

Prova 3
03/05/2025 - 15:00

Femin., 400m Estilos

12 - 15 anos
Resultados

Pontos: AQUA 2024

Lugar	Nome	Ano	Classe	Licença	Clube	Tempo Final	AQUA
Juvenis B							
1.	Sofia Barroca, Pereira	11		212103	BUZIOS - Coruche	5:35.42	460
	50m: 37.10 37.10	150m: 2:05.29 42.43	250m: 3:33.95 47.71	350m: 5:00.07 37.48			
	100m: 1:22.86 45.76	200m: 2:46.24 40.95	300m: 4:22.59 48.64	400m: 5:35.42 35.35			
2.	Benedita Maria, Lagarinhos	11		214980	Viver Santarem	6:03.26	362
	50m: 35.05 35.05	150m: 2:06.44 48.49	250m: 3:46.89 54.22	350m: 5:24.73 41.87			
	100m: 1:17.95 42.90	200m: 2:52.67 46.23	300m: 4:42.86 55.97	400m: 6:03.26 38.53			
3.	Ines Martins, Farinha	11		214553	CCDSerta	6:03.32	362
	50m: 39.84 39.84	150m: 2:14.43 47.53	250m: 3:51.51 51.49	350m: 5:25.54 43.04			
	100m: 1:26.90 47.06	200m: 3:00.02 45.59	300m: 4:42.50 50.99	400m: 6:03.32 37.78			
4.	Matilde Nogueira, Lourenco	11		214556	CCDSerta	6:19.73	317
	50m: 43.17 43.17	150m: 2:23.54 50.47	250m: 4:04.71 54.12	350m: 5:41.67 41.66			
	100m: 1:33.07 49.90	200m: 3:10.59 47.05	300m: 5:00.01 55.30	400m: 6:19.73 38.06			
5.	Joana Nobre, Jesus	11		217536	Natacao Guarda	6:41.05	269
	50m: 43.68 43.68	150m: 2:23.23 48.96	250m: 4:11.21 59.87	350m: 5:57.85 45.58			
	100m: 1:34.27 50.59	200m: 3:11.34 48.11	300m: 5:12.27 1:01.06	400m: 6:41.05 43.20			
6.	Madalena Santos, Rolo	11		214555	CCDSerta	7:10.13	218
	50m: 52.69 52.69	150m: 2:42.50 50.20	250m: 4:34.37 1:03.91	350m: 6:24.75 47.56			
	100m: 1:52.30 59.61	200m: 3:30.46 47.96	300m: 5:37.19 1:02.82	400m: 7:10.13 45.38			

DSQ Daniela Matias, Ribeiro 11 214559 CCDSerta
613 - O(a) atleta não efectuou movimento continuo nem imediato dos braços, na viragem aos 125 metros - SW 6.4

