

CAMPEONATO REGIONAL DE CLUBES
OLHÃO, 14- - 15-4-2018

Prova 23	Femin., 400m Livres				Absolutos
15-04-2018 - 11:20					Resultados
Recorde Regional Absoluto	4:19.78	Sara Alexandra, MADEIRA	POR	Sines	20-12-2008
Recorde Regional Abs	4:19.78	Sara Alexandra, MADEIRA	POR	Sines	20-12-2008
Recorde Regional JUn. 2	4:28.16	Catia Raquel, MARTINHEIRA	POR	Mealhada	17-12-2011
Recorde Regional Jun. 1	4:21.68	Catia Raquel, MARTINHEIRA	POR	Porto	04-12-2010
Recorde Regional Juv A	4:31.47	Catia Raquel, MARTINHEIRA	POR	Quarteira	21-11-2009
Recorde Regional Juv B	4:35.17	Catia Raquel, MARTINHEIRA	POR	Sines	21-12-2008
Recorde Regional Inf. A	4:41.06	Catia Raquel, MARTINHEIRA	POR	Abrantes	05-04-2008
Recorde Regional Inf. B	4:47.32	Carolina Silva, GODINHO	POR	Olhao	21-10-2007

Pontos: FINA 2017

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
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Infantis

1.	Zoe, ENGELEN	05	133012	Louletano / Loule Concelho	5:09.42		435		
	50m: 34.83 34.83		150m: 1:54.26 39.59	250m: 3:13.56 39.85	350m: 4:31.64 38.70				
	100m: 1:14.67 39.84		200m: 2:33.71 39.45	300m: 3:52.94 39.38	400m: 5:09.42 37.78				
2.	Beatriz Alexandra, MACHADO	05	137849	Beja	5:15.23		411		
	50m: 35.38 35.38		150m: 1:54.86 40.23	250m: 3:16.03 40.47	350m: 4:36.57 40.00				
	100m: 1:14.63 39.25		200m: 2:35.56 40.70	300m: 3:56.57 40.54	400m: 5:15.23 38.66				
3.	Carlota Jacinto, ESPIRIDIAO	06	200224	Portinado	5:34.20		345		
	50m: 36.75 36.75		150m: 2:00.24 42.56	250m: 3:26.47 43.31	350m: 4:52.89 42.96				
	100m: 1:17.68 40.93		200m: 2:43.16 42.92	300m: 4:09.93 43.46	400m: 5:34.20 41.31				
4.	Rafaela Afonso, VIEIRA	05	145215	Tavira Natacao	6:06.96		261		
	50m: 41.42 41.42		150m: 2:13.33 46.47	250m: 3:45.94 46.45	350m: 5:20.68 47.37				
	100m: 1:26.86 45.44		200m: 2:59.49 46.16	300m: 4:33.31 47.37	400m: 6:06.96 46.28				
5.	Jennifer Ribeiro, RAMOS	05		Lagoa AC	6:08.80		257		
	50m: 38.80 38.80		150m: 2:10.90 46.96	250m: 3:46.69 47.97	350m: 5:23.31 48.56				
	100m: 1:23.94 45.14		200m: 2:58.72 47.82	300m: 4:34.75 48.06	400m: 6:08.80 45.49				
6.	Samar Bouazib, GUEDES	05	129590	FC Ferreiras / AlgarExperience	6:44.20		195		
	50m: 45.37 45.37		150m: 2:25.57 50.84	250m: 4:08.77 51.33	350m: 5:53.16 52.48				
	100m: 1:34.73 49.36		200m: 3:17.44 51.87	300m: 5:00.68 51.91	400m: 6:44.20 51.04				

