

Campeonato Regional de Inverno
Quarteira , 3- - 4-3-2018

| Prova 18 | Femin., 400m Livres | | | | Absolutos |
|---------------------------|---------------------|---------------------------|-----|-----------|------------|
| 03-03-2018 - 17:40 | | | | | 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 Sen | 4:19.78 | Sara Alexandra, MADEIRA | POR | Sines | 20-12-2008 |

Pontos: FINA 2017

| Lugar | Nome do nadador | Ano | Classes | Cod Exc | Clube | Tempo final | Pts |
|-------|-----------------|-----|---------|---------|-------|-------------|-----|
|-------|-----------------|-----|---------|---------|-------|-------------|-----|

Juvenis B

| | | | | | | | |
|----|---------------------------|---------------------|---------------------|---------------------|-----------------------------|----------------|-----|
| 1. | Leonor Santos, JESUS | 04 | | | Natacao de Olhao | 5:00.28 | 476 |
| | 50m: 33.53 33.53 | 150m: 1:48.53 37.35 | 250m: 3:06.32 39.19 | 350m: 4:22.87 38.01 | | | |
| | 100m: 1:11.18 37.65 | 200m: 2:27.13 38.60 | 300m: 3:44.86 38.54 | 400m: 5:00.28 37.41 | | | |
| 2. | Matilde Fialho, CONCEICAO | 04 | | | Louletano / Loule Concelho | 5:07.00 | 445 |
| | 50m: 34.47 34.47 | 150m: 1:50.24 37.54 | 250m: 3:08.12 38.91 | 350m: 4:28.06 40.02 | | | |
| | 100m: 1:12.70 38.23 | 200m: 2:29.21 38.97 | 300m: 3:48.04 39.92 | 400m: 5:07.00 38.94 | | | |
| 3. | Maria Beatriz, FERNANDES | 04 | | | Louletano / Loule Concelho | 5:13.25 | 419 |
| | 50m: 35.52 35.52 | 150m: 1:56.32 41.03 | 250m: 3:16.79 39.92 | 350m: 4:36.32 39.88 | | | |
| | 100m: 1:15.29 39.77 | 200m: 2:36.87 40.55 | 300m: 3:56.44 39.65 | 400m: 5:13.25 36.93 | | | |
| 4. | Catarina Rufino, MADEIRA | 04 | | | Colegio Bernardette Romeira | 5:14.35 | 415 |
| | 50m: 37.84 37.84 | 150m: 1:56.05 39.47 | 250m: 3:16.77 40.31 | 350m: 4:36.57 39.53 | | | |
| | 100m: 1:16.58 38.74 | 200m: 2:36.46 40.41 | 300m: 3:57.04 40.27 | 400m: 5:14.35 37.78 | | | |
| 5. | Barbara Leote, CARMO | 04 | | | Natacao de Olhao | 5:35.94 | 340 |
| | 50m: 36.79 36.79 | 150m: 2:00.31 43.30 | 250m: 3:27.16 43.50 | 350m: 4:53.47 43.04 | | | |
| | 100m: 1:17.01 40.22 | 200m: 2:43.66 43.35 | 300m: 4:10.43 43.27 | 400m: 5:35.94 42.47 | | | |
| 6. | Scarlett Alexis, BERNAL | 04 | | | Tavira Natacao | 5:39.79 | 328 |
| | 50m: 38.69 38.69 | 150m: 2:04.37 43.66 | 250m: 3:31.31 43.68 | 350m: 4:58.42 43.76 | | | |
| | 100m: 1:20.71 42.02 | 200m: 2:47.63 43.26 | 300m: 4:14.66 43.35 | 400m: 5:39.79 41.37 | | | |

