	37.22	400m: 4:46.71	33.89
4.	Beatriz Paiva Branco	10	Laranjeiro	4:52.04		523	23,00
	50m: 33.39 33.39	150m: 1:47.94	37.85	250m: 3:03.90	38.04	350m: 4:17.84	36.34
	100m: 1:10.09 36.70	200m: 2:25.86	37.92	300m: 3:41.50	37.60	400m: 4:52.04	34.20
5.	Maria Rendeiro Correia	11	Alges	4:55.07		507	22,00
	50m: 33.15 33.15	150m: 1:47.89	37.80	250m: 3:03.61	37.77	350m: 4:19.17	37.70
	100m: 1:10.09 36.94	200m: 2:25.84	37.95	300m: 3:41.47	37.86	400m: 4:55.07	35.90
6.	Matilde Lopes Fialho	09	Palmela	4:55.50		505	21,00
	100m: 1:09.73 1:09.73	200m: 2:24.57	1:14.84	300m: 3:40.47	1:15.90	400m: 4:55.50	1:15.03
7.	Sofia Barroca Pereira	11	BUZIOS-Coruche	4:58.96		488	20,00
	50m: 33.62 33.62	150m: 1:50.12	38.78	250m: 3:06.93	38.21	350m: 4:23.58	37.58
	100m: 1:11.34 37.72	200m: 2:28.72	38.60	300m: 3:46.00	39.07	400m: 4:58.96	35.38
8.	Beatriz Alexandra Rolim	08	Palmela	4:59.92		483	19,00
	50m: 33.82 33.82	150m: 1:49.61	38.32	250m: 3:06.03	38.10	350m: 4:22.81	38.55
	100m: 1:11.29 37.47	200m: 2:27.93	38.32	300m: 3:44.26	38.23	400m: 4:59.92	37.11
9.	Victoria Sales Proenca	10	Benfica	5:00.12		482	18,00
	50m: 33.40 33.40	150m: 1:49.75	38.65	250m: 3:06.96	38.45	350m: 4:24.34	37.98
	100m: 1:11.10 37.70	200m: 2:28.51	38.76	300m: 3:46.36	39.40	400m: 5:00.12	35.78
10.	Maria Madalena Fernandes	10	Alges	5:01.56		475	17,00
	50m: 34.32 34.32	200m: 2:27.75	1:16.56	400m: 5:01.56	37.77		
	100m: 1:11.19 36.87	350m: 4:23.79	1:56.04				
11.	Ines Maria Lanca	09	Benfica	5:02.75		469	16,00
	50m: 33.29 33.29	200m: 2:26.44	1:16.34	400m: 5:02.75	38.13		
	100m: 1:10.10 36.81	350m: 4:24.62	1:58.18				
12.	Francisca Cunha Monteiro	11	Benfica	5:02.85		469	15,00
	50m: 33.44 33.44	150m: 1:48.92	38.17	250m: 3:06.35	38.80	350m: 4:23.75	38.10
	100m: 1:10.75 37.31	200m: 2:27.55	38.63	300m: 3:45.65	39.30	400m: 5:02.85	39.10
13.	Catarina Isabel Carlota	05	BUZIOS-Coruche	5:07.10		450	14,00
	50m: 33.69 33.69	150m: 1:50.35	38.97	250m: 3:09.48	39.61	350m: 4:28.57	39.63
	100m: 1:11.38 37.69	200m: 2:29.87	39.52	300m: 3:48.94	39.46	400m: 5:07.10	38.53
14.	Laura Prates Morais	09	Viver Santarem	5:08.71		443	13,00
	100m: 1:13.15 1:13.15	200m: 2:31.55	1:18.40	300m: 3:50.26	1:18.71	400m: 5:08.71	1:18.45
15.	Maria Ines Fryxell	10	AONDA-Azeitao	5:10.46		435	12,00
	50m: 33.94 33.94	150m: 1:51.14	39.41	250m: 3:11.77	40.58	350m: 4:31.54	40.16
	100m: 1:11.73 37.79	200m: 2:31.19	40.05	300m: 3:51.38	39.61	400m: 5:10.46	38.92
16.	Lara Paixao Silva	10	Rio Maior	5:16.53		411	11,00
	50m: 33.90 33.90	150m: 1:53.29	40.88	250m: 3:15.07	41.30	350m: 4:37.42	41.58
	100m: 1:12.41 38.51	200m: 2:33.77	40.48	300m: 3:55.84	40.77	400m: 5:16.53	39.11
17.	Carolina Baptista Pereirinha	09	S. Pedro Alva	5:32.57		354	10,00
	50m: 37.41 37.41	150m: 2:04.16	44.00	250m: 3:30.06	42.95	350m: 4:53.50	40.36
	100m: 1:20.16 42.75	200m: 2:47.11	42.95	300m: 4:13.14	43.08	400m: 5:32.57	39.07

