

Prova 6

Femin., 400m Estilos

2010 e mais velhos

01/07/2022 - 18:55

Resultados

Recordes Regionais Femininos Absoluto	5:02.86	Ana Reis SOUSA	CNLA	Coimbra	20/05/2018
Recordes Regionais Femininos 19 +	5:43.88	Ana Paula GRILLO	INDALEN	Oeiras	03/07/2011
Recordes Regionais Femininos 18	5:56.49	Maria Clara MARQUES	CNLA	Rio Maior	26/05/2012
Recordes Regionais Femininos 17	5:32.55	Ana Catarina Inês Pinto BOAVISTA	CNLA	Rio Maior	07/07/2007
Recordes Regionais Femininos 16	5:02.86	Ana Reis SOUSA	CNLA	Coimbra	20/05/2018
Recordes Regionais Femininos 15	5:18.55	Ana Reis SOUSA	CNLA	Reguengos de Monsaraz	30/06/2017
Recordes Regionais Femininos 14	5:34.82	Joana Catarina SANTA	INDALEN	Ferreira do Alentejo	07/07/2006
Recordes Regionais Femininos 13	5:29.45	Ana Reis SOUSA	CNLA	Oeiras	17/07/2015
Recordes Regionais Femininos 12	6:01.15	Carolina Pastor ESCADA	AMINATA	Rio Maior	20/07/2012

Pontos: FINA 2021

Lugar	Ano	Tempo final	Pts	100m	200m	300m	400m
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Infantis - AN Alentejo

1. Mariana Rosado GOMES	10	Aminata	6:51.19	271	1:41.42	1:46.04	1:57.17	1:26.56
<i>Campeã Regional</i>								
50m:		150m:	250m:		350m:			
100m: 1:41.42		200m: 3:27.46	300m: 5:24.63		400m: 6:51.19			
2. M. PUCARINHAS	09	Estremoz / Estremozcarnes	7:00.72	253	1:40.38	1:43.88	2:00.91	1:35.55
50m:		150m:	250m:		350m:			
100m: 1:40.38		200m: 3:24.26	300m: 5:25.17		400m: 7:00.72			
3. Matilde Pais PORTO	09	Acmn	7:48.24	184	1:53.07	1:59.21	2:06.39	1:49.57
50m:		150m:	250m:		350m:			
100m: 1:53.07		200m: 3:52.28	300m: 5:58.67		400m: 7:48.24			

Infantis - AN Interior Centro

1. Simone Pais MARQUES	09	AN Albicastrense	6:55.12	264	1:42.89	1:44.20	1:55.51	1:32.52
<i>Campeã Regional</i>								
50m:		150m:	250m:		350m:			
100m: 1:42.89		200m: 3:27.09	300m: 5:22.60		400m: 6:55.12			

Juvenis - AN Alentejo

1. Maria Poeira MATOS	07	Ndco	6:22.98	336	1:27.21	1:41.48	1:50.39	1:23.90
<i>Campeã Regional</i>								
50m:		150m:	250m:		350m:			
100m: 1:27.21		200m: 3:08.69	300m: 4:59.08		400m: 6:22.98			
2. C. FERNANDES	07	Estremoz / Estremozcarnes	7:13.61	231	1:41.70	1:56.46	2:00.55	1:34.90
50m:		150m:	250m:		350m:			
100m: 1:41.70		200m: 3:38.16	300m: 5:38.71		400m: 7:13.61			
3. M. OLIVEIRA	07	GSC Grândola Sports Club	8:09.69	160	1:57.06	2:03.83	2:10.70	1:58.10
50m:		150m:	250m:		350m:			
100m: 1:57.06		200m: 4:00.89	300m: 6:11.59		400m: 8:09.69			
DSQ Alice Figueiredo LEITAO	07	GSC Grândola Sports Club			1:53.73	2:04.45	1:57.57	
<i>809 - Movimento alternado de pernas durante o percurso - SW 8.3, No percurso Mariposa</i>								
50m:		150m:	250m:		350m:			
100m: 1:53.73		200m: 3:58.18	300m: 5:55.75		400m:			
DSQ Leonor Luz PEDRO	07	GSC Grândola Sports Club	8:15.79		1:54.98	2:07.77	2:15.19	1:57.85
<i>728 - Movimento alternado de braços após viragem aos 200 metros - SW 7.2</i>								
50m:		150m:	250m:		350m:			
100m: 1:54.98		200m: 4:02.75	300m: 6:17.94		400m: 8:15.79			

Juvenis - AN Interior Centro

1. Gabriela Conceicao PINTO	08	Elvense	6:16.85	353	1:24.07	1:37.42	1:49.87	1:25.49
<i>Campeã Regional</i>								
50m:		150m:	250m:		350m:			
100m: 1:24.07		200m: 3:01.49	300m: 4:51.36		400m: 6:16.85			

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Absolutos - AN Alentejo

1. Ana Filipa FONSECA	04	Estremoz / Estremozcarnes	6:02.44	396	1:19.26	1:34.67	1:46.16	1:22.35
		50m:	150m:	250m:	350m:			
		100m: 1:19.26	200m: 2:53.93	300m: 4:40.09	400m: 6:02.44			
2. Rita Prado SILVA	06	Ndco	6:20.36	343	1:26.35	1:41.94	1:53.15	1:18.92
		50m:	150m:	250m:	350m:			
		100m: 1:26.35	200m: 3:08.29	300m: 5:01.44	400m: 6:20.36			
3. Matilde Ramos REMA	06	Ndco	6:50.79	272	1:41.64	1:46.28	1:48.12	1:34.75
		50m:	150m:	250m:	350m:			
		100m: 1:41.64	200m: 3:27.92	300m: 5:16.04	400m: 6:50.79			

Absolutos - AN Interior Centro

1. Ana Sofia CALDES	06	Elvense	5:47.93	448	1:13.96	1:33.89	1:38.71	1:21.37
		50m:	150m:	250m:	350m:			
		100m: 1:13.96	200m: 2:47.85	300m: 4:26.56	400m: 5:47.93			