

Prova 29 Femin., 400m Livres Absolutos
13.03.2022 - 10:38 Resultados

Rec Nacional Absoluto	4:09.49	Diana Margarida Duraes	SLB	Tarragona (ESP)	2018
Rec Regional Absoluto	4:09.49	Diana Margarida Duraes	SLB	Tarragona (ESP)	2018
Rec Regional Sen	4:09.49	Diana Margarida Duraes	SLB	Tarragona (ESP)	2018
Rec Regional Jun 2	4:20.34	Ana Reis Sousa	SAD	Oeiras	2019
Rec Regional Jun 1	4:20.37	Marta Andreia Ferreira	SCP	Berlin (GER)	2002
Rec Regional Juv A	4:24.77	Ana Cláudia Correia Santos	SFUAP	Jamor	2005
Rec Regional Juv B	4:29.25	Susana Patricia Miguel	SFUAP	Oeiras	2004

TAC - Fem Juv B: 5:26.60; Juv A: 5:17.54; Jun 2: 5:05.66; Jun 1: 5:08.66; Sen: 5:04.15

Pontos: FINA 2021

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo	Pts
Juvenis B						
1.	Beatriz Alexandra Rolim <i>Campeã Regional Juvenil B</i>	08	Soc.Filarmónica União A. Piedense	5:16.70	5:00.53	487
	50m: 34.51 34.51	150m: 1:51.98 38.64	250m: 3:09.18 38.27	350m: 4:24.74 36.98		
	100m: 1:13.34 38.83	200m: 2:30.91 38.93	300m: 3:47.76 38.58	400m: 5:00.53 35.79		
2.	Matilde Catroga Marques	08	ADR Colegio Int Monte Maior	5:13.87	5:04.88	466
	50m: 34.41 34.41	150m: 1:52.52 39.52	250m: 3:11.06 38.76	350m: 4:28.01 37.99		
	100m: 1:13.00 38.59	200m: 2:32.30 39.78	300m: 3:50.02 38.96	400m: 5:04.88 36.87		
3.	Raquel Santos Baiona	08	ADR Colegio Int Monte Maior	6:55.69	5:12.77	432
	50m: 36.18 36.18	150m: 1:54.93 40.23	250m: 3:15.12 40.55	350m: 4:35.12 40.56		
	100m: 1:14.70 38.52	200m: 2:34.57 39.64	300m: 3:54.56 39.44	400m: 5:12.77 37.65		
4.	Ines Margarida Fernandes <i>FTL (Fora Tempo Limite)</i>	08	Centro Popular de Cultura e Desporto	5:21.42	5:33.58	356
	50m: 34.41 34.41	150m: 1:56.62 41.39	250m: 3:23.01 42.71	350m: 4:50.82 42.95		
	100m: 1:15.23 38.82	200m: 2:40.30 43.68	300m: 4:07.87 44.86	400m: 5:33.58 42.76		
DNS	Ana Beatriz Pires	08	Soc.Filarmónica União A. Piedense	4:57.48		