Taça ANDS - Cidade de Rio Maior
Rio Maior, 15/3/2025

Prova 11, Femin., 400m Livres, Absoluto

Lugar	Nome	AnoCod	Clube	Tempo Final	TReac	Pts FINA	Pts
18.	Marta Chambel Dias	02	CLAC-Entroncamento	5:36.60		341	9,00
	50m: 36.75 36.75	150m: 1:59.35	42.04 250m: 3:26.54	43.88	350m: 4:55.02	44.39	
	100m: 1:17.31 40.56	200m: 2:42.66	43.31 300m: 4:10.63	44.09	400m: 5:36.60	41.58	
19.	Joana Teixeira Dias	97	CLAC-Entroncamento	5:38.23		337	8,00
	50m: 38.34 38.34	150m: 2:00.52	41.61 250m: 3:26.83	43.47	350m: 4:55.55	44.57	
	100m: 1:18.91 40.57	200m: 2:43.36	42.84 300m: 4:10.98	44.15	400m: 5:38.23	42.68	
20.	Ines Jesus Anastacio	04	CPCD-Povoa St Iria	5:43.14		322	7,00
	50m: 39.41 39.41	150m: 2:05.82	43.06 250m: 3:32.49	43.70	350m: 5:00.53	44.01	
	100m: 1:22.76 43.35	200m: 2:48.79	42.97 300m: 4:16.52	44.03	400m: 5:43.14	42.61	
21.	Mariana Filipa Guedes	08	CPCD-Povoa St Iria	5:46.74		312	6,00
	50m: 36.29 36.29	150m: 1:59.97	42.94 250m: 3:30.06	45.71	350m: 5:02.25	46.92	
	100m: 1:17.03 40.74	200m: 2:44.35	44.38 300m: 4:15.33	45.27	400m: 5:46.74	44.49	
22.	Maria Beatriz Mestre	12	Electrico Futebol Clube	5:51.45		300	5,00
	100m: 1:22.09 1:22.09	200m: 2:52.80	1:30.71 300m: 4:25.08	1:32.28	400m: 5:51.45	1:26.37	
23.	Vitoria Morao Almeida	09	Albicastrense	5:55.21		290	4,00
	50m: 39.14 39.14	150m: 2:07.04	45.17 400m: 5:55.21	3:03.03			
	100m: 1:21.87 42.73	200m: 2:52.18	45.14				
24.	Juliana Antunes Monteiro	12	Gualdim Pais	6:08.68		260	3,00
	50m: 41.34 41.34	150m: 2:17.25	49.11 250m: 3:53.24	48.30	350m: 5:26.32	45.59	
	100m: 1:28.14 46.80	200m: 3:04.94	47.69 300m: 4:40.73	47.49	400m: 6:08.68	42.36	
25.	Matilde Trigueiros Paulo	11	Albicastrense	6:11.65		254	2,00
	50m: 40.80 40.80	150m: 2:15.15	48.24 250m: 3:53.13	49.07	350m: 5:28.92	47.69	
	100m: 1:26.91 46.11	200m: 3:04.06	48.91 300m: 4:41.23	48.10	400m: 6:11.65	42.73	
26.	Carolina Santos Carrilho	08	CLAC-Entroncamento	6:11.98		253	1,00
	50m: 40.54 40.54	150m: 2:12.73	46.94 250m: 3:49.36	48.88	350m: 5:25.24	47.89	
	100m: 1:25.79 45.25	200m: 3:00.48	47.75 300m: 4:37.35	47.99	400m: 6:11.98	46.74	
27.	Carolina Mendes Goncalves	11	CPCD-Povoa St Iria	6:15.36		246	-
	50m: 42.94 42.94	150m: 2:17.77	47.69 250m: 3:53.47	48.41	350m: 5:29.42	46.58	
	100m: 1:30.08 47.14	200m: 3:05.06	47.29 300m: 4:42.84	49.37	400m: 6:15.36	45.94	
28.	Beatriz Isabel Moura	11	Nautico Abrantes	6:16.00		245	-
	50m: 41.97 41.97	150m: 2:18.12	49.20 250m: 3:55.31	48.92	350m: 5:32.43	48.49	
	100m: 1:28.92 46.95	200m: 3:06.39	48.27 300m: 4:43.94	48.63	400m: 6:16.00	43.57	
29.	Alice Paz Silva	13	Nacional de Natacao	6:27.24		224	-
	100m: 1:34.50 1:34.50	200m: 3:14.24	1:39.74 300m: 4:53.63	1:39.39	400m: 6:27.24	1:33.61	
30.	Leonor Chambel Santos	13	Nautico Abrantes	6:28.45		222	-
	50m: 46.22 46.22	150m: 2:26.59	50.08 250m: 4:06.26	49.76	350m: 5:44.98	49.26	
	100m: 1:36.51 50.29	200m: 3:16.50	49.91 300m: 4:55.72	49.46	400m: 6:28.45	43.47	
31.	Luana Soares Bras	09	S. Pedro Alva	6:29.53		220	-
	100m: 1:28.67 1:28.67	200m: 3:08.79	1:40.12 300m: 4:49.37	1:40.58	400m: 6:29.53	1:40.16	
32.	Margarida Salavessa Cacilhas	13	Albicastrense	7:10.53		163	-
	50m: 49.11 49.11	150m: 2:37.44	55.63 250m: 4:27.93	55.87	350m: 6:17.59	55.03	
	100m: 1:41.81 52.70	200m: 3:32.06	54.62 300m: 5:22.56	54.63	400m: 7:10.53	52.94	
DNS	Carlota Pereira Sousa	08	Viver Santarem				-
WDR	Joana Melo Gaspar	09	Nacional de Natacao				-