Juvenis A

| | | | | | | | |
|----|-------------------------|---------------------|---------------------|---------------------|----------------------------|----------------|-----|
| 1. | Maria Crista, JESUS | 03 | | | Louletano / Loule Concelho | 4:55.88 | 497 |
| | 50m: 33.16 33.16 | 150m: 1:46.73 37.36 | 250m: 3:01.89 37.36 | 350m: 4:18.37 38.58 | | | |
| | 100m: 1:09.37 36.21 | 200m: 2:24.53 37.80 | 300m: 3:39.79 37.90 | 400m: 4:55.88 37.51 | | | |
| 2. | Beatriz Sousa, VALENTE | 03 | | | Natacao de Olhao | 5:02.06 | 468 |
| | 50m: 34.72 34.72 | 150m: 1:49.88 37.86 | 250m: 3:06.87 38.47 | 350m: 4:24.28 38.94 | | | |
| | 100m: 1:12.02 37.30 | 200m: 2:28.40 38.52 | 300m: 3:45.34 38.47 | 400m: 5:02.06 37.78 | | | |
| 3. | Matilde Vieira, PEREIRA | 03 | | | Lagoa AC | 5:12.84 | 421 |
| | 50m: 34.00 34.00 | 150m: 1:51.92 39.90 | 250m: 3:11.36 39.75 | 350m: 4:33.27 40.88 | | | |
| | 100m: 1:12.02 38.02 | 200m: 2:31.61 39.69 | 300m: 3:52.39 41.03 | 400m: 5:12.84 39.57 | | | |
| 4. | Leila Rosa, WATSON | 03 | | | Lagoa AC | 5:24.40 | 377 |
| | 50m: 36.22 36.22 | 150m: 1:57.27 41.09 | 250m: 3:21.09 42.10 | 350m: 4:44.43 41.59 | | | |
| | 100m: 1:16.18 39.96 | 200m: 2:38.99 41.72 | 300m: 4:02.84 41.75 | 400m: 5:24.40 39.97 | | | |
| 5. | Maria Catarina, TAVARES | 03 | | | Natação de Faro | 5:26.75 | 369 |
| | 50m: 36.09 36.09 | 150m: 1:57.56 40.90 | 250m: 3:20.63 41.82 | 350m: 4:45.55 42.70 | | | |
| | 100m: 1:16.66 40.57 | 200m: 2:38.81 41.25 | 300m: 4:02.85 42.22 | 400m: 5:26.75 41.20 | | | |
| 6. | Ines Placido, PEREIRA | 03 | | | Aquatico Silves | 5:31.81 | 353 |
| | 50m: 36.07 36.07 | 150m: 1:58.01 41.71 | 250m: 3:22.69 42.63 | 350m: 4:49.48 43.26 | | | |
| | 100m: 1:16.30 40.23 | 200m: 2:40.06 42.05 | 300m: 4:06.22 43.53 | 400m: 5:31.81 42.33 | | | |
| 7. | Carolina Bastos, PINTO | 03 | | | Natação de Faro | 5:41.03 | 325 |
| | 50m: 37.59 37.59 | 150m: 2:02.56 43.32 | 250m: 3:29.61 43.52 | 350m: 4:57.89 44.45 | | | |
| | 100m: 1:19.24 41.65 | 200m: 2:46.09 43.53 | 300m: 4:13.44 43.83 | 400m: 5:41.03 43.14 | | | |
| 8. | Sara Sousa, CANDEIAS | 03 | | | Louletano / Loule Concelho | 5:57.10 | 283 |
| | 50m: 39.92 39.92 | 150m: 2:09.30 44.94 | 250m: 3:40.51 45.74 | 350m: 5:11.96 45.88 | | | |
| | 100m: 1:24.36 44.44 | 200m: 2:54.77 45.47 | 300m: 4:26.08 45.57 | 400m: 5:57.10 45.14 | | | |

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Prova 18, Femin., 400m Livres, Juvenis A

| Lugar | Nome do nadador | Ano | Classes | Cod Exc | Clube | Tempo final | Pts |
|-------|--|-----|---------|---------|----------|-------------|-----|
| DSQ | Rebeca Correia, FRANCIS <i>G28 - Desistiu</i> | 03 | | | Lagoa AC | | |

Juniores

| | | | | | | | |
|----|----------------------------|---------------|-------|---------------|-----------------------------|----------------|-------|
| 1. | Miriam Filipe, MARCOS | 01 | | | Louletano / Loule Concelho | 4:45.12 | 556 |
| | 50m: 32.36 32.36 | 150m: 1:44.17 | 36.55 | 250m: 2:57.03 | 36.00 | 350m: 4:09.46 | 36.20 |
| | 100m: 1:07.62 35.26 | 200m: 2:21.03 | 36.86 | 300m: 3:33.26 | 36.23 | 400m: 4:45.12 | 35.66 |
| 2. | Ana Leonor, DIAS | 02 | | | Colegio Bernardette Romeira | 4:49.51 | 531 |
| | 50m: 32.45 32.45 | 150m: 1:44.81 | 36.51 | 250m: 2:58.55 | 37.04 | 350m: 4:12.75 | 37.09 |
| | 100m: 1:08.30 35.85 | 200m: 2:21.51 | 36.70 | 300m: 3:35.66 | 37.11 | 400m: 4:49.51 | 36.76 |
| 3. | Barbara Sofrino, RODRIGUES | 01 | | | Aquatico Silves | 4:51.66 | 519 |
| | 50m: 31.62 31.62 | 150m: 1:45.56 | 37.54 | 250m: 3:00.80 | 37.70 | 350m: 4:15.59 | 37.12 |
| | 100m: 1:08.02 36.40 | 200m: 2:23.10 | 37.54 | 300m: 3:38.47 | 37.67 | 400m: 4:51.66 | 36.07 |
| 4. | Rita Cardoso, GAMA | 02 | | | Tavira Natacao | 5:29.41 | 360 |
| | 50m: 35.81 35.81 | 150m: 1:56.07 | 41.27 | 250m: 3:20.66 | 42.79 | 350m: 4:47.20 | 43.37 |
| | 100m: 1:14.80 38.99 | 200m: 2:37.87 | 41.80 | 300m: 4:03.83 | 43.17 | 400m: 5:29.41 | 42.21 |
| 5. | Raquel Ferreira, AFONSO | 02 | | | Tavira Natacao | 5:42.82 | 320 |
| | 50m: 36.73 36.73 | 150m: 2:00.60 | 42.57 | 250m: 3:26.78 | 43.76 | 350m: 4:57.78 | 45.96 |
| | 100m: 1:18.03 41.30 | 200m: 2:43.02 | 42.42 | 300m: 4:11.82 | 45.04 | 400m: 5:42.82 | 45.04 |

