

Prova 17	Femin., 400m Estilos				Absoluto
19-03-2017 - 9:50					Resultados
REC. REG. Absoluto	4:49.84	Ana Beatriz, PEREIRA	LDC	S. Antonio Cavaleiros	20-12-2009
REC. REG. Inf. B	5:25.12	Miriam Filipe, MARCOS	CNOL	Faro	30-11-2013
REC. REG. Inf. A	5:17.29	Miriam Filipe, MARCOS	CNOL	Faro	22-11-2014
REC. REG. Juv B	5:11.52	Catia Raquel, MARTINHEIRA	LDC	Portimao	14-02-2009
REC. REG. Juv A	5:01.37	Marta Pereira, ABREU	LDC	Silves	22-12-2007
REC. REG. Jun. 1	5:02.86	Marta Pereira, ABREU	LDC	Maia	05-01-2008
REC. REG. JUn. 2	4:53.44	Marta Pereira, ABREU	CNFA	S. Antonio Cavaleiros	20-12-2009
REC. REG. Sen.	4:49.84	Ana Beatriz, PEREIRA	LDC	S. Antonio Cavaleiros	20-12-2009

Pontos:

Lugar	Ano								Tempo final		Pts	
Infantis A												
1.	Ines Sofia, ALVES			04	Portinado					5:35.23		
	50m:	34.32	34.32	150m:	1:56.89	41.62	250m:	3:27.89	49.49	350m:	4:57.20	39.11
	100m:	1:15.27	40.95	200m:	2:38.40	41.51	300m:	4:18.09	50.20	400m:	5:35.23	38.03
2.	Gabriela, BOROZAN			04	Louletano / Loule Concelho					5:55.84		
	50m:	37.00	37.00	150m:	2:06.70	46.76	250m:	3:40.98	47.75	350m:	5:14.12	42.59
	100m:	1:19.94	42.94	200m:	2:53.23	46.53	300m:	4:31.53	50.55	400m:	5:55.84	41.72
3.	Carolina Pereira, VIANA			04	Armazenenses					6:09.15		
	50m:	40.30	40.30	150m:	2:18.30	47.96	250m:	3:55.43	50.85	350m:	5:29.41	40.69
	100m:	1:30.34	50.04	200m:	3:04.58	46.28	300m:	4:48.72	53.29	400m:	6:09.15	39.74
4.	Catarina Rufino, MADEIRA			04	Colegio Bernardette Romeira					6:39.57		
	50m:	43.93	43.93	150m:	2:33.62	51.57	250m:	4:18.34	55.12	350m:	5:57.47	44.09
	100m:	1:42.05	58.12	200m:	3:23.22	49.60	300m:	5:13.38	55.04	400m:	6:39.57	42.10
EXH	Beatriz Sousa, VALENTE			03	Natacao de Olhao					5:39.11		
	50m:	36.09	36.09	150m:	2:01.94	44.49	250m:	3:35.04	49.64	350m:	5:02.31	38.51
	100m:	1:17.45	41.36	200m:	2:45.40	43.46	300m:	4:23.80	48.76	400m:	5:39.11	36.80