

## Prova 11

## Femin., 400m Livres

## Infantis

12.01.2020 - 16:00

Resultados

Rec Nacional - 25m Inf A	4:25.30	Alexandra Maria Silva	FCP	Porto	19.07.1980
Rec Nacional - 25m Inf B	4:38.40	Filipa Vilas Ruivo	DNMG	Alcobaca	13.06.2009
Rec Nacional - 25m - Absoluto	4:04.61	Diana Margarida Duraes	SLB	Copenhagen (DEN)	17.12.2017

Pontos: FINA 2019

Lugar	Ano	Tempo final	Pts
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## Infantis B

1. Carolina Fernandes Rodrigues	08	União Piedense	<b>5:15.72</b>	406
50m: 36.97 36.97	150m: 1:58.19	40.83	250m: 3:19.54	40.44
100m: 1:17.36 40.39	200m: 2:39.10	40.91	300m: 4:00.00	40.46
			350m: 4:39.13	39.13
			400m: 5:15.72	36.59
2. Constanca Isabel Carvalho	08	Sport Alges e Dafundo	<b>5:17.54</b>	399
50m: 38.26 38.26	150m: 1:59.62	40.71	250m: 3:20.23	40.21
100m: 1:18.91 40.65	200m: 2:40.02	40.40	300m: 3:59.89	39.66
			350m: 4:39.12	39.23
			400m: 5:17.54	38.42
3. Johanna Domingos Verheij	08	União Piedense	<b>5:27.60</b>	364
50m: 37.18 37.18	150m: 1:59.53	41.41	250m: 3:22.40	41.29
100m: 1:18.12 40.94	200m: 2:41.11	41.58	300m: 4:04.34	41.94
			350m: 4:45.99	41.65
			400m: 5:27.60	41.61
4. Rita Rocha Silva	08	Alcobaca	<b>5:44.91</b>	311
50m: 40.29 40.29	150m: 2:06.70	43.90	250m: 3:35.03	44.08
100m: 1:22.80 42.51	200m: 2:50.95	44.25	300m: 4:19.67	44.64
			350m: 5:03.96	44.29
			400m: 5:44.91	40.95
5. Clarisse Teixeira Teles	08	Naval Setubalense	<b>5:49.24</b>	300
50m: 39.31 39.31	150m: 2:06.73	44.52	250m: 3:36.03	44.87
100m: 1:22.21 42.90	200m: 2:51.16	44.43	300m: 4:20.81	44.78
			350m: 5:05.38	44.57
			400m: 5:49.24	43.86
6. Teresa Bonita Oliveira	08	Naval Setubalense	<b>5:52.54</b>	292
50m: 39.04 39.04	150m: 2:07.34	45.00	250m: 3:38.57	45.83
100m: 1:22.34 43.30	200m: 2:52.74	45.40	300m: 4:24.40	45.83
			350m: 5:09.79	45.39
			400m: 5:52.54	42.75
7. Barbara Carolina Guerreiro	08	Aljustrelense	<b>5:54.42</b>	287
50m: 40.09 40.09	150m: 2:11.76	46.69	250m: 3:43.25	45.94
100m: 1:25.07 44.98	200m: 2:57.31	45.55	300m: 4:27.53	44.28
			350m: 5:11.89	44.36
			400m: 5:54.42	42.53
8. Maria Campos Formoso	08	Aljustrelense	<b>6:00.59</b>	272
50m: 38.30 38.30	150m: 2:08.40	46.37	250m: 3:41.11	46.13
100m: 1:22.03 43.73	200m: 2:54.98	46.58	300m: 4:28.08	46.97
			350m: 5:14.80	46.72
			400m: 6:00.59	45.79
9. Rita Alexandra Rebelo	08	Alcobaca	<b>6:03.13</b>	267
50m: 43.80 43.80	150m: 2:14.73	46.58	250m: 3:47.13	45.94
100m: 1:28.15 44.35	200m: 3:01.19	46.46	300m: 4:33.33	46.20
			350m: 5:19.04	45.71
			400m: 6:03.13	44.09
10. Matilde Andre Luis	08	Alcobaca	<b>6:06.14</b>	260
50m: 40.47 40.47	150m: 2:14.06	47.39	250m: 3:49.02	47.67
100m: 1:26.67 46.20	200m: 3:01.35	47.29	300m: 4:35.32	46.30
			350m: 5:22.57	47.25
			400m: 6:06.14	43.57
11. Iris Lucas Ribeiro	08	Alcobaca	<b>6:10.60</b>	251
50m: 43.09 43.09	150m: 2:18.57	48.09	250m: 3:53.49	47.47
100m: 1:30.48 47.39	200m: 3:06.02	47.45	300m: 4:40.27	46.78
			350m: 5:26.19	45.92
			400m: 6:10.60	44.41
12. Eduarda Mendes Bugalho	08	Bombeiros dos Estoris	<b>6:23.17</b>	227
50m: 43.68 43.68	150m: 2:21.90	49.24	250m: 4:00.33	49.44
100m: 1:32.66 48.98	200m: 3:10.89	48.99	300m: 4:48.85	48.52
			350m: 5:37.22	48.37
			400m: 6:23.17	45.95
13. Alice Duarte Barreto	08	Palmela Desporto EEM	<b>6:40.95</b>	198
50m: 45.17 45.17	150m: 2:26.10	51.36	250m: 4:09.74	51.54
100m: 1:34.74 49.57	200m: 3:18.20	52.10	300m: 5:00.96	51.22
			350m: 5:52.74	51.78
			400m: 6:40.95	48.21

