

Campeonato Regional Juvenis, Juniores e Seniores PC
Coimbra, 25- - 26-11-2023

Prova 19 Femin., 400m Estilos Absolutos
25-11-2023 - 17:30 Resultados

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
Juvenis B			
1. Maria Neto, SIMOES	10 Condeixa Clube	5:17.10	544
50m: 33.54 33.54 150m: 1:53.06 41.40 250m: 3:17.55 44.22 350m: 4:41.00 38.01			
100m: 1:11.66 38.12 200m: 2:33.33 40.27 300m: 4:02.99 45.44 400m: 5:17.10 36.10			
2. Maria Ines, GANTE	10 Náutico Académico	5:42.51	432
50m: 37.26 37.26 150m: 2:05.02 46.37 250m: 3:37.55 48.40 350m: 5:05.73 39.10			
100m: 1:18.65 41.39 200m: 2:49.15 44.13 300m: 4:26.63 49.08 400m: 5:42.51 36.78			
3. Leonor Sobreiro, ALMEIDA	10 CASPAE	5:44.83	423
50m: 36.68 36.68 150m: 2:04.72 44.98 250m: 3:34.91 45.95 350m: 5:04.80 42.53			
100m: 1:19.74 43.06 200m: 2:48.96 44.24 300m: 4:22.27 47.36 400m: 5:44.83 40.03			
4. Leonor Mosca, SILVA	10 Columbofila Cantanhedense	6:06.87	351
50m: 38.85 38.85 150m: 2:14.32 48.61 250m: 3:51.11 50.16 350m: 5:25.25 43.13			
100m: 1:25.71 46.86 200m: 3:00.95 46.63 300m: 4:42.12 51.01 400m: 6:06.87 41.62			
Juvenis A			
1. Leonor Mercês, CAVALEIRO	09 Columbofila Cantanhedense	5:32.79	471
50m: 35.74 35.74 150m: 1:59.67 42.61 250m: 3:28.89 48.62 350m: 4:56.19 38.09			
100m: 1:17.06 41.32 200m: 2:40.27 40.60 300m: 4:18.10 49.21 400m: 5:32.79 36.60			
2. Caetana Amado, SANTOS	09 Miranda do Corvo	5:39.14	445
50m: 37.85 37.85 150m: 2:05.44 40.76 250m: 3:34.90 49.93 350m: 5:02.70 37.60			
100m: 1:24.68 46.83 200m: 2:44.97 39.53 300m: 4:25.10 50.20 400m: 5:39.14 36.44			
3. Ana Laura, LUCAS	09 Columbofila Cantanhedense	6:18.12	321
50m: 43.20 43.20 150m: 2:23.69 49.39 250m: 4:01.97 50.53 350m: 5:37.21 43.53			
100m: 1:34.30 51.10 200m: 3:11.44 47.75 300m: 4:53.68 51.71 400m: 6:18.12 40.91			
Juniores			
1. Angela Rodrigues, REBELO	07 Louzan Natação	5:16.83	545
50m: 33.01 33.01 150m: 1:52.73 41.89 250m: 3:18.29 44.13 350m: 4:40.54 37.82			
100m: 1:10.84 37.83 200m: 2:34.16 41.43 300m: 4:02.72 44.43 400m: 5:16.83 36.29			
2. Laura Carvalho, FERNANDES	08 Náutico Académico	5:32.75	471
50m: 33.74 33.74 150m: 1:55.93 43.31 250m: 3:27.84 49.89 350m: 4:56.17 38.73			
100m: 1:12.62 38.88 200m: 2:37.95 42.02 300m: 4:17.44 49.60 400m: 5:32.75 36.58			
Seniores			
1. Ines Jacinto, HENRIQUES	00 Louzan Natação	4:57.62	658
50m: 31.41 31.41 150m: 1:45.92 38.43 250m: 3:06.87 42.66 350m: 4:24.07 34.64			
100m: 1:07.49 36.08 200m: 2:24.21 38.29 300m: 3:49.43 42.56 400m: 4:57.62 33.55			
2. Maria Carlota, REBELO	03 Condeixa Clube	4:58.49	652
50m: 32.17 32.17 150m: 1:47.81 39.61 250m: 3:08.44 41.67 350m: 4:24.96 34.64			
100m: 1:08.20 36.03 200m: 2:26.77 38.96 300m: 3:50.32 41.88 400m: 4:58.49 33.53			
3. Ana Carolina, MONTEIRO	04 União de Coimbra	5:11.08	576
50m: 32.79 32.79 150m: 1:51.19 41.78 250m: 3:15.64 43.58 350m: 4:35.98 35.96			
100m: 1:09.41 36.62 200m: 2:32.06 40.87 300m: 4:00.02 44.38 400m: 5:11.08 35.10			
4. Helena Nunes, RODRIGUES	03 Condeixa Clube	5:22.03	519
50m: 34.91 34.91 150m: 1:56.29 41.96 250m: 3:24.50 47.55 350m: 4:47.96 35.78			
100m: 1:14.33 39.42 200m: 2:36.95 40.66 300m: 4:12.18 47.68 400m: 5:22.03 34.07			
DNS Camila Rodrigues, REBELO	03 Louzan Natação		