

Prova 11 Femin., 400m Livres
24-07-2021 - 15:30 Infantis A
Resultados

Rec Nac Absoluto	4:09.49	DURAES Diana Margarida	POR	Tarragona (ESP)	25-06-2018
Rec Nac Inf A	4:31.53	SILVA Alexandra Maria	POR	Skovde (SWE)	08-08-1980

Pontos: Rudolph Table 2020

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Rudolph	Pts
1.	NEVES Maria Gomes	08	Braga	4:49.10	+0,89	12,2	-
	50m: 31.13 31.13	150m: 1:41.71	35.80	250m: 2:56.27	37.58	350m: 4:12.31	37.78
	100m: 1:05.91 34.78	200m: 2:18.69	36.98	300m: 3:34.53	38.26	400m: 4:49.10	36.79
2.	FERREIRA Carolina Amadeu	08	Leixoes	4:56.79	+1,00	10,3	-
	50m: 32.82 32.82	150m: 1:47.87	38.04	250m: 3:04.45	38.39	350m: 4:20.69	37.42
	100m: 1:09.83 37.01	200m: 2:26.06	38.19	300m: 3:43.27	38.82	400m: 4:56.79	36.10
3.	BARROS Adriana Ribeiro	08	Braga	4:57.55	+0,95	10,1	-
	50m: 33.17 33.17	150m: 1:48.26	38.57	250m: 3:05.15	37.77	350m: 4:21.78	37.83
	100m: 1:09.69 36.52	200m: 2:27.38	39.12	300m: 3:43.95	38.80	400m: 4:57.55	35.77
4.	RODRIGUES Carolina Fernandes	08	Uniao Piedense	5:05.81	+0,93	8,0	-
	50m: 35.58 35.58	150m: 1:53.73	39.30	250m: 3:12.49	39.28	350m: 4:29.49	37.92
	100m: 1:14.43 38.85	200m: 2:33.21	39.48	300m: 3:51.57	39.08	400m: 5:05.81	36.32
5.	BOLEIXA Carlota Costa	08	Louletano / Loule Concelho	5:08.38	+0,86	7,4	-
	50m: 32.93 32.93	150m: 1:49.80	39.61	250m: 3:11.16	41.08	350m: 4:30.39	39.01
	100m: 1:10.19 37.26	200m: 2:30.08	40.28	300m: 3:51.38	40.22	400m: 5:08.38	37.99
6.	FREITAS Diana Gomes	08	Amigos da Montanha	5:09.10	+1,18	7,2	-
	50m: 34.51 34.51	150m: 1:52.33	39.29	250m: 3:12.67	39.57	350m: 4:31.58	38.89
	100m: 1:13.04 38.53	200m: 2:33.10	40.77	300m: 3:52.69	40.02	400m: 5:09.10	37.52
7.	PIRES Ana Beatriz	08	Uniao Piedense	5:09.15	+0,84	7,2	-
	50m: 34.58 34.58	150m: 1:51.59	39.31	250m: 3:11.79	40.02	350m: 4:31.25	39.15
	100m: 1:12.28 37.70	200m: 2:31.77	40.18	300m: 3:52.10	40.31	400m: 5:09.15	37.90
8.	LIGEIRO Sara Silva	08	Viana Natacao	5:09.17	+0,91	7,2	-
	50m: 33.91 33.91	150m: 1:50.00	38.89	250m: 3:11.01	40.65	350m: 4:32.47	40.39
	100m: 1:11.11 37.20	200m: 2:30.36	40.36	300m: 3:52.08	41.07	400m: 5:09.17	36.70
9.	LEITE Maria Alexandra	08	Braga	5:09.34	+1,06	7,2	-
	50m: 34.36 34.36	150m: 1:51.54	39.50	250m: 3:11.39	40.10	350m: 4:31.48	40.17
	100m: 1:12.04 37.68	200m: 2:31.29	39.75	300m: 3:51.31	39.92	400m: 5:09.34	37.86
10.	NEVES Ana Carolina	08	Fluvial Portuense	5:09.43	+0,76	7,1	-
	50m: 33.40 33.40	150m: 1:52.16	40.32	250m: 3:12.43	40.13	350m: 4:31.76	39.49
	100m: 1:11.84 38.44	200m: 2:32.30	40.14	300m: 3:52.27	39.84	400m: 5:09.43	37.67
11.	CRUZ Ana Carolina	08	Famalicao	5:09.50	+1,11	7,1	-
	50m: 33.38 33.38	150m: 1:51.76	40.25	250m: 3:12.93	40.49	350m: 4:32.15	38.43
	100m: 1:11.51 38.13	200m: 2:32.44	40.68	300m: 3:53.72	40.79	400m: 5:09.50	37.35
12.	PEREIRA Maria Silva	08	Ginasio de Vila Real	5:09.76	+0,83	7,0	-
	50m: 33.69 33.69	150m: 1:52.12	39.89	250m: 3:12.51	40.00	350m: 4:31.88	38.94
	100m: 1:12.23 38.54	200m: 2:32.51	40.39	300m: 3:52.94	40.43	400m: 5:09.76	37.88



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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Rudolph	Pts
13.	FERREIRA Constanca Santos	08	Alges	5:11.15	+0,76	6,7	-
	50m: 34.92 34.92	150m: 1:53.18	39.67	250m: 3:13.10	39.93	350m: 4:32.29	39.19
	100m: 1:13.51 38.59	200m: 2:33.17	39.99	300m: 3:53.10	40.00	400m: 5:11.15	38.86
14.	FERREIRA Mariana Pinto	08	Foca Quinta da Lixa CNF	5:11.87	+1,00	6,5	-
	50m: 35.42 35.42	150m: 1:54.02	39.87	250m: 3:13.58	39.68	350m: 4:34.10	40.14