Juvenis A

1.	Leonor Castanho Santos <i>Campeã Regional Juvenil A</i>	07	Sporting Clube de Portugal	4:48.97	4:54.66	516
	50m: 33.88 33.88	150m: 1:46.87 37.57	250m: 3:02.53 38.29	350m: 4:17.68 37.66		
	100m: 1:09.30 35.42	200m: 2:24.24 37.37	300m: 3:40.02 37.49	400m: 4:54.66 36.98		
2.	Elena Del Rio Bernat	07	Sport Alges e Dafundo	4:53.66	4:55.78	510
	50m: 34.37 34.37	150m: 1:48.93 38.01	250m: 3:04.86 38.12	350m: 4:19.94 37.85		
	100m: 1:10.92 36.55	200m: 2:26.74 37.81	300m: 3:42.09 37.23	400m: 4:55.78 35.84		
3.	Luisa Ponte Jorge	07	Soc.Filarmónica União A. Piedense	5:03.63	4:58.21	498
	50m: 33.60 33.60	150m: 1:49.02 38.39	250m: 3:05.67 37.48	350m: 4:21.89 38.27		
	100m: 1:10.63 37.03	200m: 2:28.19 39.17	300m: 3:43.62 37.95	400m: 4:58.21 36.32		
4.	Sara Sofia Alves	07	Clube Naval Setubalense	4:51.37	4:58.52	496
	50m: 33.74 33.74	150m: 1:48.80 37.64	250m: 3:05.09 38.05	350m: 4:21.50 37.97		
	100m: 1:10.96 37.22	200m: 2:27.04 38.44	300m: 3:43.53 38.44	400m: 4:58.52 37.02		
5.	Beatriz Heitor Cachaco	07	Geslours - Gestão Equipamentos E.M.	5:06.33	5:04.47	468
	50m: 31.35 31.35	150m: 1:44.27 37.35	250m: 3:02.99 39.12	350m: 4:24.89 41.08		
	100m: 1:06.92 35.57	200m: 2:23.87 39.60	300m: 3:43.81 40.82	400m: 5:04.47 39.58		
6.	Leticia Rodrigues Magalhaes	07	Clube Naval Setubalense	4:58.52	5:09.56	445
	50m: 32.67 32.67	150m: 1:48.56 38.54	250m: 3:08.52 39.88	350m: 4:30.15 40.22		
	100m: 1:10.02 37.35	200m: 2:28.64 40.08	300m: 3:49.93 41.41	400m: 5:09.56 39.41		
7.	Leonor Gino Canhao <i>FTL (Fora Tempo Limite)</i>	07	Sporting Clube de Portugal	5:20.73	5:17.96	411
	50m: 35.80 35.80	150m: 1:55.07 40.84	250m: 3:16.65 41.73	350m: 4:38.52 40.88		
	100m: 1:14.23 38.43	200m: 2:34.92 39.85	300m: 3:57.64 40.99	400m: 5:17.96 39.44		

Prova 29, Femin., 400m Livres

Juniores

1.	Marta Joao Pires <i>Campeã Regional Junior</i>	05	Sport Alges e Dafundo	4:26.28	4:35.01	635
	50m: 32.50 32.50 100m: 1:07.19 34.69		150m: 1:42.60 35.41 200m: 2:16.84 34.24	250m: 2:51.40 34.56 300m: 3:26.32 34.92	350m: 4:00.93 34.61 400m: 4:35.01 34.08	
2.	Leonor Tavares Catalao	06	Sporting Clube de Portugal	4:38.97	4:42.23	588
	50m: 31.55 31.55 100m: 1:06.43 34.88		150m: 1:41.77 35.34 200m: 2:17.67 35.90	250m: 2:53.55 35.88 300m: 3:29.91 36.36	350m: 4:06.17 36.26 400m: 4:42.23 36.06	
3.	Mafalda Santos Costa	05	ADR Colegio Int Monte Maior	4:49.52	4:47.66	555
	50m: 32.72 32.72 100m: 1:08.08 35.36		150m: 1:44.07 35.99 200m: 2:20.70 36.63	250m: 2:57.56 36.86 300m: 3:34.32 36.76	350m: 4:11.07 36.75 400m: 4:47.66 36.59	
4.	Maria Esteves Valente	06	Sport Lisboa e Benfica	4:46.19	4:49.35	545
	50m: 32.93 32.93 100m: 1:09.00 36.07		150m: 1:45.30 36.30 200m: 2:22.31 37.01	250m: 2:58.98 36.67 300m: 3:36.31 37.33	350m: 4:13.54 37.23 400m: 4:49.35 35.81	
5.	Maria Del Rio Bernat	05	Sport Alges e Dafundo	4:56.63	4:59.22	493
	50m: 32.77 32.77 100m: 1:09.36 36.59		150m: 1:47.18 37.82 200m: 2:25.92 38.74	250m: 3:04.49 38.57 300m: 3:43.49 39.00	350m: 4:22.08 38.59 400m: 4:59.22 37.14	
6.	Beatriz Mocego Niza	06	Clube Natacao da Amadora	4:58.23	5:00.41	487
	50m: 34.48 34.48 100m: 1:11.31 36.83		150m: 1:49.58 38.27 200m: 2:27.22 37.64	250m: 3:05.78 38.56 300m: 3:43.52 37.74	350m: 4:22.84 39.32 400m: 5:00.41 37.57	
7.	Ines Gaspar Silva <i>FTL (Fora Tempo Limite)</i>	06	Gesloures - Gestão Equipamentos E.M.	5:09.18	5:12.22	434
	50m: 31.67 31.67 100m: 1:09.66 37.99		150m: 1:50.73 41.07 200m: 2:31.27 40.54	250m: 3:11.31 40.04 300m: 3:51.75 40.44	350m: 4:32.94 41.19 400m: 5:12.22 39.28	
8.	Clara Sofia Herminio <i>FTL (Fora Tempo Limite)</i>	06	Soc.Filarmónica União A. Piedense	5:07.67	5:12.24	434
	50m: 35.32 35.32 100m: 1:13.25 37.93		150m: 1:53.10 39.85 200m: 2:32.41 39.31	250m: 3:13.08 40.67 300m: 3:53.05 39.97	350m: 4:33.99 40.94 400m: 5:12.24 38.25	
9.	Iris Castro Campos <i>FTL (Fora Tempo Limite)</i>	06	Clube Natacao da Amadora	5:05.58	5:13.42	429
	50m: 34.72 34.72 100m: 1:12.41 37.69		150m: 1:51.44 39.03 200m: 2:30.49 39.05	250m: 3:11.15 40.66 300m: 3:51.91 40.76	350m: 4:33.88 41.97 400m: 5:13.42 39.54	
DNS	Margarida Domingues Nunes	05	Sporting Clube de Portugal	4:57.33		

