

Prova 3  
27.05.2023 - 17:20

Femin., 400m Estilos

Juvenis  
Resultados

Rec Regional Juv A	4:51.85	Ana Claudia Santos	POR	Setubal	2004
Rec Regional Juv B	4:57.68	Susana Patricia Miguel	POR	Penafiel	2004
Rec Regional Absoluto	4:36.19	Victoria Kaminskaya	POR	Copenhagen (DEN)	2017
Rec Nacional Juv A	4:51.85	Ana Claudia Santos	POR	Setubal	2004
Rec Nacional Juv B	4:57.68	Susana Patricia Miguel	POR	Penafiel	2004
Rec Nacional Absoluto	4:36.19	Victoria Kaminskaya	POR	Copenhagen (DEN)	2017

Mínimo Participação Juv B: 6:20.01; Juv A: 6:05.46

Pontos: FINA 2022

Pos.	Nadador	Ano	Clube	Tempo	Pts
<b>Juvenis B</b>					
1.	Sofia Carlos Arede	09	Sporting	<b>5:29.28</b>	486
	50m: 34.08 34.08	150m: 1:55.52 41.57	250m: 3:24.25 47.43	350m: 4:51.26 38.40	
	100m: 1:13.95 39.87	200m: 2:36.82 41.30	300m: 4:12.86 48.61	400m: 5:29.28 38.02	
2.	Beatriz Silva Jordao	09	Vikings	<b>5:34.05</b>	465
	50m: 36.26 36.26	150m: 2:05.07 44.13	250m: 3:34.60 47.18	350m: 4:57.96 35.56	
	100m: 1:20.94 44.68	200m: 2:47.42 42.35	300m: 4:22.40 47.80	400m: 5:34.05 36.09	
3.	Sofia Monteiro Uva	09	Alges	<b>5:35.09</b>	461
	50m: 34.77 34.77	150m: 2:00.16 44.05	250m: 3:29.81 47.84	350m: 4:57.47 38.67	
	100m: 1:16.11 41.34	200m: 2:41.97 41.81	300m: 4:18.80 48.99	400m: 5:35.09 37.62	
4.	Madalena Azevedo Messias	09	Sporting	<b>5:38.12</b>	449
	50m: 32.76 32.76	150m: 1:56.83 45.38	250m: 3:28.60 47.07	350m: 4:58.89 40.77	
	100m: 1:11.45 38.69	200m: 2:41.53 44.70	300m: 4:18.12 49.52	400m: 5:38.12 39.23	
5.	Beatriz Ferreira Batista	09	CPCD - Póvoa Sta Iria	<b>5:39.46</b>	443
	50m: 36.29 36.29	150m: 2:02.56 43.67	250m: 3:32.22 46.35	350m: 5:01.27 39.99	
	100m: 1:18.89 42.60	200m: 2:45.87 43.31	300m: 4:21.28 49.06	400m: 5:39.46 38.19	
6.	Maria Leonor Calcada	09	Sporting	<b>5:40.97</b>	437
	50m: 34.13 34.13	150m: 1:57.44 42.06	250m: 3:30.94 51.93	350m: 5:03.08 37.59	
	100m: 1:15.38 41.25	200m: 2:39.01 41.57	300m: 4:25.49 54.55	400m: 5:40.97 37.89	
7.	Beatriz Ribeiro Lima	09	Geslours	<b>5:57.47</b>	380
	50m: 39.26 39.26	150m: 2:09.21 43.70	250m: 3:47.88 53.84	350m: 5:19.46 38.38	
	100m: 1:25.51 46.25	200m: 2:54.04 44.83	300m: 4:41.08 53.20	400m: 5:57.47 38.01	
8.	Sara Cabaco Brasil	09	Fisica Torres Vedras	<b>5:59.55</b>	373
	50m: 38.51 38.51	150m: 2:14.95 49.01	250m: 3:51.73 47.75	350m: 5:21.76 40.51	
	100m: 1:25.94 47.43	200m: 3:03.98 49.03	300m: 4:41.25 49.52	400m: 5:59.55 37.79	
9.	Alice Lucas Pedro	09	Alges	<b>5:59.79</b>	372
	50m: 35.65 35.65	150m: 2:05.67 46.63	250m: 3:43.46 51.82	350m: 5:20.77 43.15	
	100m: 1:19.04 43.39	200m: 2:51.64 45.97	300m: 4:37.62 54.16	400m: 5:59.79 39.02	
10.	Ana Kostenko	09	Naval Setubalense	<b>6:09.83</b>	343
	50m: 40.70 40.70	150m: 2:14.15 45.56	250m: 3:53.76 55.14	350m: 5:30.11 41.98	
	100m: 1:28.59 47.89	200m: 2:58.62 44.47	300m: 4:48.13 54.37	400m: 6:09.83 39.72	
11.	Matilde Castro Teixeira	09	Sporting	<b>6:11.20</b>	339
	50m: 39.52 39.52	150m: 2:16.50 47.06	250m: 3:57.35 54.59	350m: 5:32.65 40.88	
	100m: 1:29.44 49.92	200m: 3:02.76 46.26	300m: 4:51.77 54.42	400m: 6:11.20 38.55	
12.	Ana Matilde Silva	09	Naval Setubalense	<b>6:15.94</b>	326
	50m: 40.31 40.31	150m: 2:16.92 47.53	250m: 3:55.73 53.42	350m: 5:33.36 42.86	
	100m: 1:29.39 49.08	200m: 3:02.31 45.39	300m: 4:50.50 54.77	400m: 6:15.94 42.58	
DSQ	Margarida Maia Lopes	09	Geslours		
	<i>E-M13 - No percurso de mariposa, efectuou batimento alternado de pernas/pés durante o percurso (SW 8.3)</i>				
DNS	Ines Maria Lanca	09	União Piedense		

