

Torneio de Fevereiro
Olhão, 23 - 24/2/2019

Prova 11

Femin., 400m Livres

12 anos e mais velhos

24/02/2019 - 9:00

Resultados

Recorde Regional Sen	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 2018

Lugar	Ano	Tempo final	Pts
Infantis B			
1. Mariana Figueira, RODEIA	07	Natacao de Faro	5:15.96 408
50m: 37.31 37.31	150m: 1:57.09	40.03 250m: 3:18.07	40.45 350m: 4:39.99
100m: 1:17.06 39.75	200m: 2:37.62	40.53 300m: 3:59.16	41.09 400m: 5:15.96
35.97			
2. Leonor Faisca, GUERREIRO	07	Louletano / Loule Concelho	6:00.91 274
50m: 42.84 42.84	150m: 2:16.83	47.07 250m: 3:49.43	46.33 350m: 5:20.23
100m: 1:29.76 46.92	200m: 3:03.10	46.27 300m: 4:35.20	45.77 400m: 6:00.91
45.03			40.68
3. Rafaela Mariano, ANTONIO	07	Portinado	6:01.13 273
50m: 41.31 41.31	150m: 2:15.90	48.20 250m: 3:48.95	45.52 350m: 5:20.34
100m: 1:27.70 46.39	200m: 3:03.43	47.53 300m: 4:34.48	45.53 400m: 6:01.13
45.86			40.79
4. Julia Norte, DRENTJE	07	Louletano / Loule Concelho	6:01.15 273
50m: 41.57 41.57	150m: 2:14.13	45.30 250m: 3:47.84	46.73 350m: 5:20.28
100m: 1:28.83 47.26	200m: 3:01.11	46.98 300m: 4:34.03	46.19 400m: 6:01.15
46.87			
5. Carolina Diana, BILETSKA	07	FC Ferreiras/AlgarExperience	6:02.77 270
50m: 39.29 39.29	150m: 2:11.76	47.26 250m: 3:45.74	47.04 350m: 5:19.42
100m: 1:24.50 45.21	200m: 2:58.70	46.94 300m: 4:33.29	47.55 400m: 6:02.77
46.13			43.35
6. Rebeca Sousa, MARTINS	07	Louletano / Loule Concelho	6:13.42 247
50m: 40.30 40.30	150m: 2:15.65	48.05 250m: 3:51.02	47.40 350m: 5:30.19
100m: 1:27.60 47.30	200m: 3:03.62	47.97 300m: 4:40.39	49.37 400m: 6:13.42
49.80			43.23
7. Ana Margarida, CERQUEIRA	07	Louletano / Loule Concelho	6:19.12 236
50m: 42.15 42.15	150m: 2:19.21	48.94 250m: 3:56.57	49.08 350m: 5:32.89
100m: 1:30.27 48.12	200m: 3:07.49	48.28 300m: 4:45.39	48.82 400m: 6:19.12
47.50			46.23
8. Mariana Martins, TARECO	07	Nautico do Guadiana	6:20.59 233
50m: 42.81 42.81	150m: 2:17.97	48.43 250m: 3:54.57	48.59 350m: 5:31.77
100m: 1:29.54 46.73	200m: 3:05.98	48.01 300m: 4:43.59	49.02 400m: 6:20.59
48.18			48.82
9. Mia Alena, WERUM	07	Lagoa AC	6:25.52 225
50m: 41.50 41.50	150m: 2:19.51	49.47 250m: 3:59.47	50.23 350m: 5:38.38
100m: 1:30.04 48.54	200m: 3:09.24	49.73 300m: 4:48.62	49.15 400m: 6:25.52
49.76			47.14
10. Carolina Neves, SOUSA	07	Louletano / Loule Concelho	6:27.04 222
50m: 43.31 43.31	150m: 2:22.00	49.63 250m: 4:00.77	49.92 350m: 5:38.12
100m: 1:32.37 49.06	200m: 3:10.85	48.85 300m: 4:49.88	49.11 400m: 6:27.04
48.24			48.92
11. Daniela Ferreira, CUSTODIO	07	Portinado	6:42.58 197
50m: 43.10 43.10	150m: 2:25.57	51.57 250m: 4:09.28	51.94 350m: 5:52.94
100m: 1:34.00 50.90	200m: 3:17.34	51.77 300m: 5:01.78	52.50 400m: 6:42.58
51.16			49.64
12. Barbara Ribeiro, LOUREIRO	07	Portinado	6:58.09 176
50m: 45.16 45.16	150m: 2:31.31	54.15 250m: 4:18.78	54.30 350m: 6:06.39
100m: 1:37.16 52.00	200m: 3:24.48	53.17 300m: 5:12.17	53.39 400m: 6:58.09
54.22			51.70
13. Sofia Alves, FERREIRA	07	Portinado	7:32.05 139
50m: 48.78 48.78	150m: 2:44.41	59.27 250m: 4:40.76	59.29 350m: 6:37.22
100m: 1:45.14 56.36	200m: 3:41.47	57.06 300m: 5:39.71	58.95 400m: 7:32.05
57.51			54.83

