

Campeonato Interdistrital Infantis Piscina Longa
Coimbra, 3 - 5/7/2026

Prova 11
04/07/2026 - 10:00

Femin., 400m Livres

Infantis A/B
Resultados

Pontos: AQUA 2025

Lugar	Ano										Tempo final	Pts
Infantis A												
1.	Constanca Sousa, FONTINHA				12	O Crasto					4:53.91	513
	50m:	34.04	34.04	150m:	1:48.70	38.12	250m:	3:04.04	37.12	350m:	4:18.44	36.81
	100m:	1:10.58	36.54	200m:	2:26.92	38.22	300m:	3:41.63	37.59	400m:	4:53.91	35.47
2.	Maria Luisa, NOGUEIRA				12	Academica de Coimbra					4:54.01	513
	50m:	32.93	32.93	150m:	1:46.39	37.48	250m:	3:01.67	37.54	350m:	4:17.13	37.99
	100m:	1:08.91	35.98	200m:	2:24.13	37.74	300m:	3:39.14	37.47	400m:	4:54.01	36.88
3.	Carolina Melo, HOMEM				12	Galitos / Bresimar					5:06.29	453
	50m:	35.52	35.52	150m:	1:53.07	38.95	250m:	3:11.58	38.71	350m:	4:29.91	39.10
	100m:	1:14.12	38.60	200m:	2:32.87	39.80	300m:	3:50.81	39.23	400m:	5:06.29	36.38
4.	Leonor Ribeiro, FERREIRA				12	Columbofila Cantanhedense					5:07.98	446
	50m:	34.65	34.65	150m:	1:51.34	39.22	250m:	3:10.12	39.82	350m:	4:29.24	39.99
	100m:	1:12.12	37.47	200m:	2:30.30	38.96	300m:	3:49.25	39.13	400m:	5:07.98	38.74
5.	Mafalda Varela, BERNARDINO				12	Alcobaca					5:09.75	438
	50m:	34.63	34.63	150m:	1:53.42	40.20	250m:	3:13.31	40.06	350m:	4:32.44	39.84
	100m:	1:13.22	38.59	200m:	2:33.25	39.83	300m:	3:52.60	39.29	400m:	5:09.75	37.31
6.	Filipa Carneiro, DIAS				12	Academico Viseu					5:10.00	437
	50m:	35.11	35.11	150m:	1:54.35	40.34	250m:	3:13.40	39.00	350m:	4:33.49	40.04
	100m:	1:14.01	38.90	200m:	2:34.40	40.05	300m:	3:53.45	40.05	400m:	5:10.00	36.51
7.	Alice Silva, SENNA				12	Condeixa Clube					5:16.33	411
	50m:	36.05	36.05	150m:	1:55.38	40.23	250m:	3:16.21	40.70	350m:	4:37.21	40.54
	100m:	1:15.15	39.10	200m:	2:35.51	40.13	300m:	3:56.67	40.46	400m:	5:16.33	39.12
8.	Sofia Apalyonova, MONTEIRO				12	Natacao de Vagos					5:16.34	411
	50m:	35.70	35.70	150m:	1:55.52	40.42	250m:	3:17.17	40.79	350m:	4:37.93	39.93
	100m:	1:15.10	39.40	200m:	2:36.38	40.86	300m:	3:58.00	40.83	400m:	5:16.34	38.41
9.	Barbara Serrano, LOMBA				12	Bairro dos Anjos / Sk Coffee					5:20.14	397
	50m:	34.57	34.57	150m:	1:53.45	40.21	250m:	3:16.07	41.54	350m:	4:39.84	41.82
	100m:	1:13.24	38.67	200m:	2:34.53	41.08	300m:	3:58.02	41.95	400m:	5:20.14	40.30
10.	Benedita Nunes, FELIX				12	Pimpoes/Cimai					5:22.52	388
	50m:	34.90	34.90	150m:	1:54.70	40.56	250m:	3:18.94	42.03	350m:	4:43.24	41.51
	100m:	1:14.14	39.24	200m:	2:36.91	42.21	300m:	4:01.73	42.79	400m:	5:22.52	39.28
11.	Yaroslava, TABUNSCHYK				12	CNLeiria - VOID					5:31.22	358
	50m:	35.57	35.57	150m:	1:58.57	41.88	250m:	3:23.78	42.26	350m:	4:49.14	42.68
	100m:	1:16.69	41.12	200m:	2:41.52	42.95	300m:	4:06.46	42.68	400m:	5:31.22	42.08
12.	Maria Pilar, ANTUNES				12	CASPAE					5:32.74	353
	50m:	36.48	36.48	150m:	1:59.98	42.14	250m:	3:26.66	43.95	350m:	4:53.09	43.00
	100m:	1:17.84	41.36	200m:	2:42.71	42.73	300m:	4:10.09	43.43	400m:	5:32.74	39.65
13.	Ines Frias, OLIVEIRA				12	Sanjoanense/FEPSA					5:36.39	342
	50m:	38.42	38.42	150m:	2:04.03	43.36	250m:	3:31.13	43.53	350m:	4:56.91	42.29
	100m:	1:20.67	42.25	200m:	2:47.60	43.57	300m:	4:14.62	43.49	400m:	5:36.39	39.48
14.	Guiomar Dionisio, CARREIRA				12	Pimpoes/Cimai					5:42.95	323
	50m:	40.45	40.45	150m:	2:05.31	42.21	250m:	3:32.25	43.61	350m:	5:00.41	44.25
	100m:	1:23.10	42.65	200m:	2:48.64	43.33	300m:	4:16.16	43.91	400m:	5:42.95	42.54
15.	Eva Valente, MARQUES				12	Galitos / Bresimar					5:44.65	318
	50m:	33.54	33.54	150m:	2:01.41	50.38	250m:	3:34.98	45.65	350m:	5:03.33	43.48
	100m:	1:11.03	37.49	200m:	2:49.33	47.92	300m:	4:19.85	44.87	400m:	5:44.65	41.32
16.	Iara Maria, CAMACHO				12	Pimpoes/Cimai					5:46.11	314
	50m:	40.32	40.32	150m:	2:08.31	44.13	250m:	3:36.53	43.82	350m:	5:04.23	43.88
	100m:	1:24.18	43.86	200m:	2:52.71	44.40	300m:	4:20.35	43.82	400m:	5:46.11	41.88
17.	Miriam Jesus, MANARTE				12	Estarreja					5:46.55	313
	50m:	38.87	38.87	150m:	2:04.58	43.38	250m:	3:33.37	44.47	350m:	5:02.81	44.25
	100m:	1:21.20	42.33	200m:	2:48.90	44.32	300m:	4:18.56	45.19	400m:	5:46.55	43.74

