

Campeonato Regional Juniores e Seniores PC  
Cantanhede, 19- - 20-11-2022

Prova 19 Femin., 400m Livres 16 anos e mais velhos  
20-11-2022 - 9:40 Resultados

Rec Nacional Absoluto	4:04.61	Diana Margarida, DURAES	POR	Copenhagen (DEN)	17-12-2017
Rec Nacional Sen	4:04.61	Diana Margarida, DURAES	POR	Copenhagen (DEN)	17-12-2017
Rec Nacional Jun17	4:10.52	Tamila Hryhorivna, HOLUB	SCB	Porto	12-12-2015
Rec Nacional Jun16	4:13.53	Ana Reis, SOUSA	CNLA	Porto	09-12-2017

Pontos: FINA 2022

Lugar			Ano					Tempo final	Pts
<b>Juniores</b>									
1.	Marta Andre, AGUILAR		07	Nautico Academico				<b>4:40.36</b>	580
	50m:	32.17 32.17	150m:	1:42.42	35.71	250m:	2:53.09 35.39	350m:	4:04.95 35.97
	100m:	1:06.71 34.54	200m:	2:17.70	35.28	300m:	3:28.98 35.89	400m:	4:40.36 35.41
2.	Ines Miranda, DIOGO		07	Nautico Academico				<b>4:43.82</b>	559
	50m:	31.87 31.87	150m:	1:42.22	35.73	250m:	2:54.08 36.21	350m:	4:07.32 36.64
	100m:	1:06.49 34.62	200m:	2:17.87	35.65	300m:	3:30.68 36.60	400m:	4:43.82 36.50
3.	Dania Rodrigues, SIMOES		07	Louzan Natacao/EFAPEL				<b>4:44.49</b>	555
	50m:	31.49 31.49	150m:	1:41.40	35.54	250m:	2:54.60 37.02	350m:	4:08.15 36.90
	100m:	1:05.86 34.37	200m:	2:17.58	36.18	300m:	3:31.25 36.65	400m:	4:44.49 36.34
4.	Cristiana Sofia, DUARTE		07	Vigor da Mocidade				<b>5:20.05</b>	390
	50m:	33.82 33.82	150m:	1:52.21	40.04	250m:	3:15.06 41.83	350m:	4:39.20 42.03
	100m:	1:12.17 38.35	200m:	2:33.23	41.02	300m:	3:57.17 42.11	400m:	5:20.05 40.85

**Seniores**

1.	Camila Rodrigues, REBELO		03	Louzan Natacao/EFAPEL				<b>4:22.06</b>	711
	50m:	30.56 30.56	150m:	1:36.87	33.44	250m:	2:43.07 33.39	350m:	3:49.91 33.20
	100m:	1:03.43 32.87	200m:	2:09.68	32.81	300m:	3:16.71 33.64	400m:	4:22.06 32.15
2.	Ines Jacinto, HENRIQUES		00	Louzan Natacao/EFAPEL				<b>4:22.58</b>	706
	50m:	30.42 30.42	150m:	1:36.07	33.06	250m:	2:43.04 33.70	350m:	3:50.16 33.48
	100m:	1:03.01 32.59	200m:	2:09.34	33.27	300m:	3:16.68 33.64	400m:	4:22.58 32.42
3.	Mariana Carmo, ROSA		05	Condeixa Clube				<b>4:38.34</b>	593
	50m:	31.48 31.48	150m:	1:40.36	35.08	250m:	2:51.73 35.57	350m:	4:02.98 35.85
	100m:	1:05.28 33.80	200m:	2:16.16	35.80	300m:	3:27.13 35.40	400m:	4:38.34 35.36
4.	Beatriz Costa, TEJO		02	Academica de Coimbra				<b>4:40.13</b>	582
	50m:	31.39 31.39	150m:	1:40.91	35.14	250m:	2:52.30 35.76	350m:	4:04.57 36.10
	100m:	1:05.77 34.38	200m:	2:16.54	35.63	300m:	3:28.47 36.17	400m:	4:40.13 35.56
5.	Helena Nunes, RODRIGUES		03	Condeixa Clube				<b>4:59.88</b>	474
	50m:	34.19 34.19	150m:	1:50.19	38.33	250m:	3:07.30 38.20	350m:	4:23.16 37.74
	100m:	1:11.86 37.67	200m:	2:29.10	38.91	300m:	3:45.42 38.12	400m:	4:59.88 36.72