

Torneio de Preparação
Mealhada, 15 - 16/6/2019

Prova 7	Femin., 400m Livres				Absoluto
15/06/2019 - 17:20					Resultados
Rec Nac 25m Absoluto	4:04.61	DURAES, Diana Margarida	POR	Copenhagen (DEN)	17/12/2017
Rec Nac 25m Sen	4:04.61	DURAES, Diana Margarida	POR	Copenhagen (DEN)	17/12/2017
Rec Nac 25m Jun17	4:10.52	HOLUB, Tamila Hryhorivna	SCB	Porto	12/12/2015
Rec Nac 25m Jun16	4:13.53	SOUSA, Ana Reis	CNLA	Porto	09/12/2017
Rec Nac 25m Juv A	4:18.39	SANTOS, Ana Claudia	SFUAP	Cantanhede	20/12/2004
Rec Nac 25m Juv B	4:23.08	MIGUEL, Susana Patricia	SFUAP	Alhandra	15/05/2004
Rec Nac 25m Inf A	4:25.30	SILVA, Alexandra Maria	FCP	Porto	19/07/1980
Rec Nac 25m Inf B	4:38.40	RUIVO, Filipa Vilas	DNMG	Alcobaça	13/06/2009
Recordes Reg ANCNP 25m Absoluto	4:19.23	AMADOR, Joana Costa	CGA	Mealhada	16/06/2018
Recordes Reg ANCNP 25m Sen	4:21.51	AMADOR, Joana Costa	CGA	Viseu	10/11/2018
Recordes Reg ANCNP 25m Jun17	4:19.23	AMADOR, Joana Costa	CGA	Mealhada	16/06/2018
Recordes Reg ANCNP 25m Jun16	4:21.32	CARDEAL, Joana Nunes	AVFC	Mealhada	16/06/2018
Recordes Reg ANCNP 25m Juv A	4:25.40	AMADOR, Joana Costa	CGA	Viseu	22/05/2016
Recordes Reg ANCNP 25m Juv B	4:29.85	AMADOR, Joana Costa	CGA	Gafanha da Nazaré	24/05/2015
Recordes Reg ANCNP 25m Inf A	4:40.92	AMADOR, Joana Costa	CGA	Abrantes	12/04/2014
Recordes Reg ANCNP 25m Inf B	4:46.14	FERNANDES, Carolina Miranda	CGA	Espinho	14/05/2017