Resultados online: [anlisboa.info/live](http://anlisboa.info/live)

Prova 3, Femin., 400m Estilos

Juvenis A

1. Constanca Santos Ferreira	08	Alges	50m: 31.88 100m: 1:07.77	150m: 1:47.19 200m: 2:26.14	250m: 3:09.90 300m: 3:54.50	350m: 4:30.71 400m: 5:06.35	36.21 35.64	
2. Matilde Catroga Marques	08	Colegio Int Monte Maior	50m: 32.56 100m: 1:10.35	150m: 1:51.38 200m: 2:32.06	250m: 3:19.41 300m: 4:06.94	350m: 4:43.25 400m: 5:18.60	36.31 35.35	
3. Leonor Serrao Nascimento	08	Alges	50m: 34.16 100m: 1:13.52	150m: 1:55.65 200m: 2:36.79	250m: 3:21.53 300m: 4:06.87	350m: 4:44.48 400m: 5:22.04	37.61 37.56	
4. Luisa Goncalves Rodrigues	08	Fisica Torres Vedras	50m: 35.37 100m: 1:17.01	150m: 1:59.98 200m: 2:42.22	250m: 3:28.64 300m: 4:15.41	350m: 4:53.60 400m: 5:30.59	38.19 36.99	
5. Constanca Isabel Carvalho	08	Alges	50m: 34.89 100m: 1:15.71	150m: 1:59.39 200m: 2:42.13	250m: 3:29.08 300m: 4:16.93	350m: 4:55.66 400m: 5:32.83	38.73 37.17	
6. Marta Oliveira Ferreira	08	Colégio Vasco da Gama	50m: 37.87 100m: 1:21.81	150m: 2:04.41 200m: 2:45.56	250m: 3:32.66 300m: 4:18.89	350m: 4:58.53 400m: 5:36.41	39.64 37.88	
7. Patricia Subtil Henriques	08	Geslours	50m: 35.37 100m: 1:18.73	150m: 2:02.23 200m: 2:44.74	250m: 3:32.93 300m: 4:21.27	350m: 5:00.63 400m: 5:37.70	39.36 37.07	
8. Teresa Bonita Oliveira	08	Naval Setubalense	50m: 35.07 100m: 1:16.37	150m: 2:01.82 200m: 2:45.58	250m: 3:32.09 300m: 4:20.98	350m: 5:02.44 400m: 5:40.93	41.46 38.49	
9. Joana Pontes Prior	08	Laranjeiro	50m: 36.13 100m: 1:19.09	150m: 2:03.30 200m: 2:45.66	250m: 3:35.94 300m: 4:26.06	350m: 5:05.54 400m: 5:43.86	39.48 38.32	
10. Marta Matos Laranjeira	08	Vikings	50m: 36.19 100m: 1:19.11	150m: 2:06.52 200m: 2:51.08	250m: 3:39.78 300m: 4:28.41	350m: 5:07.69 400m: 5:44.40	39.28 36.71	
11. Teresa Oliveira Santos	08	Alges	50m: 35.49 100m: 1:16.46	150m: 2:00.91 200m: 2:44.99	250m: 3:39.81 300m: 4:32.77	350m: 5:09.93 400m: 5:44.52	37.16 34.59	
12. Lis Fatima Melo	08	Geslours	50m: 37.14 100m: 1:21.18	150m: 2:03.72 200m: 2:44.52	250m: 3:38.42 300m: 4:31.10	350m: 5:09.72 400m: 5:47.23	38.62 37.51	
13. Rita Sofia Amaral	08	Alges	50m: 37.08 100m: 1:21.84	150m: 2:06.45 200m: 2:50.44	250m: 3:40.45 300m: 4:31.55	350m: 5:12.64 400m: 5:52.02	41.09 39.38	
14. Joana Monteiro Caetano	08	Geslours	50m: 39.13 100m: 1:25.93	150m: 2:08.98 200m: 2:52.88	250m: 3:44.07 300m: 4:35.02	350m: 5:14.79 400m: 5:53.47	39.77 38.68	
15. Clarisse Teixeira Teles	08	Naval Setubalense	50m: 39.32 100m: 1:26.99	150m: 2:11.94 200m: 2:55.39	250m: 3:45.58 300m: 4:37.15	350m: 5:16.79 400m: 5:55.39	39.64 38.60	
DSQ Ines Ferreira Franco	08	Vikings	<i>G1 - Efectuou falsa partida (SW 4.4)</i>					

