



Prova 2
16-07-2016 - 15:45

Femin., 400m Livres

Cadetes
Resultados

Pontos: FINA 2016

Lugar	Ano	Tempo final	Pts
Cadetes B			
1. Joana Santos, PARRA	06	Natacao de Olhao	6:21.51
50m: 40.95 40.95 150m: 2:07.26 200m: 3:07.26 250m: 350m: 6:21.51 400m:			
100m: 1:28.30 47.35			
2. Marta Braz, NEVES	06	Nautico do Guadiana	6:24.81
50m: 43.70 43.70 150m: 2:20.83 49.16 250m: 3:59.48 50.00 350m: 5:38.08 48.85			
100m: 1:31.67 47.97 200m: 3:09.48 48.65 300m: 4:49.23 49.75 400m: 6:24.81 46.73			
3. Beatriz Marques, SEQUEIRA	06	Nautico do Guadiana	6:56.89
50m: 46.54 46.54 150m: 2:30.76 52.31 250m: 4:18.16 54.02 350m: 6:06.02 54.72			
100m: 1:38.45 51.91 200m: 3:24.14 53.38 300m: 5:11.30 53.14 400m: 6:56.89 50.87			
4. Laura Lourenco, ESTRELA	06	FC Ferreiras	7:02.55
50m: 48.55 48.55 150m: 250m: 350m: 7:02.55 400m:			
100m: 1:42.33 53.78 200m: 3:31.36 300m: 5:17.61			
Cadetes A			
1. Fabiana Cruz, GOMES	05	Louletano / Loule Concelho	5:41.72
50m: 36.05 36.05 150m: 250m: 350m:			
100m: 1:18.66 42.61 200m: 2:47.12 300m: 4:17.11 400m: 5:41.72			
2. Carmen Manolache, CALVINHO	05	Nautico do Guadiana	6:55.62
50m: 40.13 40.13 150m: 2:20.75 51.91 250m: 4:07.12 53.75 350m: 5:59.78 56.50			
100m: 1:28.84 48.71 200m: 3:13.37 52.62 300m: 5:03.28 56.16 400m: 6:55.62 55.84			
3. Sofia Martins, DO Ó	05	Nautico do Guadiana	6:59.41
50m: 44.46 44.46 150m: 2:31.03 53.53 250m: 4:18.64 55.01 350m: 6:07.85 54.50			
100m: 1:37.50 53.04 200m: 3:23.63 52.60 300m: 5:13.35 54.71 400m: 6:59.41 51.56			
4. Mafalda Alexandra, SILVA	05	Natacao de Lagos	7:00.37
50m: 46.46 46.46 150m: 250m: 350m:			
100m: 1:40.02 53.56 200m: 3:29.38 300m: 5:17.06 400m: 7:00.37			
5. Adriana Martins, VALENTIM	05	Nautico do Guadiana	7:13.45
50m: 46.21 46.21 150m: 2:33.59 53.82 250m: 4:24.59 56.06 350m: 6:19.20 57.74			
100m: 1:39.77 53.56 200m: 3:28.53 54.94 300m: 5:21.46 56.87 400m: 7:13.45 54.25			
6. Raquel André, FERNANDES	05	Nautico do Guadiana	7:20.21
50m: 49.46 49.46 150m: 2:39.62 56.22 250m: 4:31.93 55.72 350m: 6:25.46 57.64			
100m: 1:43.40 53.94 200m: 3:36.21 56.59 300m: 5:27.82 55.89 400m: 7:20.21 54.75			
EXH Matilde Fava, CORDEIRO	05	Campomaiorense	6:25.17
50m: 42.59 42.59 150m: 250m: 350m:			
100m: 1:30.60 48.01 200m: 3:09.95 300m: 4:49.31 400m: 6:25.17			