

10º Torneio de Natação Litoral Alentejano
Sines, 25/4/2024

Prova 2 Femin., 400m Livres 12 anos e mais velhos
25/04/2024 - 9:35 Resultados

Recorde Regional Open	4:13.53	Ana Reis SOUSA	CNLA	Porto	09/12/2017
Recorde Regional 18 +	4:46.08	Sofia Oliveira SILVA	CNLA	Sines	25/04/2023
Recorde Regional 17	4:43.90	Sofia Cristina GRILO	Ind ANALEI	Ponte de Sôr	15/03/2014
Recorde Regional 16	4:13.53	Ana Reis SOUSA	CNLA	Porto	09/12/2017
Recorde Regional 15	4:31.62	Ana Reis SOUSA	CNLA	Abrantes	27/11/2016
Recorde Regional 14	4:38.31	Ana Reis SOUSA	CNLA	Caldas da Rainha	29/11/2015
Recorde Regional 13	4:49.18	Joana ESCARIA	AMINATA	Tomar	11/05/2003
Recorde Regional 12	5:16.44	Eliana Vilhena MARTINS	Ind ANALEI	Beja	03/06/2006

Pontos: FINA 2023

Lugar	Nome	Idade	Licença	Clube	Tempo	Pontos
1.	Sofia Oliveira SILVA <i>Recorde Regional</i>	25	121399	Litoral Alentejano	4:45.63	531
	50m: 32.98 32.98	150m: 1:44.33 35.49	250m: 2:57.06 36.49	350m: 4:09.89 36.38		
	100m: 1:08.84 35.86	200m: 2:20.57 36.24	300m: 3:33.51 36.45	400m: 4:45.63 35.74		
2.	Joana Filipa VARANDAS	22	124305	Laranjeiro	4:47.17	522
	50m: 34.16 34.16	150m: 1:46.37 36.17	250m: 2:59.12 36.26	350m: 4:11.22 35.81		
	100m: 1:10.20 36.04	200m: 2:22.86 36.49	300m: 3:35.41 36.29	400m: 4:47.17 35.95		
3.	Ines Correia TEIXEIRA	18	133334	Clube Natacao da Amadora	4:53.63	488
	50m: 32.65 32.65	150m: 1:45.68 36.80	250m: 3:00.35 37.19	350m: 4:15.65 37.91		
	100m: 1:08.88 36.23	200m: 2:23.16 37.48	300m: 3:37.74 37.39	400m: 4:53.63 37.98		
4.	Carolina Melo LOPES	14	211880	Portinado	4:54.55	484
	50m: 32.86 32.86	150m: 1:46.01 37.22	250m: 3:01.28 37.72	350m: 4:17.93 38.13		
	100m: 1:08.79 35.93	200m: 2:23.56 37.55	300m: 3:39.80 38.52	400m: 4:54.55 36.62		
5.	Joana Alexandra SILVA	14	207187	CPCD da Povoia de Santa Iria	4:56.13	476
	50m: 32.57 32.57	150m: 1:46.85 37.94	250m: 3:03.21 38.13	350m: 4:19.37 38.14		
	100m: 1:08.91 36.34	200m: 2:25.08 38.23	300m: 3:41.23 38.02	400m: 4:56.13 36.76		
6.	Maria Inês FRYXELL	14	205333	A ONDA	5:09.14	418
	50m: 34.34 34.34	150m: 1:50.88 39.31	250m: 3:11.04 40.00	350m: 4:30.45 39.31		
	100m: 1:11.57 37.23	200m: 2:31.04 40.16	300m: 3:51.14 40.10	400m: 5:09.14 38.69		
7.	Joana Afonso BANZA	15	205992	Aljustrelense	5:21.98	370
	50m: 36.15 36.15	150m: 1:55.88 40.62	250m: 3:18.75 41.57	350m: 4:41.98 41.41		
	100m: 1:15.26 39.11	200m: 2:37.18 41.30	300m: 4:00.57 41.82	400m: 5:21.98 40.00		
8.	Marta Costa SOARES	12	212323	Uniao Samorense	5:38.44	319
	50m: 37.39 37.39	150m: 2:02.27 42.98	250m: 3:30.49 44.37	350m: 4:57.92 43.40		
	100m: 1:19.29 41.90	200m: 2:46.12 43.85	300m: 4:14.52 44.03	400m: 5:38.44 40.52		
9.	Catarina Agulhas MOREIRA	15	204045	Zona Azul	5:38.50	319
	50m: 36.56 36.56	150m:	250m:	350m:		
	100m: 1:17.56 41.00	200m: 2:43.43	300m: 4:11.56	400m: 5:38.50		
10.	Barbara Maia FREITAS	18	147081	CLAC-Entroncamento	6:01.39	262
	50m: 37.82 37.82	150m: 2:06.57 45.26	250m: 3:39.73 46.98	350m: 5:15.02 48.32		
	100m: 1:21.31 43.49	200m: 2:52.75 46.18	300m: 4:26.70 46.97	400m: 6:01.39 46.37		
11.	Ana Marisa SIMPLES	12	212328	Uniao Samorense	7:07.41	158
	50m: 45.96 45.96	150m: 2:32.79 54.29	250m: 4:23.19 55.92	350m: 6:14.60 55.69		
	100m: 1:38.50 52.54	200m: 3:27.27 54.48	300m: 5:18.91 55.72	400m: 7:07.41 52.81		
EXH	Bruna Martins RIESENBERGER	27	105541	Laranjeiro	4:38.62	572
	50m: 32.09 32.09	150m: 1:42.08 35.27	250m: 2:52.26 35.12	350m: 4:03.17 35.55		
	100m: 1:06.81 34.72	200m: 2:17.14 35.06	300m: 3:27.62 35.36	400m: 4:38.62 35.45		
EXH	Beatriz Paiva BRANCO	14	213992	Laranjeiro	5:00.12	457
	50m: 32.99 32.99	150m: 1:47.49 38.09	250m: 3:03.87 38.36	350m: 4:21.16 38.22		
	100m: 1:09.40 36.41	200m: 2:25.51 38.02	300m: 3:42.94 39.07	400m: 5:00.12 38.96		
EXH	Melanie Munha INACIO	13	218931	Litoral Alentejano	6:56.69	171
	50m: 45.77 45.77	150m: 2:31.74 53.96	250m: 4:18.98 53.48	350m:		
	100m: 1:37.78 52.01	200m: 3:25.50 53.76	300m: 5:13.50 54.52	400m: 6:56.69		