Pontos: FINA 2018

Lugar	Nome	Sexo	Licença Ano	Clube	Tempo Final	FINAPts	Obs
Infantis B							
1.	ALMEIDA, Maria Emilia	F	131568 07	Galitos / Bresimar	4:56.01	497	
	50m: 35.01 35.01		150m: 1:49.96 37.64	250m: 3:05.55 37.62	350m: 4:20.22 37.18		
	100m: 1:12.32 37.31		200m: 2:27.93 37.97	300m: 3:43.04 37.49	400m: 4:56.01 35.79		
2.	ALMEIDA, Ines Filipa	F	132291 07	Sanjoanense/FEPSA	5:08.33	440	
	50m: 34.88 34.88		150m: 1:53.53 39.66	250m: 3:13.90 40.42	350m: 4:34.25 39.68		
	100m: 1:13.87 38.99		200m: 2:33.48 39.95	300m: 3:54.57 40.67	400m: 5:08.33 34.08		
3.	ALMEIDA, Bianca Filipa	F	204110 07	Algés e Águeda XXI	5:09.02	437	
	50m: 34.78 34.78		150m: 1:52.53 39.42	250m: 3:12.19 39.69	350m: 4:30.96 38.81		
	100m: 1:13.11 38.33		200m: 2:32.50 39.97	300m: 3:52.15 39.96	400m: 5:09.02 38.06		
4.	OLIVEIRA, Margarida Gomes	F	200856 07	O Crasto	5:12.08	424	
	50m: 35.18 35.18		150m: 1:54.06 39.69	250m: 3:13.93 39.56	350m: 4:33.69 39.49		
	100m: 1:14.37 39.19		200m: 2:34.37 40.31	300m: 3:54.20 40.27	400m: 5:12.08 38.39		
5.	CABRAL, Carolina Vizinho	F	206307 07	Clube Natacao de Vagos	5:14.88	413	
	50m: 36.94 36.94		150m: 1:57.13 40.83	250m: 3:18.93 40.54	350m: 4:38.21 40.29		
	100m: 1:16.30 39.36		200m: 2:38.39 41.26	300m: 3:57.92 38.99	400m: 5:14.88 36.67		
6.	RODRIGUES, Nancy Almeida	F	203799 07	O Crasto	5:23.77	380	
	50m: 35.60 35.60		150m: 1:56.52 41.25	250m: 3:20.38 41.88	350m: 4:44.11 41.62		
	100m: 1:15.27 39.67		200m: 2:38.50 41.98	300m: 4:02.49 42.11	400m: 5:23.77 39.66		
7.	FIGUEIRA, Madalena Almeida	F	130765 07	Ac.Viseu	5:24.18	378	
	50m: 36.22 36.22		150m: 1:57.67 41.80	250m: 3:21.56 41.80	350m: 4:44.13 40.81		
	100m: 1:16.29 40.07		200m: 2:39.76 42.09	300m: 4:03.32 41.76	400m: 5:24.18 40.05		
8.	SILVA, Nuria Soares	F	203604 07	Clube Desportivo Feirense	5:24.35	378	
	50m: 36.47 36.47		150m: 1:59.09 41.67	250m: 3:22.10 41.67	350m: 4:44.92 41.68		
	100m: 1:17.89 41.42		200m: 2:40.43 41.34	300m: 4:03.24 41.14	400m: 5:24.35 39.43		
9.	SANTOS, Leonor Costa	F	133055 07	Galitos / Bresimar	5:32.39	351	
	50m: 37.17 37.17		150m: 2:00.00 42.26	250m: 3:24.62 42.26	350m: 4:50.31 42.89		
	100m: 1:18.12 40.95		200m: 2:42.36 42.36	300m: 4:07.42 42.80	400m: 5:32.39 42.08		
10.	FERNANDES, Leonor Garcia	F	200857 07	O Crasto	5:43.93	317	
	50m: 38.24 38.24		150m: 2:04.63 43.73	250m: 3:32.39 43.99	350m: 5:01.02 44.19		
	100m: 1:20.90 42.66		200m: 2:48.40 43.77	300m: 4:16.83 44.44	400m: 5:43.93 42.91		
11.	VINAGRE, Iara Vidal	F	204690 07	Gafanha da Encarnação	5:57.83	281	
	50m: 39.79 39.79		150m: 2:08.48 44.57	250m: 3:41.06 46.48	350m: 5:14.05 46.87		
	100m: 1:23.91 44.12		200m: 2:54.58 46.10	300m: 4:27.18 46.12	400m: 5:57.83 43.78		

Infantis A

1.	SOARES, Miriam Mortagua	F	129027 06	Galitos / Bresimar	4:49.10	533	
	50m: 33.27 33.27		150m: 1:45.38 36.45	250m: 2:58.63 36.71	350m: 4:13.11 37.53		
	100m: 1:08.93 35.66		200m: 2:21.92 36.54	300m: 3:35.58 36.95	400m: 4:49.10 35.99		
2.	SILVA, Eva Perdigao	F	153242 06	Clube de Vouzela	5:00.14	477	
	50m: 34.14 34.14		150m: 1:50.88 38.43	250m: 3:07.59 38.21	350m: 4:23.71 37.78		
	100m: 1:12.45 38.31		200m: 2:29.38 38.50	300m: 3:45.93 38.34	400m: 5:00.14 36.43		
3.	RAMOS, Joana Barbas	F	153484 06	Gafanha da Encarnação	5:03.03	463	
	50m: 34.87 34.87		150m: 1:51.07 38.26	250m: 3:08.35 38.59	350m: 4:25.81 38.83		
	100m: 1:12.81 37.94		200m: 2:29.76 38.69	300m: 3:46.98 38.63	400m: 5:03.03 37.22		

