

Campeonatos Regionais de Verão  
Loule, 12 - 14/7/2019

Prova 18 Femin., 400m Livres 12 anos e mais velhos  
13/07/2019 - 16:20 Resultados

Recordes Regionais - ANALGARVE Abso	4:29.83	Miriam Filipe, MARCOS	POR	Coimbra	01/04/2017
Recordes Regionais - ANALGARVE Sen	4:42.54	Paula Cristina, MELO	POR	Faro	09/07/2011
Recordes Regionais - ANALGARVE JUn.	4:32.76	Catia Raquel, MARTINHEIRA	POR	Coimbra	06/04/2012
Recordes Regionais - ANALGARVE Jun.	4:29.83	Miriam Filipe, MARCOS	POR	Coimbra	01/04/2017
Recordes Regionais - ANALGARVE Juv	4:35.72	Catia Raquel, MARTINHEIRA	POR	Coimbra	10/04/2010
Recordes Regionais - ANALGARVE Juv E4	38.01	Catia Raquel, MARTINHEIRA	POR	Loule	04/07/2009
Recordes Regionais - ANALGARVE Inf. A4	44.97	Miriam Filipe, MARCOS	POR	Loule	15/06/2014
Recordes Regionais - ANALGARVE Inf. B4	58.44	Carolina Maeiro, AUGUSTO	POR	Loule	07/07/2012

Pontos: FINA 2019

Lugar	Ano	Tempo final	Pts	100m	200m	300m	400m
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Juvenis A

1. Leonor Santos, JESUS	04	Natacao de Olhao	<b>4:59.54</b>	491	1:12.09	1:17.78	1:15.26	1:14.41
50m:		150m:	250m:		350m:			
100m: 1:12.09		200m: 2:29.87	300m: 3:45.13		400m: 4:59.54			
2. Catarina Rufino, MADEIRA04		Natacao de Faro	<b>5:21.15</b>	399	1:14.82	1:20.26	1:23.19	1:22.88
50m:		150m:	250m:		350m:			
100m: 1:14.82		200m: 2:35.08	300m: 3:58.27		400m: 5:21.15			

Juniores

1. Ana Leonor, DIAS	02	Natacao de Olhao	<b>4:49.86</b>	542	1:09.91	1:13.75	1:13.91	1:12.29
50m:		150m:	250m:		350m:			
100m: 1:09.91		200m: 2:23.66	300m: 3:37.57		400m: 4:49.86			
2. Clara Carvalho, RODRIGL023		Louletano / Loule Concelhc	<b>5:05.76</b>	462	1:12.34	1:18.05	1:19.28	1:16.09
50m:		150m:	250m:		350m:			
100m: 1:12.34		200m: 2:30.39	300m: 3:49.67		400m: 5:05.76			
3. Patricia Abreu, SEONG	03	FC Ferreiras/AlgarExperien	<b>5:06.27</b>	460	1:17.65	1:16.14	1:16.84	1:15.64
50m:		150m:	250m:		350m:			
100m: 1:17.65		200m: 2:33.79	300m: 3:50.63		400m: 5:06.27			
4. Leila Rosa, WATSON	03	Lagoa AC	<b>5:28.40</b>	373	1:16.75	1:22.75	1:25.40	1:23.50
50m:		150m:	250m:		350m:			
100m: 1:16.75		200m: 2:39.50	300m: 4:04.90		400m: 5:28.40			
5. Patricia Silva, OLIVEIRA	03	FC Ferreiras/AlgarExperien	<b>5:45.50</b>	320	1:20.50	1:28.28	1:28.75	1:27.97
50m:		150m:	250m:		350m:			
100m: 1:20.50		200m: 2:48.78	300m: 4:17.53		400m: 5:45.50			

Juvenis

1. Leonor Santos, JESUS	04	Natacao de Olhao	<b>4:59.54</b>	491	1:12.09	1:17.78	1:15.26	1:14.41
50m:		150m:	250m:		350m:			
100m: 1:12.09		200m: 2:29.87	300m: 3:45.13		400m: 4:59.54			
2. Catarina Rufino, MADEIRA04		Natacao de Faro	<b>5:21.15</b>	399	1:14.82	1:20.26	1:23.19	1:22.88
50m:		150m:	250m:		350m:			
100m: 1:14.82		200m: 2:35.08	300m: 3:58.27		400m: 5:21.15			

Absoluto

1. Ana Leonor, DIAS	02	Natacao de Olhao	<b>4:49.86</b>	542	1:09.91	1:13.75	1:13.91	1:12.29
50m:		150m:	250m:		350m:			
100m: 1:09.91		200m: 2:23.66	300m: 3:37.57		400m: 4:49.86			
2. Clara Carvalho, RODRIGL023		Louletano / Loule Concelhc	<b>5:05.76</b>	462	1:12.34	1:18.05	1:19.28	1:16.09
50m:		150m:	250m:		350m:			
100m: 1:12.34		200m: 2:30.39	300m: 3:49.67		400m: 5:05.76			
3. Patricia Abreu, SEONG	03	FC Ferreiras/AlgarExperien	<b>5:06.27</b>	460	1:17.65	1:16.14	1:16.84	1:15.64
50m:		150m:	250m:		350m:			
100m: 1:17.65		200m: 2:33.79	300m: 3:50.63		400m: 5:06.27			
4. Leila Rosa, WATSON	03	Lagoa AC	<b>5:28.40</b>	373	1:16.75	1:22.75	1:25.40	1:23.50
50m:		150m:	250m:		350m:			
100m: 1:16.75		200m: 2:39.50	300m: 4:04.90		400m: 5:28.40			
5. Patricia Silva, OLIVEIRA	03	FC Ferreiras/AlgarExperien	<b>5:45.50</b>	320	1:20.50	1:28.28	1:28.75	1:27.97
50m:		150m:	250m:		350m:			
100m: 1:20.50		200m: 2:48.78	300m: 4:17.53		400m: 5:45.50			

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Prova 18, Femin., 400m Livres

EXH A., DOMINGUEZ ZANALET03	C.N. Huelva	<b>5:13.04</b> 430	1:11.95	1:19.67	1:21.51	1:19.91
50m:	150m:	250m:	350m:			
100m: 1:11.95	200m: 2:31.62	300m: 3:53.13	400m: 5:13.04			
EXH Laura, DELGADO ASENCI02	C.N. Huelva	<b>5:29.59</b> 369	1:15.42	1:23.11	1:27.06	1:24.00
50m:	150m:	250m:	350m:			
100m: 1:15.42	200m: 2:38.53	300m: 4:05.59	400m: 5:29.59			
EXH Carolina Diana, BILETSKA07	FC Ferreiras/AlgarExperien	<b>5:53.27</b> 299	1:21.27	1:30.38	1:32.56	1:29.06
50m:	150m:	250m:	350m:			
100m: 1:21.27	200m: 2:51.65	300m: 4:24.21	400m: 5:53.27			
EXH Lilja D, JACOBSEN 03	Suðuroyar Svímjifelag	<b>6:07.65</b> 266	1:21.68	1:32.49	1:36.47	1:37.01
50m:	150m:	250m:	350m:			
100m: 1:21.68	200m: 2:54.17	300m: 4:30.64	400m: 6:07.65			