

Prova 32
05-07-2015 - 15:30

Femin., 400m Livres

Absolutos
Resultados

Pontos: FINA 2014

Lugar	Ano	Tempo final	Pts
Juvenis B			
1. Miriam Filipe, MARCOS	01	Nata��o de Olh�o	4:42.20 608
50m:	150m:	250m:	350m:
100m: 1:06.61	200m: 2:18.33	300m: 3:30.80	400m: 4:42.20
2. Catarina Miguel, SILVA	01	Nata��o de Faro	5:03.97 486
50m:	150m:	250m:	350m:
100m: 1:10.63	200m: 2:28.41	300m: 3:46.97	400m: 5:03.97
3. Sara Cardoso, GAMA	01	Tavira Nata��o	5:23.70 403
50m:	150m:	250m:	350m:
100m: 1:14.16	200m: 2:38.06	300m: 4:01.96	400m: 5:23.70

Juvenis A

1. Luisa Ribeiro, LINO	00	Nata��o de Faro	5:09.63 460
50m:	150m:	250m:	350m:
100m: 1:11.32	200m: 2:30.64	300m: 3:51.05	400m: 5:09.63
2. Melissa Santos, ALMEIDA	00	Armazenenses	5:20.54 415
50m:	150m:	250m:	350m:
100m: 1:12.99	200m: 2:34.62	300m: 3:58.18	400m: 5:20.54

Absoluto

1. Catarina Costa, FERNANDES	99	Colegio Bernardette Romeira	4:45.23 589
50m:	150m:	250m:	350m:
100m: 1:07.48	200m: 2:19.95	300m: 3:32.99	400m: 4:45.23
2. Mariana Cordeiro, VINAGRE	97	Nata��o de Faro	4:57.84 517
50m:	150m:	250m:	350m:
100m: 1:08.16	200m: 2:23.38	300m: 3:40.32	400m: 4:57.84
3. Ines Filipa, DUARTE	98	Lagoa AC	5:31.62 375
50m:	150m:	250m:	350m:
100m: 1:16.72	200m: 2:41.10	300m: 4:06.90	400m: 5:31.62
4. Milene Rufino, MADEIRA	99	Colegio Bernardette Romeira	5:43.23 338
50m:	150m:	250m:	350m:
100m: 1:19.04	200m: 2:45.76	300m: 4:15.96	400m: 5:43.23
EXH Elisa Sauval, GON�ALVES	02	Nata��o de Olh�o	4:57.16 521
50m:	150m:	250m:	350m:
100m: 1:08.97	200m: 2:25.03	300m: 3:42.49	400m: 4:57.16
EXH Clara Carvalho, RODRIGUES	02	Tavira Nata��o	5:37.07 357
50m:	150m:	250m:	350m:
100m: 1:17.21	200m: 2:42.97	300m: 4:12.31	400m: 5:37.07
EXH Beatriz Sousa, VALENTE	03	Nata��o de Olh�o	5:38.42 352
50m:	150m:	250m:	350m:
100m: 1:14.40	200m: 2:33.87	300m: 4:09.95	400m: 5:38.42