

Torneio de Abertura Infantis e Adaptada  
Lagos , 4 - 5/11/2023

Prova 1 Femin., 400m Livres 12 anos e mais velhos  
04/11/2023 - 15:30 Resultados

Pontos: FINA 2023

Lugar	Ano	Tempo final	Pts
<b>Infantis B</b>			
1. Mariana Canarias, JESUS	12 Lagoa AC	<b>5:23.04</b>	367
50m: 34.69 34.69 150m: 1:55.55 40.94 250m: 3:20.39 42.24 350m: 4:44.53 42.19			
100m: 1:14.61 39.92 200m: 2:38.15 42.60 300m: 4:02.34 41.95 400m: 5:23.04 38.51			
2. Rylie Ann, CROUS	12 Lagoa AC	<b>5:45.48</b>	300
50m: 41.50 41.50 150m: 2:10.50 44.24 250m: 3:37.94 44.07 350m: 5:04.11 42.23			
100m: 1:26.26 44.76 200m: 2:53.87 43.37 300m: 4:21.88 43.94 400m: 5:45.48 41.37			
3. Bruna Filipa, BORRALHO	12 Lagoa AC	<b>6:25.28</b>	216
50m: 42.10 42.10 150m: 2:18.42 48.82 250m: 3:58.38 50.92 350m: 5:37.87 49.91			
100m: 1:29.60 47.50 200m: 3:07.46 49.04 300m: 4:47.96 49.58 400m: 6:25.28 47.41			
4. Petra Rodrigues, DUARTE	12 Naval de Faro	<b>6:25.97</b>	215
50m: 41.16 41.16 150m: 2:16.69 49.51 250m: 3:57.14 50.34 350m: 5:39.33 51.96			
100m: 1:27.18 46.02 200m: 3:06.80 50.11 300m: 4:47.37 50.23 400m: 6:25.97 46.64			
5. Lara Ramos, MARQUES	12 Lagoa AC	<b>6:43.73</b>	188
50m: 42.56 42.56 150m: 2:23.90 51.17 250m: 4:08.50 52.63 350m: 5:54.40 52.68			
100m: 1:32.73 50.17 200m: 3:15.87 51.97 300m: 5:01.72 53.22 400m: 6:43.73 49.33			
6. Laura Beatriz, PITEIRA	12 Naval de Faro	<b>6:45.28</b>	185
50m: 44.65 44.65 150m: 2:26.54 51.73 250m: 4:10.82 52.33 350m: 5:56.62 52.88			
100m: 1:34.81 50.16 200m: 3:18.49 51.95 300m: 5:03.74 52.92 400m: 6:45.28 48.66			
7. Anna Saint, SARDOS	12 Natacao de Lagos	<b>7:21.23</b>	144
50m: 48.22 48.22 150m: 2:41.21 57.23 250m: 4:35.89 57.99 350m: 6:26.16 52.80			
100m: 1:43.98 55.76 200m: 3:37.90 56.69 300m: 5:33.36 57.47 400m: 7:21.23 55.07			
<b>Infantis A</b>			
1. Eva, MAGIYEVA	11 Lagoa AC	<b>5:29.59</b>	345
50m: 35.33 35.33 150m: 1:56.03 41.21 250m: 3:21.23 42.52 350m: 4:48.46 44.04			