Torneio de Preparação Mealhada, 15 - 16/6/2019

Prova 7, Femin., 400m Livres, Infantis A

Lugar	Nome	Sexo	Licença Ano	Clube	Tempo Final	FINAPts	Obs
4.	CUNHA, Ines Santos	F	203297 06	Gafanha da Encarnação	5:04.70	455	
	50m: 35.41 35.41	150m: 1:52.86	39.13 250m: 3:10.38	38.45 350m: 4:27.35	38.32		
	100m: 1:13.73 38.32	200m: 2:31.93	39.07 300m: 3:49.03	38.65 400m: 5:04.70	37.35		
5.	CUNHA, Margarida Pinto	F	200079 06	Sanjoanense/FEPSA	5:05.81	451	
	50m: 35.63 35.63	150m: 1:54.58	39.40 250m: 3:13.04	38.88 350m: 4:29.01	37.74		
	100m: 1:15.18 39.55	200m: 2:34.16	39.58 300m: 3:51.27	38.23 400m: 5:05.81	36.80		
6.	LOURENCO, Marta Beatriz	F	132619 06	Ac.Viseu	5:07.44	443	
	50m: 34.47 34.47	150m: 1:51.07	38.68 250m: 3:09.68	39.57 350m: 4:29.25	40.04		
	100m: 1:12.39 37.92	200m: 2:30.11	39.04 300m: 3:49.21	39.53 400m: 5:07.44	38.19		
7.	SILVA, Francisca Gomes	F	129777 06	Sporting Clube de Espinho	5:10.29	431	
	50m: 35.42 35.42	150m: 1:54.95	40.06 250m: 3:13.51	39.27 350m: 4:32.65	39.66		
	100m: 1:14.89 39.47	200m: 2:34.24	39.29 300m: 3:52.99	39.48 400m: 5:10.29	37.64		
8.	PINHO, Laura Silva	F	200072 06	Sanjoanense/FEPSA	5:10.55	430	
	50m: 35.40 35.40	150m: 1:54.80	39.72 250m: 3:13.82	39.25 350m: 4:32.31	39.41		
	100m: 1:15.08 39.68	200m: 2:34.57	39.77 300m: 3:52.90	39.08 400m: 5:10.55	38.24		
9.	ALMEIDA, Ines Rodrigues	F	200855 06	O Crasto	5:23.31	381	
	50m: 34.65 34.65	150m: 1:55.40	41.66 250m: 3:21.00	42.70 350m: 4:45.51	41.71		
	100m: 1:13.74 39.09	200m: 2:38.30	42.90 300m: 4:03.80	42.80 400m: 5:23.31	37.80		
10.	CARDOSO, Eduarda Oliveira	F	205428 06	Estamos Juntos	5:25.17	375	
	50m: 35.40 35.40	150m: 1:56.08	41.18 250m: 3:18.95	42.16 350m: 4:43.27	41.80		
	100m: 1:14.90 39.50	200m: 2:36.79	40.71 300m: 4:01.47	42.52 400m: 5:25.17	41.90		
11.	MANATA, Sofia Ferreira	F	201930 06	Sporting Clube de Aveiro	5:38.80	331	
	50m: 37.54 37.54	150m: 2:00.79	42.71 250m: 3:28.79	44.09 350m: 4:57.25	44.09		
	100m: 1:18.08 40.54	200m: 2:44.70	43.91 300m: 4:13.16	44.37 400m: 5:38.80	41.55		
12.	LEITE, Beatriz Ferreira	F	205426 06	Estamos Juntos	6:21.47	232	
	50m: 42.77 42.77	150m: 2:19.03	48.85 250m: 3:57.82	48.90 350m: 5:36.20	49.33		
	100m: 1:30.18 47.41	200m: 3:08.92	49.89 300m: 4:46.87	49.05 400m: 6:21.47	45.27		
DSQ	AMARAL, Maria Teresa	F	208170 06	Campinho			DSQ
	404 - Falsa Partida - SW 4.4						