Juvenis

1. Constanca Santos Ferreira	08	Alges	50m: 31.88 100m: 1:07.77	150m: 1:47.19 200m: 2:26.14	250m: 3:09.90 300m: 3:54.50	350m: 4:30.71 400m: 5:06.35	36.21 35.64
2. Matilde Catroga Marques	08	Colegio Int Monte Maior	50m: 32.56 100m: 1:10.35	150m: 1:51.38 200m: 2:32.06	250m: 3:19.41 300m: 4:06.94	350m: 4:43.25 400m: 5:18.60	36.31 35.35
3. Leonor Serrao Nascimento	08	Alges	50m: 34.16 100m: 1:13.52	150m: 1:55.65 200m: 2:36.79	250m: 3:21.53 300m: 4:06.87	350m: 4:44.48 400m: 5:22.04	37.61 37.56
4. Sofia Carlos Arede	09	Sporting	50m: 34.08 100m: 1:13.95	150m: 1:55.52 200m: 2:36.82	250m: 3:24.25 300m: 4:12.86	350m: 4:51.26 400m: 5:29.28	38.40 38.02

Resultados online: [anlisboa.info/live](http://anlisboa.info/live)

Prova 3, Femin., 400m Estilos, Juvenis

Pos.	Nadador	Ano	Clube	Tempo	Pts
5.	Luisa Goncalves Rodrigues	08	Fisica Torres Vedras	<b>5:30.59</b>	480
	50m: 35.37 35.37	150m: 1:59.98 42.97	250m: 3:28.64 46.42	350m: 4:53.60 38.19	
	100m: 1:17.01 41.64	200m: 2:42.22 42.24	300m: 4:15.41 46.77	400m: 5:30.59 36.99	
6.	Constanca Isabel Carvalho	08	Alges	<b>5:32.83</b>	470
	50m: 34.89 34.89	150m: 1:59.39 43.68	250m: 3:29.08 46.95	350m: 4:55.66 38.73	
	100m: 1:15.71 40.82	200m: 2:42.13 42.74	300m: 4:16.93 47.85	400m: 5:32.83 37.17	
7.	Beatriz Silva Jordao	09	Vikings	<b>5:34.05</b>	465
	50m: 36.26 36.26	150m: 2:05.07 44.13	250m: 3:34.60 47.18	350m: 4:57.96 35.56	
	100m: 1:20.94 44.68	200m: 2:47.42 42.35	300m: 4:22.40 47.80	400m: 5:34.05 36.09	
8.	Sofia Monteiro Uva	09	Alges	<b>5:35.09</b>	461
	50m: 34.77 34.77	150m: 2:00.16 44.05	250m: 3:29.81 47.84	350m: 4:57.47 38.67	
	100m: 1:16.11 41.34	200m: 2:41.97 41.81	300m: 4:18.80 48.99	400m: 5:35.09 37.62	
9.	Marta Oliveira Ferreira	08	Colégio Vasco da Gama	<b>5:36.41</b>	456
	50m: 37.87 37.87	150m: 2:04.41 42.60	250m: 3:32.66 47.10	350m: 4:58.53 39.64	
	100m: 1:21.81 43.94	200m: 2:45.56 41.15	300m: 4:18.89 46.23	400m: 5:36.41 37.88	
10.	Patricia Subtil Henriques	08	Gesloures	<b>5:37.70</b>	450
	50m: 35.37 35.37	150m: 2:02.23 43.50	250m: 3:32.93 48.19	350m: 5:00.63 39.36	
	100m: 1:18.73 43.36	200m: 2:44.74 42.51	300m: 4:21.27 48.34	400m: 5:37.70 37.07	
11.	Madalena Azevedo Messias	09	Sporting	<b>5:38.12</b>	449
	50m: 32.76 32.76	150m: 1:56.83 45.38	250m: 3:28.60 47.07	350m: 4:58.89 40.77	
	100m: 1:11.45 38.69	200m: 2:41.53 44.70	300m: 4:18.12 49.52	400m: 5:38.12 39.23	
12.	Beatriz Ferreira Batista	09	CPCD - Póvoa Sta Iria	<b>5:39.46</b>	443
	50m: 36.29 36.29	150m: 2:02.56 43.67	250m: 3:32.22 46.35	350m: 5:01.27 39.99	
	100m: 1:18.89 42.60	200m: 2:45.87 43.31	300m: 4:21.28 49.06	400m: 5:39.46 38.19	
13.	Teresa Bonita Oliveira	08	Naval Setubalense	<b>5:40.93</b>	438
	50m: 35.07 35.07	150m: 2:01.82 45.45	250m: 3:32.09 46.51	350m: 5:02.44 41.46	
