

3º Trofeu de Natacao de Lagoa  
Lagoa, 28- - 29-10-2017

Prova 12  
28-10-2017 - 15:55

Femin., 400m Livres

13 anos e mais velhos  
Resultados

Pontos: FINA 2016

Lugar	Ano	Tempo final	Pts
<b>Infantis A</b>			
1. Fabiana Cruz, GOMES	05 Louletano / Loule Concelho	<b>4:58.14</b>	486
50m: 33.64 33.64	150m: 1:48.51 38.16	250m: 3:04.83 38.51	350m: 4:20.97 37.91
100m: 1:10.35 36.71	200m: 2:26.32 37.81	300m: 3:43.06 38.23	400m: 4:58.14 37.17
2. Zoe, ENGELEN	05 Louletano / Loule Concelho	<b>5:15.99</b>	408
50m: 36.22 36.22	150m: 1:57.32 40.99	250m: 3:18.13 40.16	350m: 4:37.47 40.29
100m: 1:16.33 40.11	200m: 2:37.97 40.65	300m: 3:57.18 39.05	400m: 5:15.99 38.52
3. Ana Sofia, FILIPE	05 Portinado	<b>5:23.85</b>	379
50m: 37.43 37.43	150m: 1:58.90 41.17	250m: 3:21.99 41.50	350m: 4:44.35 41.20
100m: 1:17.73 40.30	200m: 2:40.49 41.59	300m: 4:03.15 41.16	400m: 5:23.85 39.50
4. Beatriz Alexandra, MACHADO	05 Beja	<b>5:27.14</b>	368
50m: 37.35 37.35	150m: 1:58.50 41.32	250m: 3:21.78 41.32	350m: 4:46.23 42.50
100m: 1:17.18 39.83	200m: 2:40.46 41.96	300m: 4:03.73 41.95	400m: 5:27.14 40.91
5. Sofia Segura, CONCEIÇÃO	05 Nautico do Guadiana	<b>5:54.39</b>	289
50m: 40.61 40.61	150m: 2:09.41 44.88	250m: 3:42.53 46.40	350m: 5:14.32 45.49
100m: 1:24.53 43.92	200m: 2:56.13 46.72	300m: 4:28.83 46.30	400m: 5:54.39 40.07
6. Ines Carvalho, FONSECA	05 Lagoa ac	<b>5:55.10</b>	288
50m: 39.03 39.03	150m: 2:05.63 43.93	250m: 3:37.46 45.96	350m: 5:11.72 47.26
100m: 1:21.70 42.67	200m: 2:51.50 45.87	300m: 4:24.46 47.00	400m: 5:55.10 43.38
7. Nicole Filipa, BRITO	05 Beja	<b>6:25.52</b>	225
50m: 39.40 39.40	150m: 2:14.84 48.21	250m: 3:50.68 47.87	350m: 5:25.52 47.87
100m: 1:26.63 47.23	200m: 3:02.81 47.97	300m: 4:38.45 47.77	400m: 6:25.52 47.77
8. Samar Bouazib, GUEDES	05 FC Ferreiras	<b>6:50.23</b>	186
50m: 46.15 46.15	150m: 2:31.64 52.54	250m: 4:17.12 51.90	350m: 6:01.77 51.78
100m: 1:39.10 52.95	200m: 3:25.22 53.58	300m: 5:09.99 52.87	400m: 6:50.23 48.46
<b>Juvenis B</b>			
1. Angelina Bermejo, JONES	04 Portinado	<b>5:27.25</b>	368
50m: 36.12 36.12	150m: 1:58.02 41.32	250m: 3:23.88 42.61	350m: 4:48.56 42.09
100m: 1:16.70 40.58	200m: 2:41.27 43.25	300m: 4:06.47 42.59	400m: 5:27.25 38.69
2. Katharina, PFANNKUCHE	04 SG Essen	<b>5:33.40</b>	348
50m: 36.96 36.96	150m: 2:00.66 42.63	250m: 3:28.08 44.17	350m: 4:52.21 40.02
100m: 1:18.03 41.07	200m: 2:43.91 43.25	300m: 4:12.19 44.11	400m: 5:33.40 41.19
3. Beatriz Filipe, FELICIA	04 FC Ferreiras	<b>6:05.76</b>	263
50m: 39.55 39.55	150m: 2:11.22 46.97	250m: 3:47.08 47.80	350m: 5:21.10 46.43
100m: 1:24.25 44.70	200m: 2:59.28 48.06	300m: 4:34.67 47.59	400m: 6:05.76 44.66
4. Mariana Rosa, NUNES	04 Lagoa ac	<b>6:32.27</b>	213
50m: 41.81 41.81	150m: 2:18.55 49.64	250m: 4:00.58 51.10	350m: 5:43.84 51.71
100m: 1:28.91 47.10	200m: 3:09.48 50.93	300m: 4:52.13 51.55	400m: 6:32.27 48.43
<b>Juvenis A</b>			
1. Ines Santos, COSTA	03 Portinado	<b>5:04.25</b>	457
50m: 32.88 32.88	150m: 1:48.92 38.66	250m: 3:07.03 39.47	350m: 4:25.85 39.27
100m: 1:10.26 37.38	200m: 2:27.56 38.64	300m: 3:46.58 39.55	400m: 5:04.25 38.40
2. Carolina Alexandra, MACHADO	03 Beja	<b>5:11.60</b>	426
50m: 36.55 36.55	150m: 1:56.48 40.00	250m: 3:16.71 40.30	350m: 4:34.98 39.26
100m: 1:16.48 39.93	200m: 2:36.41 39.93	300m: 3:55.72 39.01	400m: 5:11.60 36.62
3. Matilde Vieira, PEREIRA	03 Lagoa ac	<b>5:21.05</b>	389
50m: 33.81 33.81	150m: 1:52.48 40.49	250m: 3:16.23 41.82	350m: 4:39.80 42.36
100m: 1:11.99 38.18	200m: 2:34.41 41.93	300m: 3:57.44 41.21	400m: 5:21.05 41.25