100m: 1:14.82 39.49 200m: 2:38.71 42.68 300m: 4:04.42 43.19 400m: 5:29.59 41.13			
2. Angelina, LUTSIV	11 Lagoa AC	<b>5:34.81</b>	329
50m: 36.80 36.80 150m: 1:59.03 41.86 250m: 3:24.53 43.02 350m: 4:52.06 43.96			
100m: 1:17.17 40.37 200m: 2:41.51 42.48 300m: 4:08.10 43.57 400m: 5:34.81 42.75			
3. Marta Gak, GUERREIRO	11 Louletano / Loule Concelho	<b>5:44.98</b>	301
50m: 36.49 36.49 150m: 2:02.14 44.20 250m: 3:31.65 44.23 350m: 5:01.97 45.97			
100m: 1:17.94 41.45 200m: 2:47.42 45.28 300m: 4:16.00 44.35 400m: 5:44.98 43.01			
4. Isabel Grilo, OLIVEIRA	11 Lagoa AC	<b>5:48.49</b>	292
50m: 36.68 36.68 150m: 2:03.48 44.65 250m: 3:34.36 45.55 350m: 5:05.59 45.29			
100m: 1:18.83 42.15 200m: 2:48.81 45.33 300m: 4:20.30 45.94 400m: 5:48.49 42.90			
5. Beatriz Marques, TEIXEIRA	11 Lagoa AC	<b>5:50.02</b>	288
50m: 38.89 38.89 150m: 2:08.36 46.17 250m: 3:39.92 45.52 350m: 5:09.95 44.90			
100m: 1:22.19 43.30 200m: 2:54.40 46.04 300m: 4:25.05 45.13 400m: 5:50.02 40.07			
6. Maria Gonçalves, SANTOS	11 Lagoa AC	<b>5:54.95</b>	276
50m: 38.21 38.21 150m: 2:05.85 45.32 250m: 3:39.39 46.84 350m: 5:10.96 45.44			
100m: 1:20.53 42.32 200m: 2:52.55 46.70 300m: 4:25.52 46.13 400m: 5:54.95 43.99			
7. Gabriela Silva, OLIVEIRA	11 Lagoa AC	<b>5:56.92</b>	272
50m: 39.32 39.32 150m: 2:09.82 46.02 250m: 3:42.45 46.20 350m: 5:15.30 47.25			
100m: 1:23.80 44.48 200m: 2:56.25 46.43 300m: 4:28.05 45.60 400m: 5:56.92 41.62			
8. Mariana Costa, MARTINS	11 Lagoa AC	<b>6:14.41</b>	235
50m: 40.88 40.88 150m: 2:15.20 48.10 250m: 3:51.22 47.75 350m: 5:27.58 48.02			
100m: 1:27.10 46.22 200m: 3:03.47 48.27 300m: 4:39.56 48.34 400m: 6:14.41 46.83			
9. Maria Francisca, FARINHA	11 Lagoa AC	<b>6:33.56</b>	202
50m: 40.44 40.44 150m: 2:20.04 51.02 250m: 4:02.77 51.43 350m: 5:45.41 52.01			
100m: 1:29.02 48.58 200m: 3:11.34 51.30 300m: 4:53.40 50.63 400m: 6:33.56 48.15			