	100m: 1:14.15 38.73	200m: 2:33.90	39.88	300m: 3:53.96	40.38	400m: 5:11.87	37.77
15.	SOARES Leonor Carvalho	08	Porto	5:12.12	+0,98	6,5	-
	50m: 36.46 36.46	150m: 1:55.62	40.27	250m: 3:14.74	39.03	350m: 4:33.67	39.67
	100m: 1:15.35 38.89	200m: 2:35.71	40.09	300m: 3:54.00	39.26	400m: 5:12.12	38.45
16.	LOPES Catarina Maria	08	BUZIOS-Coruche	5:12.68	+0,89	6,3	-
	50m: 36.43 36.43	150m: 1:55.80	39.89	250m: 3:16.21	40.01	350m: 4:35.06	39.04
	100m: 1:15.91 39.48	200m: 2:36.20	40.40	300m: 3:56.02	39.81	400m: 5:12.68	37.62
17.	COSTA Maria Joao	08	Vilacondense	5:13.52	+0,73	6,1	-
	50m: 33.80 33.80	150m: 1:53.48	40.41	250m: 3:14.56	40.49	350m: 4:34.96	39.28
	100m: 1:13.07 39.27	200m: 2:34.07	40.59	300m: 3:55.68	41.12	400m: 5:13.52	38.56
18.	PAIXAO Maria Saraiva	08	Gafanha da Encarnacao	5:13.66	+0,86	6,1	-
	50m: 36.15 36.15	150m: 1:56.33	40.79	250m: 3:18.19	40.96	350m: 4:37.44	39.31
	100m: 1:15.54 39.39	200m: 2:37.23	40.90	300m: 3:58.13	39.94	400m: 5:13.66	36.22
19.	MARQUES Matilde Catroga	08	Colegio Monte Maior	5:13.87	+0,93	6,0	-
	50m: 34.37 34.37	150m: 1:52.49	40.48	250m: 3:14.34	41.10	350m: 4:34.76	40.05
	100m: 1:12.01 37.64	200m: 2:33.24	40.75	300m: 3:54.71	40.37	400m: 5:13.87	39.11
20.	HENRIQUES Carolina Cunha	08	Foca Quinta da Lixa CNF	5:13.88	+0,95	6,0	-
	50m: 33.99 33.99	150m: 1:52.16	39.91	250m: 3:13.00	40.07	350m: 4:34.22	40.20
	100m: 1:12.25 38.26	200m: 2:32.93	40.77	300m: 3:54.02	41.02	400m: 5:13.88	39.66
21.	NUNES Carolina Mendes	08	Estarreja	5:14.33	+0,96	5,9	-
	50m: 34.25 34.25	150m: 1:52.92	40.36	250m: 3:14.45	40.98	350m: 4:35.49	40.44
	100m: 1:12.56 38.31	200m: 2:33.47	40.55	300m: 3:55.05	40.60	400m: 5:14.33	38.84
22.	BARBOSA Sofia Teixeira	08	Porto	5:14.93	+0,99	5,8	-
	50m: 36.04 36.04	150m: 1:56.47	40.38	250m: 3:16.74	40.33	350m: 4:36.90	39.68
	100m: 1:16.09 40.05	200m: 2:36.41	39.94	300m: 3:57.22	40.48	400m: 5:14.93	38.03
23.	SANTOS Emilly Gabrieli	08	Natacao Triatlo Lisboa	5:15.09	+0,86	5,7	-
	50m: 35.01 35.01	150m: 1:52.64	39.71	250m: 3:13.30	40.10	350m: 4:34.71	39.84
	100m: 1:12.93 37.92	200m: 2:33.20	40.56	300m: 3:54.87	41.57	400m: 5:15.09	40.38
24.	MIRANDA Matilde Pinguicha	08	Galitos / Bresimar	5:15.19	+0,78	5,7	-
	50m: 34.33 34.33	150m: 1:54.83	40.76	250m: 3:16.50	40.81	350m: 4:37.36	40.19
	100m: 1:14.07 39.74	200m: 2:35.69	40.86	300m: 3:57.17	40.67	400m: 5:15.19	37.83
25.	CARVALHO Constanca Isabel	08	Alges	5:16.02	+0,78	5,5	-
	50m: 34.42 34.42	150m: 1:53.98	40.24	250m: 3:15.40	40.65	350m: 4:36.69	40.41
	100m: 1:13.74 39.32	200m: 2:34.75	40.77	300m: 3:56.28	40.88	400m: 5:16.02	39.33



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Lugar	Nome	Ano	Clube	Tempo Final	TReac	Rudolph	Pts
26.	LOURENCO Bruna Filipa	08	O Crasto	5:16.12	+0,81	5,5	-
	50m: 34.03 34.03	150m: 1:51.96 39.50	250m: 3:14.08 41.40	350m: 4:36.45 40.80	400m: 5:16.12 39.67		
	100m: 1:12.46 38.43	200m: 2:32.68 40.72	300m: 3:55.65 41.57				
27.	GOMES Rita Silva	08	Leixoes	5:16.69	+0,99	5,3	-
	50m: 35.88 35.88	150m: 1:54.40 39.71	250m: 3:13.83 39.40	350m: 4:37.05 41.13	400m: 5:16.69 39.64		
	100m: 1:14.69 38.81	200m: 2:34.43 40.03	300m: 3:55.92 42.09				
28.	ROLIM Beatriz Alexandra	08	Uniao Piedense	5:16.70	+0,86	5,3	-
	50m: 35.00 35.00	150m: 1:55.18 40.90	250m: 3:17.21 40.98	350m: 4:38.25 40.12	400m: 5:16.70 38.45		
	100m: 1:14.28 39.28	200m: 2:36.23 41.05	300m: 3:58.13 40.92				
29.	HENRIQUES Patricia Subtil	08	Geslours	5:16.87	+0,86	5,3	-
	50m: 35.08 35.08	150m: 1:53.49 40.54	250m: 3:14.79 40.95	350m: 4:37.61 41.79	400m: 5:16.87 39.26		