Seniores

1.	Ema Jeronimo Conceicao <i>Campeã Regional Sénior</i>	03	Assoc Ed. Fisica Desp. Torres Vedras	4:18.37	4:23.83	719
	50m: 30.84 30.84 100m: 1:04.34 33.50		150m: 1:37.65 33.31 200m: 2:11.17 33.52	250m: 2:44.32 33.15 300m: 3:18.08 33.76	350m: 3:51.13 33.05 400m: 4:23.83 32.70	
2.	Maria Ferreira Moura	04	Sporting Clube de Portugal	4:26.35	4:29.34	676
	50m: 31.02 31.02 100m: 1:05.02 34.00		150m: 1:38.90 33.88 200m: 2:13.42 34.52	250m: 2:47.41 33.99 300m: 3:21.61 34.20	350m: 3:55.49 33.88 400m: 4:29.34 33.85	
3.	Francisca Salvador Mesquita	02	Sporting Clube de Portugal	4:38.40	4:37.19	620
	50m: 32.53 32.53 100m: 1:06.74 34.21		150m: 1:41.83 35.09 200m: 2:16.94 35.11	250m: 2:52.48 35.54 300m: 3:27.67 35.19	350m: 4:03.07 35.40 400m: 4:37.19 34.12	
4.	Mafalda Marques Pinto	02	Sporting Clube de Portugal	5:04.15	4:38.44	612
	50m: 31.82 31.82 100m: 1:05.28 33.46		150m: 1:40.29 35.01 200m: 2:17.22 36.93	250m: 2:52.37 35.15 300m: 3:29.08 36.71	350m: 4:05.11 36.03 400m: 4:38.44 33.33	
5.	Maria Ornelas Armas	98	Vikings Sports Club	4:42.84	4:50.55	539
	50m: 32.52 32.52 100m: 1:07.85 35.33		150m: 1:44.69 36.84 200m: 2:21.34 36.65	250m: 2:59.13 37.79 300m: 3:36.26 37.13	350m: 4:14.13 37.87 400m: 4:50.55 36.42	
6.	Bruna Martins Riesenberger	97	Clube de Instr e Rec do Laranjeiro	5:04.15	4:51.10	535
	50m: 32.45 32.45 100m: 1:08.32 35.87		150m: 1:45.38 37.06 200m: 2:22.47 37.09	250m: 2:59.88 37.41 300m: 3:37.23 37.35	350m: 4:14.49 37.26 400m: 4:51.10 36.61	
DSQ	Diana Valadas Horta <i>G1 - Efectuou falsa partida (SW 4.4)</i>	04	Soc.Filarmónica União A. Piedense	4:50.35		
DNS	Lidiana Correia Rodrigues	04	Clube Futebol Os Belenenses	5:04.15		