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Prova 1, Femin., 400m Livres, Infantis A

Lugar	Ano	Tempo final	Pts
10. Marta Martins, MARQUES	11 RIA Aqua Tavira	<b>6:47.76</b>	182
50m: 45.82 45.82	150m: 2:30.20 52.38	250m: 4:14.77 52.36	350m: 5:59.17 51.66
100m: 1:37.82 52.00	200m: 3:22.41 52.21	300m: 5:07.51 52.74	400m: 6:47.76 48.59

S1-S14 (Esperanças)

1. Eva, MAGIYEVA	11 Lagoa AC	<b>5:29.59</b>	345
50m: 35.33 35.33	150m: 1:56.03 41.21	250m: 3:21.23 42.52	350m: 4:48.46 44.04
100m: 1:14.82 39.49	200m: 2:38.71 42.68	300m: 4:04.42 43.19	400m: 5:29.59 41.13
2. Angelina, LUTSIV	11 Lagoa AC	<b>5:34.81</b>	329
50m: 36.80 36.80	150m: 1:59.03 41.86	250m: 3:24.53 43.02	350m: 4:52.06 43.96
100m: 1:17.17 40.37	200m: 2:41.51 42.48	300m: 4:08.10 43.57	400m: 5:34.81 42.75
3. Marta Gak, GUERREIRO	11 Louletano / Loule Concelho	<b>5:44.98</b>	301
50m: 36.49 36.49	150m: 2:02.14 44.20	250m: 3:31.65 44.23	350m: 5:01.97 45.97
100m: 1:17.94 41.45	200m: 2:47.42 45.28	300m: 4:16.00 44.35	400m: 5:44.98 43.01
4. Isabel Grilo, OLIVEIRA	11 Lagoa AC	<b>5:48.49</b>	292
50m: 36.68 36.68	150m: 2:03.48 44.65	250m: 3:34.36 45.55	350m: 5:05.59 45.29
100m: 1:18.83 42.15	200m: 2:48.81 45.33	300m: 4:20.30 45.94	400m: 5:48.49 42.90
5. Beatriz Marques, TEIXEIRA	11 Lagoa AC	<b>5:50.02</b>	288
50m: 38.89 38.89	150m: 2:08.36 46.17	250m: 3:39.92 45.52	350m: 5:09.95 44.90
100m: 1:22.19 43.30	200m: 2:54.40 46.04	300m: 4:25.05 45.13	400m: 5:50.02 40.07
6. Maria Gonçalves, SANTOS	11 Lagoa AC	<b>5:54.95</b>	276
50m: 38.21 38.21	150m: 2:05.85 45.32	250m: 3:39.39 46.84	350m: 5:10.96 45.44
100m: 1:20.53 42.32	200m: 2:52.55 46.70	300m: 4:25.52 46.13	400m: 5:54.95 43.99
7. Gabriela Silva, OLIVEIRA	11 Lagoa AC	<b>5:56.92</b>	272
50m: 39.32 39.32	150m: 2:09.82 46.02	250m: 3:42.45 46.20	350m: 5:15.30 47.25
100m: 1:23.80 44.48	200m: 2:56.25 46.43	300m: 4:28.05 45.60	400m: 5:56.92 41.62
8. Mariana Costa, MARTINS	11 Lagoa AC	<b>6:14.41</b>	235
50m: 40.88 40.88	150m: 2:15.20 48.10	250m: 3:51.22 47.75	350m: 5:27.58 48.02
100m: 1:27.10 46.22	200m: 3:03.47 48.27	300m: 4:39.56 48.34	400m: 6:14.41 46.83
9. Maria Francisca, FARINHA	11 Lagoa AC	<b>6:33.56</b>	202
50m: 40.44 40.44	150m: 2:20.04 51.02	250m: 4:02.77 51.43	350m: 5:45.41 52.01
100m: 1:29.02 48.58	200m: 3:11.34 51.30	300m: 4:53.40 50.63	400m: 6:33.56 48.15
10. Marta Martins, MARQUES	11 RIA Aqua Tavira	<b>6:47.76</b>	182
50m: 45.82 45.82	150m: 2:30.20 52.38	250m: 4:14.77 52.36	350m: 5:59.17 51.66
100m: 1:37.82 52.00	200m: 3:22.41 52.21	300m: 5:07.51 52.74	400m: 6:47.76 48.59

S15 (Esperanças)

1. Eva, MAGIYEVA	11 Lagoa AC	<b>5:29.59</b>	345
50m: 35.33 35.33	150m: 1:56.03 41.21	250m: 3:21.23 42.52	350m: 4:48.46 44.04
100m: 1:14.82 39.49	200m: 2:38.71 42.68	300m: 4:04.42 43.19	400m: 5:29.59 41.13
2. Angelina, LUTSIV	11 Lagoa AC	<b>5:34.81</b>	329
50m: 36.80 36.80	150m: 1:59.03 41.86	250m: 3:24.53 43.02	350m: 4:52.06 43.96
100m: 1:17.17 40.37	200m: 2:41.51 42.48	300m: 4:08.10 43.57	400m: 5:34.81 42.75
3. Marta Gak, GUERREIRO	11 Louletano / Loule Concelho	<b>5:44.98</b>	301
50m: 36.49 36.49	150m: 2:02.14 44.20	250m: 3:31.65 44.23	350m: 5:01.97 45.97
100m: 1:17.94 41.45	200m: 2:47.42 45.28	300m: 4:16.00 44.35	400m: 5:44.98 43.01
4. Isabel Grilo, OLIVEIRA	11 Lagoa AC	<b>5:48.49</b>	292
50m: 36.68 36.68	150m: 2:03.48 44.65	250m: 3:34.36 45.55	350m: 5:05.59 45.29
100m: 1:18.83 42.15	200m: 2:48.81 45.33	300m: 4:20.30 45.94	400m: 5:48.49 42.90
5. Beatriz Marques, TEIXEIRA	11 Lagoa AC	<b>5:50.02</b>	288
50m: 38.89 38.89	150m: 2:08.36 46.17	250m: 3:39.92 45.52	350m: 5:09.95 44.90
100m: 1:22.19 43.30	200m: 2:54.40 46.04	300m: 4:25.05 45.13	400m: 5:50.02 40.07