Juvenis A

1.	Leonor Sombreiro, Martins	10		211313	BUZIOS - Coruche	5:26.88	497
	50m: 33.32 33.32	150m: 1:55.72 42.72	250m: 3:25.48 47.92	350m: 4:51.30 37.24			
	100m: 1:13.00 39.68	200m: 2:37.56 41.84	300m: 4:14.06 48.58	400m: 5:26.88 35.58			
2.	Lara Paixao, Silva	10		210801	Rio Maior	6:02.47	364
	50m: 38.47 38.47	150m: 2:14.27 49.52	250m: 3:51.00 50.41	350m: 5:24.45 39.41			
	100m: 1:24.75 46.28	200m: 3:00.59 46.32	300m: 4:45.04 54.04	400m: 6:02.47 38.02			
3.	Angela Maria, Pereira	10		205844	Salvaterra de Magos	6:09.37	344
	50m: 40.47 40.47	150m: 2:17.39 47.17	250m: 3:55.09 51.76	350m: 5:28.96 41.08			
	100m: 1:30.22 49.75	200m: 3:03.33 45.94	300m: 4:47.88 52.79	400m: 6:09.37 40.41			
4.	Debora Sofia, Santos	10		214605	Rio Maior	6:13.25	333
	50m: 38.75 38.75	150m: 2:14.13 47.77	250m: 3:53.22 53.30	350m: 5:31.74 43.60			
	100m: 1:26.36 47.61	200m: 2:59.92 45.79	300m: 4:48.14 54.92	400m: 6:13.25 41.51			
5.	Carolina Neves, Sousa	10		208299	Elétrico	6:21.14	313
	50m: 40.62 40.62	150m: 2:21.07 47.08	250m: 3:59.19 51.56	350m: 5:40.12 43.53			
	100m: 1:33.99 53.37	200m: 3:07.63 46.56	300m: 4:56.59 57.40	400m: 6:21.14 41.02			
6.	Filipa Calado, Gervasio	10		205873	Elvense	6:27.80	297
	50m: 45.16 45.16	150m: 2:24.97 45.64	250m: 4:04.72 54.96	350m: 5:44.45 43.72			
	100m: 1:39.33 54.17	200m: 3:09.76 44.79	300m: 5:00.73 56.01	400m: 6:27.80 43.35			
7.	Carolina Pinto, Banhudo	10		211117	AN Albicastrense	6:30.31	291
	50m: 42.57 42.57	150m: 2:22.35 49.59	250m: 4:05.95 55.06	350m: 5:46.70 44.79			
	100m: 1:32.76 50.19	200m: 3:10.89 48.54	300m: 5:01.91 55.96	400m: 6:30.31 43.61			

Prova 3, Femin., 400m Estilos

Infantis B

1. Maria Amelia, Torres	13	216411	Viver Santarem	6:16.93	324
50m: 40.88 40.88	150m: 2:16.17 47.64	250m: 3:55.53 54.05	350m: 5:35.07 44.93		
100m: 1:28.53 47.65	200m: 3:01.48 45.31	300m: 4:50.14 54.61	400m: 6:16.93 41.86		
2. Valentina Rodrigues, Feijao	13	214133	Salvaterra de Magos	6:42.13	266
50m: 46.74 46.74	150m: 2:31.54 48.56	250m: 4:16.28 55.32	350m: 5:57.83 44.66		
100m: 1:42.98 56.24	200m: 3:20.96 49.42	300m: 5:13.17 56.89	400m: 6:42.13 44.30		
3. Carlota Maria, Pereira	13	215071	AN Albicastrense	6:46.14	259
50m: 44.92 44.92	150m: 2:33.28 52.91	250m: 4:19.58 56.43	350m: 6:01.62 44.55		
100m: 1:40.37 55.45	200m: 3:23.15 49.87	300m: 5:17.07 57.49	400m: 6:46.14 44.52		
4. Joana Ines, Antunes	13	221140	Ferreira do Zezere	6:50.29	251
50m: 48.79 48.79	150m: 2:34.72 50.17	250m: 4:20.43 57.65	350m: 6:05.61 46.34		
100m: 1:44.55 55.76	200m: 3:22.78 48.06	300m: 5:19.27 58.84	400m: 6:50.29 44.68		
5. Rita Vidigal, Caldeira	13	217406	Elvense	7:01.76	231
50m: 46.34 46.34	150m: 2:34.93 50.56	250m: 4:26.08 1:00.56	350m: 6:15.00 48.04		
100m: 1:44.37 58.03	200m: 3:25.52 50.59	300m: 5:26.96 1:00.88	400m: 7:01.76 46.76		
6. Andreia Lourenco, Costa	13	218019	Natacao do Fundao/Yes Energy	7:18.26	206
50m: 52.36 52.36	150m: 2:46.71 55.49	250m: 4:40.23 59.66	350m: 6:32.11 50.69		
100m: 1:51.22 58.86	200m: 3:40.57 53.86	300m: 5:41.42 1:01.19	400m: 7:18.26 46.15		
7. Daniela Dias, Rodrigues	13	217531	Natacao Guarda	7:27.87	193
50m: 52.11 52.11	150m: 2:56.01 59.49	250m: 4:54.54 1:00.71	350m: 6:41.45 48.29		
100m: 1:56.52 1:04.41	200m: 3:53.83 57.82	300m: 5:53.16 58.62	400m: 7:27.87 46.42		
8. Iara Goncalves, Rodrigues	13	217602	Elvense	7:34.72	184
50m: 54.14 54.14	150m: 2:56.37 57.99	250m: 4:54.39 1:01.08	350m: 6:48.02 50.17		
100m: 1:58.38 1:04.24	200m: 3:53.31 56.94	300m: 5:57.85 1:03.46	400m: 7:34.72 46.70		
9. Margarida Salavessa, Cacilhas	13	216125	AN Albicastrense	7:49.48	167
50m: 55.94 55.94	150m: 2:56.73 56.70	250m: 4:57.54 1:04.64	350m: 6:56.39 53.25		
100m: 2:00.03 1:04.09	200m: 3:52.90 56.17	300m: 6:03.14 1:05.60	400m: 7:49.48 53.09		
10. Constanca Mendao, Silva	13	220232	Rio Maior	7:52.09	165
50m: 55.58 55.58	150m: 2:58.09 58.46	250m: 4:58.08 1:03.45	350m: 7:02.69 56.57		
100m: 1:59.63 1:04.05	200m: 3:54.63 56.54	300m: 6:06.12 1:08.04	400m: 7:52.09 49.40		