Seniores

| | | | | | | | |
|-----|--|---------------|---------|---------------|----------------------------|-----------------|---------|
| 1. | Joana Viegas, BENTO | 99 | | | Natação de Faro | 4:51.90 | 518 |
| | 50m: 32.98 32.98 | 150m: 1:45.58 | 36.65 | 250m: 3:00.55 | 37.71 | 350m: 4:15.48 | 37.16 |
| | 100m: 1:08.93 35.95 | 200m: 2:22.84 | 37.26 | 300m: 3:38.32 | 37.77 | 400m: 4:51.90 | 36.42 |
| 2. | Rita Guedes, MOREIRA | 00 | | | Louletano / Loule Concelho | 5:11.47 | 426 |
| | 50m: 33.67 33.67 | 150m: 1:49.58 | 38.87 | 250m: 3:09.07 | 39.86 | 350m: 4:31.18 | 41.06 |
| | 100m: 1:10.71 37.04 | 200m: 2:29.21 | 39.63 | 300m: 3:50.12 | 41.05 | 400m: 5:11.47 | 40.29 |
| 3. | Ana Filipa, PALMA | 94 | S14 | | Louletano / Loule Concelho | 8:57.56 | 83 |
| | 50m: 54.10 54.10 | 150m: 3:08.22 | 1:09.33 | 250m: 5:28.27 | 1:09.64 | 350m: 7:49.46 | 1:10.25 |
| | 100m: 1:58.89 1:04.79 | 200m: 4:18.63 | 1:10.41 | 300m: 6:39.21 | 1:10.94 | 400m: 8:57.56 | 1:08.10 |
| 4. | Vera Alexandra, REVEZ | 89 | S21 | S21 | Louletano / Loule Concelho | 10:07.70 | 57 |
| | 50m: 1:05.12 1:05.12 | 150m: 3:36.60 | 1:17.30 | 250m: 6:17.19 | 1:20.02 | 350m: 8:52.09 | 1:17.99 |
| | 100m: 2:19.30 1:14.18 | 200m: 4:57.17 | 1:20.57 | 300m: 7:34.10 | 1:16.91 | 400m: 10:07.70 | 1:15.61 |
| DSQ | Ana Filipa, COSTA <i>G28 - Desistiu</i> | 98 | | | Beja | | |

Absoluto

| | | | | | | | |
|----|----------------------------|---------------|-------|---------------|-----------------------------|----------------|-------|
| 1. | Miriam Filipe, MARCOS | 01 | | | Louletano / Loule Concelho | 4:45.12 | 556 |
| | 50m: 32.36 32.36 | 150m: 1:44.17 | 36.55 | 250m: 2:57.03 | 36.00 | 350m: 4:09.46 | 36.20 |
| | 100m: 1:07.62 35.26 | 200m: 2:21.03 | 36.86 | 300m: 3:33.26 | 36.23 | 400m: 4:45.12 | 35.66 |
| 2. | Ana Leonor, DIAS | 02 | | | Colegio Bernardette Romeira | 4:49.51 | 531 |
| | 50m: 32.45 32.45 | 150m: 1:44.81 | 36.51 | 250m: 2:58.55 | 37.04 | 350m: 4:12.75 | 37.09 |
| | 100m: 1:08.30 35.85 | 200m: 2:21.51 | 36.70 | 300m: 3:35.66 | 37.11 | 400m: 4:49.51 | 36.76 |
| 3. | Barbara Sofrino, RODRIGUES | 01 | | | Aquatico Silves | 4:51.66 | 519 |
| | 50m: 31.62 31.62 | 150m: 1:45.56 | 37.54 | 250m: 3:00.80 | 37.70 | 350m: 4:15.59 | 37.12 |
| | 100m: 1:08.02 36.40 | 200m: 2:23.10 | 37.54 | 300m: 3:38.47 | 37.67 | 400m: 4:51.66 | 36.07 |
| 4. | Joana Viegas, BENTO | 99 | | | Natação de Faro | 4:51.90 | 518 |
| | 50m: 32.98 32.98 | 150m: 1:45.58 | 36.65 | 250m: 3:00.55 | 37.71 | 350m: 4:15.48 | 37.16 |
| | 100m: 1:08.93 35.95 | 200m: 2:22.84 | 37.26 | 300m: 3:38.32 | 37.77 | 400m: 4:51.90 | 36.42 |
| 5. | Rita Guedes, MOREIRA | 00 | | | Louletano / Loule Concelho | 5:11.47 | 426 |
| | 50m: 33.67 33.67 | 150m: 1:49.58 | 38.87 | 250m: 3:09.07 | 39.86 | 350m: 4:31.18 | 41.06 |
| | 100m: 1:10.71 37.04 | 200m: 2:29.21 | 39.63 | 300m: 3:50.12 | 41.05 | 400m: 5:11.47 | 40.29 |