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Prova 1, Femin., 400m Livres, S15 (Esperanças)

Lugar			Ano							Tempo final	Pts
6.	Maria Gonçalves, SANTOS		11	Lagoa AC						<b>5:54.95</b>	276
	50m:	38.21 38.21	150m:	2:05.85	45.32	250m:	3:39.39	46.84	350m:	5:10.96	45.44
	100m:	1:20.53 42.32	200m:	2:52.55	46.70	300m:	4:25.52	46.13	400m:	5:54.95	43.99
7.	Gabriela Silva, OLIVEIRA		11	Lagoa AC						<b>5:56.92</b>	272
	50m:	39.32 39.32	150m:	2:09.82	46.02	250m:	3:42.45	46.20	350m:	5:15.30	47.25
	100m:	1:23.80 44.48	200m:	2:56.25	46.43	300m:	4:28.05	45.60	400m:	5:56.92	41.62
8.	Mariana Costa, MARTINS		11	Lagoa AC						<b>6:14.41</b>	235
	50m:	40.88 40.88	150m:	2:15.20	48.10	250m:	3:51.22	47.75	350m:	5:27.58	48.02
	100m:	1:27.10 46.22	200m:	3:03.47	48.27	300m:	4:39.56	48.34	400m:	6:14.41	46.83
9.	Maria Francisca, FARINHA		11	Lagoa AC						<b>6:33.56</b>	202
	50m:	40.44 40.44	150m:	2:20.04	51.02	250m:	4:02.77	51.43	350m:	5:45.41	52.01
	100m:	1:29.02 48.58	200m:	3:11.34	51.30	300m:	4:53.40	50.63	400m:	6:33.56	48.15
10.	Marta Martins, MARQUES		11	RIA Aqua Tavira						<b>6:47.76</b>	182
	50m:	45.82 45.82	150m:	2:30.20	52.38	250m:	4:14.77	52.36	350m:	5:59.17	51.66
	100m:	1:37.82 52.00	200m:	3:22.41	52.21	300m:	5:07.51	52.74	400m:	6:47.76	48.59

S16 (Esperanças)

1.	Eva, MAGIYEVA		11	Lagoa AC						<b>5:29.59</b>	345
	50m:	35.33 35.33	150m:	1:56.03	41.21	250m:	3:21.23	42.52	350m:	4:48.46	44.04
	100m:	1:14.82 39.49	200m:	2:38.71	42.68	300m:	4:04.42	43.19	400m:	5:29.59	41.13
2.	Angelina, LUTSIV		11	Lagoa AC						<b>5:34.81</b>	329
	50m:	36.80 36.80	150m:	1:59.03	41.86	250m:	3:24.53	43.02	350m:	4:52.06	43.96
	100m:	1:17.17 40.37	200m:	2:41.51	42.48	300m:	4:08.10	43.57	400m:	5:34.81	42.75
3.	Marta Gak, GUERREIRO		11	Louletano / Loule Concelho						<b>5:44.98</b>	301
	50m:	36.49 36.49	150m:	2:02.14	44.20	250m:	3:31.65	44.23	350m:	5:01.97	45.97
	100m:	1:17.94 41.45	200m:	2:47.42	45.28	300m:	4:16.00	44.35	400m:	5:44.98	43.01
4.	Isabel Grilo, OLIVEIRA		11	Lagoa AC						<b>5:48.49</b>	292
	50m:	36.68 36.68	150m:	2:03.48	44.65	250m:	3:34.36	45.55	350m:	5:05.59	45.29
	100m:	1:18.83 42.15	200m:	2:48.81	45.33	300m:	4:20.30	45.94	400m:	5:48.49	42.90
5.	Beatriz Marques, TEIXEIRA		11	Lagoa AC						<b>5:50.02</b>	288
	50m:	38.89 38.89	150m:	2:08.36	46.17	250m:	3:39.92	45.52	350m:	5:09.95	44.90
	100m:	1:22.19 43.30	200m:	2:54.40	46.04	300m:	4:25.05	45.13	400m:	5:50.02	40.07
6.	Maria Gonçalves, SANTOS		11	Lagoa AC						<b>5:54.95</b>	276
	50m:	38.21 38.21	150m:	2:05.85	45.32	250m:	3:39.39	46.84	350m:	5:10.96	45.44
	100m:	1:20.53 42.32	200m:	2:52.55	46.70	300m:	4:25.52	46.13	400m:	5:54.95	43.99
7.	Gabriela Silva, OLIVEIRA		11	Lagoa AC						<b>5:56.92</b>	272
	50m:	39.32 39.32	150m:	2:09.82	46.02	250m:	3:42.45	46.20	350m:	5:15.30	47.25
	100m:	1:23.80 44.48	200m:	2:56.25	46.43	300m:	4:28.05	45.60	400m:	5:56.92	41.62
8.	Mariana Costa, MARTINS		11	Lagoa AC						<b>6:14.41</b>	235
	50m:	40.88 40.88	150m:	2:15.20	48.10	250m:	3:51.22	47.75	350m:	5:27.58	48.02
	100m:	1:27.10 46.22	200m:	3:03.47	48.27	300m:	4:39.56	48.34	400m:	6:14.41	46.83
9.	Maria Francisca, FARINHA		11	Lagoa AC						<b>6:33.56</b>	202
	50m:	40.44 40.44	150m:	2:20.04	51.02	250m:	4:02.77	51.43	350m:	5:45.41	52.01
	100m:	1:29.02 48.58	200m:	3:11.34	51.30	300m:	4:53.40	50.63	400m:	6:33.56	48.15
10.	Marta Martins, MARQUES		11	RIA Aqua Tavira						<b>6:47.76</b>	182
	50m:	45.82 45.82	150m:	2:30.20	52.38	250m:	4:14.77	52.36	350m:	5:59.17	51.66
	100m:	1:37.82 52.00	200m:	3:22.41	52.21	300m:	5:07.51	52.74	400m:	6:47.76	48.59