Infantis A

1. Matilde Casimiro, Bibi	12	219457	BUZIOS - Coruche	5:37.85	450
50m: 35.01 35.01	150m: 2:00.53 41.96	250m: 3:29.79 48.17	350m: 4:59.85 39.82		
100m: 1:18.57 43.56	200m: 2:41.62 41.09	300m: 4:20.03 50.24	400m: 5:37.85 38.00		
2. Alicia Lopes, Deep	12	217548	BUZIOS - Coruche	6:14.33	331
50m: 42.32 42.32	150m: 2:22.15 48.38	250m: 4:00.42 49.58	350m: 5:34.20 42.46		
100m: 1:33.77 51.45	200m: 3:10.84 48.69	300m: 4:51.74 51.32	400m: 6:14.33 40.13		
3. Marta Costa, Soares	12	212323	Uniao Samorensense	6:19.29	318
50m: 43.36 43.36	150m: 2:23.17 47.45	250m: 4:01.44 52.56	350m: 5:38.64 42.52		
100m: 1:35.72 52.36	200m: 3:08.88 45.71	300m: 4:56.12 54.68	400m: 6:19.29 40.65		
4. Rita Balsa, Alves	12	213504	BUZIOS - Coruche	6:22.61	309
50m: 42.50 42.50	150m: 2:18.25 46.80	250m: 4:02.91 57.06	350m: 5:43.22 42.11		
100m: 1:31.45 48.95	200m: 3:05.85 47.60	300m: 5:01.11 58.20	400m: 6:22.61 39.39		
5. Ines Barata, Henrique	12	216103	AN Albicastrense	6:34.13	283
50m: 44.77 44.77	150m: 2:27.55 47.97	250m: 4:11.35 55.70	350m: 5:50.28 43.20		
100m: 1:39.58 54.81	200m: 3:15.65 48.10	300m: 5:07.08 55.73	400m: 6:34.13 43.85		

