

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

Prova 4 Femin., 400m Estilos 16 anos e mais velhos  
19-11-2022 - 16:30 Resultados

Rec Nacional Absoluto	4:36.19	Victoria, KAMINSKAYA	POR	Copenhagen (DEN)	13-12-2017
Rec Nacional Sen	4:36.19	Victoria, KAMINSKAYA	POR	Copenhagen (DEN)	13-12-2017
Rec Nacional Jun17	4:46.89	Ines Neto, ROCHA	CAP	Felgueiras	15-04-2018
Rec Nacional Jun16	4:50.85	Diana Margarida, DURAES	FOCA	Silves	02-12-2011

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
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Juniores

1. Dania Rodrigues, SIMOES	07	Louzan Natacao/EFAPEL	<b>5:15.26</b>	554
50m: 33.60 33.60	150m: 1:52.07	40.86 250m: 3:17.30 45.23	350m: 4:39.39	36.92
100m: 1:11.21 37.61	200m: 2:32.07	40.00 300m: 4:02.47 45.17	400m: 5:15.26	35.87
2. Maria Neto, FERREIRA	06	Nautico Academico	<b>5:21.98</b>	520
50m: 33.50 33.50	150m: 1:51.49	40.77 250m: 3:20.68 48.24	350m: 4:46.20	36.42
100m: 1:10.72 37.22	200m: 2:32.44	40.95 300m: 4:09.78 49.10	400m: 5:21.98	35.78
3. Matilde Fonseca, OLIVEIRA	06	Louzan Natacao/EFAPEL	<b>5:33.11</b>	469
50m: 33.54 33.54	150m: 1:56.75	43.97 250m: 3:25.35 45.90	350m: 4:54.35	39.88
100m: 1:12.78 39.24	200m: 2:39.45	42.70 300m: 4:14.47 49.12	400m: 5:33.11	38.76

Seniores

1. Camila Rodrigues, REBELO	03	Louzan Natacao/EFAPEL	<b>4:48.15</b>	725
<i>Rec Reg ANC</i>				
50m: 30.59 30.59	150m: 1:41.25	35.83 250m: 2:59.22 42.45	350m: 4:16.02	33.58
100m: 1:05.42 34.83	200m: 2:16.77	35.52 300m: 3:42.44 43.22	400m: 4:48.15	32.13
2. Ines Jacinto, HENRIQUES	00	Louzan Natacao/EFAPEL	<b>4:53.97</b>	683
50m: 30.77 30.77	150m: 1:43.66	38.28 250m: 3:04.02 42.64	350m: 4:20.63	34.26
100m: 1:05.38 34.61	200m: 2:21.38	37.72 300m: 3:46.37 42.35	400m: 4:53.97	33.34
3. Maria Carlota, REBELO	03	Condeixa Clube	<b>4:56.53</b>	665
50m: 32.11 32.11	150m: 1:46.23	38.54 250m: 3:06.25 41.71	350m: 4:23.07	34.56
100m: 1:07.69 35.58	200m: 2:24.54	38.31 300m: 3:48.51 42.26	400m: 4:56.53	33.46
4. Ana Carolina, MONTEIRO	04	Uniao de Coimbra	<b>5:13.33</b>	564
50m: 32.74 32.74	150m: 1:51.44	41.83 250m: 3:16.70 43.59	350m: 4:38.04	37.03
100m: 1:09.61 36.87	200m: 2:33.11	41.67 300m: 4:01.01 44.31	400m: 5:13.33	35.29
5. Helena Nunes, RODRIGUES	03	Condeixa Clube	<b>5:37.79</b>	450
50m: 36.14 36.14	150m: 2:00.72	42.89 250m: 3:30.65 48.97	350m: 5:00.18	40.32
100m: 1:17.83 41.69	200m: 2:41.68	40.96 300m: 4:19.86 49.21	400m: 5:37.79	37.61