



Torneios Zonais de Infantis - Zona Sul  
Lagos , 24 - 26/3/2023

Prova 24

Femin., 400m Livres

Infantis B  
Resultados

26/03/2023 - 15:30

Rec. Nac. 25m Absoluto	4:04.61	DURAES, Diana Margarida	POR	Copenhagen (DEN)	17/12/2017
Rec. Nac. 25m Inf. B	4:38.40	RUIVO, Filipa Vilas	DNMG	Alcobaça	13/06/2009

TAC\_INF B\_FEM 50m: 6:07.80 - 25m: 6:03.86

Pontos: Rudolph Table 2022

Lugar	Ano	Tempo final	Pts
1. MOURA, Margarida Santos	11 Sporting	<b>5:13.10</b>	9,2
50m: 36.73 36.73 150m: 1:58.45 40.83 250m: 3:18.62 39.91 350m: 4:37.10 38.54			
100m: 1:17.62 40.89 200m: 2:38.71 40.26 300m: 3:58.56 39.94 400m: 5:13.10 36.00			
2. PRYMACHENKO, Anastasiya	11 Nucleo de Pombal	<b>5:13.22</b>	9,2
50m: 36.23 36.23 150m: 1:56.17 40.33 250m: 3:17.38 40.52 350m: 4:36.93 39.21			
100m: 1:15.84 39.61 200m: 2:36.86 40.69 300m: 3:57.72 40.34 400m: 5:13.22 36.29			
3. FERRO, Ana Maria	11 Sporting	<b>5:13.31</b>	9,2
50m: 35.44 35.44 150m: 1:55.66 40.84 250m: 3:16.48 40.32 350m: 4:36.23 39.38			
100m: 1:14.82 39.38 200m: 2:36.16 40.50 300m: 3:56.85 40.37 400m: 5:13.31 37.08			
4. SANTOS, Carlota Sa	11 Nucleo de Pombal	<b>5:17.14</b>	8,3
50m: 37.68 37.68 150m: 1:58.05 40.58 250m: 3:19.21 40.94 350m: 4:39.61 39.47			
100m: 1:17.47 39.79 200m: 2:38.27 40.22 300m: 4:00.14 40.93 400m: 5:17.14 37.53			
5. JESUS, Vera Franca	11 Naval do Funchal	<b>5:19.31</b>	7,7
50m: 36.42 36.42 150m: 1:58.03 41.09 250m: 3:19.48 40.25 350m: 4:41.47 40.98			
100m: 1:16.94 40.52 200m: 2:39.23 41.20 300m: 4:00.49 41.01 400m: 5:19.31 37.84			
6. SERRA, Ana Filipa	11 CPCD-Povoa St Iria	<b>5:23.57</b>	6,7
50m: 37.56 37.56 150m: 2:00.07 41.76 250m: 3:20.44 40.23 350m: 4:44.12 42.36			
100m: 1:18.31 40.75 200m: 2:40.21 40.14 300m: 4:01.76 41.32 400m: 5:23.57 39.45			
7. PEREIRA, Sofia Barroca	11 BUZIOS-Coruche	<b>5:27.46</b>	5,8
50m: 37.26 37.26 150m: 2:01.25 42.23 250m: 3:25.08 42.35 350m: 4:49.68 41.85			
100m: 1:19.02 41.76 200m: 2:42.73 41.48 300m: 4:07.83 42.75 400m: 5:27.46 37.78			
8. SILVA, Leonor Coelho	11 Vikings	<b>5:27.57</b>	5,8
50m: 36.73 36.73 150m: 1:59.14 41.78 250m: 3:23.23 42.33 350m: 4:46.91 41.89			
100m: 1:17.36 40.63 200m: 2:40.90 41.76 300m: 4:05.02 41.79 400m: 5:27.57 40.66			
9. ALVES, Leonor Mota	11 Nautico Marinha Grande	<b>5:27.70</b>	5,7
50m: 38.69 38.69 150m: 2:03.41 43.02 250m: 3:28.45 42.47 350m: 4:50.84 40.77			
100m: 1:20.39 41.70 200m: 2:45.98 42.57 300m: 4:10.07 41.62 400m: 5:27.70 36.86			
10. FERREIRA, Margarida Almeida	11 Sporting	<b>5:28.43</b>	5,6
50m: 38.17 38.17 150m: 2:01.62 41.76 250m: 3:25.89 42.03 350m: 4:48.21 40.00			
100m: 1:19.86 41.69 200m: 2:43.86 42.24 300m: 4:08.21 42.32 400m: 5:28.43 40.22			
11. MADUREIRA, Clara Santos	11 Torres Novas	<b>5:32.70</b>	4,5
50m: 38.67 38.67 150m: 2:04.19 43.16 250m: 3:31.25 43.34 350m: 4:54.41 40.88			
100m: 1:21.03 42.36 200m: 2:47.91 43.72 300m: 4:13.53 42.28 400m: 5:32.70 38.29			
12. LAGARINHOS, Benedita Maria	11 Viver Santarem	<b>5:35.91</b>	3,7
50m: 38.43 38.43 150m: 2:05.77 44.06 250m: 3:32.84 43.54 350m: 4:56.79 41.33			
100m: 1:21.71 43.28 200m: 2:49.30 43.53 300m: 4:15.46 42.62 400m: 5:35.91 39.12			
13. BALDO, Madalena Ferreira	11 Colegio Monte Maior	<b>5:36.07</b>	3,7
50m: 37.75 37.75 150m: 2:01.02 42.45 250m: 3:26.60 43.22 350m: 4:53.77 43.77			
100m: 1:18.57 40.82 200m: 2:43.38 42.36 300m: 4:10.00 43.40 400m: 5:36.07 42.30			
14. OLIVEIRA, Maria Goncalves	11 Desportivo Odemira	<b>5:36.45</b>	3,6
50m: 38.88 38.88 150m: 2:02.51 42.12 250m: 3:27.87 42.54 350m: 4:54.87 43.46			
100m: 1:20.39 41.51 200m: 2:45.33 42.82 300m: 4:11.41 43.54 400m: 5:36.45 41.58			
15. CORREIA, Maria Rendeiro	11 Alges	<b>5:36.73</b>	3,6
50m: 38.53 38.53 150m: 2:04.20 42.95 250m: 3:31.48 43.68 350m: 4:57.14 42.53			
100m: 1:21.25 42.72 200m: 2:47.80 43.60 300m: 4:14.61 43.13 400m: 5:36.73 39.59			