Prova 29, Femin., 400m Livres

Absolutos

1.	Ema Jeronimo Conceicao	03	Assoc Ed. Fisica Desp. Torres Vedras	4:18.37	4:23.83	719
	50m: 30.84 30.84	150m: 1:37.65 33.31	250m: 2:44.32 33.15	350m: 3:51.13 33.05		
	100m: 1:04.34 33.50	200m: 2:11.17 33.52	300m: 3:18.08 33.76	400m: 4:23.83 32.70		
2.	Maria Ferreira Moura	04	Sporting Clube de Portugal	4:26.35	4:29.34	676
	50m: 31.02 31.02	150m: 1:38.90 33.88	250m: 2:47.41 33.99	350m: 3:55.49 33.88		
	100m: 1:05.02 34.00	200m: 2:13.42 34.52	300m: 3:21.61 34.20	400m: 4:29.34 33.85		
3.	Marta Joao Pires	05	Sport Alges e Dafundo	4:26.28	4:35.01	635
	50m: 32.50 32.50	150m: 1:42.60 35.41	250m: 2:51.40 34.56	350m: 4:00.93 34.61		
	100m: 1:07.19 34.69	200m: 2:16.84 34.24	300m: 3:26.32 34.92	400m: 4:35.01 34.08		
4.	Francisca Salvador Mesquita	02	Sporting Clube de Portugal	4:38.40	4:37.19	620
	50m: 32.53 32.53	150m: 1:41.83 35.09	250m: 2:52.48 35.54	350m: 4:03.07 35.40		
	100m: 1:06.74 34.21	200m: 2:16.94 35.11	300m: 3:27.67 35.19	400m: 4:37.19 34.12		
5.	Mafalda Marques Pinto	02	Sporting Clube de Portugal	5:04.15	4:38.44	612
	50m: 31.82 31.82	150m: 1:40.29 35.01	250m: 2:52.37 35.15	350m: 4:05.11 36.03		
	100m: 1:05.28 33.46	200m: 2:17.22 36.93	300m: 3:29.08 36.71	400m: 4:38.44 33.33		
6.	Leonor Tavares Catalao	06	Sporting Clube de Portugal	4:38.97	4:42.23	588
	50m: 31.55 31.55	150m: 1:41.77 35.34	250m: 2:53.55 35.88	350m: 4:06.17 36.26		
	100m: 1:06.43 34.88	200m: 2:17.67 35.90	300m: 3:29.91 36.36	400m: 4:42.23 36.06		
7.	Mafalda Santos Costa	05	ADR Colegio Int Monte Maior	4:49.52	4:47.66	555
	50m: 32.72 32.72	150m: 1:44.07 35.99	250m: 2:57.56 36.86	350m: 4:11.07 36.75		
	100m: 1:08.08 35.36	200m: 2:20.70 36.63	300m: 3:34.32 36.76	400m: 4:47.66 36.59		
8.	Maria Esteves Valente	06	Sport Lisboa e Benfica	4:46.19	4:49.35	545
	50m: 32.93 32.93	150m: 1:45.30 36.30	250m: 2:58.98 36.67	350m: 4:13.54 37.23		
	100m: 1:09.00 36.07	200m: 2:22.31 37.01	300m: 3:36.31 37.33	400m: 4:49.35 35.81		
9.	Maria Ornelas Armas	98	Vikings Sports Club	4:42.84	4:50.55	539
	50m: 32.52 32.52	150m: 1:44.69 36.84	250m: 2:59.13 37.79	350m: 4:14.13 37.87		
	100m: 1:07.85 35.33	200m: 2:21.34 36.65	300m: 3:36.26 37.13	400m: 4:50.55 36.42		
10.	Bruna Martins Riesenberger	97	Clube de Instr e Rec do Laranjeiro	5:04.15	4:51.10	535
	50m: 32.45 32.45	150m: 1:45.38 37.06	250m: 2:59.88 37.41	350m: 4:14.49 37.26		
	100m: 1:08.32 35.87	200m: 2:22.47 37.09	300m: 3:37.23 37.35	400m: 4:51.10 36.61		
