

4º Trofeu de Natacao de Lagoa  
Lagoa, 27 - 28-10-2018

Prova 12  
27-10-2018 - 15:55

Femin., 400m Livres

13 anos e mais velhos  
Resultados

Pontos: FINA 2018

Lugar	Ano	Tempo final	Pts
<b>Infantis A</b>			
1. Carlota Jacinto, ESPIRIDIAO	06	Portinado	<b>5:27.64</b>
50m: 37.37 37.37	150m: 1:59.51 41.72	250m: 3:23.48 41.97	350m: 4:47.33 41.88
100m: 1:17.79 40.42	200m: 2:41.51 42.00	300m: 4:05.45 41.97	400m: 5:27.64 40.31
2. Raquel Maria, LOURA	06	Natação de Faro	<b>5:31.44</b>
50m: 37.15 37.15	150m: 2:01.26 42.85	250m: 3:27.52 43.76	350m: 4:51.96 41.48
100m: 1:18.41 41.26	200m: 2:43.76 42.50	300m: 4:10.48 42.96	400m: 5:31.44 39.48
3. Nicole Nezhurko, COELHO	06	Lagoa AC	<b>6:15.39</b>
50m: 41.59 41.59	150m: 2:16.03 48.06	250m: 3:53.17 49.41	350m: 5:29.39 48.04
100m: 1:27.97 46.38	200m: 3:03.76 47.73	300m: 4:41.35 48.18	400m: 6:15.39 46.00
<b>Juvenis B</b>			
1. Ana Sofia, FILIPE	05	Portinado	<b>5:01.66</b>
50m: 34.62 34.62	150m: 1:51.33 38.87	250m: 3:08.88 38.75	350m: 4:25.81 37.77
100m: 1:12.46 37.84	200m: 2:30.13 38.80	300m: 3:48.04 39.16	400m: 5:01.66 35.85
2. Catarina Neves, COLAÇO	05	Natação de Faro	<b>5:22.98</b>
50m: 37.42 37.42	150m: 2:00.77 42.22	250m: 3:22.29 40.55	350m: 4:44.68 40.55
100m: 1:18.55 41.13	200m: 2:41.74 40.97	300m: 4:04.13 41.84	400m: 5:22.98 38.30
3. Ines Carvalho, FONSECA	05	Lagoa AC	<b>5:33.51</b>
50m: 36.22 36.22	150m: 1:57.76 41.98	250m: 3:23.23 42.61	350m: 4:49.76 43.60
100m: 1:15.78 39.56	200m: 2:40.62 42.86	300m: 4:06.16 42.93	400m: 5:33.51 43.75
<b>Juvenis A</b>			
1. Ana Sebastiao, MENDES	04	Portinado	<b>4:54.73</b>
50m: 33.44 33.44	150m: 1:47.67 37.55	250m: 3:04.46 38.40	350m: 4:20.11 37.69
100m: 1:10.12 36.68	200m: 2:26.06 38.39	300m: 3:42.42 37.96	400m: 4:54.73 34.62
2. Angelina Bermejo, JONES	04	Portinado	<b>5:04.08</b>
50m: 32.50 32.50	150m: 1:48.50 39.09	250m: 3:07.47 39.73	350m: 4:26.02 39.09
100m: 1:09.41 36.91	200m: 2:27.74 39.24	300m: 3:46.93 39.46	400m: 5:04.08 38.06
3. Catarina Rufino, MADEIRA	04	Natação de Faro	<b>5:23.42</b>
50m: 37.40 37.40	150m: 2:00.37 41.88	250m: 3:22.55 41.07	350m: 4:45.11 40.85
100m: 1:18.49 41.09	200m: 2:41.48 41.11	300m: 4:04.26 41.71	400m: 5:23.42 38.31
<b>Absoluto</b>			
1. Mariana Sebastiao, MENDES	01	Portinado	<b>4:56.51</b>
50m: 33.14 33.14	150m: 1:47.15 37.48	250m: 3:03.64 38.43	350m: 4:19.26 37.68
100m: 1:09.67 36.53	200m: 2:25.21 38.06	300m: 3:41.58 37.94	400m: 4:56.51 37.25
2. Rebeca Correia, FRANCIS	03	Lagoa AC	<b>5:15.83</b>
50m: 36.87 36.87	150m: 1:56.07 39.71	250m: 3:15.70 40.00	350m: 4:36.46 40.31
100m: 1:16.36 39.49	200m: 2:35.70 39.63	300m: 3:56.15 40.45	400m: 5:15.83 39.37
3. Joana Viegas, BENTO	99	Natação de Faro	<b>5:16.03</b>
50m: 35.33 35.33	150m: 1:54.22 39.85	250m: 3:14.72 40.58	350m: 4:35.17 39.89
100m: 1:14.37 39.04	200m: 2:34.14 39.92	300m: 3:55.28 40.56	400m: 5:16.03 40.86
4. Leila Rosa, WATSON	03	Lagoa AC	<b>5:16.28</b>
50m: 35.72 35.72	150m: 1:55.04 39.82	250m: 3:16.05 40.93	350m: 4:37.55 40.91
100m: 1:15.22 39.50	200m: 2:35.12 40.08	300m: 3:56.64 40.59	400m: 5:16.28 38.73
5. Catarina Miguel, SILVA	01	Natação de Faro	<b>5:22.81</b>
50m: 35.78 35.78	150m: 1:55.38 40.10	250m: 3:17.16 41.22	350m: 4:42.39 42.40
100m: 1:15.28 39.50	200m: 2:35.94 40.56	300m: 3:59.99 42.83	400m: 5:22.81 40.42

4º Trofeu de Natacao de Lagoa  
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Prova 12, Femin., 400m Livres, Absoluto

Lugar			Ano				Tempo final	Pts
6.	Beatriz João, SANTOS		01	FC Ferreiras/AlgarExperience		<b>6:10.01</b>		
	50m:	41.12 41.12	150m:	2:13.65 46.55	250m:	3:48.85 47.84	350m:	5:24.51 47.69
	100m:	1:27.10 45.98	200m:	3:01.01 47.36	300m:	4:36.82 47.97	400m:	6:10.01 45.50
EXH	Carolina Bastos, PINTO		03	Natação de Faro		<b>5:32.39</b>		
	50m:	37.80 37.80	150m:	2:00.85 41.76	250m:	3:25.78 42.94	350m:	4:50.90 42.40
	100m:	1:19.09 41.29	200m:	2:42.84 41.99	300m:	4:08.50 42.72	400m:	5:32.39 41.49