Juvenis

1.	Beatriz Sousa, VALENTE	03	127077	Natacao Olhao	4:58.96		482		
	50m: 34.35 34.35		150m: 1:48.78 37.36	250m: 3:04.45 37.56	350m: 4:21.42 38.54				
	100m: 1:11.42 37.07		200m: 2:26.89 38.11	300m: 3:42.88 38.43	400m: 4:58.96 37.54				
2.	Matilde Fialho, CONCEICAO	04	129299	Louletano / Loule Concelho	4:59.87		478		
	50m: 33.51 33.51		150m: 1:48.46 38.64	250m: 3:05.28 38.63	350m: 4:22.77 38.52				
	100m: 1:09.82 36.31		200m: 2:26.65 38.19	300m: 3:44.25 38.97	400m: 4:59.87 37.10				
3.	Angelina Bermejo, JONES	04	203392	Portinado	5:08.60		438		
	50m: 33.64 33.64		150m: 1:50.97 39.22	250m: 3:11.21 40.02	350m: 4:30.77 39.62				
	100m: 1:11.75 38.11		200m: 2:31.19 40.22	300m: 3:51.15 39.94	400m: 5:08.60 37.83				
4.	Melissa Sousa, VILARINHO	03	124377	FC Ferreiras / AlgarExperience	5:14.18		415		
	50m: 34.70 34.70		150m: 1:54.35 39.99	250m: 3:16.68 40.85	350m: 4:36.77 39.87				
	100m: 1:14.36 39.66		200m: 2:35.83 41.48	300m: 3:56.90 40.22	400m: 5:14.18 37.41				
5.	Catarina Rufino, MADEIRA	04	126563	Colegio Bernardette Romeira	5:19.29		396		
	50m: 36.56 36.56		150m: 1:57.33 40.04	250m: 3:18.26 39.76	350m: 4:39.50 40.92				
	100m: 1:17.29 40.73		200m: 2:38.50 41.17	300m: 3:58.58 40.32	400m: 5:19.29 39.79				
6.	Leila Rosa, WATSON	03	128103	Lagoa AC	5:27.06		368		
	50m: 35.66 35.66		150m: 1:57.07 41.68	250m: 3:21.72 42.35	350m: 4:46.56 42.43				
	100m: 1:15.39 39.73		200m: 2:39.37 42.30	300m: 4:04.13 42.41	400m: 5:27.06 40.50				
7.	Patricia Isabel, LAMPREIA	04	137854	Beja	5:48.75		304		
	50m: 39.97 39.97		150m: 2:07.86 44.67	250m: 3:36.00 44.08	350m: 5:04.70 44.11				
	100m: 1:23.19 43.22		200m: 2:51.92 44.06	300m: 4:20.59 44.59	400m: 5:48.75 44.05				
8.	Mafalda Patricio, GOUVEIA	04	147256	Tavira Natacao	5:51.46		297		
	50m: 36.80 36.80		150m: 2:01.85 44.26	250m: 3:33.85 46.42	350m: 5:03.67 43.86				
	100m: 1:17.59 40.79		200m: 2:47.43 45.58	300m: 4:19.81 45.96	400m: 5:51.46 47.79				

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Prova 23, Femin., 400m Livres

Absoluto

1. Miriam Filipe, MARCOS	01 121690 Louletano / Loule Concelho	4:34.98	620
50m: 31.81 31.81	150m: 1:40.98 35.02 250m: 2:50.78 34.86 350m: 4:00.91 35.23	34.90 400m: 4:34.98 34.07	
100m: 1:05.96 34.15	200m: 2:15.92 34.94 300m: 3:25.68		
2. Ana Filipa, COSTA	98 102909 Beja	4:47.22	544
50m: 32.14 32.14	150m: 1:41.93 35.30 250m: 2:54.38 36.44 350m: 4:09.43 37.83	37.22 400m: 4:47.22 37.79	
100m: 1:06.63 34.49	200m: 2:17.94 36.01 300m: 3:31.60		
3. Beatriz Silva, MARTINS	02 132439 Portinado	5:10.00	432
50m: 33.90 33.90	150m: 1:50.90 39.43 250m: 3:10.59 40.18 350m: 4:32.02 40.62	40.81 400m: 5:10.00 37.98	
100m: 1:11.47 37.57	200m: 2:30.41 39.51 300m: 3:51.40		
4. Elisa Sauval, GONCALVES	02 124069 Natacao Olhao	5:14.21	415
50m: 34.32 34.32	150m: 1:51.86 39.45 250m: 3:12.13 40.34 350m: 4:33.79 41.09	40.57 400m: 5:14.21 40.42	
100m: 1:12.41 38.09	200m: 2:31.79 39.93 300m: 3:52.70		
5. Alice Vieira, LUZ	02 128097 Lagoa AC	5:58.81	279
50m: 37.45 37.45	150m: 2:05.24 45.23 250m: 3:38.37 46.81 350m: 5:14.42 48.44	47.61 400m: 5:58.81 44.39	
100m: 1:20.01 42.56	200m: 2:51.56 46.32 300m: 4:25.98		
6. Rita Cardoso, GAMA	02 122489 Tavira Natacao	5:59.16	278
50m: 40.18 40.18	150m: 2:08.32 44.85 250m: 3:39.37 45.75 350m: 5:12.76 46.84	46.55 400m: 5:59.16 46.40	
100m: 1:23.47 43.29	200m: 2:53.62 45.30 300m: 4:25.92		

