



Abrantes, 22 de Janeiro de 2022

Prova 1 Femin., 400m Livres Infantis Resultados

22-01-2022 - 9:45

Rec Nac 25m Absoluto	4:04.61	DURAES Diana Margarida	POR	Copenhagen (DEN)	17-12-2017
Rec Nac 25m Inf A	4:25.30	SILVA Alexandra Maria	FCP	Porto	19-07-1980
Rec Nac 25m Inf B	4:38.40	RUIVO Filipa Vilas	DNMG	Alcobaça	13-06-2009
Rec Taça Vale do Tejo	4:35.75	ROCHA Diana Ramos	SANMIN	Abrantes	21-04-2007

Pontos: FINA 2021

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	Pts
1.	GONCALVES Leonor Queiroz	09	Seleccao do Minho	4:57.87		484	14,00
	50m: 34.30 34.30 150m: 1:49.15 38.06 250m: 3:04.93 37.67 350m: 4:20.72 37.83						
	100m: 1:11.09 36.79 200m: 2:27.26 38.11 300m: 3:42.89 37.96 400m: 4:57.87 37.15						
2.	GONCALVES Vera Andrade	09	Seleccao da Madeira	5:02.20		463	12,00
	50m: 33.13 33.13 150m: 1:49.70 38.85 250m: 3:08.55 39.42 350m: 4:25.85 38.66						
	100m: 1:10.85 37.72 200m: 2:29.13 39.43 300m: 3:47.19 38.64 400m: 5:02.20 36.35						
3.	MOREIRA Madalena Valente	09	Seleccao do Norte de Portuga	5:02.35		463	11,00
	50m: 34.71 34.71 150m: 1:52.17 39.00 250m: 3:10.59 39.11 350m: 4:27.02 38.53						
	100m: 1:13.17 38.46 200m: 2:31.48 39.31 300m: 3:48.49 37.90 400m: 5:02.35 35.33						
4.	BAPTISTA Carolina Sofia	09	Seleccao Centro Norte Portuga	5:03.16		459	10,00
	50m: 34.17 34.17 150m: 1:50.53 38.70 250m: 3:08.73 39.44 350m: 4:26.48 38.86						
	100m: 1:11.83 37.66 200m: 2:29.29 38.76 300m: 3:47.62 38.89 400m: 5:03.16 36.68						
5.	MATIAS Alana Costa	09	Seleccao de Coimbra	5:09.73		430	9,00
	50m: 34.56 34.56 150m: 1:52.28 39.33 250m: 3:11.40 39.37 350m: 4:31.03 39.61						
	100m: 1:12.95 38.39 200m: 2:32.03 39.75 300m: 3:51.42 40.02 400m: 5:09.73 38.70						
6.	CARDOSO Raquel Campos	09	Seleccao dos Acores	5:10.70		426	8,00
	50m: 35.31 35.31 150m: 1:53.40 39.56 250m: 3:13.04 39.83 350m: 4:33.47 40.49						
	100m: 1:13.84 38.53 200m: 2:33.21 39.81 300m: 3:52.98 39.94 400m: 5:10.70 37.23						
7.	COSTA Laura Brites	09	Seleccao Distrito Santarem	5:16.65		403	7,00
	50m: 35.09 35.09 150m: 1:53.96 40.35 250m: 3:15.75 41.08 350m: 4:36.92 40.02						
	100m: 1:13.61 38.52 200m: 2:34.67 40.71 300m: 3:56.90 41.15 400m: 5:16.65 39.73						
8.	CRAVEIRO Luana Ferreira	09	Seleccao Distrito Leiria	5:19.13		393	6,00
	50m: 34.57 34.57 150m: 1:54.49 40.57 250m: 3:16.38 40.81 350m: 4:38.83 40.99						
	100m: 1:13.92 39.35 200m: 2:35.57 41.08 300m: 3:57.84 41.46 400m: 5:19.13 40.30						
9.	PIRES Rita Lobo	09	Seleccao do Interior Centro	5:24.44		374	5,00
	50m: 37.49 37.49 150m: 1:59.95 41.84 250m: 3:22.76 41.25 350m: 4:46.13 41.61						
	100m: 1:18.11 40.62 200m: 2:41.51 41.56 300m: 4:04.52 41.76 400m: 5:24.44 38.31						
10.	MIRANDA Margarida Faria	09	Seleccao de Lisboa	5:26.40		368	4,00
	50m: 35.99 35.99 150m: 1:55.72 40.75 250m: 3:19.26 42.03 350m: 4:44.15 42.14						
	100m: 1:14.97 38.98 200m: 2:37.23 41.51 300m: 4:02.01 42.75 400m: 5:26.40 42.25						



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Prova 1, Femin., 400m Livres, Infantis

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	Pts
11.	IGREJAS Beatriz Maria	09	Seleccao do Nordeste	5:35.91		337	3,00
	50m: 39.35 39.35	150m: 2:06.16 43.23	250m: 3:31.15 42.25	350m: 4:55.24 42.12			
	100m: 1:22.93 43.58	200m: 2:48.90 42.74	300m: 4:13.12 41.97	400m: 5:35.91 40.67			
12.	MORAIS Ines Silva	09	Seleccao do Alentejo	7:08.44		162	2,00
	50m: 46.16 46.16	150m: 2:31.54 53.47	250m: 4:22.69 55.56	350m: 6:13.91 55.85			
	100m: 1:38.07 51.91	200m: 3:27.13 55.59	300m: 5:18.06 55.37	400m: 7:08.44 54.53			

