

Prova 1	Femin., 400m Livres				Absoluto
08.05.2022 - 9:00	Absolutos (NP)				Resultados
Rec Taça Gesloures Sen	4:25.26	Beatriz Paulo Ranito	POR	Loures	14.05.2017
Rec Taça Gesloures Jun	4:26.74	Francisca Salvador Mesquita	POR	Sto Antº Cavaleiros	20.06.2019
Rec Taça Gesloures Juv A	4:31.04	Ema Jeronimo Conceicao	POR	Sto Antº Cavaleiros	01.07.2018
Rec Taça Gesloures Juv B	4:40.54	Maria Carlota Rebelo	POR	Loures	14.05.2017
Rec Taça Gesloures Inf A	4:43.54	Ana Beatriz Simoes	POR	Sto Antº Cavaleiros	01.07.2018
Rec Taça Gesloures Inf B	4:50.92	Isadora Maia Andre	POR	Loures	14.05.2017
Rec Regional Abs	4:04.61	Diana Margarida Duraes	SLB	Copenhagen (DEN)	17.12.2017
Rec Nacional Abs	4:04.61	Diana Margarida Duraes	SLB	Copenhagen (DEN)	17.12.2017

Pontos: FINA 2021

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo	Pts
Infantis						
1.	Carolina Marques Madeira	09	Nacional de Natação	5:04.33	5:05.91	447
	50m: 36.99 36.99		150m: 250m:	350m:		
	100m: 1:15.93 38.94		200m: 2:34.37 300m: 3:51.49	400m: 5:05.91		
2.	Madalena Azevedo Messias	09	Sporting	5:07.66	5:06.22	445
	50m: 35.21 35.21		150m: 250m:	350m:		
	100m: 1:14.10 38.89		200m: 2:33.04 300m: 3:51.42	400m: 5:06.22		
3.	Matilde Lopes Fialho	09	Palmela Desporto	5:08.52	5:12.44	419
	50m: 36.52 36.52		150m: 250m:	350m:		
	100m: 1:16.16 39.64		200m: 2:34.85 300m: 3:52.72	400m: 5:12.44		
4.	Beatriz Ribeiro Lima	09	Gesloures	5:19.48	5:15.12	409
	50m: 35.55 35.55		150m: 250m:	350m:		
	100m: 1:14.56 39.01		200m: 2:34.53 300m: 3:55.84	400m: 5:15.12		
5.	Lara Castanheira Carlos	09	Laranjeiro	5:35.07	5:30.25	355
	50m: 35.88 35.88		150m: 250m:	350m:		
	100m: 1:17.67 41.79		200m: 2:43.01 300m: 4:07.32	400m: 5:30.25		
6.	Ines Maria Verissimo	09	Algés	5:55.18	5:45.77	309
	50m: 38.47 38.47		150m: 250m:	350m:		
	100m: 1:21.73 43.26		200m: 2:52.76 300m: 4:24.28	400m: 5:45.77		
7.	Joana Alexandra Silva	10	CPCD - Póvoa Sta Iria	5:25.30	5:51.81	293
	50m: 38.37 38.37		150m: 250m:	350m:		
	100m: 1:21.90 43.53		200m: 2:52.46 300m: 4:23.06	400m: 5:51.81		

Absoluto

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	100m: 1:15.93 38.94		200m: 2:34.37 300m: 3:51.49	400m: 5:05.91		
2.	Madalena Azevedo Messias	09	Sporting	5:07.66	5:06.22	445
	50m: 35.21 35.21		150m: 250m:	350m:		
	100m: 1:14.10 38.89		200m: 2:33.04 300m: 3:51.42	400m: 5:06.22		
3.	Matilde Lopes Fialho	09	Palmela Desporto	5:08.52	5:12.44	419
	50m: 36.52 36.52		150m: 250m:	350m:		
	100m: 1:16.16 39.64		200m: 2:34.85 300m: 3:52.72	400m: 5:12.44		
4.	Beatriz Ribeiro Lima	09	Gesloures	5:19.48	5:15.12	409
	50m: 35.55 35.55		150m: 250m:	350m:		
	100m: 1:14.56 39.01		200m: 2:34.53 300m: 3:55.84	400m: 5:15.12		
5.	Lara Castanheira Carlos	09	Laranjeiro	5:35.07	5:30.25	355
	50m: 35.88 35.88		150m: 250m:	350m:		
	100m: 1:17.67 41.79		200m: 2:43.01 300m: 4:07.32	400m: 5:30.25		
6.	Ines Maria Verissimo	09	Algés	5:55.18	5:45.77	309
	50m: 38.47 38.47		150m: 250m:	350m:		
	100m: 1:21.73 43.26		200m: 2:52.76 300m: 4:24.28	400m: 5:45.77		
7.	Joana Alexandra Silva	10	CPCD - Póvoa Sta Iria	5:25.30	5:51.81	293
	50m: 38.37 38.37		150m: 250m:	350m:		
	100m: 1:21.90 43.53		200m: 2:52.46 300m: 4:23.06	400m: 5:51.81		

Infantis B

1.	Joana Alexandra Silva	10	CPCD - Póvoa Sta Iria	5:25.30	5:51.81	293
	50m: 38.37 38.37		150m: 250m:	350m:		
	100m: 1:21.90 43.53		200m: 2:52.46 300m: 4:23.06	400m: 5:51.81		

Prova 1, Femin., 400m Livres

Infantis A

1.	Carolina Marques Madeira	09	Nacional de Natação	5:04.33	5:05.91	447
	50m: 36.99 36.99	150m: 250m:		350m:		
	100m: 1:15.93 38.94	200m: 2:34.37	300m: 3:51.49	400m: 5:05.91		
2.	Madalena Azevedo Messias	09	Sporting	5:07.66	5:06.22	445
	50m: 35.21 35.21	150m: 250m:		350m:		
	100m: 1:14.10 38.89	200m: 2:33.04	300m: 3:51.42	400m: 5:06.22		
3.	Matilde Lopes Fialho	09	Palmela Desporto	5:08.52	5:12.44	419
	50m: 36.52 36.52	150m: 250m:		350m:		
	100m: 1:16.16 39.64	200m: 2:34.85	300m: 3:52.72	400m: 5:12.44		
4.	Beatriz Ribeiro Lima	09	Gesloures	5:19.48	5:15.12	409
	50m: 35.55 35.55	150m: 250m:		350m:		
	100m: 1:14.56 39.01	200m: 2:34.53	300m: 3:55.84	400m: 5:15.12		
5.	Lara Castanheira Carlos	09	Laranjeiro	5:35.07	5:30.25	355
	50m: 35.88 35.88	150m: 250m:		350m:		
	100m: 1:17.67 41.79	200m: 2:43.01	300m: 4:07.32	400m: 5:30.25		
6.	Ines Maria Verissimo	09	Algés	5:55.18	5:45.77	309
	50m: 38.47 38.47	150m: 250m:		350m:		
	100m: 1:21.73 43.26	200m: 2:52.76	300m: 4:24.28	400m: 5:45.77		