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Prova 24, Femin., 400m Livres, Infantis B

Lugar			Ano					Tempo final	Pts		
16.	FELICIANO, Francisca Moreira		11	Alcobaca				<b>5:37.51</b>	3,4		
	50m:	37.34 37.34	150m:	2:03.75	43.63	250m:	3:29.25	42.81	350m:	4:56.34	43.79
	100m:	1:20.12 42.78	200m:	2:46.44	42.69	300m:	4:12.55	43.30	400m:	5:37.51	41.17
17.	CAMPOS, Sara Silva		11	Laranjeiro				<b>5:40.54</b>	2,6		
	50m:	38.89 38.89	150m:	2:05.04	43.59	250m:	3:31.59	43.16	350m:	4:58.83	43.20
	100m:	1:21.45 42.56	200m:	2:48.43	43.39	300m:	4:15.63	44.04	400m:	5:40.54	41.71
18.	MAGIYEVA, Eva		11	Lagoa AC				<b>5:41.07</b>	2,5		
	50m:	38.84 38.84	150m:	2:06.60	44.11	250m:	3:35.42	44.51	350m:	5:01.78	43.04
	100m:	1:22.49 43.65	200m:	2:50.91	44.31	300m:	4:18.74	43.32	400m:	5:41.07	39.29
19.	OLIVEIRA, Mariana Lopes		11	Naval do Funchal				<b>5:41.21</b>	2,5		
	50m:	36.70 36.70	150m:	2:02.45	43.70	250m:	3:31.12	44.56	350m:	4:59.80	43.88
	100m:	1:18.75 42.05	200m:	2:46.56	44.11	300m:	4:15.92	44.80	400m:	5:41.21	41.41
20.	FORMIGO, Margarida Pinho		11	Torres Novas				<b>5:41.22</b>	2,5		
	50m:	37.00 37.00	150m:	2:00.58	42.93	250m:	3:29.16	44.28	350m:	4:58.47	44.09
	100m:	1:17.65 40.65	200m:	2:44.88	44.30	300m:	4:14.38	45.22	400m:	5:41.22	42.75
21.	SOUSA, Mafalda Teles		11	Pimpoes/Cimai				<b>5:42.51</b>	2,2		
	50m:	38.03 38.03	150m:	2:06.34	44.56	250m:	3:34.35	44.13	350m:	5:01.84	43.57
	100m:	1:21.78 43.75	200m:	2:50.22	43.88	300m:	4:18.27	43.92	400m:	5:42.51	40.67
22.	SILVA, Leticia Coelho		11	Vikings				<b>5:42.71</b>	2,1		
	50m:	38.64 38.64	150m:	2:05.49	43.65	250m:	3:33.10	43.81	350m:	5:00.44	43.69
	100m:	1:21.84 43.20	200m:	2:49.29	43.80	300m:	4:16.75	43.65	400m:	5:42.71	42.27
23.	CASTANHEIRA, Carolina Silva		11	Nautico de Leiria				<b>5:42.86</b>	2,1		
	50m:	38.46 38.46	150m:	2:05.75	43.76	250m:	3:33.86	43.50	350m:	5:00.87	42.93
	100m:	1:21.99 43.53	200m:	2:50.36	44.61	300m:	4:17.94	44.08	400m:	5:42.86	41.99
24.	LUTSIV, Angelina		11	Lagoa AC				<b>5:43.20</b>	2,0		