Prova 1 Femin., 400m Livres Juvenis Resultados

Rec Nac 25m Absoluto	4:04.61	DURAES Diana Margarida	POR	Copenhagen (DEN)	17-12-2017
Rec Nac 25m Juv A	4:18.39	SANTOS Ana Claudia	SFUAP	Cantanhede	20-12-2004
Rec Nac 25m Juv B	4:23.08	MIGUEL Susana Patricia	SFUAP	Alhandra	15-05-2004
Rec Taça Vale do Tejo	4:22.59	PIRES Marta Joao	SANL	Abrantes	25-01-2020

Pontos: FINA 2021

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	Pts
1.	VIEIRA Ana Beatriz	07	Seleccao do Norte de Portuga	4:33.58		625	14,00
	50m: 31.39 31.39	150m: 1:40.48 34.78	250m: 2:51.01 34.97	350m: 4:00.31 33.87			
	100m: 1:05.70 34.31	200m: 2:16.04 35.56	300m: 3:26.44 35.43	400m: 4:33.58 33.27			
2.	FRANCO Catarina Andrade	07	Seleccao de Lisboa	4:36.85		603	12,00
	50m: 31.36 31.36	150m: 1:40.52 34.82	250m: 2:50.71 34.67	350m: 4:01.34 35.15			
	100m: 1:05.70 34.34	200m: 2:16.04 35.52	300m: 3:26.19 35.48	400m: 4:36.85 35.51			
3.	AGUILAR Marta Andre	07	Seleccao de Coimbra	4:43.70		560	11,00
	50m: 33.11 33.11	150m: 1:44.16 35.60	250m: 2:55.06 35.43	350m: 4:07.91 36.38			
	100m: 1:08.56 35.45	200m: 2:19.63 35.47	300m: 3:31.53 36.47	400m: 4:43.70 35.79			
4.	PINTO Margarida Vieira	07	Seleccao do Minho	4:47.12		540	10,00
	50m: 32.34 32.34	150m: 1:43.93 36.26	250m: 2:56.32 36.20	350m: 4:10.77 37.18			
	100m: 1:07.67 35.33	200m: 2:20.12 36.19	300m: 3:33.59 37.27	400m: 4:47.12 36.35			
5.	SILVA Carolina Martins	07	Seleccao Centro Norte Portuga	4:52.88		509	9,00
	50m: 32.74 32.74	150m: 1:45.01 36.80	250m: 2:59.69 37.41	350m: 4:15.95 38.30			
	100m: 1:08.21 35.47	200m: 2:22.28 37.27	300m: 3:37.65 37.96	400m: 4:52.88 36.93			
6.	MIDOES Madalena Maria	07	Seleccao Distrito Santarem	5:00.58		471	8,00
	50m: 33.76 33.76	150m: 1:47.89 37.62	250m: 3:04.98 38.74	350m: 4:22.52 38.35			
	100m: 1:10.27 36.51	200m: 2:26.24 38.35	300m: 3:44.17 39.19	400m: 5:00.58 38.06			
7.	GONCALVES Valentina Jose	07	Seleccao da Madeira	5:05.23		450	7,00
	50m: 33.46 33.46	150m: 1:46.99 37.47	250m: 3:05.25 39.27	350m: 4:25.57 40.37			
	100m: 1:09.52 36.06	200m: 2:25.98 38.99	300m: 3:45.20 39.95	400m: 5:05.23 39.66			



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Prova 1, Femin., 400m Livres, Juvenis

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	Pts
8.	COELHO Lara Raquel	07	Seleccao dos Acores	5:09.61		431	6,00
	50m: 34.01 34.01	150m: 1:51.36	39.31	250m: 3:10.44	39.77	350m: 4:30.51	40.20
	100m: 1:12.05 38.04	200m: 2:30.67	39.31	300m: 3:50.31	39.87	400m: 5:09.61	39.10
9.	SILVA Rita Rocha	08	Seleccao Distrito Leiria	5:11.17		424	5,00
	50m: 34.42 34.42	150m: 1:50.67	38.93	250m: 3:11.07	40.56	350m: 4:31.98	40.63
	100m: 1:11.74 37.32	200m: 2:30.51	39.84	300m: 3:51.35	40.28	400m: 5:11.17	39.19
10.	MARTA Ines Gandum	08	Seleccao do Interior Centro	5:29.17		358	4,00
	50m: 37.28 37.28	150m: 1:59.42	40.96	250m: 3:23.13	42.36	350m: 4:48.21	42.54
	100m: 1:18.46 41.18	200m: 2:40.77	41.35	300m: 4:05.67	42.54	400m: 5:29.17	40.96
11.	MATOS Maria Poeira	07	Seleccao do Alentejo	5:38.28		330	3,00
	50m: 37.27 37.27	150m: 2:02.02	42.73	250m: 3:29.44	44.37	350m: 4:57.28	44.32
	100m: 1:19.29 42.02	200m: 2:45.07	43.05	300m: 4:12.96	43.52	400m: 5:38.28	41.00
12.	VIEIRA Benedita Seabra	08	Seleccao do Nordeste	6:28.43		218	2,00
	50m: 39.37 39.37	150m: 2:14.14	49.57	250m: 3:56.09	44.00	350m: 5:39.60	52.59
	100m: 1:24.57 45.20	200m: 3:12.09	57.95	300m: 4:47.01	50.92	400m: 6:28.43	48.83