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Infantis A

1.	Ana Teresa, ROMAO	06	Louletano / Loule Concelho	5:07.36	444
	50m: 34.12 34.12	150m: 1:51.01	38.24 250m: 3:09.61 39.51	350m: 4:29.01	39.96
	100m: 1:12.77 38.65	200m: 2:30.10	39.09 300m: 3:49.05 39.44	400m: 5:07.36	38.35
2.	Cristina, BOROZAN	06	Louletano / Loule Concelho	5:22.81	383
	50m: 37.63 37.63	150m: 2:00.70	41.94 250m: 3:23.46 41.21	350m: 4:44.64	40.40
	100m: 1:18.76 41.13	200m: 2:42.25	41.55 300m: 4:04.24 40.78	400m: 5:22.81	38.17
3.	Raquel Maria, LOURA	06	Natacao de Faro	5:23.27	381
	50m: 35.04 35.04	150m: 1:56.33	41.39 250m: 3:19.91 42.40	350m: 4:43.30	41.29
	100m: 1:14.94 39.90	200m: 2:37.51	41.18 300m: 4:02.01 42.10	400m: 5:23.27	39.97
4.	Beatriz Marques, SEQUEIRA	06	Nautico do Guadiana	5:27.58	366
	50m: 37.03 37.03	150m: 1:59.55	41.53 250m: 3:23.22 41.69	350m: 4:45.72	41.38
	100m: 1:18.02 40.99	200m: 2:41.53	41.98 300m: 4:04.34 41.12	400m: 5:27.58	41.86
5.	Violeta Faria, BOLOTINHA	06	Louletano / Loule Concelho	5:28.78	362
	50m: 36.92 36.92	150m: 2:00.64	42.26 250m: 3:23.77 41.54	350m: 4:44.74	39.37
	100m: 1:18.38 41.46	200m: 2:42.23	41.59 300m: 4:05.37 41.60	400m: 5:28.78	44.04
6.	Carlota Jacinto, ESPIRIDIAO	06	Portinado	5:30.67	356
	50m: 36.58 36.58	150m: 1:57.97	41.27 250m: 3:22.64 42.61	350m: 4:48.87	43.26
	100m: 1:16.70 40.12	200m: 2:40.03	42.06 300m: 4:05.61 42.97	400m: 5:30.67	41.80
7.	Maria Beatriz, VIEGAS	06	Louletano / Loule Concelho	5:33.27	348
	50m: 36.97 36.97	150m: 2:00.65	42.09 250m: 3:26.48 42.13	350m: 4:53.05	43.04
	100m: 1:18.56 41.59	200m: 2:44.35	43.70 300m: 4:10.01 43.53	400m: 5:33.27	40.22
8.	Beatriz Matias, ALMEIDA	06	Portinado	5:36.58	338
	50m: 36.06 36.06	150m: 2:00.94	43.27 250m: 3:27.89 43.43	350m: 4:55.23	43.59
	100m: 1:17.67 41.61	200m: 2:44.46	43.52 300m: 4:11.64 43.75	400m: 5:36.58	41.35
9.	Joana Santos, CRUZ	06	Louletano / Loule Concelho	5:39.71	329
	50m: 39.06 39.06	150m: 2:05.99	44.34 250m: 3:34.79 44.17	350m: 5:00.99	42.42
	100m: 1:21.65 42.59	200m: 2:50.62	44.63 300m: 4:18.57 43.78	400m: 5:39.71	38.72
10.	Nicole Nezhurko, COELHO	06	Lagoa AC	5:50.91	298
	50m: 38.77 38.77	150m: 2:07.44	45.22 250m: 3:38.20 45.07	350m: 5:07.67	43.99
	100m: 1:22.22 43.45	200m: 2:53.13	45.69 300m: 4:23.68 45.48	400m: 5:50.91	43.24
11.	Laura Lourenco, ESTRELA	06	Louletano / Loule Concelho	5:56.05	285
	50m: 39.96 39.96	150m: 2:10.80	46.37 250m: 3:43.20 46.59	350m: 5:12.46	44.32
	100m: 1:24.43 44.47	200m: 2:56.61	45.81 300m: 4:28.14 44.94	400m: 5:56.05	43.59
12.	Matilde Ramos, MARTINS	06	Nautico do Guadiana	6:08.21	258
	50m: 40.86 40.86	150m: 2:13.04	46.53 250m: 3:46.77 47.05	350m: 5:21.30	47.27
	100m: 1:26.51 45.65	200m: 2:59.72	46.68 300m: 4:34.03 47.26	400m: 6:08.21	46.91