	50m:	38.13 38.13	150m:	2:05.35	44.28	250m:	3:34.44	44.03	350m:	5:02.79	44.49
	100m:	1:21.07 42.94	200m:	2:50.41	45.06	300m:	4:18.30	43.86	400m:	5:43.20	40.41
25.	ABRANTES, Ines Freitas		11	Colegio Monte Maior				<b>5:43.87</b>	1,8		
	50m:	38.50 38.50	150m:	2:05.86	43.91	250m:	3:34.05	43.64	350m:	5:01.68	43.90
	100m:	1:21.95 43.45	200m:	2:50.41	44.55	300m:	4:17.78	43.73	400m:	5:43.87	42.19
26.	LUIS, Maria Ines		11	Aljustrelense				<b>5:44.97</b>	1,6		
	50m:	37.25 37.25	150m:	2:01.71	42.81	250m:	3:29.79	43.93	350m:	5:03.21	46.67
	100m:	1:18.90 41.65	200m:	2:45.86	44.15	300m:	4:16.54	46.75	400m:	5:44.97	41.76
27.	GOMES, Madalena Correia		11	Colegio Monte Maior				<b>5:45.28</b>	1,5		
	50m:	38.69 38.69	150m:	2:06.53	44.40	250m:	3:34.65	44.39	350m:	5:03.36	44.27
	100m:	1:22.13 43.44	200m:	2:50.26	43.73	300m:	4:19.09	44.44	400m:	5:45.28	41.92
28.	BERGAMO, Laura Aguiar		11	Alges				<b>5:45.39</b>	1,5		
	50m:	40.04 40.04	150m:	2:09.32	44.43	250m:	3:36.84	44.00	350m:	5:04.16	41.51
	100m:	1:24.89 44.85	200m:	2:52.84	43.52	300m:	4:22.65	45.81	400m:	5:45.39	41.23
29.	DELGADINHO, Raquel Silva		11	Palmela Desporto				<b>5:46.12</b>	1,3		
	50m:	38.60 38.60	150m:	2:07.73	44.26	250m:	3:35.04	43.13	350m:	5:03.56	44.54
	100m:	1:23.47 44.87	200m:	2:51.91	44.18	300m:	4:19.02	43.98	400m:	5:46.12	42.56
30.	SANTOS, Maria Goncalves		11	Lagoa AC				<b>5:46.77</b>	1,1		
	50m:	38.31 38.31	150m:	2:05.52	44.24	250m:	3:34.57	45.02	350m:	5:05.09	45.10
	100m:	1:21.28 42.97	200m:	2:49.55	44.03	300m:	4:19.99	45.42	400m:	5:46.77	41.68
31.	PEREIRA, Matilde Bento		11	Geslours				<b>5:47.12</b>	1,0		
	50m:	39.00 39.00	150m:	2:07.44	44.34	250m:	3:36.39	44.37	350m:	5:05.36	45.62
	100m:	1:23.10 44.10	200m:	2:52.02	44.58	300m:	4:19.74	43.35	400m:	5:47.12	41.76
32.	CAPAREIRA, Alice Machado		11	Desportiva dos Acores				<b>5:47.95</b>			
	50m:	40.80 40.80	150m:	2:12.80	46.08	250m:	3:42.45	44.83	350m:	5:09.31	43.49
	100m:	1:26.72 45.92	200m:	2:57.62	44.82	300m:	4:25.82	43.37	400m:	5:47.95	38.64



