

Campeonatos Regionais de Inverno
Silves, 16 - 17/3/2019

Prova 20 Femin., 400m Livres 12 anos e mais velhos
16/03/2019 Resultados

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 2018

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
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Juvenis B

1.	Beatriz Alexandra, MACHADO	05	137849	Beja	5:09.95		433		
	50m: 34.07 34.07			150m: 1:51.44 39.26	250m: 3:10.90 39.84	350m: 4:30.64 39.81			
	100m: 1:12.18 38.11			200m: 2:31.06 39.62	300m: 3:50.83 39.93	400m: 5:09.95 39.31			
2.	Catarina Neves, COLACO	05	200599	Natação de Faro	5:19.81		394		
	50m: 34.79 34.79			150m: 1:53.99 40.20	250m: 3:15.88 41.35	350m: 4:39.08 41.73			
	100m: 1:13.79 39.00			200m: 2:34.53 40.54	300m: 3:57.35 41.47	400m: 5:19.81 40.73			
3.	Sofia Segura, CONCEICAO	05	146650	Nautico do Guadiana	5:23.34		381		
	50m: 35.41 35.41			150m: 1:56.18 40.98	250m: 3:20.36 42.28	350m: 4:42.27 40.89			
	100m: 1:15.20 39.79			200m: 2:38.08 41.90	300m: 4:01.38 41.02	400m: 5:23.34 41.07			
4.	Ines Carvalho, FONSECA	05	140819	Lagoa AC	5:32.04		352		
	50m: 35.48 35.48			150m: 1:56.22 41.28	250m: 3:20.95 42.61	350m: 4:48.08 44.37			
	100m: 1:14.94 39.46			200m: 2:38.34 42.12	300m: 4:03.71 42.76	400m: 5:32.04 43.96			
5.	Samar Bouazib, GUEDES	05	129590	FC Ferreiras/AlgarExperience	6:24.05		227		
	50m: 40.79 40.79			150m: 2:18.54 49.85	250m: 3:57.19 49.51	350m: 5:36.68 50.01			
	100m: 1:28.69 47.90			200m: 3:07.68 49.14	300m: 4:46.67 49.48	400m: 6:24.05 47.37			

Juvenis A

1.	Leonor Santos, JESUS	04	126749	Natacao de Olhao	4:52.64		514		
	50m: 33.47 33.47			150m: 1:47.22 37.53	250m: 3:01.13 36.83	350m: 4:15.99 37.49			
	100m: 1:09.69 36.22			200m: 2:24.30 37.08	300m: 3:38.50 37.37	400m: 4:52.64 36.65			
2.	Alice Clemente, ALVES	04	126840	Tavira Natacao	5:03.52		461		
	50m: 34.66 34.66			150m: 1:52.24 39.28	250m: 3:09.81 38.26	350m: 4:27.91 38.56			
	100m: 1:12.96 38.30			200m: 2:31.55 39.31	300m: 3:49.35 39.54	400m: 5:03.52 35.61			
3.	Catarina Rufino, MADEIRA	04	126563	Natação de Faro	5:03.55		461		
	50m: 33.59 33.59			150m: 1:48.54 37.62	250m: 3:05.55 38.67	350m: 4:26.08 40.35			
	100m: 1:10.92 37.33			200m: 2:26.88 38.34	300m: 3:45.73 40.18	400m: 5:03.55 37.47			
4.	Beatriz, COJOCARU	04	205155	Portinado	5:21.23		389		
	50m: 34.59 34.59			150m: 1:55.09 40.91	250m: 3:18.19 41.44	350m: 4:41.64 42.02			
	100m: 1:14.18 39.59			200m: 2:36.75 41.66	300m: 3:59.62 41.43	400m: 5:21.23 39.59			
5.	Jessica Sofia , RIBEIRO	04	207227	Natação de Faro	5:26.50		370		
	50m: 33.09 33.09			150m: 1:50.79 39.94	250m: 3:16.99 43.92	350m: 4:45.11 43.42			
	100m: 1:10.85 37.76			200m: 2:33.07 42.28	300m: 4:01.69 44.70	400m: 5:26.50 41.39			