Absolutos

1. Miriam Filipe, MARCOS	01 121690 Louletano / Loule Concelho	4:34.98	620
50m: 31.81 31.81	150m: 1:40.98 35.02 250m: 2:50.78 34.86 350m: 4:00.91 35.23	34.90 400m: 4:34.98 34.07	
100m: 1:05.96 34.15	200m: 2:15.92 34.94 300m: 3:25.68		
2. Ana Filipa, COSTA	98 102909 Beja	4:47.22	544
50m: 32.14 32.14	150m: 1:41.93 35.30 250m: 2:54.38 36.44 350m: 4:09.43 37.83	37.22 400m: 4:47.22 37.79	
100m: 1:06.63 34.49	200m: 2:17.94 36.01 300m: 3:31.60		
3. Beatriz Sousa, VALENTE	03 127077 Natacao Olhao	4:58.96	482
50m: 34.35 34.35	150m: 1:48.78 37.36 250m: 3:04.45 37.56 350m: 4:21.42 38.54	38.43 400m: 4:58.96 37.54	
100m: 1:11.42 37.07	200m: 2:26.89 38.11 300m: 3:42.88		
4. Matilde Fialho, CONCEICAO	04 129299 Louletano / Loule Concelho	4:59.87	478
50m: 33.51 33.51	150m: 1:48.46 38.64 250m: 3:05.28 38.63 350m: 4:22.77 38.52	38.97 400m: 4:59.87 37.10	
100m: 1:09.82 36.31	200m: 2:26.65 38.19 300m: 3:44.25		
5. Angelina Bermejo, JONES	04 203392 Portinado	5:08.60	438
50m: 33.64 33.64	150m: 1:50.97 39.22 250m: 3:11.21 40.02 350m: 4:30.77 39.62	39.94 400m: 5:08.60 37.83	
100m: 1:11.75 38.11	200m: 2:31.19 40.22 300m: 3:51.15		
6. Zoe, ENGELEN	05 133012 Louletano / Loule Concelho	5:09.42	435
50m: 34.83 34.83	150m: 1:54.26 39.59 250m: 3:13.56 39.85 350m: 4:31.64 38.70	39.38 400m: 5:09.42 37.78	
100m: 1:14.67 39.84	200m: 2:33.71 39.45 300m: 3:52.94		
7. Beatriz Silva, MARTINS	02 132439 Portinado	5:10.00	432
50m: 33.90 33.90	150m: 1:50.90 39.43 250m: 3:10.59 40.18 350m: 4:32.02 40.62	40.81 400m: 5:10.00 37.98	
100m: 1:11.47 37.57	200m: 2:30.41 39.51 300m: 3:51.40		
8. Melissa Sousa, VILARINHO	03 124377 FC Ferreiras / AlgarExperience	5:14.18	415
50m: 34.70 34.70	150m: 1:54.35 39.99 250m: 3:16.68 40.85 350m: 4:36.77 39.87	40.22 400m: 5:14.18 37.41	
100m: 1:14.36 39.66	200m: 2:35.83 41.48 300m: 3:56.90		
9. Elisa Sauval, GONCALVES	02 124069 Natacao Olhao	5:14.21	415
50m: 34.32 34.32	150m: 1:51.86 39.45 250m: 3:12.13 40.34 350m: 4:33.79 41.09	40.57 400m: 5:14.21 40.42	
100m: 1:12.41 38.09	200m: 2:31.79 39.93 300m: 3:52.70		
10. Beatriz Alexandra, MACHADO	05 137849 Beja	5:15.23	411
50m: 35.38 35.38	150m: 1:54.86 40.23 250m: 3:16.03 40.47 350m: 4:36.57 40.00	40.54 400m: 5:15.23 38.66	
100m: 1:14.63 39.25	200m: 2:35.56 40.70 300m: 3:56.57		
11. Catarina Rufino, MADEIRA	04 126563 Colegio Bernardette Romeira	5:19.29	396
50m: 36.56 36.56	150m: 1:57.33 40.04 250m: 3:18.26 39.76 350m: 4:39.50 40.92	40.32 400m: 5:19.29 39.79	
100m: 1:17.29 40.73	200m: 2:38.50 41.17 300m: 3:58.58		
12. Leila Rosa, WATSON	03 128103 Lagoa AC	5:27.06	368
50m: 35.66 35.66	150m: 1:57.07 41.68 250m: 3:21.72 42.35 350m: 4:46.56 42.43	42.41 400m: 5:27.06 40.50	
100m: 1:15.39 39.73	200m: 2:39.37 42.30 300m: 4:04.13		
13. Carlota Jacinto, ESPIRIDIAO	06 200224 Portinado	5:34.20	345
50m: 36.75 36.75	150m: 2:00.24 42.56 250m: 3:26.47 43.31 350m: 4:52.89 42.96	43.46 400m: 5:34.20 41.31	
100m: 1:17.68 40.93	200m: 2:43.16 42.92 300m: 4:09.93		

