

Torneio de Aniversário do Aminata
Évora, 7/11/2021

Prova 1 400m Livres 12 anos e mais velhos
07/11/2021 - 10:00 Resultados

Pontos: FINA 2021

Lugar	Ano	Tempo final	Pts
1. MARIANO, Samuel Andre	02 Litoral Alentejano	4:48.40	398
50m: 32.80 32.80	150m: 1:46.59 37.14	250m: 3:00.26 36.93	350m: 4:14.15 36.91
100m: 1:09.45 36.65	200m: 2:23.33 36.74	300m: 3:37.24 36.98	400m: 4:48.40 34.25
2. NEVES, Luis Miguel	04 Aminata	4:50.17	391
50m: 32.17 32.17	150m: 1:46.59 37.12	250m: 3:00.57 37.03	350m: 4:14.88 37.18
100m: 1:09.47 37.30	200m: 2:23.54 36.95	300m: 3:37.70 37.13	400m: 4:50.17 35.29
3. AREDE, Miguel Carlos	06 Vikings Sports Club	4:53.11	379
50m: 31.87 31.87	150m: 1:44.51 37.39	250m: 3:02.16 38.80	350m: 4:16.86 36.01
100m: 1:07.12 35.25	200m: 2:23.36 38.85	300m: 3:40.85 38.69	400m: 4:53.11 36.25
4. ELEKES, Miguel Antonio	06 Aminata	4:55.29	371
50m: 32.78 32.78	150m: 1:47.38 37.64	250m: 3:02.20 37.41	350m: 4:18.16 38.28
100m: 1:09.74 36.96	200m: 2:24.79 37.41	300m: 3:39.88 37.68	400m: 4:55.29 37.13
5. SILVA, Sofia Oliveira	99 Litoral Alentejano	5:02.08	464
50m: 33.18 33.18	150m: 1:48.59 38.46	250m: 3:06.11 38.99	350m: 4:23.83 38.76
100m: 1:10.13 36.95	200m: 2:27.12 38.53	300m: 3:45.07 38.96	400m: 5:02.08 38.25
6. SILVA, Tiago Holbeche	05 Aminata	5:05.79	334
50m: 32.75 32.75	150m: 1:48.10 38.52	250m: 3:06.11 39.57	350m: 4:26.40 40.05
100m: 1:09.58 36.83	200m: 2:26.54 38.44	300m: 3:46.35 40.24	400m: 5:05.79 39.39
7. FONSECA, Ana Filipa	04 Estremoz / Estremozcarnes	5:12.54	419
50m: 34.99 34.99	150m: 1:52.77 39.35	250m: 3:13.38 39.99	350m: 4:33.66 40.14
100m: 1:13.42 38.43	200m: 2:33.39 40.62	300m: 3:53.52 40.14	400m: 5:12.54 38.88
8. PEREIRA, Filipa Maria	06 Aminata	5:13.54	415
50m: 35.68 35.68	150m: 1:54.12 39.40	250m: 3:13.42 40.05	350m: 4:34.12 40.66
100m: 1:14.72 39.04	200m: 2:33.37 39.25	300m: 3:53.46 40.04	400m: 5:13.54 39.42
9. ALVES, Catarina Isabel	06 Aminata	5:14.12	412
50m: 35.45 35.45	150m: 1:53.77 39.08	250m: 3:13.36 40.36	350m: 4:34.12 40.98
100m: 1:14.69 39.24	200m: 2:33.00 39.23	300m: 3:53.14 39.78	400m: 5:14.12 40.00
10. SILVA, Rita Prado	06 Ndco	5:26.19	368
50m: 34.41 34.41	150m: 1:54.10 40.40	250m: 3:18.50 42.70	350m: 4:43.48 43.00
100m: 1:13.70 39.29	200m: 2:35.80 41.70	300m: 4:00.48 41.98	400m: 5:26.19 42.71
11. FALCAO, Santiago Delgado	06 Ndco	5:34.87	254
50m: 36.94 36.94	150m: 1:58.51 41.71	250m: 3:24.23 43.04	350m: 4:52.03 43.82
100m: 1:16.80 39.86	200m: 2:41.19 42.68	300m: 4:08.21 43.98	400m: 5:34.87 42.84
12. PAULA, Beatriz Elias	06 Litoral Alentejano	5:46.57	307
50m: 37.16 37.16	150m: 2:05.39 44.91	250m: 3:34.95 43.66	350m: 5:05.48 46.40
100m: 1:20.48 43.32	200m: 2:51.29 45.90	300m: 4:19.08 44.13	400m: 5:46.57 41.09
13. MATOS, Maria Poeira	07 Ndco	5:47.70	304
50m: 38.01 38.01	150m: 2:04.86 44.24	250m: 3:34.68 44.88	350m: 5:03.78 44.15
100m: 1:20.62 42.61	200m: 2:49.80 44.94	300m: 4:19.63 44.95	400m: 5:47.70 43.92
14. AREDE, Sofia Carlos	09 Vikings Sports Club	5:50.48	297
50m: 38.56 38.56	150m: 2:06.00 44.88	250m: 3:35.76 44.50	350m: 5:08.02 46.19
100m: 1:21.12 42.56	200m: 2:51.26 45.26	300m: 4:21.83 46.07	400m: 5:50.48 42.46
15. DUARTE, Carolina Alexandra	06 Ndco	5:53.00	290
50m: 37.07 37.07	150m: 2:05.01 44.89	250m: 3:36.05 46.09	350m: 5:10.35 47.27
100m: 1:20.12 43.05	200m: 2:49.96 44.95	300m: 4:23.08 47.03	400m: 5:53.00 42.65
16. MAGUAS, Francisco Reis	06 Ndco	5:54.87	213
50m: 38.20 38.20	150m: 2:05.40 44.68	250m: 3:35.76 44.50	350m: 5:08.78 46.95
100m: 1:20.72 42.52	200m: 2:51.26 45.86	300m: 4:21.83 46.07	400m: 5:54.87 46.09
17. PALMA, Miguel Alexandre	06 Litoral Alentejano	6:13.76	183
50m: 37.60 37.60	150m: 2:11.17 47.94	250m: 3:47.63 47.45	350m: 5:24.60 48.45
100m: 1:23.23 45.63	200m: 3:00.18 49.01	300m: 4:36.15 48.52	400m: 6:13.76 49.16

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Évora, 7/11/2021

Prova 1, Todos, 400m Livres, 12 anos e mais velhos

Lugar			Ano						Tempo final	Pts
18.	MORAIS, Ines Silva		09	Ndco					7:25.30	144
	50m:	47.36 47.36	150m:	2:39.72 56.92	250m:	4:34.31 57.39	350m:	6:30.13 57.26		
	100m:	1:42.80 55.44	200m:	3:36.92 57.20	300m:	5:32.87 58.56	400m:	7:25.30 55.17		
19.	GONCALVES, Leonor Duarte		10	Ndco					7:31.70	138
	50m:	47.29 47.29	150m:	2:42.95 57.37	250m:	4:39.68 58.24	350m:	6:39.31 59.75		
	100m:	1:45.58 58.29	200m:	3:41.44 58.49	300m:	5:39.56 59.88	400m:	7:31.70 52.39		
20.	DUARTE, Joana Nunes		10	Ndco					8:02.27	114
	50m:	51.73 51.73	150m:	2:53.46 1:02.91	250m:	4:59.07 1:01.87	350m:	7:02.90 1:02.13		
	100m:	1:50.55 58.82	200m:	3:57.20 1:03.74	300m:	6:00.77 1:01.70	400m:	8:02.27 59.37		