

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

Prova 31 20-11-2022 - 11:25	Femin., 4 x 200m Livres				Absoluto Resultados
Rec Nacional Absoluto	8:08.99	Sport Alges e Dafundo	SAD	Algés	24-11-2018
Rec Nacional Sen	8:09.45	Sport Alges e Dafundo	SAD	Porto	09-12-2017
Rec Nacional Jun	8:24.59	Futebol Clube do Porto	FCP	Felgueiras	22-12-2018
Rec Nacional Juv A	8:48.75	Assoc Desp Cult Rec Bairro dos ArADBA		Tomar	14-12-2018
Rec Nacional Juv	8:48.75	Assoc Desp Cult Rec Bairro dos ArADBA		Tomar	14-12-2018
Rec Nacional Juv B	8:52.76	Sport Alges e Dafundo	SAD	Algés	04-06-2011
Rec Nacional Inf A	9:05.75	Grupo Desp. Natacao V. N. FamalicGDNVNF		Viseu	11-03-2011
Rec Nacional Inf	9:05.75	Grupo Desp. Natacao V. N. FamalicGDNVNF		Viseu	11-03-2011
Rec Nacional Inf B	9:32.41	Grupo Desp. Natacao V. N. FamalicGDNVNF		Ponte da Barca	05-03-2010

Pontos: FINA 2022

Lugar						Tempo final	Pts
<b>Juniores</b>							
1.	Nautico Academico Jun		Nautico Academico			<b>9:12.85</b>	549
	Maria Neto, FERREIRA	06	31.57	34.09	35.62	35.26	2:16.54
	Marta Andre, AGUILAR	07	30.84	35.33	36.97	35.97	2:19.11
	Ines Miranda, DIOGO	07	31.32	34.66	35.74	35.59	2:17.31
	Beatriz Andre, GASPAR	06	31.52	35.64	36.61	36.12	2:19.89
<b>Seniores</b>							
1.	Condeixa Clube Sen		Condeixa Clube			<b>8:55.34</b>	605
	Maria Carlota, REBELO	03	30.77	33.04	34.09	34.35	2:12.25
	Joana Francisca, RODRIGUES	04	30.12	34.24	35.74	35.98	2:16.08
	Helena Nunes, RODRIGUES	03	30.64	34.43	35.67	35.65	2:16.39
	Mariana Carmo, ROSA	05	29.88	32.34	33.88	34.52	2:10.62
<b>Absoluto</b>							
1.	Louzan Natacao Abs		Louzan Natacao/EFAPEL			<b>8:48.69</b>	628
	Camila Rodrigues, REBELO	03	29.00	31.91	32.97	32.70	2:06.58
	Dania Rodrigues, SIMOES	07	30.16	33.69	35.92	36.55	2:16.32
	Angela Rodrigues, REBELO	07	31.43	35.34	36.21	35.90	2:18.88
	Ines Jacinto, HENRIQUES	00	29.70	32.06	32.53	32.62	2:06.91