CAMPEONATO REGIONAL DE CLUBES
OLHÃO, 14- - 15-4-2018

Prova 23, Femin., 400m Livres, Absolutos

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
14.	Patricia Isabel, LAMPREIA	04	137854	Beja	5:48.75		304		
	50m: 39.97 39.97		150m: 2:07.86 44.67	250m: 3:36.00 44.08	350m: 5:04.70 44.11				
	100m: 1:23.19 43.22		200m: 2:51.92 44.06	300m: 4:20.59 44.59	400m: 5:48.75 44.05				
15.	Mafalda Patricio, GOUVEIA	04	147256	Tavira Natacao	5:51.46		297		
	50m: 36.80 36.80		150m: 2:01.85 44.26	250m: 3:33.85 46.42	350m: 5:03.67 43.86				
	100m: 1:17.59 40.79		200m: 2:47.43 45.58	300m: 4:19.81 45.96	400m: 5:51.46 47.79				
16.	Alice Vieira, LUZ	02	128097	Lagoa AC	5:58.81		279		
	50m: 37.45 37.45		150m: 2:05.24 45.23	250m: 3:38.37 46.81	350m: 5:14.42 48.44				
	100m: 1:20.01 42.56		200m: 2:51.56 46.32	300m: 4:25.98 47.61	400m: 5:58.81 44.39				
17.	Rita Cardoso, GAMA	02	122489	Tavira Natacao	5:59.16		278		
	50m: 40.18 40.18		150m: 2:08.32 44.85	250m: 3:39.37 45.75	350m: 5:12.76 46.84				
	100m: 1:23.47 43.29		200m: 2:53.62 45.30	300m: 4:25.92 46.55	400m: 5:59.16 46.40				
18.	Rafaela Afonso, VIEIRA	05	145215	Tavira Natacao	6:06.96		261		
	50m: 41.42 41.42		150m: 2:13.33 46.47	250m: 3:45.94 46.45	350m: 5:20.68 47.37				
	100m: 1:26.86 45.44		200m: 2:59.49 46.16	300m: 4:33.31 47.37	400m: 6:06.96 46.28				
19.	Jennifer Ribeiro , RAMOS	05		Lagoa AC	6:08.80		257		
	50m: 38.80 38.80		150m: 2:10.90 46.96	250m: 3:46.69 47.97	350m: 5:23.31 48.56				
	100m: 1:23.94 45.14		200m: 2:58.72 47.82	300m: 4:34.75 48.06	400m: 6:08.80 45.49				
20.	Samar Bouazib, GUEDES	05	129590	FC Ferreiras / AlgarExperience	6:44.20		195		
	50m: 45.37 45.37		150m: 2:25.57 50.84	250m: 4:08.77 51.33	350m: 5:53.16 52.48				
	100m: 1:34.73 49.36		200m: 3:17.44 51.87	300m: 5:00.68 51.91	400m: 6:44.20 51.04				
EXH	Clara Carvalho, RODRIGUES	02	129193	Individual ANALG	4:53.60		509		
	50m: 34.23 34.23		150m: 1:48.31 37.19	250m: 3:01.83 36.75	350m: 4:17.59 38.04				
	100m: 1:11.12 36.89		200m: 2:25.08 36.77	300m: 3:39.55 37.72	400m: 4:53.60 36.01				