Absoluto

1.	Anna, FOMINA	02	208146	Louletano / Loule Concelho	4:44.74		558		
	50m: 32.35 32.35			150m: 1:45.29 36.81	250m: 2:57.85 36.54	350m: 4:10.30 36.09			
	100m: 1:08.48 36.13			200m: 2:21.31 36.02	300m: 3:34.21 36.36	400m: 4:44.74 34.44			
2.	Clara Carvalho, RODRIGUES	02	129193	Louletano / Loule Concelho	4:49.11		533		
	50m: 33.44 33.44			150m: 1:46.32 36.45	250m: 2:59.87 36.57	350m: 4:13.65 36.83			
	100m: 1:09.87 36.43			200m: 2:23.30 36.98	300m: 3:36.82 36.95	400m: 4:49.11 35.46			
3.	Barbara Sofrino, RODRIGUES	01	120568	Aquatico Silves	4:53.79		508		
	50m: 32.14 32.14			150m: 1:46.09 37.29	250m: 3:01.64 37.85	350m: 4:17.29 37.43			
	100m: 1:08.80 36.66			200m: 2:23.79 37.70	300m: 3:39.86 38.22	400m: 4:53.79 36.50			
4.	Maria Crista, JESUS	03	126849	Louletano / Loule Concelho	4:57.87		488		
	50m: 33.01 33.01			150m: 1:45.88 36.98	250m: 3:02.04 38.41	350m: 4:19.09 38.78			
	100m: 1:08.90 35.89			200m: 2:23.63 37.75	300m: 3:40.31 38.27	400m: 4:57.87 38.78			
5.	Sofia Alexandra, REIS	98	126041	Natação de Faro	5:00.69		474		
	50m: 33.11 33.11			150m: 1:46.78 37.44	250m: 3:03.14 38.23	350m: 4:22.52 39.72			
	100m: 1:09.34 36.23			200m: 2:24.91 38.13	300m: 3:42.80 39.66	400m: 5:00.69 38.17			

Campeonatos Regionais de Inverno
Silves, 16 - 17/3/2019

Prova 20, Femin., 400m Livres, Absoluto

Lugar	Nome	Ano	NFed	Clube	Tempo Final				TReac	Pts FINA		Pts	Pts
6.	Leila Rosa, WATSON	03	128103	Lagoa AC	5:06.70					447			
	50m: 34.59 34.59		150m: 1:50.75	38.86	250m: 3:10.31	40.00	350m: 4:29.32	39.64					
	100m: 1:11.89 37.30		200m: 2:30.31	39.56	300m: 3:49.68	39.37	400m: 5:06.70	37.38					
7.	Patricia Abreu, SEONG	03	123751	FC Ferreiras/AlgarExperience	5:14.96					412			
	50m: 34.51 34.51		150m: 1:52.15	39.36	250m: 3:13.25	40.69	350m: 4:34.35	40.33					
	100m: 1:12.79 38.28		200m: 2:32.56	40.41	300m: 3:54.02	40.77	400m: 5:14.96	40.61					
EXH	Raquel Maria, LOURA	06	201341	Natação de Faro	5:19.95					393			
	50m: 35.04 35.04		150m: 1:56.62	41.25	250m: 3:19.67	41.72	350m: 4:41.84	40.71					
	100m: 1:15.37 40.33		200m: 2:37.95	41.33	300m: 4:01.13	41.46	400m: 5:19.95	38.11					
EXH	Beatriz Marques, SEQUEIRA	06	132262	Nautico do Guadiana	5:20.79					390			
	50m: 35.39 35.39		150m: 1:55.95	40.66	250m: 3:18.30	41.25	350m: 4:41.55	41.15					
	100m: 1:15.29 39.90		200m: 2:37.05	41.10	300m: 4:00.40	42.10	400m: 5:20.79	39.24					
EXH	Cristina, BOROZAN	06	200126	Louletano / Loule Concelho	5:21.75					387			
	50m: 36.02 36.02		150m: 1:57.09	40.79	250m: 3:20.84	42.09	350m: 4:43.75	41.07					
	100m: 1:16.30 40.28		200m: 2:38.75	41.66	300m: 4:02.68	41.84	400m: 5:21.75	38.00					
EXH	Violeta Faria, BOLOTINHA	06	205345	Louletano / Loule Concelho	5:27.54					367			
	50m: 35.94 35.94		150m: 1:58.96	42.02	250m: 3:23.94	42.67	350m: 4:47.12	41.32					
	100m: 1:16.94 41.00		200m: 2:41.27	42.31	300m: 4:05.80	41.86	400m: 5:27.54	40.42					