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## Infantis A

1. Maria Carlotta Ferrari	07	Gesloures	<b>5:02.30</b>	463
50m: 33.28 33.28	150m: 1:50.46	39.13 250m: 3:08.21	38.63	350m: 4:25.89
100m: 1:11.33 38.05	200m: 2:29.58	39.12 300m: 3:47.06	38.85	400m: 5:02.30
38.83				36.41
2. Luísa Ponte Jorge	07	União Piedense	<b>5:06.15</b>	446
50m: 35.12 35.12	150m: 1:52.17	39.02 250m: 3:09.35	38.71	350m: 4:28.05
100m: 1:13.15 38.03	200m: 2:30.64	38.47 300m: 3:48.46	39.11	400m: 5:06.15
39.59				38.10
3. Maria Leonor Rodrigues	07	Bombeiros dos Estoris	<b>5:08.34</b>	436
50m: 34.40 34.40	150m: 1:51.90	39.01 250m: 3:11.02	39.34	350m: 4:30.71
100m: 1:12.89 38.49	200m: 2:31.68	39.78 300m: 3:50.95	39.93	400m: 5:08.34
39.76				37.63
4. Sara Sofia Alves	07	Naval Setubalense	<b>5:09.53</b>	431
50m: 35.11 35.11	150m: 1:52.54	39.06 250m: 3:11.43	39.66	350m: 4:30.53
100m: 1:13.48 38.37	200m: 2:31.77	39.23 300m: 3:50.84	39.41	400m: 5:09.53
39.69				39.00
5. Leonor Peso Parente	07	Palmela Desporto EEM	<b>5:16.61</b>	403
50m: 35.25 35.25	150m: 1:54.97	40.37 250m: 3:17.99	41.48	350m: 4:39.55
100m: 1:14.60 39.35	200m: 2:36.51	41.54 300m: 3:58.89	40.90	400m: 5:16.61
40.66				37.06
6. Vanessa Liliana Almeida	07	Ba-Leiria	<b>5:20.39</b>	389
50m: 36.54 36.54	150m: 1:57.69	41.04 250m: 3:19.89	41.18	350m: 4:41.77
100m: 1:16.65 40.11	200m: 2:38.71	41.02 300m: 4:00.92	41.03	400m: 5:20.39
40.85				38.62
7. Rita Lima Batista	07	Naval Setubalense	<b>5:27.11</b>	365
50m: 37.00 37.00	150m: 2:00.67	42.17 250m: 3:24.28	41.49	350m: 4:47.45
100m: 1:18.50 41.50	200m: 2:42.79	42.12 300m: 4:06.18	41.90	400m: 5:27.11
41.27				39.66
8. Rita Violante Romão	07	Alcobaca	<b>5:31.23</b>	352
50m: 36.95 36.95	150m: 2:02.31	43.06 250m: 3:27.91	42.56	350m: 4:51.90
100m: 1:19.25 42.30	200m: 2:45.35	43.04 300m: 4:10.37	42.46	400m: 5:31.23
41.53				39.33
9. Julia Norte Drentje	07	Louletano / Loule Concelho	<b>5:32.95</b>	346
50m: 37.71 37.71	150m: 2:01.68	42.43 250m: 3:27.84	42.68	350m: 4:51.72
100m: 1:19.25 41.54	200m: 2:45.16	43.48 300m: 4:10.06	42.22	400m: 5:32.95
41.23				
10. Eva Sofia Ascenso	07	Gesloures	<b>5:45.71</b>	309
50m: 40.42 40.42	150m: 2:09.46	44.63 250m: 3:37.77	43.87	350m: 5:04.21
100m: 1:24.83 44.41	200m: 2:53.90	44.44 300m: 4:20.79	43.02	400m: 5:45.71
43.42				41.50
11. Joana Maria Martins	07	Alcobaca	<b>5:53.20</b>	290
50m: 38.07 38.07	150m: 2:08.05	46.01 250m: 3:40.47	46.19	350m: 5:11.99
100m: 1:22.04 43.97	200m: 2:54.28	46.23 300m: 4:26.15	45.68	400m: 5:53.20
45.84				41.21
12. Diana Filipa Mendes	07	Gesloures	<b>6:34.71</b>	208
50m: 42.54 42.54	150m: 2:22.16	50.35 250m: 4:03.64	50.89	350m: 5:46.04
100m: 1:31.81 49.27	200m: 3:12.75	50.59 300m: 4:55.48	51.84	400m: 6:34.71
50.56				48.67