

Torneio Regional Inverno Cadetes (Torregri II) | Torneio Tecnicas Alternadas
Mexilhoeira Grande , 23 - 24/3/2019

Prova 41
24/03/2019

Femin., 400m Livres

Cadetes A
Resultados

Pontos: FINA 2018

Lugar	Ano										Tempo final	Pts
1.	Carlota Costa, BOLEIXA				08	Louletano / Loule Concelho					6:06.82	261
	50m:	40.09	40.09	150m:	2:12.47	46.33	250m:	3:45.70	46.12	350m:	5:19.09	47.37
	100m:	1:26.14	46.05	200m:	2:59.58	47.11	300m:	4:31.72	46.02	400m:	6:06.82	47.73
2.	Rita Goncalves, MARTINS				08	Louletano / Loule Concelho					6:11.87	250
	50m:	42.21	42.21	150m:	2:14.87	47.59	250m:	3:49.56	47.56	350m:	5:24.25	47.66
	100m:	1:27.28	45.07	200m:	3:02.00	47.13	300m:	4:36.59	47.03	400m:	6:11.87	47.62
3.	Laura Neto, VIEGAS				08	Louletano / Loule Concelho					6:18.15	238
	50m:	40.00	40.00	150m:	2:14.12	47.69	250m:	3:52.09	49.59	350m:	5:30.28	49.41
	100m:	1:26.43	46.43	200m:	3:02.50	48.38	300m:	4:40.87	48.78	400m:	6:18.15	47.87
4.	Carlota Justo, SERRA				08	Nautico do Guadiana					6:27.87	221
	50m:	44.78	44.78	150m:			250m:			350m:		
	100m:	1:34.21	49.43	200m:	3:14.75		300m:	4:51.81		400m:	6:27.87	
5.	Laura Candeias, MATIAS				08	Natacao de Lagos					6:33.34	211
	50m:	44.12	44.12	150m:	2:21.15	48.97	250m:	4:02.78	49.32	350m:	5:45.43	51.00
	100m:	1:32.18	48.06	200m:	3:13.46	52.31	300m:	4:54.43	51.65	400m:	6:33.34	47.91
6.	Ines Maria, SANTANA				08	Tavira Natacao					6:41.78	198
	50m:	45.46	45.46	150m:	2:29.50	53.22	250m:	4:13.56	51.10	350m:	5:55.87	48.78
	100m:	1:36.28	50.82	200m:	3:22.46	52.96	300m:	5:07.09	53.53	400m:	6:41.78	45.91
7.	Diana, SAVCHUK				08	Louletano / Loule Concelho					6:45.78	193
	50m:	48.03	48.03	150m:			250m:			350m:		
	100m:	1:38.43	50.40	200m:	3:24.71		300m:	5:09.25		400m:	6:45.78	
8.	Joana, CABRAL E SILVA				08	FC Ferreiras/AlgarExperience					6:55.37	179
	50m:	47.18	47.18	150m:	2:31.43	53.47	250m:	4:19.37	54.41	350m:	6:06.50	53.91
	100m:	1:37.96	50.78	200m:	3:24.96	53.53	300m:	5:12.59	53.22	400m:	6:55.37	48.87
9.	Carlota Filipa, SILVA				08	Portinado					7:20.34	151
	50m:	52.28	52.28	150m:	2:42.81	54.22	250m:	4:34.37	55.22	350m:	6:25.53	53.72
	100m:	1:48.59	56.31	200m:	3:39.15	56.34	300m:	5:31.81	57.44	400m:	7:20.34	54.81
10.	Kayla Ferreira, GUERRILHAS				08	Portinado					7:23.75	147
	50m:	47.50	47.50	150m:	2:41.93	58.56	250m:	4:36.87	57.22	350m:	6:32.25	56.72
	100m:	1:43.37	55.87	200m:	3:39.65	57.72	300m:	5:35.53	58.66	400m:	7:23.75	51.50
11.	Leonor Justo, GUERREIRO				08	Louletano / Loule Concelho					7:35.65	136
	50m:	49.18	49.18	150m:	2:49.15	1:01.00	250m:	4:46.78	59.47	350m:	6:41.12	59.25
	100m:	1:48.15	58.97	200m:	3:47.31	58.16	300m:	5:41.87	55.09	400m:	7:35.65	54.53
12.	Rita Batista, OLIVEIRA				08	Natacao de Faro					7:43.81	129
	50m:	51.00	51.00	150m:	2:48.09	59.91	250m:	4:49.37	1:00.91	350m:	6:47.21	58.53
	100m:	1:48.18	57.18	200m:	3:48.46	1:00.37	300m:	5:48.68	59.31	400m:	7:43.81	56.60
13.	Matilde Alagoinha, PEDROSA				08	FC Ferreiras/AlgarExperience					7:44.17	128
	50m:	52.56	52.56	150m:	2:51.26	1:00.44	250m:	4:52.51	1:00.27	350m:	6:50.61	1:02.93
	100m:	1:50.82	58.26	200m:	3:52.24	1:00.98	300m:	5:47.68	55.17	400m:	7:44.17	53.56