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Prova 12, Femin., 400m Livres, Juvenis A

Lugar			Ano							Tempo final	Pts
4.	Melissa Sousa, VILARINHO		03	FC Ferreiras						<b>5:22.89</b>	383
	50m:	36.65 36.65	150m:	1:57.56	40.52	250m:	3:20.07	41.99	350m:	4:42.83	41.71
	100m:	1:17.04 40.39	200m:	2:38.08	40.52	300m:	4:01.12	41.05	400m:	5:22.89	40.06
5.	Dana Alexia, CANTIRU		03	FC Ferreiras						<b>5:23.95</b>	379
	50m:	36.46 36.46	150m:	1:59.16	41.85	250m:	3:23.55	41.87	350m:	4:45.48	40.06
	100m:	1:17.31 40.85	200m:	2:41.68	42.52	300m:	4:05.42	41.87	400m:	5:23.95	38.47
6.	Carolina Paixao, CAROCINHO		03	Portinado						<b>5:26.42</b>	370
	50m:	36.00 36.00	150m:	1:57.71	41.81	250m:	3:21.21	41.97	350m:	4:45.84	41.82
	100m:	1:15.90 39.90	200m:	2:39.24	41.53	300m:	4:04.02	42.81	400m:	5:26.42	40.58
7.	Maria Catarina, TAVARES		03	Natação de Faro						<b>5:33.01</b>	349
	50m:	37.76 37.76	150m:	2:01.95	42.44	250m:	3:28.05	43.12	350m:	4:52.88	42.28
	100m:	1:19.51 41.75	200m:	2:44.93	42.98	300m:	4:10.60	42.55	400m:	5:33.01	40.13
8.	Beatriz Bastos, PINTO		03	Natação de Faro						<b>5:37.93</b>	334
	50m:	37.22 37.22	150m:	2:00.27	42.43	250m:	3:27.46	43.35	350m:	4:55.49	43.87
	100m:	1:17.84 40.62	200m:	2:44.11	43.84	300m:	4:11.62	44.16	400m:	5:37.93	42.44
9.	Rebeca Correia, FRANCIS		03	Lagoa ac						<b>5:40.37</b>	327
	50m:	39.37 39.37	150m:	2:06.44	44.29	250m:	3:32.39	43.22	350m:	4:58.73	42.73
	100m:	1:22.15 42.78	200m:	2:49.17	42.73	300m:	4:16.00	43.61	400m:	5:40.37	41.64

Absoluto

1.	Joana Isabel, LAMPREIA		96	Beja						<b>4:59.86</b>	478
	50m:	33.40 33.40	150m:	1:49.32	38.48	250m:	3:06.66	38.66	350m:	4:23.74	38.37
	100m:	1:10.84 37.44	200m:	2:28.00	38.68	300m:	3:45.37	38.71	400m:	4:59.86	36.12
2.	Carolina Isabel, GONÇALVES		02	Beja						<b>5:41.32</b>	324
	50m:	39.45 39.45	150m:	2:07.02	43.92	250m:	3:34.34	43.47	350m:	5:00.56	43.41
	100m:	1:23.10 43.65	200m:	2:50.87	43.85	300m:	4:17.15	42.81	400m:	5:41.32	40.76
EXH	Marta Viegas, FERNANDES		05	Nautico do Guadiana						<b>7:28.52</b>	142
	50m:	47.69 47.69	150m:	2:39.87	57.02	250m:	4:34.59	57.96	350m:	6:31.45	58.41
	100m:	1:42.85 55.16	200m:	3:36.63	56.76	300m:	5:33.04	58.45	400m:	7:28.52	57.07