

Campeonato Regional de Juniores e Seniores de Piscina Curta
Coimbra, 6- - 7-11-2021

Prova 20	Femin., 400m Livres				Absoluto
06-11-2021 - 16:25					Resultados
Rec Nacional Absoluto	4:04.61	Diana Margarida, DURAES	POR	Copenhagen (DEN)	17-12-2017
Rec Nacional Sen	4:04.61	Diana Margarida, DURAES	POR	Copenhagen (DEN)	17-12-2017
Rec Nacional Jun17	4:10.52	Tamila Hryhorivna, HOLUB	SCB	Porto	12-12-2015
Rec Nacional Jun16	4:13.53	Ana Reis, SOUSA	CNLA	Porto	09-12-2017
Rec Nacional Juv A	4:18.39	Ana Claudia, SANTOS	SFUAP	Cantanhede	20-12-2004
Rec Nacional Juv B	4:23.08	Susana Patricia, MIGUEL	SFUAP	Alhandra	15-05-2004
Rec Nacional Inf A	4:25.30	Alexandra Maria, SILVA	FCP	Porto	19-07-1980
Rec Nacional Inf B	4:38.40	Filipa Vilas, RUIVO	DNMG	Alcobaça	13-06-2009
Rec Reg ANC Absoluto	4:18.48	Maria Miguel, VELOSO	CNAC		13-06-2009
Rec Reg ANC Sen	4:20.62	Florbela Cavaco, MACHADO	CNAC		12-06-2013
Rec Reg ANC Jun17	4:18.48	Maria Miguel, VELOSO	CNAC		12-06-2009
Rec Reg ANC Jun16	4:22.18	Alexandra Couto, FRAZÃO	FBSC		12-06-2018
Rec Reg ANC Juv A	4:25.67	Sara Sofia, ALVES	ASSSCC		12-06-2015
Rec Reg ANC Juv B	4:28.96	Mariana Carmo, ROSA	ALN		12-06-2019
Rec Reg ANC Inf A	4:34.72	Sara Sofia, ALVES	ASSSCC		11-06-2014
Rec Reg ANC Inf B	4:45.02	Sara Sofia, ALVES	ASSSCC		11-06-2013

Pontos: FINA 2021

Lugar			Ano					Tempo final	Pts	
Juniores										
1.	Mariana Carmo, ROSA		05	Louzan Natacao				4:30.44	647	
	50m:	32.24 32.24	150m:	1:40.78	34.28	250m:	2:49.30	33.91	350m:	3:56.71 33.61
	100m:	1:06.50 34.26	200m:	2:15.39	34.61	300m:	3:23.10	33.80	400m:	4:30.44 33.73
2.	Marisa Isabel, NOBRE		05	Columbofila Cantanhedense				4:36.65	604	
	50m:	31.82 31.82	150m:	1:40.73	34.11	250m:	2:51.06	35.35	350m:	4:02.59 35.40
	100m:	1:06.62 34.80	200m:	2:15.71	34.98	300m:	3:27.19	36.13	400m:	4:36.65 34.06
3.	Maria Neto, FERREIRA		06	Nautico Academico				4:51.59	516	
	50m:	32.22 32.22	150m:	1:44.82	36.74	250m:	2:59.38	37.25	350m:	4:15.73 38.29
	100m:	1:08.08 35.86	200m:	2:22.13	37.31	300m:	3:37.44	38.06	400m:	4:51.59 35.86
4.	Diana Silva, TINOCO		06	Columbofila Cantanhedense				4:53.71	505	
	50m:	33.75 33.75	150m:	1:47.96	37.45	250m:	3:02.33	37.33	350m:	4:17.18 37.49
	100m:	1:10.51 36.76	200m:	2:25.00	37.04	300m:	3:39.69	37.36	400m:	4:53.71 36.53
5.	Beatriz Pereira, MARQUES		05	Columbofila Cantanhedense				5:07.59	439	
	50m:	35.28 35.28	150m:	1:52.44	39.09	250m:	3:10.51	39.12	350m:	4:29.33 39.44
	100m:	1:13.35 38.07	200m:	2:31.39	38.95	300m:	3:49.89	39.38	400m:	5:07.59 38.26
Seniores										
1.	Camila Rodrigues, REBELO		03	Louzan Natacao				4:27.67	667	
	50m:	31.06 31.06	150m:	1:38.80	33.95	250m:	2:47.38	34.02	350m:	3:55.00 33.61
	100m:	1:04.85 33.79	200m:	2:13.36	34.56	300m:	3:21.39	34.01	400m:	4:27.67 32.67
2.	Joana Francisca, RODRIGUES		04	Condeixa Clube				4:38.09	595	
	50m:	31.73 31.73	150m:	1:42.38	35.48	250m:	2:53.34	35.53	350m:	4:04.17 35.29
	100m:	1:06.90 35.17	200m:	2:17.81	35.43	300m:	3:28.88	35.54	400m:	4:38.09 33.92
3.	Helena Nunes, RODRIGUES		03	Condeixa Clube				4:45.82	548	
	50m:	32.85 32.85	150m:	1:44.27	36.08	250m:	2:56.62	36.17	350m:	4:09.72 36.57
	100m:	1:08.19 35.34	200m:	2:20.45	36.18	300m:	3:33.15	36.53	400m:	4:45.82 36.10
4.	Maria Alexandra, MARQUES		04	Academica de Coimbra				4:52.55	511	
	50m:	34.66 34.66	150m:	1:50.56	37.99	250m:	3:04.99	36.93	350m:	4:18.04 36.26
	100m:	1:12.57 37.91	200m:	2:28.06	37.50	300m:	3:41.78	36.79	400m:	4:52.55 34.51
EXH	Marta Andre, AGUILAR		07	Nautico Academico				4:42.36	568	
	50m:	33.10 33.10	150m:	1:43.98	35.42	250m:	2:55.49	35.54	350m:	4:07.70 36.04
	100m:	1:08.56 35.46	200m:	2:19.95	35.97	300m:	3:31.66	36.17	400m:	4:42.36 34.66
EXH	Dania Rodrigues, SIMOES		07	Louzan Natacao				4:52.51	511	
	50m:	35.55 35.55	150m:	1:50.78	37.52	250m:	3:05.02	36.48	350m:	4:17.85 35.96
	100m:	1:13.26 37.71	200m:	2:28.54	37.76	300m:	3:41.89	36.87	400m:	4:52.51 34.66