Juvenis B

1.	Laura Fabiana, ESTEVENS	05	Natacao de Olhao	4:39.92	588
	50m: 31.61 31.61	150m: 1:41.60	35.14 250m: 2:52.32 35.32	350m: 4:03.92	36.05
	100m: 1:06.46 34.85	200m: 2:17.00	35.40 300m: 3:27.87 35.55	400m: 4:39.92	36.00
2.	Fabiana Cruz, GOMES	05	Louletano / Loule Concelho	4:54.89	502
	50m: 34.15 34.15	150m: 1:48.85	37.52 250m: 3:04.18 37.70	350m: 4:19.90	38.54
	100m: 1:11.33 37.18	200m: 2:26.48	37.63 300m: 3:41.36 37.18	400m: 4:54.89	34.99
3.	Beatriz Alexandra, MACHADO	05	Beja	5:14.30	415
	50m: 34.54 34.54	150m: 1:51.96	39.40 250m: 3:13.80 41.11	350m: 4:34.39	40.38
	100m: 1:12.56 38.02	200m: 2:32.69	40.73 300m: 3:54.01 40.21	400m: 5:14.30	39.91
4.	Margarida Jesus, PASSOS	05	Portinado	5:23.97	379
	50m: 35.40 35.40	150m: 1:56.15	40.88 250m: 3:19.79 42.22	350m: 4:44.28	42.08
	100m: 1:15.27 39.87	200m: 2:37.57	41.42 300m: 4:02.20 42.41	400m: 5:23.97	39.69
5.	Maria Raquel, PIRES	05	Louletano / Loule Concelho	5:34.80	343
	50m: 37.45 37.45	150m: 1:59.11	41.05 250m: 3:24.38 43.30	350m: 4:51.94	43.93
	100m: 1:18.06 40.61	200m: 2:41.08	41.97 300m: 4:08.01 43.63	400m: 5:34.80	42.86

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Juvenis A

1. Ines Sofia, ALVES	04	Portinado	4:49.78	530
50m: 32.05 32.05	150m: 1:44.09	36.60 250m: 2:58.18 37.02	350m: 4:13.08	37.50
100m: 1:07.49 35.44	200m: 2:21.16	37.07 300m: 3:35.58 37.40	400m: 4:49.78	36.70
2. Leonor Santos, JESUS	04	Natacao de Olhao	4:54.54	504
50m: 32.43 32.43	150m: 1:45.53	37.18 250m: 3:01.13 37.80	350m: 4:17.24	37.99
100m: 1:08.35 35.92	200m: 2:23.33	37.80 300m: 3:39.25 38.12	400m: 4:54.54	37.30
3. Mariana Pereira, MENDES	04	Louletano / Loule Concelho	5:03.73	460
50m: 34.25 34.25	150m: 1:50.66	38.45 250m: 3:08.14 38.99	350m: 4:26.65	39.16
100m: 1:12.21 37.96	200m: 2:29.15	38.49 300m: 3:47.49 39.35	400m: 5:03.73	37.08

Juniores

1. Ana Leonor, DIAS	02	Natacao de Olhao	4:36.45	610
50m: 32.05 32.05	150m: 1:42.64	35.52 250m: 2:53.19 34.78	350m: 4:02.37	34.37
100m: 1:07.12 35.07	200m: 2:18.41	35.77 300m: 3:28.00 34.81	400m: 4:36.45	34.08
2. Leila Rosa, WATSON	03	Lagoa AC	5:07.23	444
50m: 34.00 34.00	150m: 1:50.38	38.96 250m: 3:09.74 39.73	350m: 4:29.00	39.48
100m: 1:11.42 37.42	200m: 2:30.01	39.63 300m: 3:49.52 39.78	400m: 5:07.23	38.23
3. Patricia Abreu, SEONG	03	FC Ferreiras/AlgarExperience	5:09.65	434
50m: 33.93 33.93	150m: 1:51.47	39.75 250m: 3:11.03 40.11	350m: 4:30.48	39.32
100m: 1:11.72 37.79	200m: 2:30.92	39.45 300m: 3:51.16 40.13	400m: 5:09.65	39.17
4. Patricia Silva, OLIVEIRA	03	FC Ferreiras/AlgarExperience	5:36.55	338
50m: 37.37 37.37	150m: 2:00.45	42.23 250m: 3:27.32 43.28	350m: 4:54.68	43.83
100m: 1:18.22 40.85	200m: 2:44.04	43.59 300m: 4:10.85 43.53	400m: 5:36.55	41.87

Seniores

1. Ana Filipa, COSTA	98	Beja	4:48.73	535
50m: 32.41 32.41	150m: 1:43.64	36.19 250m: 2:57.28 36.70	350m: 4:11.64	37.27
100m: 1:07.45 35.04	200m: 2:20.58	36.94 300m: 3:34.37 37.09	400m: 4:48.73	37.09
2. Barbara Sofrino, RODRIGUES	01	Aquatico Silves	4:53.56	509
50m: 32.56 32.56	150m: 1:45.58	36.92 250m: 3:00.82 37.63	350m: 4:17.66	38.42
100m: 1:08.66 36.10	200m: 2:23.19	37.61 300m: 3:39.24 38.42	400m: 4:53.56	35.90
3. Ana Beatriz, CORREIA	98	Natacao de Faro	5:23.17	382
50m: 36.19 36.19	150m: 1:55.39	40.17 250m: 3:15.98 39.95	350m: 4:40.43	42.59
100m: 1:15.22 39.03	200m: 2:36.03	40.64 300m: 3:57.84 41.86	400m: 5:23.17	42.74