	100m: 1:12.95 37.87	200m: 2:33.84 40.35	300m: 3:55.82 41.03				
30.	VIEIRA Ines Perez	08	Alges	5:16.89	+0,91	5,3	-
	50m: 34.03 34.03	150m: 1:53.65 40.56	250m: 3:15.62 41.23	350m: 4:37.93 41.17	400m: 5:16.89 38.96		
	100m: 1:13.09 39.06	200m: 2:34.39 40.74	300m: 3:56.76 41.14				
31.	LUIZ Margarida Maria	08	Lagoa AC	5:19.08	+0,85	4,7	-
	50m: 34.43 34.43	150m: 1:54.57 40.73	250m: 3:17.29 41.20	350m: 4:38.96 40.40	400m: 5:19.08 40.12		
	100m: 1:13.84 39.41	200m: 2:36.09 41.52	300m: 3:58.56 41.27				
32.	ANDRADE Matilde Sousa	08	Naval do Funchal	5:19.93	+0,91	4,5	-
	50m: 35.23 35.23	150m: 1:55.58 40.57	250m: 3:18.22 41.10	350m: 4:40.97 40.63	400m: 5:19.93 38.96		
	100m: 1:15.01 39.78	200m: 2:37.12 41.54	300m: 4:00.34 42.12				
33.	ANTUNES Maria Rocha	08	Galitos / Bresimar	5:21.11	+0,94	4,2	-
	50m: 36.91 36.91	150m: 2:00.49 42.11	250m: 3:23.12 41.14	350m: 4:44.38 40.79	400m: 5:21.11 36.73		
	100m: 1:18.38 41.47	200m: 2:41.98 41.49	300m: 4:03.59 40.47				
34.	VERHEIJ Johanna Domingos	08	Uniao Piedense	5:21.73	+1,02	4,0	-
	50m: 35.09 35.09	150m: 1:56.84 41.07	250m: 3:20.47 41.86	350m: 4:42.58 40.53	400m: 5:21.73 39.15		
	100m: 1:15.77 40.68	200m: 2:38.61 41.77	300m: 4:02.05 41.58				
35.	PINTO Lara Filipa	08	Porto	5:23.21	+0,75	3,7	-
	50m: 35.69 35.69	150m: 1:55.40 39.74	250m: 3:18.51 41.73	350m: 4:42.56 41.71	400m: 5:23.21 40.65		
	100m: 1:15.66 39.97	200m: 2:36.78 41.38	300m: 4:00.85 42.34				
36.	JORGE Sofia Pereira	08	Galitos / Bresimar	5:23.30	+0,99	3,7	-
	50m: 34.79 34.79	150m: 1:53.27 40.05	250m: 3:17.51 42.37	350m: 4:42.23 41.70	400m: 5:23.30 41.07		
	100m: 1:13.22 38.43	200m: 2:35.14 41.87	300m: 4:00.53 43.02				
37.	FONTE Beatriz Geraldês	08	Porto	5:23.52	+0,84	3,6	-
	50m: 35.93 35.93	150m: 1:55.43 40.48	250m: 3:19.16 42.28	350m: 4:43.22 41.25	400m: 5:23.52 40.30		
	100m: 1:14.95 39.02	200m: 2:36.88 41.45	300m: 4:01.97 42.81				
38.	MONTEIRO Maria Silva	08	Famalicao	5:23.53	+0,93	3,6	-
	50m: 35.55 35.55	150m: 1:55.40 40.93	250m: 3:19.60 42.60	350m: 4:43.25 41.45	400m: 5:23.53 40.28		
	100m: 1:14.47 38.92	200m: 2:37.00 41.60	300m: 4:01.80 42.20				



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Lugar	Nome	Ano	Clube	Tempo Final	TReac	Rudolph	Pts
39.	MENDES Rafaela Ferreira	08	Torres Novas	5:23.76	+0,92	3,5	-
	50m: 35.64 35.64	150m: 1:55.76	40.80	250m: 3:20.73	42.64	350m: 4:44.77	41.19
	100m: 1:14.96 39.32	200m: 2:38.09	42.33	300m: 4:03.58	42.85	400m: 5:23.76	38.99
40.	MARQUES Matilde Rodrigues	08	Viana Natacao	5:23.77	+1,04	3,5	-
	50m: 35.46 35.46	150m: 1:57.07	41.55	250m: 3:20.12	41.66	350m: 4:43.43	41.55
	100m: 1:15.52 40.06	200m: 2:38.46	41.39	300m: 4:01.88	41.76	400m: 5:23.77	40.34
41.	LUIS Matilde Andre	08	Alcobaca	5:23.88	+0,82	3,5	-
	50m: 34.23 34.23	150m: 1:55.51	41.74	250m: 3:19.58	41.82	350m: 4:43.56	42.04
	100m: 1:13.77 39.54	200m: 2:37.76	42.25	300m: 4:01.52	41.94	400m: 5:23.88	40.32
42.	PEREIRA Victoria Frogeri	08	Ba-Leiria	5:24.64	+0,99	3,3	-
	50m: 34.93 34.93	150m: 1:56.12	41.88	250m: 3:20.08	42.31	350m: 4:44.73	42.80
	100m: 1:14.24 39.31	200m: 2:37.77	41.65	300m: 4:01.93	41.85	400m: 5:24.64	39.91
43.	LIN Leticia	08	Sporting	5:24.79	+0,91	3,3	-
	50m: 34.77 34.77	150m: 1:55.42	41.13	250m: 3:19.80	42.20	350m: 4:44.10	41.40
	100m: 1:14.29 39.52	200m: 2:37.60	42.18	300m: 4:02.70	42.90	400m: 5:24.79	40.69
44.	SOARES Julia Maria	08	Miranda do Corvo	5:25.97	+0,93	3,0	-
	50m: 35.28 35.28	150m: 1:56.87	41.05	250m: 3:19.75	41.82	350m: 4:44.25	41.96
