

Prova 1	Femin., 400m Livres				Absoluto
30.05.2024 - 9:00	Absolutos (NP)				Resultados
Rec Taça Gesloures Sen	4:18.65	Ema Jerónimo Conceição	POR	Sto Antº Cavaleiros	08.05.2022
Rec Taça Gesloures Jun	4:26.74	Francisca Salvador Mesquita	POR	Sto Antº Cavaleiros	20.06.2019
Rec Taça Gesloures Juv A	4:30.92	Catarina Andrade Franco	POR	Sto Antº Cavaleiros	08.05.2022
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	4:04.57	Francisca Soares Martins	FOCA	Otopeni (ROU)	10.12.2023

Pontos: FINA 2022

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo	Pts
Infantis						
1.	Ana Mao de Ferro	11	Sporting	5:06.86	5:07.83	438
	50m: 34.66 34.66	150m: 2:31.94	250m: 3:51.59	350m: 5:07.83		
	100m: 1:13.06 38.40	200m: 2:31.94	300m: 3:51.59	400m: 5:07.83		
2.	Madalena Correia Gomes	11	Colegio Int Monte Maior	5:20.38	5:10.30	428
	50m: 35.03 35.03	150m: 2:32.56	250m: 3:52.03	350m: 5:10.30		
	100m: 1:13.88 38.85	200m: 2:32.56	300m: 3:52.03	400m: 5:10.30		
3.	Sofia Dias Ferreira	12	Palmela Desporto	5:16.65	5:25.50	371
	50m: 35.75 35.75	150m: 2:41.90	250m: 4:05.72	350m: 5:25.50		
	100m: 1:17.00 41.25	200m: 2:41.90	300m: 4:05.72	400m: 5:25.50		
4.	Laura Aguiar Bergamo	11	Algés	5:26.21	5:25.91	369
	50m: 37.45 37.45	150m: 2:42.66	250m: 4:05.91	350m: 5:25.91		
	100m: 1:19.38 41.93	200m: 2:42.66	300m: 4:05.91	400m: 5:25.91		
5.	Leonor Coelho Silva	11	Individual ANL	5:18.04	5:26.56	367
	50m: 37.51 37.51	150m: 2:52.45	250m: 4:05.60	350m: 5:26.56		
	100m: 1:29.21 51.70	200m: 2:52.45	300m: 4:05.60	400m: 5:26.56		
6.	Carmo Rosa Madeira	11	Laranjeiro	5:27.90	5:33.84	344
	50m: 37.60 37.60	150m: 2:43.69	250m: 4:08.05	350m: 5:33.84		
	100m: 1:19.04 41.44	200m: 2:43.69	300m: 4:08.05	400m: 5:33.84		
7.	Jade Duarte Bexigas	12	Gesloures	5:40.72	5:34.69	341
	50m: 33.37 33.37	150m: 2:45.33	250m: 4:10.83	350m: 5:34.69		
	100m: 1:19.50 46.13	200m: 2:45.33	300m: 4:10.83	400m: 5:34.69		
8.	Carolina Pinto Fonseca	11	Fisica Torres Vedras	5:58.15	5:52.38	292
	50m: 39.13 39.13	150m: 2:52.03	250m: 4:24.06	350m: 5:52.38		
	100m: 1:23.13 44.00	200m: 2:52.03	300m: 4:24.06	400m: 5:52.38		
9.	Irina Farola Albino	12	Naval Setubalense	6:35.07	6:29.96	215
	50m: 43.48 43.48	150m: 3:13.26	250m: 4:53.15	350m: 6:29.96		
	100m: 1:32.60 49.12	200m: 3:13.26	300m: 4:53.15	400m: 6:29.96		