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Prova 24, Femin., 400m Livres, Infantis B

Lugar			Ano					Tempo final	Pts
33.	GONCALVES, Francisca Meneses		11	Geslours				<b>5:48.26</b>	
	50m:	39.33 39.33	150m:	2:08.85	44.77	250m:	3:37.79 43.82	350m:	5:06.04 43.92
	100m:	1:24.08 44.75	200m:	2:53.97	45.12	300m:	4:22.12 44.33	400m:	5:48.26 42.22
34.	OLIVEIRA, Isabel Grilo		11	Lagoa AC				<b>5:48.56</b>	
	50m:	38.18 38.18	150m:	2:08.52	45.88	250m:	3:38.75 45.02	350m:	5:07.82 44.52
	100m:	1:22.64 44.46	200m:	2:53.73	45.21	300m:	4:23.30 44.55	400m:	5:48.56 40.74
35.	CARREIRA, Isabela Maria		11	Uniao Juncalense				<b>5:49.68</b>	
	50m:	38.03 38.03	150m:	2:04.59	44.16	250m:	3:34.78 44.88	350m:	5:06.30 45.69
	100m:	1:20.43 42.40	200m:	2:49.90	45.31	300m:	4:20.61 45.83	400m:	5:49.68 43.38
36.	SARGO, Leonor Lourenco		11	Sao Roque				<b>5:49.93</b>	
	50m:	37.99 37.99	150m:	2:05.78	44.13	250m:	3:35.40 44.97	350m:	5:06.31 45.57
	100m:	1:21.65 43.66	200m:	2:50.43	44.65	300m:	4:20.74 45.34	400m:	5:49.93 43.62
37.	CONDON, Zoe Leitao		11	Naval de Faro				<b>5:49.94</b>	
	50m:	39.01 39.01	150m:	2:09.19	45.42	250m:	3:40.51 46.19	350m:	5:10.85 44.90
	100m:	1:23.77 44.76	200m:	2:54.32	45.13	300m:	4:25.95 45.44	400m:	5:49.94 39.09
38.	MENDES, Mariana Sousa		11	Alcobaca				<b>5:52.31</b>	
	50m:	39.15 39.15	150m:	2:09.02	45.33	250m:	3:40.06 45.42	350m:	5:10.46 44.87
	100m:	1:23.69 44.54	200m:	2:54.64	45.62	300m:	4:25.59 45.53	400m:	5:52.31 41.85
39.	SANTOS, Eva Alves		11	Colegio Monte Maior				<b>5:52.48</b>	
	50m:	39.63 39.63	150m:	2:09.30	45.05	250m:	3:39.19 45.35	350m:	5:09.41 44.86
	100m:	1:24.25 44.62	200m:	2:53.84	44.54	300m:	4:24.55 45.36	400m:	5:52.48 43.07
40.	PAIVA, Ines Silva		11	Colegio Monte Maior				<b>5:53.90</b>	
	50m:	38.62 38.62	150m:	2:10.11	46.06	250m:	3:42.67 46.15	350m:	5:11.31 44.70
	100m:	1:24.05 45.43	200m:	2:56.52	46.41	300m:	4:26.61 43.94	400m:	5:53.90 42.59
41.	LOURENCO, Francisca Caetano		11	Benedita				<b>5:54.33</b>	
