

Torneio de Abertura ANICentro  
Portalegre, 23/10/2022

Prova 23  
23/10/2022 - 16:35

Femin., 400m Livres

12 anos e mais velhos  
Resultados

Pontos: FINA 2021

Lugar			Ano						Tempo final	Pts	
1.	NEVES, Daniela Lourenco		05	CCDSerta				<b>5:42.97</b>	317		
	50m:	37.35 37.35	150m:	2:02.29	43.29	250m:	3:30.47	43.89	350m:	4:59.19	44.19
	100m:	1:19.00 41.65	200m:	2:46.58	44.29	300m:	4:15.00	44.53	400m:	5:42.97	43.78
2.	BANHUDO, Carolina Pinto		10	AN Albicastrense				<b>6:48.28</b>	188		
	50m:	42.42 42.42	150m:	2:25.35	52.99	250m:	4:12.74	54.59	350m:	5:58.64	51.51
	100m:	1:32.36 49.94	200m:	3:18.15	52.80	300m:	5:07.13	54.39	400m:	6:48.28	49.64
3.	PAULO, Matilde Trigueiros		11	AN Albicastrense				<b>6:53.39</b>	181		
	50m:	43.66 43.66	150m:	2:27.59	53.84	250m:	4:16.98	55.18	350m:	6:06.22	53.59
	100m:	1:33.75 50.09	200m:	3:21.80	54.21	300m:	5:12.63	55.65	400m:	6:53.39	47.17
4.	CARAPINHA, Benedita Rodeia		10	Elvense				<b>7:10.78</b>	160		
	50m:	46.22 46.22	150m:	2:33.69	54.84	250m:	4:23.88	55.57	350m:	6:16.26	56.76
	100m:	1:38.85 52.63	200m:	3:28.31	54.62	300m:	5:19.50	55.62	400m:	7:10.78	54.52