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Lugar			Ano					Tempo final	Pts
EXH	Alana Costa, MATIAS		09	Academica de Coimbra				5:16.61	403
	50m:	36.59 36.59	150m:	1:57.10	40.39	250m:	3:17.38 39.65	350m:	4:37.47 40.10
	100m:	1:16.71 40.12	200m:	2:37.73	40.63	300m:	3:57.37 39.99	400m:	5:16.61 39.14
EXH	Luna Almeida, RODRIGUES		07	Columbofila Cantanhedense				5:27.98	362
	50m:	37.58 37.58	150m:	2:00.47	41.55	250m:	3:24.24 42.04	350m:	4:46.96 41.73
	100m:	1:18.92 41.34	200m:	2:42.20	41.73	300m:	4:05.23 40.99	400m:	5:27.98 41.02
EXH	Catarina Sargaco, TEIXEIRA		08	Columbofila Cantanhedense				5:32.51	348
	50m:	38.59 38.59	150m:	2:01.64	41.62	250m:	3:25.40 42.01	350m:	4:50.70 42.35
	100m:	1:20.02 41.43	200m:	2:43.39	41.75	300m:	4:08.35 42.95	400m:	5:32.51 41.81
EXH	Rita Calado, CRUZ		09	Academica de Coimbra				5:33.64	344
	50m:	37.99 37.99	150m:	2:01.78	42.58	250m:	3:27.44 42.76	350m:	4:52.56 42.22
	100m:	1:19.20 41.21	200m:	2:44.68	42.90	300m:	4:10.34 42.90	400m:	5:33.64 41.08
EXH	Mariana Santos, ALMEIDA		08	Columbofila Cantanhedense				5:37.11	334
	50m:	38.71 38.71	150m:	2:02.40	42.71	250m:	3:27.92 42.78	350m:	4:55.56 44.21
	100m:	1:19.69 40.98	200m:	2:45.14	42.74	300m:	4:11.35 43.43	400m:	5:37.11 41.55
EXH	Raquel Filipa, JESUS		08	Nautico Academico				5:37.50	332
	50m:	37.73 37.73	150m:	2:02.74	42.67	250m:	3:29.34 43.28	350m:	4:56.57 43.70
	100m:	1:20.07 42.34	200m:	2:46.06	43.32	300m:	4:12.87 43.53	400m:	5:37.50 40.93
EXH	Rita Isabel, NEVES		08	Academica de Coimbra				5:38.46	330
	50m:	39.73 39.73	150m:	2:05.37	43.23	250m:	3:31.22 42.85	350m:	4:56.34 42.75
	100m:	1:22.14 42.41	200m:	2:48.37	43.00	300m:	4:13.59 42.37	400m:	5:38.46 42.12
EXH	Sofia Fonseca, PRIMO		09	Academica de Coimbra				5:42.27	319
	50m:	39.28 39.28	150m:	2:05.86	44.07	250m:	3:33.13 43.84	350m:	4:59.55 43.08
	100m:	1:21.79 42.51	200m:	2:49.29	43.43	300m:	4:16.47 43.34	400m:	5:42.27 42.72
EXH	Ines Serralheiro, SANTOS		08	Columbofila Cantanhedense				6:01.00	272
	50m:	38.50 38.50	150m:	2:07.46	45.45	250m:	3:39.20 46.58	350m:	5:13.88 47.81
	100m:	1:22.01 43.51	200m:	2:52.62	45.16	300m:	4:26.07 46.87	400m:	6:01.00 47.12
EXH	Sofia Daniela, FERREIRA		10	Uniao Coimbra				6:10.41	251
	50m:	41.30 41.30	150m:	2:15.56	47.52	250m:	3:51.05 48.08	350m:	5:25.98 47.88
	100m:	1:28.04 46.74	200m:	3:02.97	47.41	300m:	4:38.10 47.05	400m:	6:10.41 44.43