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Prova 11, Femin., 400m Livres, Infantis A

Lugar		Ano							Tempo final	Pts
18.	Leonor Simoes, SOUSA	12	Academica de Coimbra						5:48.59	307
	50m: 35.87 35.87	150m: 2:03.84	45.20	250m: 3:35.31	45.49	350m: 5:05.89	44.47			
	100m: 1:18.64 42.77	200m: 2:49.82	45.98	300m: 4:21.42	46.11	400m: 5:48.59	42.70			
19.	Maria Ines, GOMES	12	Nucleo de Pombal						5:54.42	292
	50m: 38.17 38.17	150m: 2:07.60	45.53	250m: 3:39.55	45.87	350m: 5:11.04	44.61			
	100m: 1:22.07 43.90	200m: 2:53.68	46.08	300m: 4:26.43	46.88	400m: 5:54.42	43.38			
20.	Rita Alexandra, JORDAO	12	Uniao Juncalense						5:57.43	285
	50m: 38.98 38.98	150m: 2:09.81	47.19	250m: 3:42.63	46.73	350m: 5:14.43	45.67			
	100m: 1:22.62 43.64	200m: 2:55.90	46.09	300m: 4:28.76	46.13	400m: 5:57.43	43.00			
21.	Maria Antonia, VAZAO	12	Uniao Juncalense						6:05.61	266
	50m: 39.61 39.61	150m: 2:10.94	46.69	250m: 3:46.36	47.62	350m: 5:21.10	47.22			
	100m: 1:24.25 44.64	200m: 2:58.74	47.80	300m: 4:33.88	47.52	400m: 6:05.61	44.51			