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Prova 18, Femin., 400m Livres, Absoluto

| Lugar | Nome do nadador | Ano | Classes | Cod Exc | Clube | Tempo final | Pts |
|-------|--|---------------|---------|---------------|----------------------------|-----------------|---------|
| 6. | Rita Cardoso, GAMA | 02 | | | Tavira Natacao | 5:29.41 | 360 |
| | 50m: 35.81 35.81 | 150m: 1:56.07 | 41.27 | 250m: 3:20.66 | 42.79 | 350m: 4:47.20 | 43.37 |
| | 100m: 1:14.80 38.99 | 200m: 2:37.87 | 41.80 | 300m: 4:03.83 | 43.17 | 400m: 5:29.41 | 42.21 |
| 7. | Raquel Ferreira, AFONSO | 02 | | | Tavira Natacao | 5:42.82 | 320 |
| | 50m: 36.73 36.73 | 150m: 2:00.60 | 42.57 | 250m: 3:26.78 | 43.76 | 350m: 4:57.78 | 45.96 |
| | 100m: 1:18.03 41.30 | 200m: 2:43.02 | 42.42 | 300m: 4:11.82 | 45.04 | 400m: 5:42.82 | 45.04 |
| 8. | Ana Filipa, PALMA | 94 | S14 | | Louletano / Loule Concelho | 8:57.56 | 83 |
| | 50m: 54.10 54.10 | 150m: 3:08.22 | 1:09.33 | 250m: 5:28.27 | 1:09.64 | 350m: 7:49.46 | 1:10.25 |
| | 100m: 1:58.89 1:04.79 | 200m: 4:18.63 | 1:10.41 | 300m: 6:39.21 | 1:10.94 | 400m: 8:57.56 | 1:08.10 |
| 9. | Vera Alexandra, REVEZ | 89 | S21 | S21 | Louletano / Loule Concelho | 10:07.70 | 57 |
| | 50m: 1:05.12 1:05.12 | 150m: 3:36.60 | 1:17.30 | 250m: 6:17.19 | 1:20.02 | 350m: 8:52.09 | 1:17.99 |
| | 100m: 2:19.30 1:14.18 | 200m: 4:57.17 | 1:20.57 | 300m: 7:34.10 | 1:16.91 | 400m: 10:07.70 | 1:15.61 |
| DSQ | Ana Filipa, COSTA <i>G28 - Desistiu</i> | 98 | | | Beja | | |
| S21 | | | | | | | |
| 1. | Vera Alexandra, REVEZ | 89 | S21 | S21 | Louletano / Loule Concelho | 10:07.70 | 57 |
| | 50m: 1:05.12 1:05.12 | 150m: 3:36.60 | 1:17.30 | 250m: 6:17.19 | 1:20.02 | 350m: 8:52.09 | 1:17.99 |
| | 100m: 2:19.30 1:14.18 | 200m: 4:57.17 | 1:20.57 | 300m: 7:34.10 | 1:16.91 | 400m: 10:07.70 | 1:15.61 |
| S14 | | | | | | | |
| 1. | Ana Filipa, PALMA | 94 | S14 | | Louletano / Loule Concelho | 8:57.56 | 83 |
| | 50m: 54.10 54.10 | 150m: 3:08.22 | 1:09.33 | 250m: 5:28.27 | 1:09.64 | 350m: 7:49.46 | 1:10.25 |
| | 100m: 1:58.89 1:04.79 | 200m: 4:18.63 | 1:10.41 | 300m: 6:39.21 | 1:10.94 | 400m: 8:57.56 | 1:08.10 |