

Prova 33
12-03-2017 - 15:45

Femin., 400m Livres

12 anos e mais velhos
Resultados

Pontos: FINA 2016

Lugar	Ano	Tempo final	Pts
Juvenis B			
1. Beatriz Sousa, VALENTE	03	Natacao de Olhao	4:50.92 523
50m: 33.58 33.58 150m: 1:46.57 36.87 250m: 3:00.26 36.73 350m: 4:14.41 37.12			
100m: 1:09.70 36.12 200m: 2:23.53 36.96 300m: 3:37.29 37.03 400m: 4:50.92 36.51			
2. Ines Santos, COSTA	03	Portinado	5:09.63 434
50m: 33.57 33.57 150m: 1:50.35 39.38 250m: 3:11.21 40.45 350m: 4:31.11 40.01			
100m: 1:10.97 37.40 200m: 2:30.76 40.41 300m: 3:51.10 39.89 400m: 5:09.63 38.52			
3. Beatriz Bastos, PINTO	03	Natação de Faro	5:23.74 380
50m: 36.62 36.62 150m: 1:58.23 41.47 250m: 3:20.51 41.11 350m: 4:43.43 41.63			
100m: 1:16.76 40.14 200m: 2:39.40 41.17 300m: 4:01.80 41.29 400m: 5:23.74 40.31			
4. Elisa Rose, KERMORVANT	03	Lagoa AC	5:28.59 363
50m: 35.88 35.88 150m: 1:56.96 41.32 250m: 3:21.42 42.18 350m: 4:46.97 42.61			
100m: 1:15.64 39.76 200m: 2:39.24 42.28 300m: 4:04.36 42.94 400m: 5:28.59 41.62			
5. Catarina Silva, PINHEIRO	03	Natação de Faro	5:35.73 340
50m: 37.18 37.18 150m: 2:01.74 43.03 250m: 3:27.72 42.60 350m: 4:54.08 42.87			
100m: 1:18.71 41.53 200m: 2:45.12 43.38 300m: 4:11.21 43.49 400m: 5:35.73 41.65			
6. Carolina Bastos, PINTO	03	Natação de Faro	5:50.17 300
50m: 40.93 40.93 150m: 2:10.20 44.58 250m: 3:41.10 45.37 350m: 5:09.31 43.20			
100m: 1:25.62 44.69 200m: 2:55.73 45.53 300m: 4:26.11 45.01 400m: 5:50.17 40.86			

Juvenis A

1. Clara Carvalho, RODRIGUES	02	Tavira Natacao	4:49.85 529
50m: 33.45 33.45 150m: 1:46.79 36.68 250m: 2:59.59 36.45 350m: 4:13.03 37.08			
100m: 1:10.11 36.66 200m: 2:23.14 36.35 300m: 3:35.95 36.36 400m: 4:49.85 36.82			
2. Elisa Sauval, GONCALVES	02	Natacao de Olhao	4:50.27 527
50m: 32.40 32.40 150m: 1:45.00 36.86 250m: 2:58.89 37.12 350m: 4:13.90 37.72			
100m: 1:08.14 35.74 200m: 2:21.77 36.77 300m: 3:36.18 37.29 400m: 4:50.27 36.37			

Juniores

1. Rita Guedes, MOREIRA	00	Louletano / Loule Concelho	4:45.91 551
50m: 33.12 33.12 150m: 1:44.37 36.13 250m: 2:56.27 35.90 350m: 4:09.64 36.61			
100m: 1:08.24 35.12 200m: 2:20.37 36.00 300m: 3:33.03 36.76 400m: 4:45.91 36.27			
2. Sara Cardoso, GAMA	01	Tavira Natacao	5:01.05 472
50m: 33.33 33.33 150m: 1:47.29 37.20 250m: 3:04.04 38.67 350m: 4:22.55 39.34			
100m: 1:10.09 36.76 200m: 2:25.37 38.08 300m: 3:43.21 39.17 400m: 5:01.05 38.50			

Senior

1. Joana Viegas, BENTO	99	Natação de Faro	4:48.96 534
50m: 33.30 33.30 150m: 1:44.76 36.18 250m: 2:58.72 37.20 350m: 4:12.55 36.67			
100m: 1:08.58 35.28 200m: 2:21.52 36.76 300m: 3:35.88 37.16 400m: 4:48.96 36.41			
2. Carolina Costa, FERNANDES	99	Colegio Bernardette Romeira	5:29.62 360
50m: 35.01 35.01 150m: 1:55.26 40.84 250m: 3:26.44 44.64 350m: 4:48.75 42.02			
100m: 1:14.42 39.41 200m: 2:41.80 46.54 300m: 4:06.73 40.29 400m: 5:29.62 40.87			

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EXH	Fabiana Cruz, GOMES	05	Louletano / Loule Concelho	5:04.62	456
	50m: 35.69 35.69	150m: 1:52.85 38.72	250m: 3:09.44 38.70	350m: 4:26.41 37.62	
	100m: 1:14.13 38.44	200m: 2:30.74 37.89	300m: 3:48.79 39.35	400m: 5:04.62 38.21	
EXH	Selena, VANT	04	Louletano / Loule Concelho	5:10.58	430
	50m: 34.69 34.69	150m: 1:51.86 39.31	250m: 3:09.38 39.16	350m: 4:30.42 41.08	
	100m: 1:12.55 37.86	200m: 2:30.22 38.36	300m: 3:49.34 39.96	400m: 5:10.58 40.16	
EXH	Mariana Pereira, MENDES	04	Louletano / Loule Concelho	5:21.66	387
	50m: 36.71 36.71	150m: 1:58.05 41.28	250m: 3:20.39 41.64	350m: 4:41.96 39.69	
	100m: 1:16.77 40.06	200m: 2:38.75 40.70	300m: 4:02.27 41.88	400m: 5:21.66 39.70	
EXH	Zoe, ENGELEN	05	Louletano / Loule Concelho	5:37.69	334
	50m: 39.14 39.14	150m: 2:05.80 43.41	250m: 3:31.22 42.25	350m: 4:56.18 43.27	
	100m: 1:22.39 43.25	200m: 2:48.97 43.17	300m: 4:12.91 41.69	400m: 5:37.69 41.51	