

Torneio Zonal de Infantis - PC
Silves, 27- - 29-3-2015

Prova 20 Femin., 400m Livres
29-03-2015 - 10:00 Infantis Resultados

Recordes Nacionais - 25m Absoluto	4:13.97	Sara Beatriz, LOUREIRO	FCP	Leiria	05-12-2009
Recordes Nacionais - 25m Inf. B	4:38.40	Filipa Vilas, RUIVO	DNMG	Alcobaça	13-06-2009
Recordes Nacionais - 25m Inf. A	4:25.30	Alexandra Maria, SILVA	FCP	Porto	19-07-1980

TAC INF B Fem Inf. B 50m: 5:38.64 - 25m: 5:32.00 / TAC INF A Fem Inf. A 50m: 5:22.83 - 25m: 5:16.50

Pontos: FINA 2014

Lugar	Ano	Tempo final	Pts
Infantis B			
1. Mafalda Sofia, ROSA	03 Rio Maior	4:55.28	500
50m: 34.01 34.01	150m: 1:47.83 37.48	250m: 3:03.49 37.83	350m: 4:18.38 37.31
100m: 1:10.35 36.34	200m: 2:25.66 37.83	300m: 3:41.07 37.58	400m: 4:55.28 36.90
2. Beatriz Moreira, CARVALHO	03 Rio Maior	4:56.61	494
50m: 33.75 33.75	150m: 1:47.47 37.13	250m: 3:03.65 37.65	350m: 4:20.66 39.03
100m: 1:10.34 36.59	200m: 2:26.00 38.53	300m: 3:41.63 37.98	400m: 4:56.61 35.95
3. Sara Moura, CRUZ	03 Estoris	4:58.35	485
50m: 34.08 34.08	150m: 1:48.39 37.62	250m: 3:04.15 38.19	350m: 4:20.84 38.25
100m: 1:10.77 36.69	200m: 2:25.96 37.57	300m: 3:42.59 38.44	400m: 4:58.35 37.51
4. Mariana Sofia, LOURENCO	03 Rio Maior	5:12.96	420
50m: 35.55 35.55	150m: 1:52.95 39.24	250m: 3:13.21 40.08	350m: 4:34.05 40.58
100m: 1:13.71 38.16	200m: 2:33.13 40.18	300m: 3:53.47 40.26	400m: 5:12.96 38.91
5. Beatriz Sousa, VALENTE	03 Natação de Olhão	5:22.72	383
50m: 36.31 36.31	150m: 1:59.04 41.89	250m: 3:22.04 40.99	350m: 4:43.93 41.00
100m: 1:17.15 40.84	200m: 2:41.05 42.01	300m: 4:02.93 40.89	400m: 5:22.72 38.79
6. Mariana Alves, BARBOSA	03 Pimpoes/Cimai	5:38.04	333
<i>FTL</i>			
50m: 36.79 36.79	150m: 2:02.61 43.82	250m: 3:29.47 43.66	350m: 4:56.43 43.25
100m: 1:18.79 42.00	200m: 2:45.81 43.20	300m: 4:13.18 43.71	400m: 5:38.04 41.61

Infantis A

1. Leonor Camacho, FERNANDES	02 Sporting	4:41.98	575
50m: 30.56 30.56	150m: 1:41.43 36.25	250m: 2:54.30 36.20	350m: 4:07.75 36.78
100m: 1:05.18 34.62	200m: 2:18.10 36.67	300m: 3:30.97 36.67	400m: 4:41.98 34.23
2. Mariana Amaral, MENDES	02 ADR Colegio Monte Maior	4:48.45	537
50m: 32.76 32.76	150m: 1:45.08 36.93	250m: 2:58.75 36.94	350m: 4:13.34 37.23
100m: 1:08.15 35.39	200m: 2:21.81 36.73	300m: 3:36.11 37.36	400m: 4:48.45 35.11
3. Maria Margarida, BELO	02 Sporting	4:50.69	525
50m: 32.64 32.64	150m: 1:45.07 36.59	250m: 2:59.62 37.34	350m: 4:14.28 37.57
100m: 1:08.48 35.84	200m: 2:22.28 37.21	300m: 3:36.71 37.09	400m: 4:50.69 36.41
4. Catia Iordan, AGOSTINHO	02 Rio Maior	4:52.17	517
50m: 33.05 33.05	150m: 1:45.78 36.85	250m: 3:00.70 37.50	350m: 4:15.69 37.48
100m: 1:08.93 35.88	200m: 2:23.20 37.42	300m: 3:38.21 37.51	400m: 4:52.17 36.48
5. Ana Reis, SOUSA	02 Litoral Alentejano	4:53.59	509
50m: 33.87 33.87	150m: 1:48.42 37.28	250m: 3:03.72 37.88	350m: 4:17.15 36.27
100m: 1:11.14 37.27	200m: 2:25.84 37.42	300m: 3:40.88 37.16	400m: 4:53.59 36.44
6. Ana Ferreira, COSTA	02 Desportivo Náutico da Marinha	4:55.53	499
50m: 34.11 34.11	150m: 1:48.72 37.72	250m: 3:04.25 37.82	350m: 4:19.66 37.67
100m: 1:11.00 36.89	200m: 2:26.43 37.71	300m: 3:41.99 37.74	400m: 4:55.53 35.87
7. Elisa Sauval, GONCALVES	02 Natação de Olhão	4:56.07	497
50m: 32.72 32.72	150m: 1:46.21 37.14	250m: 3:03.15 38.66	350m: 4:19.38 38.25
100m: 1:09.07 36.35	200m: 2:24.49 38.28	300m: 3:41.13 37.98	400m: 4:56.07 36.69