Infantis B

1.	Maria Luis, DUARTE	13	Galitos / Bresimar						4:48.88	540
	50m: 33.96 33.96	150m: 1:47.21	36.96	250m: 3:01.66	37.22	350m: 4:14.32	36.24			
	100m: 1:10.25 36.29	200m: 2:24.44	37.23	300m: 3:38.08	36.42	400m: 4:48.88	34.56			
2.	Eva Ferreira, GONCALVES	13	Academico Viseu						5:09.86	438
	50m: 35.49 35.49	150m: 1:54.89	40.14	250m: 3:14.36	39.33	350m: 4:33.25	39.69			
	100m: 1:14.75 39.26	200m: 2:35.03	40.14	300m: 3:53.56	39.20	400m: 5:09.86	36.61			
3.	Maria Mar, JESUS	13	Columbofila Cantanhedense						5:14.16	420
	50m: 34.56 34.56	150m: 1:53.15	39.66	250m: 3:13.78	40.11	350m: 4:34.97	40.36			
	100m: 1:13.49 38.93	200m: 2:33.67	40.52	300m: 3:54.61	40.83	400m: 5:14.16	39.19			
4.	Maria Joao, BERNARDO	13	Algés e Águeda XXI						5:15.81	414
	50m: 35.69 35.69	150m: 1:54.07	39.70	250m: 3:14.95	40.56	350m: 4:36.31	40.85			
	100m: 1:14.37 38.68	200m: 2:34.39	40.32	300m: 3:55.46	40.51	400m: 5:15.81	39.50			
5.	Anastacia Dimitrii, COCOVICI	13	Galitos / Bresimar						5:16.85	409
	50m: 34.13 34.13	150m: 1:53.01	39.82	250m: 3:15.90	40.99	350m: 4:37.40	40.64			
	100m: 1:13.19 39.06	200m: 2:34.91	41.90	300m: 3:56.76	40.86	400m: 5:16.85	39.45			
6.	Rita Veiga, MARTINS	13	Algés e Águeda XXI						5:17.95	405
	50m: 35.11 35.11	150m: 1:54.41	40.04	250m: 3:16.12	41.07	350m: 4:37.81	40.53			
	100m: 1:14.37 39.26	200m: 2:35.05	40.64	300m: 3:57.28	41.16	400m: 5:17.95	40.14			
7.	Alicia Ferreira, OLIVEIRA	13	Bairro dos Anjos / Sk Coffee						5:23.71	384
	50m: 36.89 36.89	150m: 1:59.21	41.66	250m: 3:23.14	41.32	350m: 4:45.15	40.88			
	100m: 1:17.55 40.66	200m: 2:41.82	42.61	300m: 4:04.27	41.13	400m: 5:23.71	38.56			
8.	Julia Melo, AMORIM	13	Galitos / Bresimar						5:26.83	373
	50m: 34.99 34.99	150m: 1:57.25	42.27	250m: 3:21.41	42.23	350m: 4:46.78	42.43			
	100m: 1:14.98 39.99	200m: 2:39.18	41.93	300m: 4:04.35	42.94	400m: 5:26.83	40.05			
9.	Francisca Vieira, SILVA	13	Nucleo de Pombal						5:28.89	366
	50m: 36.86 36.86	150m: 2:01.13	42.38	250m: 3:26.95	42.10	350m: 4:50.42	41.09			
	100m: 1:18.75 41.89	200m: 2:44.85	43.72	300m: 4:09.33	42.38	400m: 5:28.89	38.47			
10.	Elisa Rodrigues, SIMOES	13	Benedita						5:29.04	366
	50m: 38.23 38.23	150m: 2:02.07	42.86	250m: 3:25.24	41.26	350m: 4:49.81	42.24			
	100m: 1:19.21 40.98	200m: 2:43.98	41.91	300m: 4:07.57	42.33	400m: 5:29.04	39.23			
11.	Sofia Pereira, COSTA	13	Feirense						5:29.09	365
	50m: 35.88 35.88	150m: 1:58.10	41.65	250m: 3:23.93	42.66	350m: 4:49.27	43.21			
	100m: 1:16.45 40.57	200m: 2:41.27	43.17	300m: 4:06.06	42.13	400m: 5:29.09	39.82			
12.	Mafalda Assuncao, ALMEIDA	13	Estamos Juntos						5:37.55	339
	50m: 37.28 37.28	150m: 2:03.29	43.84	250m: 3:31.84	44.20	350m: 4:58.32	43.32			
	100m: 1:19.45 42.17	200m: 2:47.64	44.35	300m: 4:15.00	43.16	400m: 5:37.55	39.23			
13.	Ines Mestre, SANTOS	13	CNLeiria - VOID						5:40.79	329
	50m: 35.44 35.44	150m: 2:01.45	43.59	250m: 3:29.75	43.82	350m: 4:57.94	43.54			
	100m: 1:17.86 42.42	200m: 2:45.93	44.48	300m: 4:14.40	44.65	400m: 5:40.79	42.85			