	100m: 1:15.82 40.54	200m: 2:37.93	41.06	300m: 4:02.29	42.54	400m: 5:25.97	41.72
45.	MARTINS Maria Joao	08	Fafe	5:26.19	+0,89	2,9	-
	50m: 35.22 35.22	150m: 1:55.45	40.64	250m: 3:18.71	41.54	350m: 4:44.05	42.73
	100m: 1:14.81 39.59	200m: 2:37.17	41.72	300m: 4:01.32	42.61	400m: 5:26.19	42.14
46.	MARTA Ines Gandum	08	Electrico Clube/ FGil.pt	5:27.06	+0,85	2,7	-
	50m: 37.97 37.97	150m: 1:59.70	41.23	250m: 3:22.93	41.66	350m: 4:46.36	41.98
	100m: 1:18.47 40.50	200m: 2:41.27	41.57	300m: 4:04.38	41.45	400m: 5:27.06	40.70
47.	GOMES Sofia Vega	08	Naval do Funchal	5:27.22	+0,94	2,7	-
	50m: 35.88 35.88	150m: 1:59.36	42.08	250m: 3:22.32	41.68	350m: 4:47.11	40.59
	100m: 1:17.28 41.40	200m: 2:40.64	41.28	300m: 4:06.52	44.20	400m: 5:27.22	40.11
48.	SILVA Rita Rocha	08	Alcobaca	5:27.24	+0,87	2,7	-
	50m: 36.14 36.14	150m: 1:56.36	40.38	250m: 3:20.30	42.03	350m: 4:45.38	42.81
	100m: 1:15.98 39.84	200m: 2:38.27	41.91	300m: 4:02.57	42.27	400m: 5:27.24	41.86
49.	PEREIRA Julia Freitas	08	Naval do Funchal	5:27.25	+0,81	2,7	-
	50m: 33.36 33.36	150m: 1:54.87	42.17	250m: 3:20.08	42.61	350m: 4:45.89	42.72
	100m: 1:12.70 39.34	200m: 2:37.47	42.60	300m: 4:03.17	43.09	400m: 5:27.25	41.36
50.	NEVES Barbara Maria	08	Alges	5:27.49	+0,77	2,6	-
	50m: 37.27 37.27	150m: 1:59.29	42.23	250m: 3:25.12	43.00	350m: 4:48.65	40.41
	100m: 1:17.06 39.79	200m: 2:42.12	42.83	300m: 4:08.24	43.12	400m: 5:27.49	38.84
51.	SOUSA Mafalda Pinto	08	Fluvial Portuense	5:28.02	+0,84	2,5	-
	50m: 36.40 36.40	150m: 1:58.77	42.00	250m: 3:24.10	42.22	350m: 4:48.92	41.52
	100m: 1:16.77 40.37	200m: 2:41.88	43.11	300m: 4:07.40	43.30	400m: 5:28.02	39.10

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Lugar	Nome	Ano	Clube	Tempo Final	TReac	Rudolph	Pts
52.	SANTOS Margarida Ascenso	08	Propaganda da Natacao	5:28.11	+0,94	2,4	-
	50m: 37.49 37.49	150m: 2:00.83 41.95	250m: 3:25.33 42.30	350m: 4:49.01 40.95		40.95	
	100m: 1:18.88 41.39	200m: 2:43.03 42.20	300m: 4:08.06 42.73	400m: 5:28.11 39.10		39.10	
53.	DIAS Beatriz Costa	08	Aquatico Pacense	5:28.22	+0,96	2,4	-
	50m: 38.35 38.35	150m: 2:01.28 42.03	250m: 3:25.10 41.85	350m: 4:47.26 40.91		40.91	
	100m: 1:19.25 40.90	200m: 2:43.25 41.97	300m: 4:06.35 41.25	400m: 5:28.22 40.96		40.96	
54.	SILVA Francisca Lamas	08	Leixoes	5:28.36	+0,93	2,4	-
	50m: 37.07 37.07	150m: 2:01.37 42.86	250m: 3:26.48 41.99	350m: 4:49.61 41.20		41.20	
	100m: 1:18.51 41.44	200m: 2:44.49 43.12	300m: 4:08.41 41.93	400m: 5:28.36 38.75		38.75	
55.	PICADO Daniela Leao	08	Galitos / Bresimar	5:28.64	+0,87	2,3	-
	50m: 36.23 36.23	150m: 1:58.85 42.05	250m: 3:25.26 43.84	350m: 4:49.31 41.99		41.99	
	100m: 1:16.80 40.57	200m: 2:41.42 42.57	300m: 4:07.32 42.06	400m: 5:28.64 39.33		39.33	
56.	GONCALVES Ana Jorge	08	Estarreja	5:30.12	+0,79	1,9	-
	50m: 34.41 34.41	150m: 1:56.51 42.50	250m: 3:22.00 42.57	350m: 4:47.89 42.44		42.44	
	100m: 1:14.01 39.60	200m: 2:39.43 42.92	300m: 4:05.45 43.45	400m: 5:30.12 42.23		42.23	
57.	FONSECA Lara Sofia	08	Academico Viseu	5:30.38	+1,02	1,9	-
	50m: 36.48 36.48	150m: 1:58.87 41.88	250m: 3:24.15 42.36	350m: 4:49.65 42.35		42.35	
	100m: 1:16.99 40.51	200m: 2:41.79 42.92	300m: 4:07.30 43.15	400m: 5:30.38 40.73		40.73	
58.	REBELO Rita Alexandra	08	Alcobaca	5:30.50	+0,85	1,8	-
	50m: 37.20 37.20	150m: 2:00.12 41.84	250m: 3:24.87 42.51	350m: 4:49.83 42.58		42.58	
	100m: 1:18.28 41.08	200m: 2:42.36 42.24	300m: 4:07.25 42.38	400m: 5:30.50 40.67		40.67	
59.	COENTRAO Beatriz Silva	08	Famalicao	5:30.54	+0,92	1,8	-
