

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

Prova 26  
26-11-2023 - 10:00

Femin., 400m Livres

Absolutos  
Resultados

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
<b>Juvenis B</b>			
1. Rita Lucas, SANTOS	10	Condeixa Clube	<b>4:50.60</b> 521
50m: 33.31 33.31	150m: 1:47.74 37.04	250m: 3:03.17 37.72	350m: 4:17.22 36.75
100m: 1:10.70 37.39	200m: 2:25.45 37.71	300m: 3:40.47 37.30	400m: 4:50.60 33.38
2. Leonor Antunes, PAIVA	10	Náutico Académico	<b>4:57.49</b> 486
50m: 34.12 34.12	150m: 1:47.56 37.38	250m: 3:03.90 38.18	350m: 4:20.66 38.34
100m: 1:10.18 36.06	200m: 2:25.72 38.16	300m: 3:42.32 38.42	400m: 4:57.49 36.83
3. Maria Ines, GANTE	10	Náutico Académico	<b>5:00.57</b> 471
50m: 35.30 35.30	150m: 1:51.84 38.78	250m: 3:09.07 38.60	350m: 4:24.13 37.20
100m: 1:13.06 37.76	200m: 2:30.47 38.63	300m: 3:46.93 37.86	400m: 5:00.57 36.44
4. Mariana Bagagem, CARVALHO	10	Miranda do Corvo	<b>5:05.38</b> 449
50m: 33.95 33.95	150m: 1:50.70 38.90	250m: 3:09.09 39.22	350m: 4:27.14 39.33
100m: 1:11.80 37.85	200m: 2:29.87 39.17	300m: 3:47.81 38.72	400m: 5:05.38 38.24
5. Maria Miguel, FERNANDES	10	Columbofila Cantanhedense	<b>5:09.50</b> 431
50m: 35.83 35.83	150m: 1:54.13 39.19	250m: 3:13.55 38.94	350m: 4:32.37 39.26
100m: 1:14.94 39.11	200m: 2:34.61 40.48	300m: 3:53.11 39.56	400m: 5:09.50 37.13
6. Isabella Scavone, LOPES	10	Miranda do Corvo	<b>5:09.54</b> 431
50m: 35.58 35.58	150m: 1:53.65 39.07	250m: 3:13.35 40.01	350m: 4:32.12 39.65
100m: 1:14.58 39.00	200m: 2:33.34 39.69	300m: 3:52.47 39.12	400m: 5:09.54 37.42
7. Leonor Mosca, SILVA	10	Columbofila Cantanhedense	<b>5:13.58</b> 415
50m: 36.29 36.29	150m: 1:55.03 39.34	250m: 3:14.99 39.93	350m: 4:35.00 39.96
100m: 1:15.69 39.40	200m: 2:35.06 40.03	300m: 3:55.04 40.05	400m: 5:13.58 38.58
8. Maria Ines, RODRIGUES	10	Condeixa Clube	<b>5:15.15</b> 408
50m: 35.96 35.96	150m: 1:56.15 40.39	250m: 3:16.85 40.04	350m: 4:37.38 40.20
100m: 1:15.76 39.80	200m: 2:36.81 40.66	300m: 3:57.18 40.33	400m: 5:15.15 37.77
9. Sofia Daniela, FERREIRA	10	União de Coimbra	<b>5:37.56</b> 332
50m: 35.97 35.97	150m: 1:59.68 42.73	250m: 3:27.13 43.67	350m: 4:55.38 44.04
100m: 1:16.95 40.98	200m: 2:43.46 43.78	300m: 4:11.34 44.21	400m: 5:37.56 42.18

**Juvenis A**

1. Caetana Amado, SANTOS	09	Miranda do Corvo	<b>5:04.52</b> 453
50m: 33.24 33.24	150m: 1:50.07 38.98	250m: 3:08.86 39.24	350m: 4:27.14 39.03
100m: 1:11.09 37.85	200m: 2:29.62 39.55	300m: 3:48.11 39.25	400m: 5:04.52 37.38

**Juniores**

1. Marta Andre, AGUILAR	07	Náutico Académico	<b>4:33.22</b> 627
50m: 32.09 32.09	150m: 1:40.82 34.62	250m: 2:50.08 34.63	350m: 3:59.55 34.74
100m: 1:06.20 34.11	200m: 2:15.45 34.63	300m: 3:24.81 34.73	400m: 4:33.22 33.67
2. Maria Manuel, CORTESAO	08	Náutico Académico	<b>4:47.32</b> 539
50m: 32.77 32.77	150m: 1:44.66 36.36	250m: 2:58.02 36.46	350m: 4:11.12 36.24
100m: 1:08.30 35.53	200m: 2:21.56 36.90	300m: 3:34.88 36.86	400m: 4:47.32 36.20
3. Ines Miranda, DIOGO	07	Náutico Académico	<b>4:50.21</b> 523
50m: 33.15 33.15	150m: 1:45.23 36.50	250m: 2:58.79 36.79	350m: 4:13.36 37.46
100m: 1:08.73 35.58	200m: 2:22.00 36.77	300m: 3:35.90 37.11	400m: 4:50.21 36.85
4. Cristiana Sofia, DUARTE	07	Academica de Coimbra	<b>5:00.11</b> 473
50m: 33.23 33.23	150m: 1:46.46 37.33	250m: 3:02.36 37.75	350m: 4:21.04 39.44
100m: 1:09.13 35.90	200m: 2:24.61 38.15	300m: 3:41.60 39.24	400m: 5:00.11 39.07
5. Raquel Filipa, JESUS	08	União de Coimbra	<b>5:12.50</b> 419
50m: 36.00 36.00	150m: 1:54.43 39.36	250m: 3:14.42 40.20	350m: 4:34.45 39.92
100m: 1:15.07 39.07	200m: 2:34.22 39.79	300m: 3:54.53 40.11	400m: 5:12.50 38.05

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Seniores

1.	Leonor Verissimo, FARIA		06	Náutico Académico				<b>4:38.74</b>	591			
	50m:	32.13	32.13	150m:	1:41.04	34.89	250m:	2:51.68	35.58	350m:	4:03.23	35.81
	100m:	1:06.15	34.02	200m:	2:16.10	35.06	300m:	3:27.42	35.74	400m:	4:38.74	35.51