	100m: 1:16.37 41.30	200m: 2:45.88 43.76	300m: 4:20.98 48.89	400m: 5:40.93 38.49	
14.	Maria Leonor Calcada	09	Sporting	<b>5:40.97</b>	437
	50m: 34.13 34.13	150m: 1:57.44 42.06	250m: 3:30.94 51.93	350m: 5:03.08 37.59	
	100m: 1:15.38 41.25	200m: 2:39.01 41.57	300m: 4:25.49 54.55	400m: 5:40.97 37.89	
15.	Joana Pontes Prior	08	Laranjeiro	<b>5:43.86</b>	427
	50m: 36.13 36.13	150m: 2:03.30 44.21	250m: 3:35.94 50.28	350m: 5:05.54 39.48	
	100m: 1:19.09 42.96	200m: 2:45.66 42.36	300m: 4:26.06 50.12	400m: 5:43.86 38.32	
16.	Marta Matos Laranjeira	08	Vikings	<b>5:44.40</b>	425
	50m: 36.19 36.19	150m: 2:06.52 47.41	250m: 3:39.78 48.70	350m: 5:07.69 39.28	
	100m: 1:19.11 42.92	200m: 2:51.08 44.56	300m: 4:28.41 48.63	400m: 5:44.40 36.71	
17.	Teresa Oliveira Santos	08	Alges	<b>5:44.52</b>	424
	50m: 35.49 35.49	150m: 2:00.91 44.45	250m: 3:39.81 54.82	350m: 5:09.93 37.16	
	100m: 1:16.46 40.97	200m: 2:44.99 44.08	300m: 4:32.77 52.96	400m: 5:44.52 34.59	
18.	Lis Fatima Melo	08	Gesloures	<b>5:47.23</b>	414
	50m: 37.14 37.14	150m: 2:03.72 42.54	250m: 3:38.42 53.90	350m: 5:09.72 38.62	
	100m: 1:21.18 44.04	200m: 2:44.52 40.80	300m: 4:31.10 52.68	400m: 5:47.23 37.51	
19.	Rita Sofia Amaral	08	Alges	<b>5:52.02</b>	398
	50m: 37.08 37.08	150m: 2:06.45 44.61	250m: 3:40.45 50.01	350m: 5:12.64 41.09	
	100m: 1:21.84 44.76	200m: 2:50.44 43.99	300m: 4:31.55 51.10	400m: 5:52.02 39.38	
20.	Joana Monteiro Caetano	08	Gesloures	<b>5:53.47</b>	393
	50m: 39.13 39.13	150m: 2:08.98 43.05	250m: 3:44.07 51.19	350m: 5:14.79 39.77	
	100m: 1:25.93 46.80	200m: 2:52.88 43.90	300m: 4:35.02 50.95	400m: 5:53.47 38.68	
21.	Clarisse Teixeira Teles	08	Naval Setubalense	<b>5:55.39</b>	386
	50m: 39.32 39.32	150m: 2:11.94 44.95	250m: 3:45.58 50.19	350m: 5:16.79 39.64	
	100m: 1:26.99 47.67	200m: 2:55.39 43.45	300m: 4:37.15 51.57	400m: 5:55.39 38.60	
22.	Beatriz Ribeiro Lima	09	Gesloures	<b>5:57.47</b>	380
	50m: 39.26 39.26	150m: 2:09.21 43.70	250m: 3:47.88 53.84	350m: 5:19.46 38.38	
	100m: 1:25.51 46.25	200m: 2:54.04 44.83	300m: 4:41.08 53.20	400m: 5:57.47 38.01	
23.	Sara Cabaco Brasil	09	Fisica Torres Vedras	<b>5:59.55</b>	373
	50m: 38.51 38.51	150m: 2:14.95 49.01	250m: 3:51.73 47.75	350m: 5:21.76 40.51	
	100m: 1:25.94 47.43	200m: 3:03.98 49.03	300m: 4:41.25 49.52	400m: 5:59.55 37.79	
24.	Alice Lucas Pedro	09	Alges	<b>5:59.79</b>	372
	50m: 35.65 35.65	150m: 2:05.67 46.63	250m: 3:43.46 51.82	350m: 5:20.77 43.15	
	100m: 1:19.04 43.39	200m: 2:51.64 45.97	300m: 4:37.62 54.16	400m: 5:59.79 39.02	
25.	Ana Kostenko	09	Naval Setubalense	<b>6:09.83</b>	343
	50m: 40.70 40.70	150m: 2:14.15 45.56	250m: 3:53.76 55.14	350m: 5:30.11 41.98	
	100m: 1:28.59 47.89	200m: 2:58.62 44.47	300m: 4:48.13 54.37	400m: 6:09.83 39.72	