	50m: 34.74 34.74	150m: 1:57.58 42.06	250m: 3:23.06 42.66	350m: 4:47.97 42.51		42.51	
	100m: 1:15.52 40.78	200m: 2:40.40 42.82	300m: 4:05.46 42.40	400m: 5:30.54 42.57		42.57	
60.	MENDES Matilde Marques	08	Galitos / Bresimar	5:30.64	+0,92	1,8	-
	50m: 36.78 36.78	150m: 1:59.70 42.18	250m: 3:25.76 43.34	350m: 4:51.15 42.02		42.02	
	100m: 1:17.52 40.74	200m: 2:42.42 42.72	300m: 4:09.13 43.37	400m: 5:30.64 39.49		39.49	
61.	COSTA Beatriz Silva	08	Braga	5:30.98	+1,16	1,7	-
	50m: 36.76 36.76	150m: 1:59.55 42.01	250m: 3:24.85 42.50	350m: 4:49.39 42.02		42.02	
	100m: 1:17.54 40.78	200m: 2:42.35 42.80	300m: 4:07.37 42.52	400m: 5:30.98 41.59		41.59	
62.	PAIS Margarida Caninhas	08	Natacao do Fundao	5:31.55	+1,10	1,6	-
	50m: 36.12 36.12	150m: 1:58.22 41.50	250m: 3:24.28 42.57	350m: 4:49.85 42.89		42.89	
	100m: 1:16.72 40.60	200m: 2:41.71 43.49	300m: 4:06.96 42.68	400m: 5:31.55 41.70		41.70	
63.	FERNANDES Francisca Santos	08	Miranda do Corvo	5:31.59	+0,99	1,6	-
	50m: 36.93 36.93	150m: 2:01.08 43.17	250m: 3:26.31 42.97	350m: 4:50.80 41.68		41.68	
	100m: 1:17.91 40.98	200m: 2:43.34 42.26	300m: 4:09.12 42.81	400m: 5:31.59 40.79		40.79	
64.	BARBOSA Bruna Maria	08	Aquatico Pacense	5:32.04	+0,94	1,5	-
	50m: 36.59 36.59	150m: 2:01.24 42.99	250m: 3:26.91 43.07	350m: 4:52.19 42.44		42.44	
	100m: 1:18.25 41.66	200m: 2:43.84 42.60	300m: 4:09.75 42.84	400m: 5:32.04 39.85		39.85	

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Rudolph	Pts
65.	BAPTISTA Ines Sande	08	Desportivo Nacional	5:32.19	+0,77	1,4	-
	50m: 37.10 37.10	150m: 1:59.01 41.47	250m: 3:23.55 40.49	350m: 4:50.70 43.25			
	100m: 1:17.54 40.44	200m: 2:43.06 44.05	300m: 4:07.45 43.90	400m: 5:32.19 41.49			
66.	MELO Lis Fatima	08	Geslours	5:32.28	+0,78	1,4	-
	50m: 34.67 34.67	150m: 1:56.61 42.05	250m: 3:22.66 43.14	350m: 4:49.64 43.64			
	100m: 1:14.56 39.89	200m: 2:39.52 42.91	300m: 4:06.00 43.34	400m: 5:32.28 42.64			
67.	CORTES Matilde Silva	08	AONDA-Azeitao	5:32.41	+0,79	1,4	-
	50m: 36.80 36.80	150m: 2:00.21 42.21	250m: 3:26.54 43.14	350m: 4:51.07 41.97			
	100m: 1:18.00 41.20	200m: 2:43.40 43.19	300m: 4:09.10 42.56	400m: 5:32.41 41.34			
68.	PINTO Luciana Filipa	08	Porto	5:32.77	+0,76	1,3	-
	50m: 36.67 36.67	150m: 2:00.22 42.17	250m: 3:26.01 42.97	350m: 4:50.92 42.07			
	100m: 1:18.05 41.38	200m: 2:43.04 42.82	300m: 4:08.85 42.84	400m: 5:32.77 41.85			
69.	AGOSTINHO Alice Batista	08	Rio Maior	5:33.41	+0,98	1,1	-
	50m: 38.15 38.15	150m: 2:03.19 43.01	250m: 3:28.72 42.23	350m: 4:53.08 41.71			
	100m: 1:20.18 42.03	200m: 2:46.49 43.30	300m: 4:11.37 42.65	400m: 5:33.41 40.33			
70.	SOUSA Margarida Carreiro	08	Agua de Pau	5:33.44	+0,85	1,1	-
	50m: 36.12 36.12	150m: 2:00.41 43.51	250m: 3:26.62 43.59	350m: 4:52.93 43.35			
	100m: 1:16.90 40.78	200m: 2:43.03 42.62	300m: 4:09.58 42.96	400m: 5:33.44 40.51			
71.	ROSARIO Maria Rita	08	Sanjoanense/FEPSA	5:33.61	+0,92	1,1	-
	50m: 35.85 35.85	150m: 2:00.20 42.76	250m: 3:26.30 43.54	350m: 4:52.37 42.67			
	100m: 1:17.44 41.59	200m: 2:42.76 42.56	300m: 4:09.70 43.40	400m: 5:33.61 41.24			
72.	SILVA Ana Gabriela	08	Natacao da Maia	5:33.86	+0,84	1,0	-
	50m: 37.18 37.18	150m: 2:01.28 42.21	250m: 3:26.64 42.15	350m: 4:52.21 42.41			
	100m: 1:19.07 41.89	200m: 2:44.49 43.21	300m: 4:09.80 43.16	400m: 5:33.86 41.65			
73.	GUEDES Mariana Filipa	08	Sporting	5:34.25	+0,95		-
	50m: 35.87 35.87	150m: 1:58.87 41.97	250m: 3:25.26 43.35	350m: 4:52.18 43.38			
	100m: 1:16.90 41.03	200m: 2:41.91 43.04	300m: 4:08.80 43.54	400m: 5:34.25 42.07			
