

Prova 23
14/04/2019

Femin., 400m Livres

Absolutos
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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Infantis

1.	Ana Teresa, ROMAO	06	200128	Louletano / Loule Concelho	5:03.80		460		
	50m: 33.24 33.24		150m: 1:49.29 39.07	250m: 3:08.01	39.76	350m: 4:25.76	38.80		
	100m: 1:10.22 36.98		200m: 2:28.25 38.96	300m: 3:46.96	38.95	400m: 5:03.80	38.04		
2.	Raquel Maria, LOURA	06	201341	Nataçao de Faro	5:22.42		384		
	50m: 35.30 35.30		150m: 1:57.58 41.90	250m: 3:22.27	42.01	350m: 4:43.98	40.84		
	100m: 1:15.68 40.38		200m: 2:40.26 42.68	300m: 4:03.14	40.87	400m: 5:22.42	38.44		
3.	Beatriz Matias, ALMEIDA	06	200222	Portinado	5:28.33		364		
	50m: 35.25 35.25		150m: 1:55.89 41.42	250m: 3:20.85	42.85	350m: 4:46.64	42.95		
	100m: 1:14.47 39.22		200m: 2:38.00 42.11	300m: 4:03.69	42.84	400m: 5:28.33	41.69		
4.	Nicole Nezhurko, COELHO	06	201283	Lagoa AC	6:03.52		268		
	50m: 38.93 38.93		150m: 2:10.54 46.42	250m: 3:44.33	46.62	350m: 5:18.00	47.10		
	100m: 1:24.12 45.19		200m: 2:57.71 47.17	300m: 4:30.90	46.57	400m: 6:03.52	45.52		

Juvenis

1.	Leonor Santos, JESUS	04	126749	Natacao de Olhao	4:53.18		511		
	50m: 32.65 32.65		150m: 1:45.95 37.34	250m: 3:00.96	37.22	350m: 4:16.44	37.30		
	100m: 1:08.61 35.96		200m: 2:23.74 37.79	300m: 3:39.14	38.18	400m: 4:53.18	36.74		
2.	Gloria Regina, GUERREIRO	04	202132	FC Ferreiras/AlgarExperience	5:07.36		444		
	50m: 34.27 34.27		150m: 1:51.46 39.54	250m: 3:11.73	39.74	350m: 4:30.45	39.13		
	100m: 1:11.92 37.65		200m: 2:31.99 40.53	300m: 3:51.32	39.59	400m: 5:07.36	36.91		
3.	Catarina Rufino, MADEIRA	04	126563	Nataçao de Faro	5:10.99		428		
	50m: 33.82 33.82		150m: 1:51.06 39.31	250m: 3:10.54	39.70	350m: 4:31.54	40.74		
	100m: 1:11.75 37.93		200m: 2:30.84 39.78	300m: 3:50.80	40.26	400m: 5:10.99	39.45		
4.	Mariana Ponte, MARTINS	04	204627	Louletano / Loule Concelho	5:12.30		423		
	50m: 35.66 35.66		150m: 1:53.19 39.72	250m: 3:13.43	40.35	350m: 4:33.49	40.13		
	100m: 1:13.47 37.81		200m: 2:33.08 39.89	300m: 3:53.36	39.93	400m: 5:12.30	38.81		
5.	Ines Carvalho, FONSECA	05	140819	Lagoa AC	5:24.40		377		
	50m: 35.32 35.32		150m: 1:54.21 40.54	250m: 3:17.27	42.14	350m: 4:42.84	42.82		
	100m: 1:13.67 38.35		200m: 2:35.13 40.92	300m: 4:00.02	42.75	400m: 5:24.40	41.56		

Absolutos

1.	Anna, FOMINA	02	208146	Louletano / Loule Concelho	4:34.15		626		
	50m: 31.02 31.02		150m: 1:41.53 35.46	250m: 2:52.67	35.38	350m: 4:01.82	34.73		
	100m: 1:06.07 35.05		200m: 2:17.29 35.76	300m: 3:27.09	34.42	400m: 4:34.15	32.33		
2.	Ana Leonor, DIAS	02	129302	Natacao de Olhao	4:34.27		625		
	50m: 31.60 31.60		150m: 1:42.80 36.02	250m: 2:52.50	33.83	350m: 4:01.38	34.41		
	100m: 1:06.78 35.18		200m: 2:18.67 35.87	300m: 3:26.97	34.47	400m: 4:34.27	32.89		
3.	Leila Rosa, WATSON	03	128103	Lagoa AC	5:07.03		445		
	50m: 34.73 34.73		150m: 1:51.40 39.14	250m: 3:10.46	39.78	350m: 4:29.21	39.09		
	100m: 1:12.26 37.53		200m: 2:30.68 39.28	300m: 3:50.12	39.66	400m: 5:07.03	37.82		
4.	Melissa Sousa, VILARINHO	03	124377	FC Ferreiras/AlgarExperience	5:10.21		432		
	50m: 33.98 33.98		150m: 1:50.95 39.11	250m: 3:10.49	39.74	350m: 4:32.05	40.74		
	100m: 1:11.84 37.86		200m: 2:30.75 39.80	300m: 3:51.31	40.82	400m: 5:10.21	38.16		