

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

Prova 38 Femin., 400m Estilos Absolutos
13/11/2021 - 17:00 Resultados

Rec. Reg. ANMinho Absoluto	4:58.42	Vania Soares Neves	VNC	Guimaraes	06/12/2008
Rec. Reg. ANMinho Sen	4:58.42	Vania Soares Neves	VNC	Guimaraes	06/12/2008
Rec. Reg. ANMinho Jun 2	5:02.51	Diana Ramos Rocha	EDV	Guarda	10/12/2010
Rec. Reg. ANMinho Jun 1	5:03.30	Vania Soares Neves	VNC	Braga	18/12/2005
Rec. Reg. ANMinho Juv A	5:01.95	Diana Ramos Rocha	VNC	Sines	21/12/2008
Rec. Reg. ANMinho Juv B	5:01.68	Diana Ramos Rocha	EDV	Braga	22/02/2008

Pontos: FINA 2021

Lugar Idade Tempo final Pts
Juvenis

1. Margarida Vieira Pinto	15	Braga	5:15.23	554
50m: 33.65 33.65	150m:	250m:	350m:	
100m: 1:14.08 40.43	200m: 2:34.39	300m:	400m: 5:15.23	
2. Diana Gomes Freitas	14	Amigos Montanha	5:35.65	459
50m: 36.34 36.34	150m:	250m:	350m:	
100m: 1:18.43 42.09	200m: 2:43.16	300m:	400m: 5:35.65	

Juniores

1. Carolina Esteves Peixoto	16	Braga	5:22.43	517
50m: 35.46 35.46	150m:	250m:	350m:	
100m: 1:17.33 41.87	200m: 2:40.46	300m:	400m: 5:22.43	
2. Francisca Vila Costa	16	Viana Natacao	5:32.13	473
50m: 37.09 37.09	150m:	250m:	350m:	
100m: 1:21.27 44.18	200m: 2:47.31	300m:	400m: 5:32.13	
3. Mariana Goncalves Brochado	16	Viana Natacao	5:35.31	460
50m: 34.34 34.34	150m:	250m:	350m:	
100m: 1:14.56 40.22	200m: 2:40.70	300m:	400m: 5:35.31	

Seniores

1. Daniela Silva Ligeiro	18	Viana Natacao	5:20.63	526
50m: 31.82 31.82	150m:	250m:	350m:	
100m: 1:09.17 37.35	200m: 2:32.89	300m:	400m: 5:20.63	
2. Rita Moreira Cunha	19	Desportiva de Viana	5:40.12	441
50m: 38.11 38.11	150m:	250m:	350m:	
100m: 1:20.96 42.85	200m: 2:47.28	300m:	400m: 5:40.12	
3. Luana Ferreira Castro	18	Desportiva de Viana	5:41.69	435
50m: 35.47 35.47	150m:	250m:	350m:	
100m: 1:19.00 43.53	200m: 2:43.53	300m:	400m: 5:41.69	