74.	FONTES Maria Ines	08	Naval da Horta	5:34.34	+1,02		-
	50m: 37.07 37.07	150m: 1:58.73 41.17	250m: 3:25.97 44.13	350m: 4:53.27 43.80			
	100m: 1:17.56 40.49	200m: 2:41.84 43.11	300m: 4:09.47 43.50	400m: 5:34.34 41.07			
75.	TEIXEIRA Leonor Oliveira	08	Estarreja	5:34.49	+1,02		-
	50m: 36.53 36.53	150m: 1:59.28 42.79	250m: 3:26.13 42.99	350m: 4:51.92 42.54			
	100m: 1:16.49 39.96	200m: 2:43.14 43.86	300m: 4:09.38 43.25	400m: 5:34.49 42.57			
76.	FERNANDES Ines Margarida	08	CPCD-Povoa St Iria	5:34.93	+0,87		-
	50m: 36.59 36.59	150m: 2:00.93 43.07	250m: 3:27.07 43.44	350m: 4:53.13 42.44			
	100m: 1:17.86 41.27	200m: 2:43.63 42.70	300m: 4:10.69 43.62	400m: 5:34.93 41.80			
77.	CASTRO Laura Doellinger	08	Fafe	5:35.21	+0,95		-
	50m: 36.37 36.37	150m: 2:00.71 42.66	250m: 3:28.19 43.54	350m: 4:54.61 43.30			
	100m: 1:18.05 41.68	200m: 2:44.65 43.94	300m: 4:11.31 43.12	400m: 5:35.21 40.60			

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Rudolph	Pts
78.	NEVES Beatriz Maria	08	Leixoes	5:35.86	+0,83	-	-
	50m: 36.62 36.62	150m: 2:00.73 42.54	250m: 3:27.01 42.87	350m: 4:54.29 43.45	400m: 5:35.86 41.57		
	100m: 1:18.19 41.57	200m: 2:44.14 43.41	300m: 4:10.84 43.83				
79.	LAMEIRA Lara Martins	08	Leixoes	5:36.78	+0,86	-	-
	50m: 36.75 36.75	150m: 2:00.90 42.37	250m: 3:28.04 43.64	350m: 4:54.96 43.23	400m: 5:36.78 41.82		
	100m: 1:18.53 41.78	200m: 2:44.40 43.50	300m: 4:11.73 43.69				
80.	ALVES Juliana Rodrigues	08	Desportivo Nacional	5:36.86	+0,86	-	-
	50m: 35.96 35.96	150m: 1:58.78 42.31	250m: 3:25.60 43.49	350m: 4:53.55 43.78	400m: 5:36.86 43.31		
	100m: 1:16.47 40.51	200m: 2:42.11 43.33	300m: 4:09.77 44.17				
81.	GUERRA Matilde Militao	08	Colegio Monte Maior	5:36.93	+0,85	-	-
	50m: 36.15 36.15	150m: 1:59.69 42.62	250m: 3:26.70 43.29	350m: 4:53.77 43.54	400m: 5:36.93 43.16		
	100m: 1:17.07 40.92	200m: 2:43.41 43.72	300m: 4:10.23 43.53				
82.	PEREIRA Ines Maria	08	Natacao de Valongo	5:37.34	+0,95	-	-
	50m: 34.75 34.75	150m: 1:56.25 41.91	250m: 3:22.80 43.27	350m: 4:52.85 44.91	400m: 5:37.34 44.49		
	100m: 1:14.34 39.59	200m: 2:39.53 43.28	300m: 4:07.94 45.14				
83.	MARTINS Aline Goncalves	08	Benfica	5:37.94	+0,83	-	-
	50m: 37.44 37.44	150m: 2:00.66 42.87	250m: 3:27.34 43.33	350m: 4:55.10 43.46	400m: 5:37.94 42.84		
	100m: 1:17.79 40.35	200m: 2:44.01 43.35	300m: 4:11.64 44.30				
84.	SERRANO Matilde Rodrigues	08	Uniao Piedense	5:37.96	+0,90	-	-
	50m: 37.53 37.53	150m: 2:03.98 43.58	250m: 3:30.94 43.20	350m: 4:58.10 43.09	400m: 5:37.96 39.86		
	100m: 1:20.40 42.87	200m: 2:47.74 43.76	300m: 4:15.01 44.07				
85.	LAMEIRO Matilde Pinheiro	08	Galitos / Bresimar	5:38.66	+0,81	-	-
	50m: 36.46 36.46	150m: 2:02.65 43.97	250m: 3:30.13 43.86	350m: 4:57.76 43.97	400m: 5:38.66 40.90		
	100m: 1:18.68 42.22	200m: 2:46.27 43.62	300m: 4:13.79 43.66				
86.	PIRES Rita Oliveira	08	Galitos / Bresimar	5:38.78	+0,91	-	-
	50m: 37.26 37.26	150m: 2:01.70 42.61	250m: 3:29.95 44.13	350m: 4:57.01 43.32	400m: 5:38.78 41.77		
	100m: 1:19.09 41.83	200m: 2:45.82 44.12	300m: 4:13.69 43.74				
87.	FERREIRA Lara Mota	08	Fafe	5:39.11	+0,83	-	-
	50m: 36.89 36.89	150m: 2:01.67 42.77	250m: 3:29.10 43.46	350m: 4:56.29 42.92	400m: 5:39.11 42.82		
	100m: 1:18.90 42.01	200m: 2:45.64 43.97	300m: 4:13.37 44.27				
88.	SANTOS Mariana Vieira	08	Foca Quinta da Lixa CNF	5:39.61	+1,07	-	-
	50m: 37.29 37.29	150m: 2:04.21 44.11	250m: 3:30.90 43.40	350m: 4:57.78 43.65	400m: 5:39.61 41.83		
	100m: 1:20.10 42.81	200m: 2:47.50 43.29	300m: 4:14.13 43.23				
