

Campeonatos Regionais de Clubes - Inf & Abs
Quarteira , 18- - 19-5-2013

Prova 20 Femin., 400m Livres Absolutos
18-05-2013 - 17:05 Resultados

Recordes Algarve Absoluto	4:19.78	Sara Alexandra MADEIRA	LDC	Sines	20-12-2008
Recordes Algarve Inf. B	4:47.32	Carolina Silva GODINHO	CNFA	Olhao	21-10-2007
Recordes Algarve Inf. A	4:53.23	Cat�a Raquel MARTINHEIRA	LDC	Albufeira	24-11-2007
Recordes Algarve Juv	4:35.17	Cat�a Raquel MARTINHEIRA	LDC	Sines	21-12-2008
Recordes Algarve Jun.	4:21.68	Cat�a Raquel MARTINHEIRA	LDC	Porto	04-12-2010
Recordes Algarve Sen.	4:19.78	Sara Alexandra MADEIRA	LDC	Sines	20-12-2008

Infantis B - Fem Inf. B: 6:26.05 / Infantis A - Fem Inf. A: 6:08.02 / Juvenis - Fem Juv: 5:40.36 / Juniores - Fem Jun.: 5:27.78 /
Seniores - Fem Sen.: 5:24.92

Pontos: resultados provis rios

Lugar	Ano	Tempo final	Pts
Catarina Costa FERNANDES	99	Nata�o de Olh�o	4:43.60
50m: 32.20 32.20 150m: 1:43.37 35.95 250m: 2:56.24 36.50 350m: 4:09.45 36.59			
100m: 1:07.42 35.22 200m: 2:19.74 36.37 300m: 3:32.86 36.62 400m: 4:43.60 34.15			
Maria Rachadell PEREIRA	98	Portinado	4:58.32
50m: 31.91 31.91 150m: 1:44.48 37.19 250m: 3:02.36 39.43 350m: 4:21.17 39.31			
100m: 1:07.29 35.38 200m: 2:22.93 38.45 300m: 3:41.86 39.50 400m: 4:58.32 37.15			
Sara Kalinicova GUERREIRO	00	FC Ferreiras	4:59.16
50m: 32.89 32.89 150m: 1:47.64 38.04 250m: 3:03.88 38.01 350m: 4:21.61 38.62			
100m: 1:09.60 36.71 200m: 2:25.87 38.23 300m: 3:42.99 39.11 400m: 4:59.16 37.55			
Carolina Sofia LOPES	96	Louletano - Loule Concelho	5:03.01
50m: 33.94 33.94 150m: 1:50.32 38.52 250m: 3:08.03 38.85 350m: 4:25.52 38.60			
100m: 1:11.80 37.86 200m: 2:29.18 38.86 300m: 3:46.92 38.89 400m: 5:03.01 37.49			
Ana Margarida TEIXEIRA	95	Beja	5:03.89
50m: 34.42 34.42 150m: 1:50.57 38.50 250m: 3:07.96 38.45 350m: 4:25.65 38.77			
100m: 1:12.07 37.65 200m: 2:29.51 38.94 300m: 3:46.88 38.92 400m: 5:03.89 38.24			
Laura Afonso DIAS	98	Nata�o de Faro	5:04.93
50m: 34.51 34.51 150m: 1:50.26 38.41 250m: 3:07.94 38.90 350m: 4:26.50 39.52			
100m: 1:11.85 37.34 200m: 2:29.04 38.78 300m: 3:46.98 39.04 400m: 5:04.93 38.43			