	50m:	39.96 39.96	150m:	2:10.14	45.82	250m:	3:39.04 44.25	350m:	5:09.96 45.89
	100m:	1:24.32 44.36	200m:	2:54.79	44.65	300m:	4:24.07 45.03	400m:	5:54.33 44.37
42.	BRAZ, Julia Laginha		11	Lagoa AC				<b>5:54.80</b>	
	50m:	39.76 39.76	150m:	2:10.50	45.77	250m:	3:41.26 46.22	350m:	5:13.00 45.71
	100m:	1:24.73 44.97	200m:	2:55.04	44.54	300m:	4:27.29 46.03	400m:	5:54.80 41.80
43.	GASPAR, Beatriz Marques		11	Nautico Marinha Grande				<b>5:54.89</b>	
	50m:	39.82 39.82	150m:	2:12.03	46.36	250m:	3:43.64 45.80	350m:	5:13.46 44.30
	100m:	1:25.67 45.85	200m:	2:57.84	45.81	300m:	4:29.16 45.52	400m:	5:54.89 41.43
44.	GONCALVES, Mafalda Beatriz		11	Desportivo Nacional				<b>5:55.69</b>	
	50m:	39.33 39.33	150m:	2:09.31	45.82	250m:	3:41.08 46.13	350m:	5:12.85 45.80
	100m:	1:23.49 44.16	200m:	2:54.95	45.64	300m:	4:27.05 45.97	400m:	5:55.69 42.84
45.	PEREIRA, Ana Matilde		11	Naval do Funchal				<b>5:56.59</b>	
	50m:	40.05 40.05	150m:	2:09.97	44.89	250m:	3:40.22 45.38	350m:	5:08.83 43.26
	100m:	1:25.08 45.03	200m:	2:54.84	44.87	300m:	4:25.57 45.35	400m:	5:56.59 47.76
46.	CAMEJO, Carolina Melo		11	Sporting				<b>5:57.07</b>	
	50m:	38.12 38.12	150m:	2:10.82	47.64	250m:	3:43.00 45.83	350m:	5:13.31 44.03
	100m:	1:23.18 45.06	200m:	2:57.17	46.35	300m:	4:29.28 46.28	400m:	5:57.07 43.76
47.	CANHA, Gabriela Valverde		11	Alcobaca				<b>5:58.83</b>	
	50m:	40.13 40.13	150m:	2:11.85	46.09	250m:	3:43.52 45.39	350m:	5:15.70 46.11
	100m:	1:25.76 45.63	200m:	2:58.13	46.28	300m:	4:29.59 46.07	400m:	5:58.83 43.13
48.	MESTRE, Ines Diogo		11	Aljustrelense				<b>5:59.60</b>	
	50m:	37.50 37.50	150m:	2:08.27	46.85	250m:	3:41.78 46.58	350m:	5:15.32 45.92
	100m:	1:21.42 43.92	200m:	2:55.20	46.93	300m:	4:29.40 47.62	400m:	5:59.60 44.28
	FERREIRA, Carolina Morao		11	Desportiva dos Acores				<b>5:59.60</b>	
	50m:	38.91 38.91	150m:	2:09.37	45.68	250m:	3:43.53 47.10	350m:	5:16.37 46.77
	100m:	1:23.69 44.78	200m:	2:56.43	47.06	300m:	4:29.60 46.07	400m:	5:59.60 43.23



