

Campeonatos Regionais Clubes - Inf e Abs
Albufeira, 10- - 11-5-2014

Prova 20
10-05-2014 - 17:00

Femin., 400m Livres

Absolutos
Resultados

Pontos: FINA 2013

Lugar			Ano					Tempo final	Pts
1.	Beatriz Mendes Viegas		00	Tavira Natação				4:45.15	558
	50m:	32.36 32.36	150m:	1:44.25	36.22	250m:	2:57.13 36.21	350m:	4:10.21 36.47
	100m:	1:08.03 35.67	200m:	2:20.92	36.67	300m:	3:33.74 36.61	400m:	4:45.15 34.94
2.	Catarina Costa Fernandes		99	Colegio Bernardette Romeira				4:46.93	548
	50m:	32.16 32.16	150m:	1:44.71	36.72	250m:	2:58.42 36.86	350m:	4:12.22 36.69
	100m:	1:07.99 35.83	200m:	2:21.56	36.85	300m:	3:35.53 37.11	400m:	4:46.93 34.71
3.	Rita Guedes Moreira		00	Louletano / Loule Concelho				4:54.61	506
	50m:	34.26 34.26	150m:	1:48.33	37.29	250m:	3:02.87 37.41	350m:	4:17.73 37.72
	100m:	1:11.04 36.78	200m:	2:25.46	37.13	300m:	3:40.01 37.14	400m:	4:54.61 36.88
4.	Sara Filipe Marcos		97	Natação de Olhão				5:05.41	454
	50m:	34.10 34.10	150m:	1:50.31	38.90	250m:	3:08.58 38.78	350m:	4:27.08 39.43
	100m:	1:11.41 37.31	200m:	2:29.80	39.49	300m:	3:47.65 39.07	400m:	5:05.41 38.33
5.	Luisa Ribeiro Lino		00	Natação de Faro				5:05.63	453
	50m:	33.74 33.74	150m:	1:50.02	39.13	250m:	3:07.97 38.71	350m:	4:27.05 39.97
	100m:	1:10.89 37.15	200m:	2:29.26	39.24	300m:	3:47.08 39.11	400m:	5:05.63 38.58
6.	Anabela Ramos Cruz		95	Lagoa AC				5:06.95	447
	50m:		150m:	1:49.53	38.39	250m:	3:08.29 39.66	350m:	4:27.80 39.83
	100m:	1:11.14	200m:	2:28.63	39.10	300m:	3:47.97 39.68	400m:	5:06.95 39.15
7.	Maria Rasetar		97	Portinado				5:10.14	434
	50m:	33.57 33.57	150m:	1:50.23	38.83	250m:	3:10.20 40.18	350m:	4:31.58 40.65
	100m:	1:11.40 37.83	200m:	2:30.02	39.79	300m:	3:50.93 40.73	400m:	5:10.14 38.56
8.	Jessica Filipe Felícia		02	FC Ferreiras				6:29.41	219
	50m:	39.07 39.07	150m:	2:15.93	49.82	250m:	3:58.11 51.55	350m:	5:40.22 51.34
	100m:	1:26.11 47.04	200m:	3:06.56	50.63	300m:	4:48.88 50.77	400m:	6:29.41 49.19
EXH	Maria Luisa Alvarenga		98	Beja				5:20.11	394
	50m:	35.28 35.28	150m:	1:55.77	40.72	250m:	3:18.09 41.32	350m:	4:40.52 41.35
	100m:	1:15.05 39.77	200m:	2:36.77	41.00	300m:	3:59.17 41.08	400m:	5:20.11 39.59