



Prova 26
21-05-2017 - 15:45

Femin., 400m Estilos

12 anos e mais velhos
Resultados

Pontos: FINA 2016

Lugar	Ano										Tempo final	Pts
Infantis												
1.	Carolina Pereira, VIANA				04	Armacenenses					6:02.38	367
	50m:	40.53	40.53	150m:	2:18.81	47.62	250m:	3:53.86	48.45	350m:	5:24.10	39.74
	100m:	1:31.19	50.66	200m:	3:05.41	46.60	300m:	4:44.36	50.50	400m:	6:02.38	38.28
2.	Beatriz Alexandra, MACHADO				05	Beja					6:18.16	322
	50m:	40.10	40.10	150m:	2:19.36	45.92	250m:	3:59.13	54.97	350m:	5:36.74	43.01
	100m:	1:33.44	53.34	200m:	3:04.16	44.80	300m:	4:53.73	54.60	400m:	6:18.16	41.42
Juvenis												
1.	Alba Vezquez, RUIZ				02	C.N. Huelva					5:07.27	602
	50m:	33.50	33.50	150m:	1:51.13	39.41	250m:	3:13.80	43.52	350m:	4:33.17	35.45
	100m:	1:11.72	38.22	200m:	2:30.28	39.15	300m:	3:57.72	43.92	400m:	5:07.27	34.10
2.	Patricia Abreu, SEONG				03	Louletano / Loule Concelho					5:49.54	408
	50m:	37.64	37.64	150m:	2:08.56	46.82	250m:	3:41.81	47.32	350m:	5:08.44	39.03
	100m:	1:21.74	44.10	200m:	2:54.49	45.93	300m:	4:29.41	47.60	400m:	5:49.54	41.10
3.	Melissa Sousa, VILARINHO				03	FC Ferreiras					5:51.51	402
	50m:	34.56	34.56	150m:	2:03.33	46.58	250m:	3:39.36	51.19	350m:	5:11.53	41.22
	100m:	1:16.75	42.19	200m:	2:48.17	44.84	300m:	4:30.31	50.95	400m:	5:51.51	39.98
DSQ	Dana Alexia, CANTIRU				03	FC Ferreiras						
	G28 - Desistiu											
Juniiores												
1.	Mariana Sebastiao, MENDES				01	Portinado					5:32.96	473
	50m:	33.56	33.56	150m:	1:56.83	43.16	250m:	3:30.01	50.64	350m:	4:56.76	36.93
	100m:	1:13.67	40.11	200m:	2:39.37	42.54	300m:	4:19.83	49.82	400m:	5:32.96	36.20
Senior												
1.	Ana Lanca, RODRIGUES				73	Geslours					6:46.42	260
	50m:	42.33	42.33	150m:	2:26.32	54.72	250m:	4:14.46	55.20	350m:	6:01.02	49.32
	100m:	1:31.60	49.27	200m:	3:19.26	52.94	300m:	5:11.70	57.24	400m:	6:46.42	45.40
Master												
1.	Ana Lanca, RODRIGUES				73	Geslours					6:46.42	260
	50m:	42.33	42.33	150m:	2:26.32	54.72	250m:	4:14.46	55.20	350m:	6:01.02	49.32
	100m:	1:31.60	49.27	200m:	3:19.26	52.94	300m:	5:11.70	57.24	400m:	6:46.42	45.40