Absoluto

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	100m: 1:13.06 38.40	200m: 2:31.94	300m: 3:51.59	400m: 5:07.83		
2.	Madalena Correia Gomes	11	Colegio Int Monte Maior	5:20.38	5:10.30	428
	50m: 35.03 35.03	150m: 2:32.56	250m: 3:52.03	350m: 5:10.30		
	100m: 1:13.88 38.85	200m: 2:32.56	300m: 3:52.03	400m: 5:10.30		
3.	Sofia Dias Ferreira	12	Palmela Desporto	5:16.65	5:25.50	371
	50m: 35.75 35.75	150m: 2:41.90	250m: 4:05.72	350m: 5:25.50		
	100m: 1:17.00 41.25	200m: 2:41.90	300m: 4:05.72	400m: 5:25.50		
4.	Laura Aguiar Bergamo	11	Algés	5:26.21	5:25.91	369
	50m: 37.45 37.45	150m: 2:42.66	250m: 4:05.91	350m: 5:25.91		
	100m: 1:19.38 41.93	200m: 2:42.66	300m: 4:05.91	400m: 5:25.91		
5.	Leonor Coelho Silva	11	Individual ANL	5:18.04	5:26.56	367
	50m: 37.51 37.51	150m: 2:52.45	250m: 4:05.60	350m: 5:26.56		
	100m: 1:29.21 51.70	200m: 2:52.45	300m: 4:05.60	400m: 5:26.56		
6.	Carmo Rosa Madeira	11	Laranjeiro	5:27.90	5:33.84	344
	50m: 37.60 37.60	150m: 2:43.69	250m: 4:08.05	350m: 5:33.84		
	100m: 1:19.04 41.44	200m: 2:43.69	300m: 4:08.05	400m: 5:33.84		
7.	Jade Duarte Bexigas	12	Gesloures	5:40.72	5:34.69	341
	50m: 33.37 33.37	150m: 2:45.33	250m: 4:10.83	350m: 5:34.69		
	100m: 1:19.50 46.13	200m: 2:45.33	300m: 4:10.83	400m: 5:34.69		

Resultados online: <http://anlisboa.pt/live>

Prova 1, Femin., 400m Livres, Absoluto

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo	Pts
8.	Carolina Pinto Fonseca 50m: 39.13 39.13 100m: 1:23.13 44.00	11	Fisica Torres Vedras	5:58.15 350m: 4:24.06 400m: 5:52.38	5:52.38	292
9.	Irina Farola Albino 50m: 43.48 43.48 100m: 1:32.60 49.12	12	Naval Setubalense	6:35.07 350m: 4:53.15 400m: 6:29.96	6:29.96	215

Infantis B

1.	Sofia Dias Ferreira 50m: 35.75 35.75 100m: 1:17.00 41.25	12	Palmela Desporto	5:16.65 350m: 4:05.72 400m: 5:25.50	5:25.50	371
2.	Jade Duarte Bexigas 50m: 33.37 33.37 100m: 1:19.50 46.13	12	Geslours	5:40.72 350m: 4:10.83 400m: 5:34.69	5:34.69	341
3.	Irina Farola Albino 50m: 43.48 43.48 100m: 1:32.60 49.12	12	Naval Setubalense	6:35.07 350m: 4:53.15 400m: 6:29.96	6:29.96	215

Infantis A

1.	Ana Mao de Ferro 50m: 34.66 34.66 100m: 1:13.06 38.40	11	Sporting	5:06.86 350m: 3:51.59 400m: 5:07.83	5:07.83	438
2.	Madalena Correia Gomes 50m: 35.03 35.03 100m: 1:13.88 38.85	11	Colegio Int Monte Maior	5:20.38 350m: 3:52.03 400m: 5:10.30	5:10.30	428
3.	Laura Aguiar Bergamo 50m: 37.45 37.45 100m: 1:19.38 41.93	11	Algés	5:26.21 350m: 4:05.91 400m: 5:25.91	5:25.91	369
4.	Leonor Coelho Silva 50m: 37.51 37.51 100m: 1:29.21 51.70	11	Individual ANL	5:18.04 350m: 4:05.60 400m: 5:26.56	5:26.56	367
5.	Carmo Rosa Madeira 50m: 37.60 37.60 100m: 1:19.04 41.44	11	Laranjeiro	5:27.90 350m: 4:08.05 400m: 5:33.84	5:33.84	344
6.	Carolina Pinto Fonseca 50m: 39.13 39.13 100m: 1:23.13 44.00	11	Fisica Torres Vedras	5:58.15 350m: 4:24.06 400m: 5:52.38	5:52.38	292