89.	TYUTYUNYK Sofia	08	Bombeiros Mealhada/ CA	5:40.19	+0,66	-	-
	50m: 37.32 37.32	150m: 2:01.93 42.98	250m: 3:30.31 44.01	350m: 4:58.12 43.75	400m: 5:40.19 42.07		
	100m: 1:18.95 41.63	200m: 2:46.30 44.37	300m: 4:14.37 44.06				
90.	LIMA Constanca Torre	08	Desportiva de Viana	5:40.20	+1,23	-	-
	50m: 37.28 37.28	150m: 2:04.63 44.49	250m: 3:32.53 43.49	350m: 5:00.45 43.28	400m: 5:40.20 39.75		
	100m: 1:20.14 42.86	200m: 2:49.04 44.41	300m: 4:17.17 44.64				

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Rudolph	Pts
91.	BEXIGAS Yasmin Ruth	08	Geslours	5:40.29	+1,01		-
	50m: 36.04 36.04	150m: 2:03.29	44.39	250m: 3:32.26	44.52	350m: 4:59.53	42.59
	100m: 1:18.90 42.86	200m: 2:47.74	44.45	300m: 4:16.94	44.68	400m: 5:40.29	40.76
92.	PEREIRA Maria Clara	08	Juventude Atlantico	5:41.13	+0,91		-
	50m: 37.91 37.91	150m: 2:07.04	45.73	250m: 3:36.56	44.83	350m: 5:01.34	39.86
	100m: 1:21.31 43.40	200m: 2:51.73	44.69	300m: 4:21.48	44.92	400m: 5:41.13	39.79
93.	ESCARDUCA Ines Maria	08	Elvense	5:41.33	+0,88		-
	50m: 35.75 35.75	150m: 1:59.50	42.57	250m: 3:28.46	44.45	350m: 4:58.37	44.11
	100m: 1:16.93 41.18	200m: 2:44.01	44.51	300m: 4:14.26	45.80	400m: 5:41.33	42.96
94.	CORTESAO Maria Manuel	08	Nautico Academico	5:41.37	+1,17		-
	50m: 37.72 37.72	150m: 2:03.57	43.49	250m: 3:31.09	43.98	350m: 4:58.82	43.48
	100m: 1:20.08 42.36	200m: 2:47.11	43.54	300m: 4:15.34	44.25	400m: 5:41.37	42.55
95.	RIBEIRO Iris Lucas	08	Alcobaca	5:41.48	+1,05		-
	50m: 37.86 37.86	150m: 2:04.39	43.57	250m: 3:32.52	44.04	350m: 5:00.22	43.73
	100m: 1:20.82 42.96	200m: 2:48.48	44.09	300m: 4:16.49	43.97	400m: 5:41.48	41.26
96.	FERREIRA Marta Oliveira	08	Colegio Vasco da Gama	5:42.90	+0,76		-
	50m: 37.86 37.86	150m: 2:03.24	43.38	250m: 3:31.67	44.38	350m: 5:00.20	43.78
	100m: 1:19.86 42.00	200m: 2:47.29	44.05	300m: 4:16.42	44.75	400m: 5:42.90	42.70
97.	GONCALVES Maria Meleiro	08	Galitos / Bresimar	5:43.05	+0,85		-
	50m: 37.52 37.52	150m: 2:03.74	43.49	250m: 3:32.37	43.80	350m: 5:01.17	44.38
	100m: 1:20.25 42.73	200m: 2:48.57	44.83	300m: 4:16.79	44.42	400m: 5:43.05	41.88
98.	SILVA Ana Castro	08	Famalicao	5:43.20	+0,84		-
	50m: 36.22 36.22	150m: 2:00.89	43.14	250m: 3:29.36	44.44	350m: 4:59.85	45.19
	100m: 1:17.75 41.53	200m: 2:44.92	44.03	300m: 4:14.66	45.30	400m: 5:43.20	43.35
99.	NUNES Leonor Correia	08	Aminata	5:43.67	+0,92		-
	50m: 38.92 38.92	150m: 2:05.69	44.16	250m: 3:34.12	44.31	350m: 5:02.28	43.67
	100m: 1:21.53 42.61	200m: 2:49.81	44.12	300m: 4:18.61	44.49	400m: 5:43.67	41.39
100.	FERNANDES Laura Silva	08	Miranda do Corvo	5:44.08	+0,99		-
	50m: 37.39 37.39	150m: 2:03.32	43.79	250m: 3:33.13	44.99	350m: 5:02.13	44.44
	100m: 1:19.53 42.14	200m: 2:48.14	44.82	300m: 4:17.69	44.56	400m: 5:44.08	41.95
101.	RODRIGUES Luisa Goncalves	08	Fisica Torres Vedras	5:44.30	+0,90		-
	50m: 37.89 37.89	150m: 2:03.58	43.80	250m: 3:32.21	44.45	350m: 5:00.86	44.14
	100m: 1:19.78 41.89	200m: 2:47.76	44.18	300m: 4:16.72	44.51	400m: 5:44.30	43.44
102.	CAIXEIRO Mafalda Rego	08	Leixoes	5:45.12	+0,84		-
	50m: 36.92 36.92	150m: 2:01.80	43.75	250m: 3:30.30	44.26	350m: 5:01.63	45.55
	100m: 1:18.05 41.13	200m: 2:46.04	44.24	300m: 4:16.08	45.78	400m: 5:45.12	43.49
103.	QUINTELA Beatriz Silva	08	Foca Quinta da Lixa CNF	5:45.20	+0,90		-
	50m: 36.86 36.86	150m: 2:03.74	44.17	250m: 3:33.69	44.61	350m: 5:01.64	43.31
	100m: 1:19.57 42.71	200m: 2:49.08	45.34	300m: 4:18.33	44.64	400m: 5:45.20	43.56

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Rudolph	Pts