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Prova 11, Femin., 400m Livres, Infantis B

Lugar				Ano					Tempo final	Pts
14.	Lara Sofia, MARCELINO			13	Vieirense				5:42.84	323
	50m:	36.84	36.84	150m:	2:02.80	43.60	250m:	3:32.04	44.65	350m: 5:00.91 44.08
	100m:	1:19.20	42.36	200m:	2:47.39	44.59	300m:	4:16.83	44.79	400m: 5:42.84 41.93
15.	Laura Silva, MARTINS			13	Bairro dos Anjos / Sk Coffee				5:53.05	296
	50m:	39.62	39.62	150m:	2:09.15	44.86	250m:	3:40.33	46.23	350m: 5:12.07 45.88
	100m:	1:24.29	44.67	200m:	2:54.10	44.95	300m:	4:26.19	45.86	400m: 5:53.05 40.98
16.	Leonor Ribeiro, SILVA			13	Estamos Juntos				6:07.28	263
	50m:	42.15	42.15	150m:	2:15.31	47.83	250m:	3:50.92	48.59	350m: 5:24.45 46.54
	100m:	1:27.48	45.33	200m:	3:02.33	47.02	300m:	4:37.91	46.99	400m: 6:07.28 42.83
17.	Erica Maria, FORTUNATO			13	Bairro dos Anjos / Sk Coffee				6:21.65	234
	50m:	41.33	41.33	150m:	2:15.81	48.46	250m:	3:55.29	50.25	350m: 5:34.89 50.06
	100m:	1:27.35	46.02	200m:	3:05.04	49.23	300m:	4:44.83	49.54	400m: 6:21.65 46.76
18.	Constanca Sabenca, SILVA			13	Sporting de Espinho				6:22.14	233
	50m:	33.75	33.75	150m:	2:17.30	51.02	250m:	3:56.69	50.26	350m: 5:34.44 49.01
	100m:	1:26.28	52.53	200m:	3:06.43	49.13	300m:	4:45.43	48.74	400m: 6:22.14 47.70
19.	Catarina Franco, RODRIGUES			13	Naval de Peniche				6:24.32	229
	50m:	40.83	40.83	150m:	2:17.74	48.45	250m:	3:57.13	48.87	350m: 5:35.75 48.04
	100m:	1:29.29	48.46	200m:	3:08.26	50.52	300m:	4:47.71	50.58	400m: 6:24.32 48.57
EXH	Rylie Ann, CROUS			12	Condeixa Clube				4:51.09	528
	50m:	33.66	33.66	150m:	1:46.59	36.96	250m:	3:01.04	36.96	350m: 4:14.60 36.61
	100m:	1:09.63	35.97	200m:	2:24.08	37.49	300m:	3:37.99	36.95	400m: 4:51.09 36.49
EXH	Sofia Cioga, MOREIRA			13	Condeixa Clube				5:15.26	416
	50m:	36.20	36.20	150m:	1:56.24	40.51	250m:	3:16.92	40.49	350m: 4:36.74 39.44
	100m:	1:15.73	39.53	200m:	2:36.43	40.19	300m:	3:57.30	40.38	400m: 5:15.26 38.52
EXH	Maria Luisa, CASTILLO			13	Nautico Marinha Grande				5:15.92	413
	50m:	35.87	35.87	150m:	1:54.90	39.62	250m:	3:16.58	40.43	350m: 4:37.58 40.20
	100m:	1:15.28	39.41	200m:	2:36.15	41.25	300m:	3:57.38	40.80	400m: 5:15.92 38.34