Juvenis B

1.	PEREIRA, Carolina Rei	F	128060 05	Clube Natacao de Vagos	4:38.63	596	
	50m: 31.97 31.97	150m: 1:41.07	34.84 250m: 2:51.53	35.35 350m: 4:03.25	36.14		
	100m: 1:06.23 34.26	200m: 2:16.18	35.11 300m: 3:27.11	35.58 400m: 4:38.63	35.38		
2.	DIAS, Ines Silva	F	132315 05	Clube Desportivo Estarreja	5:06.85	446	
	50m: 34.34 34.34	150m: 1:51.42	38.90 250m: 3:09.29	38.97 350m: 4:28.08	39.50		
	100m: 1:12.52 38.18	200m: 2:30.32	38.90 300m: 3:48.58	39.29 400m: 5:06.85	38.77		
3.	ALMEIDA, Ana Rita	F	201629 05	Campinho	5:23.76	380	
	50m: 35.74 35.74	150m: 1:57.90	41.83 250m: 3:21.03	41.71 350m: 4:43.92	40.67		
	100m: 1:16.07 40.33	200m: 2:39.32	41.42 300m: 4:03.25	42.22 400m: 5:23.76	39.84		

Juvenis A

1.	CARDEAL, Beatriz Nunes	F	124753 04	Ac.Viseu	4:37.45	603	
	50m: 31.61 31.61	150m: 1:40.53	35.03 250m: 2:51.84	35.71 350m: 4:03.09	35.71		
	100m: 1:05.50 33.89	200m: 2:16.13	35.60 300m: 3:27.38	35.54 400m: 4:37.45	34.36		
2.	ALMEIDA, Catarina Nunes	F	124745 04	Galitos / Bresimar	4:45.00	557	
	50m: 32.70 32.70	150m: 1:44.88	36.44 250m: 2:57.39	36.33 350m: 4:09.88	36.42		
	100m: 1:08.44 35.74	200m: 2:21.06	36.18 300m: 3:33.46	36.07 400m: 4:45.00	35.12		
3.	CORREIA, Beatriz Santos	F	127458 04	Ac.Viseu	4:47.78	541	
	50m: 31.99 31.99	150m: 1:44.06	36.52 250m: 2:58.41	37.48 350m: 4:12.60	36.93		
	100m: 1:07.54 35.55	200m: 2:20.93	36.87 300m: 3:35.67	37.26 400m: 4:47.78	35.18		
4.	MARQUES, Maria Vieira	F	123843 04	Clube Natacao de Vagos	4:53.86	508	
	50m: 31.31 31.31	150m: 1:41.80	35.87 250m: 2:57.51	38.47 350m: 4:14.93	38.80		
	100m: 1:05.93 34.62	200m: 2:19.04	37.24 300m: 3:36.13	38.62 400m: 4:53.86	38.93		
5.	CASTRO, Maria Joao	F	125702 04	Sporting Clube de Aveiro	4:56.45	495	
	50m: 34.52 34.52	150m: 1:50.17	37.90 250m: 3:05.24	37.35 350m: 4:20.45	37.57		
	100m: 1:12.27 37.75	200m: 2:27.89	37.72 300m: 3:42.88	37.64 400m: 4:56.45	36.00		
6.	PEREIRA, Marta Monteiro	F	126460 04	O Crasto	4:57.74	488	
	50m: 33.86 33.86	150m: 1:49.36	38.18 250m: 3:06.10	38.40 350m: 4:22.32	38.52		
	100m: 1:11.18 37.32	200m: 2:27.70	38.34 300m: 3:43.80	37.70 400m: 4:57.74	35.42		
7.	RESENDE, Eva Pinho	F	132170 04	Clube Desportivo Estarreja	4:57.85	488	
	50m: 33.78 33.78	150m: 1:49.06	38.12 250m: 3:05.16	37.88 350m: 4:21.18	37.99		
	100m: 1:10.94 37.16	200m: 2:27.28	38.22 300m: 3:43.19	38.03 400m: 4:57.85	36.67		
8.	LOURA, Beatriz Borges	F	200004 04	Campinho	5:04.63	456	
	50m: 35.12 35.12	150m: 1:52.01	38.66 250m: 3:09.86	38.86 350m: 4:27.05	38.34		
	100m: 1:13.35 38.23	200m: 2:31.00	38.99 300m: 3:48.71	38.85 400m: 5:04.63	37.58		
9.	SANTOS, Marta Cecilia	F	129613 04	Clube Desportivo Estarreja	5:15.30	411	
	50m: 34.27 34.27	150m: 1:53.60	40.40 250m: 3:14.83	41.01 350m: 4:36.11	40.04		
	100m: 1:13.20 38.93	200m: 2:33.82	40.22 300m: 3:56.07	41.24 400m: 5:15.30	39.19		

