

Prova 19 Femin., 400m Livres 12 anos e mais velhos
25-11-2017 - 17:20 Resultados

Recorde Regional Absoluto	4:19.78	Sara Alexandra, MADEIRA	POR	Sines	20-12-2008
Recorde Regional Inf. B	4:47.32	Carolina Silva, GODINHO	POR	Olhao	21-10-2007
Recorde Regional Inf. A	4:41.06	Catia Raquel, MARTINHEIRA	POR	Abrantes	05-04-2008
Recorde Regional Juv B	4:35.17	Catia Raquel, MARTINHEIRA	POR	Sines	21-12-2008
Recorde Regional Juv A	4:31.47	Catia Raquel, MARTINHEIRA	POR	Quarteira	21-11-2009
Recorde Regional Jun. 1	4:21.68	Catia Raquel, MARTINHEIRA	POR	Porto	04-12-2010
Recorde Regional JUn. 2	4:28.16	Catia Raquel, MARTINHEIRA	POR	Mealhada	17-12-2011
Recorde Regional Abs	4:19.78	Sara Alexandra, MADEIRA	POR	Sines	20-12-2008

Pontos: FINA 2017

Lugar	Ano	Tempo final	Pts
Juvenis B			
1. Leonor Santos, JESUS	04 Natacao de Olhao	5:12.46	
50m: 35.03 35.03	150m: 1:53.31 39.48	250m: 3:14.02 40.49	350m: 4:33.88 39.77
100m: 1:13.83 38.80	200m: 2:33.53 40.22	300m: 3:54.11 40.09	400m: 5:12.46 38.58
2. Mariana Ponte, MARTINS	04 Louletano / Loule Concelho	5:28.93	
50m: 37.07 37.07	150m: 2:00.29 41.87	250m: 3:25.26 42.41	350m: 4:47.94 41.33
100m: 1:18.42 41.35	200m: 2:42.85 42.56	300m: 4:06.61 41.35	400m: 5:28.93 40.99
3. Mariana Coelho, SANTOS	04 Lagoa AC	5:34.11	
50m: 35.97 35.97	150m: 2:00.10 42.44	250m: 3:25.54 42.68	350m: 4:51.57 42.56
100m: 1:17.66 41.69	200m: 2:42.86 42.76	300m: 4:09.01 43.47	400m: 5:34.11 42.54
4. Barbara Leote, CARMO	04 Natacao de Olhao	5:39.83	
50m: 37.82 37.82	150m: 2:01.82 41.73	250m: 3:27.97 42.81	350m: 4:51.57 42.56
100m: 1:20.09 42.27	200m: 2:45.16 43.34	300m: 4:12.04 44.07	400m: 5:39.83 42.54
5. Beatriz, COJOCARU	04 Portinado	6:23.81	
50m: 42.50 42.50	150m: 2:19.06 48.96	250m: 3:57.01 50.04	350m: 5:36.80 48.74
100m: 1:30.10 47.60	200m: 3:06.97 47.91	300m: 4:48.06 51.05	400m: 6:23.81 47.01
DSQ Maria Beatriz, FERNANDES	04 Louletano / Loule Concelho		
<i>G1 - Efectuou falsa partida (SW 4.4)</i>			

Juvenis A

1. Beatriz Sousa, VALENTE	03 Natacao de Olhao	5:02.55	
50m: 34.76 34.76	150m: 1:50.56 38.12	250m: 3:07.67 38.65	350m: 4:24.92 38.74
100m: 1:12.44 37.68	200m: 2:29.02 38.46	300m: 3:46.18 38.51	400m: 5:02.55 37.63
2. Ines Santos, COSTA	03 Portinado	5:03.02	
50m: 33.54 33.54	150m: 1:49.84 38.30	250m: 3:06.55 38.55	350m: 4:25.41 40.03
100m: 1:11.54 38.00	200m: 2:28.00 38.16	300m: 3:45.38 38.83	400m: 5:03.02 37.61
3. Matilde Vieira, PEREIRA	03 Lagoa AC	5:08.05	
50m: 34.20 34.20	150m: 1:50.80 38.60	250m: 3:09.30 39.64	350m: 4:29.17 40.52
100m: 1:12.20 38.00	200m: 2:29.66 38.86	300m: 3:48.65 39.35	400m: 5:08.05 38.88
4. Rebeca Correia, FRANCIS	03 Lagoa AC	5:33.74	
50m: 37.02 37.02	150m: 2:00.10 41.86	250m: 3:26.27 43.06	350m: 4:52.30 42.85
100m: 1:18.24 41.22	200m: 2:43.21 43.11	300m: 4:09.45 43.18	400m: 5:33.74 41.44
5. Carolina Bastos, PINTO	03 Natacao de Faro	5:53.72	
50m: 40.17 40.17	150m: 2:09.23 44.79	250m: 3:39.36 45.18	350m: 5:10.19 45.58
100m: 1:24.44 44.27	200m: 2:54.18 44.95	300m: 4:24.61 45.25	400m: 5:53.72 43.53

Absoluto

1. Matilde Pereira, MARTINS	99 Naval de Faro	4:57.26	
50m: 32.18 32.18	150m: 1:45.45 37.56	250m: 3:02.78 38.64	350m: 4:20.15 38.32
100m: 1:07.89 35.71	200m: 2:24.14 38.69	300m: 3:41.83 39.05	400m: 4:57.26 37.11
2. Elisa Sauval, GONCALVES	02 Natacao de Olhao	5:00.31	
50m: 34.08 34.08	150m: 1:49.65 38.11	250m: 3:07.10 38.66	350m: 4:24.18 37.97
100m: 1:11.54 37.46	200m: 2:28.44 38.79	300m: 3:46.21 39.11	400m: 5:00.31 36.13

Prova 19, Femin., 400m Livres, Absoluto

Lugar			Ano					Tempo final	Pts			
3.	Carolina Sofia, SILVA		02	Aquatico Silves				5:27.64				
	50m:	32.81	32.81	150m:	1:51.79	41.22	250m:	3:17.23	43.56	350m:	4:45.53	44.10
	100m:	1:10.57	37.76	200m:	2:33.67	41.88	300m:	4:01.43	44.20	400m:	5:27.64	42.11
4.	Margarida Martins, VALENTE		01	Beja				5:32.96				
	50m:	37.65	37.65	150m:	2:01.45	42.27	250m:	3:27.34	42.93	350m:	4:51.68	41.36
	100m:	1:19.18	41.53	200m:	2:44.41	42.96	300m:	4:10.32	42.98	400m:	5:32.96	41.28