

Prova de Prepar  o de Categorias
Portim o, 9- - 10-3-2013

Prova 8
10-03-2013 - 9:30

Femin., 400m Livres

Absoluto
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

Pontos: FINA 2012

Lugar

Ano

Tempo final

Pts

Infantis A

1.	Sara Kalinovicova GUERREIRO	00	FC Ferreiras							5:05.32	455
	50m: 34.23 34.23	150m: 1:51.02	38.96	250m: 3:09.67	39.05	350m: 4:27.70	39.19				
	100m: 1:12.06 37.83	200m: 2:30.62	39.60	300m: 3:48.51	38.84	400m: 5:05.32	37.62				

Juvenis

1.	Angela Filipa FIRME	99	FC Ferreiras							6:25.29	226
	50m: 41.79 41.79	150m: 2:16.18	47.32	250m: 3:55.27	50.45	350m: 5:34.65	49.85				
	100m: 1:28.86 47.07	200m: 3:04.82	48.64	300m: 4:44.80	49.53	400m: 6:25.29	50.64				

Juniores

1.	Elisa Lamy STIERS	98	Lagoa AC							5:03.38	464
	50m: 33.05 33.05	150m: 1:48.42	38.28	250m: 3:06.75	39.41	350m: 4:25.45	39.45				
	100m: 1:10.14 37.09	200m: 2:27.34	38.92	300m: 3:46.00	39.25	400m: 5:03.38	37.93				
2.	Catarina Almeida GARCIA	97	Nata��o de Faro							5:41.23	326
	50m: 34.68 34.68	150m: 1:57.13	42.67	250m: 3:26.30	44.71	350m: 4:58.55	46.48				
	100m: 1:14.46 39.78	200m: 2:41.59	44.46	300m: 4:12.07	45.77	400m: 5:41.23	42.68				
3.	Sofia Alexandra REIS	98	FC Ferreiras							6:39.64	203
	50m: 42.77 42.77	150m: 2:21.30	49.63	250m: 4:54.77	1:42.69	350m:					
	100m: 1:31.67 48.90	200m: 3:12.08	50.78	300m: 5:46.76	51.99	400m: 6:39.64					

Seniores

1.	Cat�a Raquel MARTINHEIRA	95	Louletano/ Loule Concelho							4:43.72	567
	50m: 31.70 31.70	150m: 1:42.32	36.16	250m: 2:55.16	36.27	350m: 4:08.32	36.74				
	100m: 1:06.16 34.46	200m: 2:18.89	36.57	300m: 3:31.58	36.42	400m: 4:43.72	35.40				