Prova 3, Femin., 400m Estilos, Infantis A

Lugar	Nome	Ano	Classe	Licença	Clube	Tempo Final	AQUA
6.	Diana Marques, Maquilao	12		214134	Salvaterra de Magos	6:37.16	277
	50m: 46.69 46.69	150m: 2:35.98 53.92	250m: 4:15.87 51.95	350m: 5:54.12 45.49			
	100m: 1:42.06 55.37	200m: 3:23.92 47.94	300m: 5:08.63 52.76	400m: 6:37.16 43.04			
7.	Maria Beatriz, Mestre	12		210855	Eléctrico	6:39.98	271
	50m: 46.32 46.32	150m: 2:31.99 49.89	250m: 4:16.24 55.91	350m: 5:57.52 43.89			
	100m: 1:42.10 55.78	200m: 3:20.33 48.34	300m: 5:13.63 57.39	400m: 6:39.98 42.46			
8.	Margarida Madeira, Pires	12		218976	Rio Maior	6:44.23	262
	50m: 46.94 46.94	150m: 2:34.56 49.33	250m: 4:15.92 53.06	350m: 5:57.27 46.55			
	100m: 1:45.23 58.29	200m: 3:22.86 48.30	300m: 5:10.72 54.80	400m: 6:44.23 46.96			
9.	Leonor Cardoso, Tavares	12		220424	CCDSerta	6:45.63	260
	50m: 49.06 49.06	150m: 2:37.43 53.51	250m: 4:21.41 52.10	350m: 6:01.81 47.40			
	100m: 1:43.92 54.86	200m: 3:29.31 51.88	300m: 5:14.41 53.00	400m: 6:45.63 43.82			
10.	Margarida Lourenco, Antunes	12		217878	CCDSerta	6:48.40	254
	50m: 42.49 42.49	150m: 2:30.17 52.86	250m: 4:16.85 57.02	350m: 6:02.66 47.60			
	100m: 1:37.31 54.82	200m: 3:19.83 49.66	300m: 5:15.06 58.21	400m: 6:48.40 45.74			
11.	Ana Leonor, Lopes	12		220236	Rio Maior	6:50.57	250
	50m: 43.78 43.78	150m: 2:30.59 51.65	250m: 4:20.85 58.30	350m: 6:06.49 46.00			
	100m: 1:38.94 55.16	200m: 3:22.55 51.96	300m: 5:20.49 59.64	400m: 6:50.57 44.08			
12.	Leonor Casalta, Ferreira	12		217538	Natacao Guarda	6:53.30	245
	50m: 46.99 46.99	150m: 2:40.23 53.69	250m: 4:28.43 56.88	350m: 6:09.96 45.74			
	100m: 1:46.54 59.55	200m: 3:31.55 51.32	300m: 5:24.22 55.79	400m: 6:53.30 43.34			
13.	Maria Benedita, Ribeiro	12		217879	CCDSerta	6:59.23	235
	50m: 51.70 51.70	150m: 2:46.79 51.47	250m: 4:31.52 55.77	350m: 6:16.07 48.21			
	100m: 1:55.32 1:03.62	200m: 3:35.75 48.96	300m: 5:27.86 56.34	400m: 6:59.23 43.16			
14.	Matilde Nunes, Simoes	12		220422	CCDSerta	7:00.19	234
	50m: 46.98 46.98	150m: 2:37.18 54.19	250m: 4:30.85 1:00.88	350m: 6:17.28 46.97			
	100m: 1:42.99 56.01	200m: 3:29.97 52.79	300m: 5:30.31 59.46	400m: 7:00.19 42.91			
15.	Diana Sofia, Pereira	12		216176	Natacao do Fundao/Yes Energy	7:00.90	232
	50m: 48.21 48.21	150m: 2:40.75 51.60	250m: 4:29.93 57.93	350m: 6:14.82 47.97			
	100m: 1:49.15 1:00.94	200m: 3:32.00 51.25	300m: 5:26.85 56.92	400m: 7:00.90 46.08			
16.	Carolina Campos, Silva	12		217529	Natacao Guarda	7:23.17	199
	50m: 50.64 50.64	150m: 2:50.90 58.75	250m: 4:44.57 54.81	350m: 6:34.22 53.00			
	100m: 1:52.15 1:01.51	200m: 3:49.76 58.86	300m: 5:41.22 56.65	400m: 7:23.17 48.95			
17.	Margarida Amaral, Mesquita	12		210852	Eléctrico	7:38.39	180
	50m: 46.55 46.55	150m: 2:43.95 56.51	250m: 4:45.37 1:06.93	350m: 6:45.80 52.17			
	100m: 1:47.44 1:00.89	200m: 3:38.44 54.49	300m: 5:53.63 1:08.26	400m: 7:38.39 52.59			