

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

Prova 32
15-03-2015 - 15:00

Femin., 400m Livres

Absolutos
Resultados

Pontos: FINA 2013

Lugar	Ano	Tempo final	Pts
Juvenis B			
1. Miriam Filipe Marcos	01	Natação de Olhão	4:37.57 605
50m: 31.39 31.39	150m: 1:40.46	34.95 250m: 2:51.36 35.40	350m: 4:03.29 35.98
100m: 1:05.51 34.12	200m: 2:15.96	35.50 300m: 3:27.31 35.95	400m: 4:37.57 34.28
2. Catarina Miguel Silva	01	Natação de Faro	5:14.56 416
50m: 35.13 35.13	150m: 1:55.25	40.16 250m: 3:15.07 40.42	350m:
100m: 1:15.09 39.96	200m: 2:34.65	39.40 300m: 3:55.30 40.23	400m: 5:14.56
Juvenis A			
1. Beatriz Mendes Viegas	00	Tavira Natação	4:45.16 558
50m: 31.93 31.93	150m: 1:42.82	35.90 250m: 2:56.26 36.80	350m: 4:10.17 36.90
100m: 1:06.92 34.99	200m: 2:19.46	36.64 300m: 3:33.27 37.01	400m: 4:45.16 34.99
Absoluto			
1. Catarina Costa Fernandes	99	Colegio Bernardette Romeira	4:44.08 565
50m: 31.73 31.73	150m: 1:42.74	35.75 250m: 2:55.63 36.78	350m: 4:08.74 36.64
100m: 1:06.99 35.26	200m: 2:18.85	36.11 300m: 3:32.10 36.47	400m: 4:44.08 35.34
EXH Beatriz Sousa Valente	03	Natação de Olhão	5:18.19 402
50m: 36.76 36.76	150m: 1:57.13	40.66 250m: 3:19.07 41.34	350m:
100m: 1:16.47 39.71	200m: 2:37.73	40.60 300m: 4:00.85 41.78	400m: 5:18.19