11.	Leonor Castanho Santos	07	Sporting Clube de Portugal	4:48.97	4:54.66	516
	50m: 33.88 33.88	150m: 1:46.87 37.57	250m: 3:02.53 38.29	350m: 4:17.68 37.66		
	100m: 1:09.30 35.42	200m: 2:24.24 37.37	300m: 3:40.02 37.49	400m: 4:54.66 36.98		
12.	Elena Del Rio Bernat	07	Sport Alges e Dafundo	4:53.66	4:55.78	510
	50m: 34.37 34.37	150m: 1:48.93 38.01	250m: 3:04.86 38.12	350m: 4:19.94 37.85		
	100m: 1:10.92 36.55	200m: 2:26.74 37.81	300m: 3:42.09 37.23	400m: 4:55.78 35.84		
13.	Luisa Ponte Jorge	07	Soc.Filarmónica União A. Piedense	5:03.63	4:58.21	498
	50m: 33.60 33.60	150m: 1:49.02 38.39	250m: 3:05.67 37.48	350m: 4:21.89 38.27		
	100m: 1:10.63 37.03	200m: 2:28.19 39.17	300m: 3:43.62 37.95	400m: 4:58.21 36.32		
14.	Sara Sofia Alves	07	Clube Naval Setubalense	4:51.37	4:58.52	496
	50m: 33.74 33.74	150m: 1:48.60 37.64	250m: 3:05.09 38.05	350m: 4:21.50 37.97		
	100m: 1:10.96 37.22	200m: 2:27.04 38.44	300m: 3:43.53 38.44	400m: 4:58.52 37.02		
15.	Maria Del Rio Bernat	05	Sport Alges e Dafundo	4:56.63	4:59.22	493
	50m: 32.77 32.77	150m: 1:47.18 37.82	250m: 3:04.49 38.57	350m: 4:22.08 38.59		
	100m: 1:09.36 36.59	200m: 2:25.92 38.74	300m: 3:43.49 39.00	400m: 4:59.22 37.14		
16.	Beatriz Mocego Niza	06	Clube Natacao da Amadora	4:58.23	5:00.41	487
	50m: 34.48 34.48	150m: 1:49.58 38.27	250m: 3:05.78 38.56	350m: 4:22.84 39.32		
	100m: 1:11.31 36.83	200m: 2:27.22 37.64	300m: 3:43.52 37.74	400m: 5:00.41 37.57		
17.	Beatriz Alexandra Rolim	08	Soc.Filarmónica União A. Piedense	5:16.70	5:00.53	487
	50m: 34.51 34.51	150m: 1:51.98 38.64	250m: 3:09.18 38.27	350m: 4:24.74 36.98		
	100m: 1:13.34 38.83	200m: 2:30.91 38.93	300m: 3:47.76 38.58	400m: 5:00.53 35.79		
18.	Beatriz Heitor Cachaco	07	Gesloures - Gestão Equipamentos E.M.	5:06.33	5:04.47	468
	50m: 31.35 31.35	150m: 1:44.27 37.35	250m: 3:02.99 39.12	350m: 4:24.89 41.08		
	100m: 1:06.92 35.57	200m: 2:23.87 39.60	300m: 3:43.81 40.82	400m: 5:04.47 39.58		
19.	Matilde Catroga Marques	08	ADR Colegio Int Monte Maior	5:13.87	5:04.88	466
	50m: 34.41 34.41	150m: 1:52.52 39.52	250m: 3:11.06 38.76	350m: 4:28.01 37.99		
	100m: 1:13.00 38.59	200m: 2:32.30 39.78	300m: 3:50.02 38.96	400m: 5:04.88 36.87		
20.	Leticia Rodrigues Magalhaes	07	Clube Naval Setubalense	4:58.52	5:09.56	445
	50m: 32.67 32.67	150m: 1:48.56 38.54	250m: 3:08.52 39.88	350m: 4:30.15 40.22		
	100m: 1:10.02 37.35	200m: 2:28.64 40.08	300m: 3:49.93 41.41	400m: 5:09.56 39.41		

