

Campeonatos Regionais de Inverno
Albufeira, 14- - 15-3-2015

Prova 25
15-03-2015 - 9:30

Femin., 400m Estilos

Absolutos
Resultados

Pontos: FINA 2013

Lugar	Ano	Tempo final	Pts
Juvenis B			
1. Mariana Sebastiao Mendes	01 Portinado	5:52.85	404
50m: 34.64 34.64	150m: 250m:	350m:	
100m: 1:16.13 41.49	200m: 2:49.33	400m: 5:52.85	
Juvenis A			
1. Sara Kalinicova Guerreiro	00 FC Ferreiras	5:48.72	419
50m: 36.52 36.52	150m: 2:07.62 47.98	250m: 3:40.08 46.14	350m: 5:09.34 42.05
100m: 1:19.64 43.12	200m: 2:53.94 46.32	300m: 4:27.29 47.21	400m: 5:48.72 39.38
2. Mariya Lukashyk	00 Natacao de Lagos	6:05.71	363
50m: 38.59 38.59	150m: 2:19.49 50.35	250m: 3:55.52 49.68	350m: 5:26.59 42.04
100m: 1:29.14 50.55	200m: 3:05.84 46.35	300m: 4:44.55 49.03	400m: 6:05.71 39.12
Absoluto			
1. Catia Raquel Martinheira	95 Louletano / Loule Concelho	5:10.00	597
50m: 31.92 31.92	150m: 1:48.92 39.16	250m: 3:13.23 47.38	350m: 4:36.49 35.93
100m: 1:09.76 37.84	200m: 2:25.85 36.93	300m: 4:00.56 47.33	400m: 5:10.00 33.51
2. Ines Pugsley Ferreira	97 FC Ferreiras	5:46.79	426
50m: 34.99 34.99	150m: 2:04.30 46.48	250m: 3:37.55 48.76	350m: 5:06.83 41.25
100m: 1:17.82 42.83	200m: 2:48.79 44.49	300m: 4:25.58 48.03	400m: 5:46.79 39.96
EXH Patricia Abreu Seong	03 FC Ferreiras	6:18.08	329
50m: 37.86 37.86	150m: 2:12.19 48.23	250m: 3:51.68 52.02	350m: 5:34.02 46.78
100m: 1:23.96 46.10	200m: 2:59.66 47.47	300m: 4:47.24 55.56	400m: 6:18.08 44.06