

CAMPEONATOS REGIONAIS DE JUNIORES E SENIORES PC
Braga, 12 - 14/11/2021

Prova 22 Femin., 400m Livres Absolutos
13/11/2021 - 15:50 Resultados

Rec. Reg. ANMinho Absoluto	4:08.53	Tamila Hryhorivna Holub	SCB	Felgueiras	22/12/2018
Rec. Reg. ANMinho Sen	4:08.53	Tamila Hryhorivna Holub	SCB	Felgueiras	22/12/2018
Rec. Reg. ANMinho Jun 2	4:10.52	Tamila Hryhorivna Holub	SCB	Porto	12/12/2015
Rec. Reg. ANMinho Jun 1	4:15.43	Tamila Hryhorivna Holub	SCB	Porto	20/12/2014
Rec. Reg. ANMinho Juv A	4:20.32	Tamila Hryhorivna Holub	SCB	Vila Praia de Âncora	15/03/2014
Rec. Reg. ANMinho Juv B	4:25.47	Tamila Hryhorivna Holub	SCB	Abrantes	13/04/2013

Pontos: FINA 2021

Lugar Idade Tempo final Pts
Juvenis

1. Rita Cunha Gomes	15	Viana Natacao	4:51.88	514
50m: 33.11 33.11	150m:	250m:	350m:	
100m: 1:08.64 35.53	200m: 2:22.96	300m:	400m: 4:51.88	
2. Adriana Ribeiro Barros	14	Braga	4:52.10	513
50m: 32.63 32.63	150m:	250m:	350m:	
100m: 1:08.85 36.22	200m: 2:23.81	300m:	400m: 4:52.10	
3. Diana Gomes Freitas	14	Amigos Montanha	4:52.71	510
50m: 32.67 32.67	150m:	250m:	350m:	
100m: 1:08.86 36.19	200m: 2:23.98	300m:	400m: 4:52.71	
4. Maria Rita Sousa	15	Desportiva de Viana	4:54.28	502
50m: 33.31 33.31	150m:	250m:	350m:	
100m: 1:09.40 36.09	200m: 2:23.75	300m:	400m: 4:54.28	
5. Margarida Ribeiro Cunha	15	Braga	4:57.32	487
50m: 32.57 32.57	150m:	250m:	350m:	
100m: 1:09.42 36.85	200m: 2:25.30	300m:	400m: 4:57.32	
6. Matilde Rodrigues Marques	14	Viana Natacao	5:22.53	381
50m: 34.55 34.55	150m:	250m:	350m:	
100m: 1:13.83 39.28	200m: 2:36.96	300m:	400m: 5:22.53	
7. Sara Valin Freitas	14	Desportiva Limiana	6:21.71	230
50m: 36.75 36.75	150m:	250m:	350m:	
100m: 1:20.56 43.81	200m: 2:59.15	300m:	400m: 6:21.71	

Juniores

1. Ines Santos Amorim	16	Desportiva de Viana	4:35.66	611
50m: 31.83 31.83	150m:	250m:	350m:	
100m: 1:05.41 33.58	200m: 2:13.03	300m:	400m: 4:35.66	
2. Carolina Esteves Peixoto	16	Braga	4:39.09	588
50m: 31.59 31.59	150m:	250m:	350m:	
100m: 1:05.33 33.74	200m: 2:15.07	300m:	400m: 4:39.09	
3. Adriana Carolina Hutty	17	Braga	4:46.06	546
50m: 32.32 32.32	150m:	250m:	350m:	
100m: 1:07.11 34.79	200m: 2:19.20	300m:	400m: 4:46.06	

Seniores

1. Rita Moreira Cunha	19	Desportiva de Viana	4:52.10	513
50m: 34.37 34.37	150m:	250m:	350m:	
100m: 1:10.54 36.17	200m: 2:24.40	300m:	400m: 4:52.10	
2. Maria Elias Fernandes	18	Desportiva de Viana	5:09.37	432
50m: 33.81 33.81	150m:	250m:	350m:	
100m: 1:13.32 39.51	200m: 2:31.33	300m:	400m: 5:09.37	