Prova 29, Femin., 400m Livres, Absolutos

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo	Pts
21.	Ines Gaspar Silva <i>FTL (Fora Tempo Limite)</i>	06	Gesloures - Gestão Equipamentos E.M.	5:09.18	5:12.22	434
	50m: 31.67 31.67	150m: 1:50.73 41.07	250m: 3:11.31 40.04	350m: 4:32.94 41.19		
	100m: 1:09.66 37.99	200m: 2:31.27 40.54	300m: 3:51.75 40.44	400m: 5:12.22 39.28		
22.	Clara Sofia Herminio <i>FTL (Fora Tempo Limite)</i>	06	Soc.Filarmónica União A. Piedense	5:07.67	5:12.24	434
	50m: 35.32 35.32	150m: 1:53.10 39.85	250m: 3:13.08 40.67	350m: 4:33.99 40.94		
	100m: 1:13.25 37.93	200m: 2:32.41 39.31	300m: 3:53.05 39.97	400m: 5:12.24 38.25		
23.	Raquel Santos Baiona	08	ADR Colegio Int Monte Maior	6:55.69	5:12.77	432
	50m: 36.18 36.18	150m: 1:54.93 40.23	250m: 3:15.12 40.55	350m: 4:35.12 40.56		
	100m: 1:14.70 38.52	200m: 2:34.57 39.64	300m: 3:54.56 39.44	400m: 5:12.77 37.65		
24.	Iris Castro Campos <i>FTL (Fora Tempo Limite)</i>	06	Clube Natacao da Amadora	5:05.58	5:13.42	429
	50m: 34.72 34.72	150m: 1:51.44 39.03	250m: 3:11.15 40.66	350m: 4:33.88 41.97		
	100m: 1:12.41 37.69	200m: 2:30.49 39.05	300m: 3:51.91 40.76	400m: 5:13.42 39.54		
25.	Leonor Gino Canhao <i>FTL (Fora Tempo Limite)</i>	07	Sporting Clube de Portugal	5:20.73	5:17.96	411
	50m: 35.80 35.80	150m: 1:55.07 40.84	250m: 3:16.65 41.73	350m: 4:38.52 40.88		
	100m: 1:14.23 38.43	200m: 2:34.92 39.85	300m: 3:57.64 40.99	400m: 5:17.96 39.44		
26.	Ines Margarida Fernandes <i>FTL (Fora Tempo Limite)</i>	08	Centro Popular de Cultura e Desporto	5:21.42	5:33.58	356
	50m: 36.18 36.18	150m: 1:56.62 41.39	250m: 3:23.01 42.71	350m: 4:50.82 42.95		
	100m: 1:15.23 38.52	200m: 2:40.30 43.68	300m: 4:07.87 44.86	400m: 5:33.58 42.76		
DSQ	Diana Valadas Horta <i>G1 - Efectuou falsa partida (SW 4.4)</i>	04	Soc.Filarmónica União A. Piedense	4:50.35		
DNS	Lidiana Correia Rodrigues	04	Clube Futebol Os Belenenses	5:04.15		
DNS	Ana Beatriz Pires	08	Soc.Filarmónica União A. Piedense	4:57.48		
DNS	Margarida Domingues Nunes	05	Sporting Clube de Portugal	4:57.33		