104.	MARQUES Margarida Catroga	08	Colegio Monte Maior	5:45.51	+0,86		-
	50m: 39.85 39.85 150m: 2:09.40 45.30 250m: 3:39.18 43.60 350m: 5:05.88 43.05					43.05	
	100m: 1:24.10 44.25 200m: 2:55.58 46.18 300m: 4:22.83 43.65 400m: 5:45.51 39.63					39.63	
105.	ARAUJO Mafalda Monteiro	08	Leixoes	5:48.57	+0,99		-
	50m: 39.09 39.09 150m: 2:06.63 44.08 250m: 3:35.79 44.42 350m: 5:05.38 44.42					44.42	
	100m: 1:22.55 43.46 200m: 2:51.37 44.74 300m: 4:20.96 45.17 400m: 5:48.57 43.19					43.19	
106.	OLIVEIRA Carolina Mileu	08	AONDA-Azeitao	5:50.37	+0,97		-
	50m: 37.02 37.02 150m: 2:04.30 43.80 250m: 3:34.73 45.28 350m: 5:05.86 44.79					44.79	
	100m: 1:20.50 43.48 200m: 2:49.45 45.15 300m: 4:21.07 46.34 400m: 5:50.37 44.51					44.51	
107.	SOARES Leonor Silva	08	Desportivo Nacional	5:50.94	+0,75		-
	50m: 38.65 38.65 150m: 2:06.03 44.53 250m: 3:37.51 45.95 350m: 5:07.51 44.81					44.81	
	100m: 1:21.50 42.85 200m: 2:51.56 45.53 300m: 4:22.70 45.19 400m: 5:50.94 43.43					43.43	
108.	OLIVEIRA Teresa Bonita	08	Naval Setubalense	5:50.98	+0,88		-
	50m: 38.53 38.53 150m: 2:05.02 44.03 250m: 3:36.24 46.21 350m: 5:08.28 45.33					45.33	
	100m: 1:20.99 42.46 200m: 2:50.03 45.01 300m: 4:22.95 46.71 400m: 5:50.98 42.70					42.70	
109.	BESSA Ariana Micaela	08	Lousada SXXI	5:52.98	+0,94		-
	50m: 37.80 37.80 150m: 2:07.49 44.88 250m: 3:38.62 44.52 350m: 5:10.20 44.19					44.19	
	100m: 1:22.61 44.81 200m: 2:54.10 46.61 300m: 4:26.01 47.39 400m: 5:52.98 42.78					42.78	
110.	GOMES Beatriz Silva	08	Gesloures	5:53.15	+0,87		-
	50m: 38.23 38.23 150m: 2:07.05 45.04 250m: 3:38.55 45.86 350m: 5:10.16 46.66					46.66	
	100m: 1:22.01 43.78 200m: 2:52.69 45.64 300m: 4:23.50 44.95 400m: 5:53.15 42.99					42.99	
111.	CORREIA Carolina Delicado	08	Sporting	5:53.38	+0,92		-
	50m: 37.22 37.22 150m: 2:04.00 44.47 250m: 3:36.00 46.75 350m: 5:08.94 45.91					45.91	
	100m: 1:19.53 42.31 200m: 2:49.25 45.25 300m: 4:23.03 47.03 400m: 5:53.38 44.44					44.44	
112.	PINTO Gabriela Conceicao	08	Elvense	5:57.73	+0,92		-
	50m: 39.18 39.18 150m: 2:08.25 45.54 250m: 3:41.17 46.48 350m: 5:13.30 45.64					45.64	
	100m: 1:22.71 43.53 200m: 2:54.69 46.44 300m: 4:27.66 46.49 400m: 5:57.73 44.43					44.43	
113.	RODRIGUES Maria Rita	08	Naval da Horta	5:59.48	+0,81		-
	50m: 37.84 37.84 150m: 2:06.82 45.34 250m: 3:41.02 47.66 350m: 5:15.12 47.05					47.05	
	100m: 1:21.48 43.64 200m: 2:53.36 46.54 300m: 4:28.07 47.05 400m: 5:59.48 44.36					44.36	
114.	SILVA Maria Ines	08	Gafanha da Encarnacao	6:03.21	+0,93		-
	50m: 37.40 37.40 150m: 2:07.35 46.52 250m: 3:42.37 47.88 350m: 5:17.45 47.24					47.24	
	100m: 1:20.83 43.43 200m: 2:54.49 47.14 300m: 4:30.21 47.84 400m: 6:03.21 45.76					45.76	
115.	SILVA Carlota Filipa	08	Portinado	6:07.07	+0,98		-
	50m: 35.68 35.68 150m: 2:03.40 45.45 250m: 3:39.61 48.72 350m: 5:19.31 49.76					49.76	
	100m: 1:17.95 42.27 200m: 2:50.89 47.49 300m: 4:29.55 49.94 400m: 6:07.07 47.76					47.76	
116.	SILVA Joana Cabral e	08	FC Ferreiras/AlgarExperience	6:09.48	+0,99		-
	50m: 41.46 41.46 150m: 2:16.33 47.65 250m: 3:52.37 47.74 350m: 5:27.54 46.87					46.87	
	100m: 1:28.68 47.22 200m: 3:04.63 48.30 300m: 4:40.67 48.30 400m: 6:09.48 41.94					41.94	
DNS	BARRETO Alice Duarte	08	Palmela				-



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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Rudolph	Pts
DNS	NASCIMENTO Leonor Serrao	08	Alges				-

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