Resultados online: [anlisboa.info/live](http://anlisboa.info/live)

Prova 3, Femin., 400m Estilos, Juvenis

Pos.	Nadador	Ano	Clube	Tempo	Pts
26.	Matilde Castro Teixeira	09	Sporting	<b>6:11.20</b>	339
	50m: 39.52 39.52 150m: 2:16.50 47.06 250m: 3:57.35 54.59 350m: 5:32.65 40.88				
	100m: 1:29.44 49.92 200m: 3:02.76 46.26 300m: 4:51.77 54.42 400m: 6:11.20 38.55				
27.	Ana Matilde Silva	09	Naval Setubalense	<b>6:15.94</b>	326
	50m: 40.31 40.31 150m: 2:16.92 47.53 250m: 3:55.73 53.42 350m: 5:33.36 42.86				
	100m: 1:29.39 49.08 200m: 3:02.31 45.39 300m: 4:50.50 54.77 400m: 6:15.94 42.58				
DSQ	Margarida Maia Lopes	09	Geslours		
	<i>E-M13 - No percurso de mariposa, efectuou batimento alternado de pernas/pés durante o percurso (SW 8.3)</i>				
DSQ	Ines Ferreira Franco	08	Vikings		
	<i>G1 - Efectuou falsa partida (SW 4.4)</i>				
DNS	Ines Maria Lanca	09	União Piedense		

Resultados online: [anlisboa.info/live](http://anlisboa.info/live)

apoios  
institucionais



parceiros