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Prova 24, Femin., 400m Livres, Infantis B

Lugar			Ano			Tempo final			Pts
50.	OLIVEIRA, Rafaela Marreiros		11	Palmela Desporto		<b>6:00.14</b>			
	50m:	40.07 40.07	150m:	2:11.01 45.77	250m:	3:44.04 46.86	350m:	5:16.93 45.84	
	100m:	1:25.24 45.17	200m:	2:57.18 46.17	300m:	4:31.09 47.05	400m:	6:00.14 43.21	
51.	MONTEIRO, Francisca Cunha		11	Nacional de Natacao		<b>6:00.81</b>			
	50m:	40.39 40.39	150m:	2:11.75 45.98	250m:	3:43.41 45.53	350m:	5:16.85 46.70	
	100m:	1:25.77 45.38	200m:	2:57.88 46.13	300m:	4:30.15 46.74	400m:	6:00.81 43.96	
52.	PENEDO, Vitoria Alves		11	Palmela Desporto		<b>6:02.58</b>			
	50m:	40.16 40.16	150m:	2:12.43 46.94	250m:	3:45.23 46.55	350m:	5:19.34 46.69	
	100m:	1:25.49 45.33	200m:	2:58.68 46.25	300m:	4:32.65 47.42	400m:	6:02.58 43.24	
53.	VALA, Maria Joao		11	Pimpoes/Cimai		<b>6:02.86</b>			
	50m:	41.95 41.95	150m:	2:16.77 47.19	250m:	3:48.14 45.78	350m:	5:20.59 46.19	
	100m:	1:29.58 47.63	200m:	3:02.36 45.59	300m:	4:34.40 46.26	400m:	6:02.86 42.27	
54.	VIEIRA, Matilde Sofia		11	Desportivo Nacional		<b>6:02.94</b>			
	50m:	41.17 41.17	150m:	2:13.87 46.53	250m:	3:47.27 46.92	350m:	5:19.26 46.32	
	100m:	1:27.34 46.17	200m:	3:00.35 46.48	300m:	4:32.94 45.67	400m:	6:02.94 43.68	
55.	RODRIGUES, Madalena Carreiro		11	Benfica		<b>6:04.19</b>			
	<i>FTL</i>								
	50m:	39.51 39.51	150m:	2:13.76 47.95	250m:	3:45.84 45.02	350m:	5:20.32 46.75	
	100m:	1:25.81 46.30	200m:	3:00.82 47.06	300m:	4:33.57 47.73	400m:	6:04.19 43.87	
56.	ARROJADO, Maria Abreu		11	Naval Praia da Vitoria		<b>6:06.09</b>			
	<i>FTL</i>								
	50m:	39.58 39.58	150m:	2:11.90 47.39	250m:	3:45.70 46.96	350m:	5:20.99 47.31	
	100m:	1:24.51 44.93	200m:	2:58.74 46.84	300m:	4:33.68 47.98	400m:	6:06.09 45.10	
57.	SOARES, Isabella Nascimento		11	Naval da Horta		<b>6:07.91</b>			
	<i>FTL</i>								
	50m:	39.30 39.30	150m:	2:11.57 47.30	250m:	3:46.53 47.57	350m:	5:21.96 47.41	
	100m:	1:24.27 44.97	200m:	2:58.96 47.39	300m:	4:34.55 48.02	400m:	6:07.91 45.95	
58.	MATA, Valeria Isabel		11	Naval do Funchal		<b>6:11.90</b>			
	<i>FTL</i>								
	50m:	39.54 39.54	150m:	2:11.20 46.71	250m:	3:48.89 48.19	350m:	5:23.72 47.03	
	100m:	1:24.49 44.95	200m:	3:00.70 49.50	300m:	4:36.69 47.80	400m:	6:11.90 48.18	
59.	TEIXEIRA, Beatriz Marques		11	Lagoa AC		<b>6:12.23</b>			
	<i>FTL</i>								
	50m:	39.95 39.95	150m:	2:13.75 48.25	250m:	3:51.00 48.43	350m:	5:27.55 48.14	
	100m:	1:25.50 45.55	200m:	3:02.57 48.82	300m:	4:39.41 48.41	400m:	6:12.23 44.68	
60.	FOMICHENKO, Anastasiia		11	Aminata		<b>6:18.63</b>			
	<i>FTL</i>								
	50m:	39.42 39.42	150m:	2:11.52 46.92	250m:	3:50.87 50.64	350m:	5:31.38 50.41	
	100m:	1:24.60 45.18	200m:	3:00.23 48.71	300m:	4:40.97 50.10	400m:	6:18.63 47.25	
61.	MARQUES, Madalena Catroga		11	Colegio Monte Maior		<b>6:19.33</b>			
	<i>FTL</i>								
	50m:	41.58 41.58	150m:	2:18.78 49.01	250m:	3:57.69 49.21	350m:	5:34.30 47.79	
	100m:	1:29.77 48.19	200m:	3:08.48 49.70	300m:	4:46.51 48.82	400m:	6:19.33 45.03	
62.	MARCO, Ines Sendas		11	Albicastrense		<b>6:21.28</b>			
	<i>FTL</i>								
	50m:	40.59 40.59	150m:	2:15.73 49.05	250m:	3:55.52 50.49	350m:	5:34.18 47.96	
	100m:	1:26.68 46.09	200m:	3:05.03 49.30	300m:	4:46.22 50.70	400m:	6:21.28 47.10	



Torneios Zonais de Infantis - Zona Sul  
Lagos , 24 - 26/3/2023

Prova 24, Femin., 400m Livres, Infantis B

Lugar	Ano	Tempo final	Pts
63. MARTINS, Leonor Areias FTL	11 Gesloures	<b>6:32.93</b>	
50m: 41.90 41.90	150m: 2:22.30 50.34	250m: 4:05.83 53.39	350m: 5:45.38 47.81
100m: 1:31.96 50.06	200m: 3:12.44 50.14	300m: 4:57.57 51.74	400m: 6:32.93 47.55
64. FARINHA, Ines Martins FTL	11 CCDSerta	<b>7:03.80</b>	
50m: 47.96 47.96	150m: 2:36.82 55.65	250m: 4:26.19 54.54	350m: 6:12.74 52.81
100m: 1:41.17 53.21	200m: 3:31.65 54.83	300m: 5:19.93 53.74	400m: 7:03.80 51.06
DNS MENDES, Ines Duarte	11 Colegio Monte Maior		