Torneio de Preparação
Mealhada, 15 - 16/6/2019

Prova 7, Femin., 400m Livres, Juvenis A

Lugar	Nome	Sexo	Licença Ano	Clube	Tempo Final	FINAPts	Obs
10.	LEAL, Mariana Dias	F	130902 04	Gafanha da Encarnação	5:18.93	397	
	50m: 36.05 36.05	150m: 1:54.97	39.91	250m: 3:16.25	40.76	350m: 4:38.34	41.22
	100m: 1:15.06 39.01	200m: 2:35.49	40.52	300m: 3:57.12	40.87	400m: 5:18.93	40.59
11.	OLIVEIRA, Maria Joao	F	205429 04	Estamos Juntos	5:48.79	303	
	50m: 38.81 38.81	150m: 2:07.69	44.95	250m: 3:38.53	45.63	350m: 5:06.97	44.01
	100m: 1:22.74 43.93	200m: 2:52.90	45.21	300m: 4:22.96	44.43	400m: 5:48.79	41.82

Juniores

1.	CARDEAL, Joana Nunes	F	124752 02	Ac.Viseu	4:23.80	702	
	50m: 30.55 30.55	150m: 1:37.29	33.65	250m: 2:44.53	33.50	350m: 3:51.47	33.38
	100m: 1:03.64 33.09	200m: 2:11.03	33.74	300m: 3:18.09	33.56	400m: 4:23.80	32.33
2.	RODRIGUES, Helena Nunes	F	125022 03	Algés e Águeda XXI	4:26.86	678	
	50m: 31.92 31.92	150m: 1:38.64	33.33	250m: 2:46.26	33.61	350m: 3:53.72	33.55
	100m: 1:05.31 33.39	200m: 2:12.65	34.01	300m: 3:20.17	33.91	400m: 4:26.86	33.14
3.	OLIVEIRA, Claudia Sofia	F	122288 02	Sanjoanense/FEPSA	4:44.14	562	
	50m: 30.93 30.93	150m: 1:41.32	35.59	250m: 2:53.52	36.35	350m: 4:07.70	36.88
	100m: 1:05.73 34.80	200m: 2:17.17	35.85	300m: 3:30.82	37.30	400m: 4:44.14	36.44
4.	CORREIA, Rute Ferreira	F	126232 03	Clube de Vouzela	4:49.45	531	
	50m: 31.09 31.09	150m: 1:41.67	35.77	250m: 2:55.13	37.10	350m: 4:11.44	38.35
	100m: 1:05.90 34.81	200m: 2:18.03	36.36	300m: 3:33.09	37.96	400m: 4:49.45	38.01
5.	MACHADO, Raquel Cruz	F	124869 03	Estamos Juntos	4:49.97	529	
	50m: 32.38 32.38	150m: 1:45.93	37.21	250m: 2:59.93	36.86	350m: 4:13.70	36.91
	100m: 1:08.72 36.34	200m: 2:23.07	37.14	300m: 3:36.79	36.86	400m: 4:49.97	36.27

Seniores

1.	MONTEIRO, Ines Rosado	F	121817 00	Clube Natacao de Vagos	4:35.16	619	
	50m: 32.11 32.11	150m: 1:41.18	34.92	250m: 2:50.34	34.30	350m: 4:00.41	35.13
	100m: 1:06.26 34.15	200m: 2:16.04	34.86	300m: 3:25.28	34.94	400m: 4:35.16	34.75
2.	ALMEIDA, Ana Beatriz	F	119907 01	Clube de Vouzela	4:48.52	537	
	50m: 32.16 32.16	150m: 1:44.63	36.61	250m: 2:58.63	37.09	350m: 4:12.37	36.80
	100m: 1:08.02 35.86	200m: 2:21.54	36.91	300m: 3:35.57	36.94	400m: 4:48.52	36.15
3.	VIEIRA, Daniela Sofia	F	124007 01	Clube Desportivo Feirense	5:08.86	437	
	50m: 34.77 34.77	150m: 1:50.99	38.17	250m: 3:09.85	39.75	350m: 4:29.74	40.19
	100m: 1:12.82 38.05	200m: 2:30.10	39.11	300m: 3:49.55	39.70	400m: 5:08.86	39.12