Torneio Zonal de Infantis - PC
Silves, 27- - 29-3-2015

Prova 20, Femin., 400m Livres, Infantis A

Lugar			Ano					Tempo final	Pts		
8.	Filipa Cardigo, FITAS		02	Assoc.20km-Almeirim				4:57.49	489		
	50m:	33.14 33.14	150m:	1:46.64	37.53	250m:	3:03.93	38.81	350m:	4:20.44	38.41
	100m:	1:09.11 35.97	200m:	2:25.12	38.48	300m:	3:42.03	38.10	400m:	4:57.49	37.05
9.	Ana Rita, MATOS		02	Gesloures				5:01.21	471		
	50m:	33.94 33.94	150m:	1:49.14	38.25	250m:	3:06.64	38.95	350m:	4:24.15	38.56
	100m:	1:10.89 36.95	200m:	2:27.69	38.55	300m:	3:45.59	38.95	400m:	5:01.21	37.06
10.	Carolina Ganhao, FERRO		02	Gesloures				5:01.91	468		
	50m:	33.54 33.54	150m:	1:49.04	38.29	250m:	3:06.56	38.98	350m:	4:25.21	39.15
	100m:	1:10.75 37.21	200m:	2:27.58	38.54	300m:	3:46.06	39.50	400m:	5:01.91	36.70
11.	Constanca Filipa, RODRIGUES		02	Benedita Sport Club Natação				5:02.77	464		
	50m:	34.28 34.28	150m:	1:50.56	38.42	250m:	3:08.14	38.73	350m:	4:25.66	38.59
	100m:	1:12.14 37.86	200m:	2:29.41	38.85	300m:	3:47.07	38.93	400m:	5:02.77	37.11
12.	Carolina Silverio, CARPINTEIRO		02	Clube de Natação do Tejo				5:03.68	460		
	50m:	34.35 34.35	150m:	1:51.33	39.02	250m:	3:09.09	39.32	350m:	4:27.03	38.91
	100m:	1:12.31 37.96	200m:	2:29.77	38.44	300m:	3:48.12	39.03	400m:	5:03.68	36.65
13.	Ana Correia, FERREIRA		02	Desportivo Náutico da Marinha				5:04.48	456		
	50m:	34.68 34.68	150m:	1:52.96	39.42	250m:	3:13.08	39.76	350m:	4:31.66	38.62
	100m:	1:13.54 38.86	200m:	2:33.32	40.36	300m:	3:53.04	39.96	400m:	5:04.48	32.82
14.	Ana Daniela, ESPINGARDEIRO		02	Naval Praia da Vitoria				5:06.31	448		
	50m:	34.99 34.99	150m:	1:51.54	38.63	250m:	3:09.67	39.19	350m:	4:27.96	39.23
	100m:	1:12.91 37.92	200m:	2:30.48	38.94	300m:	3:48.73	39.06	400m:	5:06.31	38.35
15.	Carina, VLASYUK		02	Sporting				5:07.54	443		
	50m:	34.30 34.30	150m:	1:52.24	39.01	250m:	3:11.46	39.39	350m:	4:29.80	39.03
	100m:	1:13.23 38.93	200m:	2:32.07	39.83	300m:	3:50.77	39.31	400m:	5:07.54	37.74
16.	Joana Filipa, VARANDAS		02	Escola Municipal Desporto Setú				5:07.62	443		
	50m:	34.04 34.04	150m:	1:52.01	39.78	250m:	3:11.69	39.61	350m:	4:30.25	38.66
	100m:	1:12.23 38.19	200m:	2:32.08	40.07	300m:	3:51.59	39.90	400m:	5:07.62	37.37
17.	Cintia Cristina, CRUZ		02	Alcobaça				5:09.88	433		
	50m:	35.34 35.34	150m:	1:52.22	38.81	250m:	3:11.50	39.74	350m:	4:31.21	39.73
	100m:	1:13.41 38.07	200m:	2:31.76	39.54	300m:	3:51.48	39.98	400m:	5:09.88	38.67
18.	Maria Leitao, CARVALHO		02	Ba/Bomcar				5:11.02	428		
	50m:	34.54 34.54	150m:	1:52.34	39.79	250m:	3:12.78	40.08	350m:	4:32.29	39.50
	100m:	1:12.55 38.01	200m:	2:32.70	40.36	300m:	3:52.79	40.01	400m:	5:11.02	38.73
19.	Carolina Guerra, PISCO		02	Assoc.20km-Almeirim				5:11.04	428		
	50m:	35.78 35.78	150m:	1:54.24	39.66	250m:	3:13.88	39.54	350m:	4:33.15	38.97
	100m:	1:14.58 38.80	200m:	2:34.34	40.10	300m:	3:54.18	40.30	400m:	5:11.04	37.89
20.	Maria Leonor, PEDRO		02	Nacional de Natação				5:17.85	401		
	<i>FTL</i>										
	50m:	35.46 35.46	150m:	1:54.93	40.14	250m:	3:17.24	41.66	350m:	4:38.52	40.47
	100m:	1:14.79 39.33	200m:	2:35.58	40.65	300m:	3:58.05	40.81	400m:	5:17.85	39.33
21.	Filipa Inacio, CAZEIRO		02	Clube Instrucao Laranjeiro				5:18.31	399		
	<i>FTL</i>										
	50m:	33.85 33.85	150m:	1:52.70	40.44	250m:	3:15.19	41.57	350m:	4:38.07	41.33
	100m:	1:12.26 38.41	200m:	2:33.62	40.92	300m:	3:56.74	41.55	400m:	5:18.31	40.24