

Campeonatos Regionais Inverno Infantis e Adaptada
Quarteira , 9- - 10-3-2019

Prova 21 Femin., 400m Livres 12 anos e mais velhos
10-03-2019 - 10:15 Resultados

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

Pontos: FINA 2018

Lugar Ano Tempo final Pts

Infantis B

1. LOBOVA, Sofia	07	Portinado	5:55.42	287
50m: 39.70 39.70	150m: 2:10.75 46.15	250m: 3:42.11 45.42	350m: 5:11.01 44.16	
100m: 1:24.60 44.90	200m: 2:56.69 45.94	300m: 4:26.85 44.74	400m: 5:55.42 44.41	
2. VIEIRA, Beatriz Carlos	07	Natacao de Faro	6:00.31	275
50m: 40.15 40.15	150m: 2:12.44 47.10	250m: 3:43.04 45.80	350m: 5:14.13 46.08	
100m: 1:25.34 45.19	200m: 2:57.24 44.80	300m: 4:28.05 45.01	400m: 6:00.31 46.18	
3. TARECO, Mariana Martins	07	Nautico do Guadiana	6:12.11	250
50m: 41.39 41.39	150m: 2:17.27 48.45	250m: 3:52.70 47.06	350m: 5:28.28 47.51	
100m: 1:28.82 47.43	200m: 3:05.64 48.37	300m: 4:40.77 48.07	400m: 6:12.11 43.83	
4. OLIVEIRA, Raquel Grilo	07	Lagoa AC	6:34.83	209
50m: 42.93 42.93	150m: 2:22.29 49.62	250m: 4:06.99 52.87	350m: 5:47.83 51.39	
100m: 1:32.67 49.74	200m: 3:14.12 51.83	300m: 4:56.44 49.45	400m: 6:34.83 47.00	

Infantis A

1. PARRA, Joana Santos	06	Natacao de Olhao	4:51.47	520
50m: 32.49 32.49	150m: 1:45.58 37.15	250m: 3:00.72 37.69	350m: 4:16.52 37.86	
100m: 1:08.43 35.94	200m: 2:23.03 37.45	300m: 3:38.66 37.94	400m: 4:51.47 34.95	
2. MESQUITA, Carolina Mestre	06	Nautico do Guadiana	4:51.53	520
50m: 32.29 32.29	150m: 1:45.03 37.25	250m: 3:00.68 37.78	350m: 4:15.96 37.47	
100m: 1:07.78 35.49	200m: 2:22.90 37.87	300m: 3:38.49 37.81	400m: 4:51.53 35.57	
3. BOROZAN, Cristina	06	Louletano / Loule Concelho	5:17.42	403
50m: 35.69 35.69	150m: 1:56.51 40.54	250m: 3:18.81 41.30	350m: 4:40.64 40.21	
100m: 1:15.97 40.28	200m: 2:37.51 41.00	300m: 4:00.43 41.62	400m: 5:17.42 36.78	
4. LOURA, Raquel Maria	06	Natacao de Faro	5:18.26	400
50m: 34.31 34.31	150m: 1:56.62 42.32	250m: 3:19.37 41.29	350m: 4:40.71 40.37	
100m: 1:14.30 39.99	200m: 2:38.08 41.46	300m: 4:00.34 40.97	400m: 5:18.26 37.55	
5. BOLOTINHA, Violeta Faria	06	Louletano / Loule Concelho	5:23.29	381
50m: 35.82 35.82	150m: 1:58.02 41.56	250m: 3:21.13 41.44	350m: 4:43.63 41.34	
100m: 1:16.46 40.64	200m: 2:39.69 41.67	300m: 4:02.29 41.16	400m: 5:23.29 39.66	
6. SEQUEIRA, Beatriz Marques	06	Nautico do Guadiana	5:32.89	349
50m: 37.36 37.36	150m: 2:02.15 42.60	250m: 3:28.50 43.37	350m: 4:53.79 42.92	
100m: 1:19.55 42.19	200m: 2:45.13 42.98	300m: 4:10.87 42.37	400m: 5:32.89 39.10	
7. LIMA, Mariana Correia	06	Lagoa AC	6:02.99	269
50m: 40.06 40.06	150m: 2:11.98 46.99	250m: 3:44.92 46.52	350m: 5:19.51 46.72	
100m: 1:24.99 44.93	200m: 2:58.40 46.42	300m: 4:32.79 47.87	400m: 6:02.99 43.48	
8. MARTINS, Matilde Ramos	06	Nautico do Guadiana	6:07.49	259
50m: 39.04 39.04	150m: 2:10.35 47.20	250m: 3:45.89 47.89	350m: 5:23.15 48.77	
100m: 1:23.15 44.11	200m: 2:58.00 47.65	300m: 4:34.38 48.49	400m: 6:07.49 44.34	