

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

Prova 3	Femin., 400m Estilos				Absolutos
06-11-2021 - 9:35					Resultados
Rec Nacional Absoluto	4:36.19	Victoria, KAMINSKAYA	POR	Copenhagen (DEN)	13-12-2017
Rec Nacional Sen	4:36.19	Victoria, KAMINSKAYA	POR	Copenhagen (DEN)	13-12-2017
Rec Nacional Jun17	4:46.89	Ines Neto, ROCHA	CAP	Felgueiras	15-04-2018
Rec Nacional Jun16	4:50.85	Diana Margarida, DURAES	FOCA	Silves	02-12-2011
Rec Nacional Juv A	4:51.85	Ana Claudia, SANTOS	SFUAP	Setubal	21-11-2004
Rec Nacional Juv B	4:56.53	Mariana Pacheco, CUNHA	CFP	Porto	05-05-2018
Rec Reg ANC Absoluto	4:48.67	Camila Rodrigues, REBELO	ALN		13-06-2020
Rec Reg ANC Sen	4:48.67	Camila Rodrigues, REBELO	ALN		24-10-2020
Rec Reg ANC Jun17	4:52.71	Maria Miguel, VELOSO	CNAC		12-06-2009
Rec Reg ANC Jun16	4:54.82	Maria Carlota, REBELO	ALN		12-06-2018
Rec Reg ANC Juv A	4:58.18	Camila Rodrigues, REBELO	ALN		12-06-2018
Rec Reg ANC Juv B	5:04.01	Mariana Cunha, GUERRA	ASSSCC		12-06-2011

Pontos: FINA 2021

Lugar	Ano		Tempo final		Pts
Juniores					
1.	Marisa Isabel, NOBRE	05	Columbofila Cantanhedense	5:19.13	534
	50m: 33.57 33.57	150m: 1:53.49	40.36 250m: 3:19.95	45.98 350m: 4:43.79	36.76
	100m: 1:13.13 39.56	200m: 2:33.97	40.48 300m: 4:07.03	47.08 400m: 5:19.13	35.34
2.	Beatriz Andre, GASPAS	06	Nautico Academico	5:23.05	514
	50m: 35.20 35.20	150m: 1:57.83	43.18 250m: 3:24.26	43.80 350m: 4:46.95	37.35
	100m: 1:14.65 39.45	200m: 2:40.46	42.63 300m: 4:09.60	45.34 400m: 5:23.05	36.10
3.	Matilde Fonseca, OLIVEIRA	06	Miranda do Corvo	5:38.50	447
	50m: 34.65 34.65	150m:	250m:	350m:	
	100m: 1:15.49 40.84	200m: 2:43.48	300m: 4:17.66	400m: 5:38.50	
Seniores					
1.	Maria Carlota, REBELO	03	Condeixa Clube	4:58.80	650
	50m: 32.16 32.16	150m: 1:47.11	39.06 250m: 3:07.92	42.37 350m: 4:23.79	35.13
	100m: 1:08.05 35.89	200m: 2:25.55	38.44 300m: 3:48.66	40.74 400m: 4:58.80	35.01
2.	Matilde Alves, FLORENCIO	04	Condeixa Clube	5:26.58	498
	50m: 35.05 35.05	150m: 2:00.17	45.58 250m: 3:28.57	44.58 350m: 4:51.25	37.18
	100m: 1:14.59 39.54	200m: 2:43.99	43.82 300m: 4:14.07	45.50 400m: 5:26.58	35.33
3.	Maria Caetano, LAMAS	04	Miranda do Corvo	5:32.30	473
	50m: 34.07 34.07	150m: 1:59.84	45.28 250m: 3:28.48	44.99 350m: 4:54.31	39.07
	100m: 1:14.56 40.49	200m: 2:43.49	43.65 300m: 4:15.24	46.76 400m: 5:32.30	37.99
DSQ	Camila Rodrigues, REBELO	03	Louzan Natacao		
	<i>A atleta perdeu a posição de costas na viragem aos 200m.</i>				
EXH	Dania Rodrigues, SIMOES	07	Louzan Natacao	5:25.08	505
	50m: 35.92 35.92	150m: 1:57.44	41.08 250m: 3:24.77	46.66 350m: 4:48.77	37.55
	100m: 1:16.36 40.44	200m: 2:38.11	40.67 300m: 4:11.22	46.45 400m: 5:25.08	36.31
EXH	Ines Miranda, DIOGO	07	Nautico Academico	5:36.49	455
	50m: 35.34 35.34	150m: 2:00.17	43.65 250m: 3:30.04	47.74 350m: 4:58.41	39.46
	100m: 1:16.52 41.18	200m: 2:42.30	42.13 300m: 4:18.95	48.91 400m: 5:36.49	38.08
EXH	Maria Ines, FERNANDES	07	Nautico Academico	5:43.96	426
	50m: 37.91 37.91	150m: 2:05.06	44.42 250m: 3:36.49	47.56 350m: 5:04.57	40.11
	100m: 1:20.64 42.73	200m: 2:48.93	43.87 300m: 4:24.46	47.97 400m: 5:43.96	39.39
EXH	Francisca Santos, FERNANDES	08	Miranda do Corvo	6:00.92	369
	50m: 38.14 38.14	150m: 2:08.74	45.89 250m: 3:44.81	52.24 350m: 5:20.75	41.90
	100m: 1:22.85 44.71	200m: 2:52.57	43.83 300m: 4:38.85	54.04 400m: 6:00.92	40.17
EXH	Raquel Filipa, JESUS	08	Nautico Academico	6:22.03	311
	50m: 41.23 41.23	150m: 2:19.97	48.97 250m: 4:00.72	53.39 350m: 5:38.85	44.60
	100m: 1:31.00 49.77	200m: 3:07.33	47.36 300m: 4:54.25	53.53 400m: 6:22.03	43.18