Torneio de Abertura Infantis e Adaptada  
Lagos , 4 - 5/11/2023

Prova 1, Femin., 400m Livres

S17 (Esperanças)

1.	Eva, MAGIYEVA	11	Lagoa AC	<b>5:29.59</b>	345
	50m: 35.33 35.33	150m: 1:56.03	41.21 250m: 3:21.23	42.52 350m: 4:48.46	44.04
	100m: 1:14.82 39.49	200m: 2:38.71	42.68 300m: 4:04.42	43.19 400m: 5:29.59	41.13
2.	Angelina, LUTSIV	11	Lagoa AC	<b>5:34.81</b>	329
	50m: 36.80 36.80	150m: 1:59.03	41.86 250m: 3:24.53	43.02 350m: 4:52.06	43.96
	100m: 1:17.17 40.37	200m: 2:41.51	42.48 300m: 4:08.10	43.57 400m: 5:34.81	42.75
3.	Marta Gak, GUERREIRO	11	Louletano / Loule Concelho	<b>5:44.98</b>	301
	50m: 36.49 36.49	150m: 2:02.14	44.20 250m: 3:31.65	44.23 350m: 5:01.97	45.97
	100m: 1:17.94 41.45	200m: 2:47.42	45.28 300m: 4:16.00	44.35 400m: 5:44.98	43.01
4.	Isabel Grilo, OLIVEIRA	11	Lagoa AC	<b>5:48.49</b>	292
	50m: 36.68 36.68	150m: 2:03.48	44.65 250m: 3:34.36	45.55 350m: 5:05.59	45.29
	100m: 1:18.83 42.15	200m: 2:48.81	45.33 300m: 4:20.30	45.94 400m: 5:48.49	42.90
5.	Beatriz Marques, TEIXEIRA	11	Lagoa AC	<b>5:50.02</b>	288
	50m: 38.89 38.89	150m: 2:08.36	46.17 250m: 3:39.92	45.52 350m: 5:09.95	44.90
	100m: 1:22.19 43.30	200m: 2:54.40	46.04 300m: 4:25.05	45.13 400m: 5:50.02	40.07
6.	Maria Gonçalves, SANTOS	11	Lagoa AC	<b>5:54.95</b>	276
	50m: 38.21 38.21	150m: 2:05.85	45.32 250m: 3:39.39	46.84 350m: 5:10.96	45.44
	100m: 1:20.53 42.32	200m: 2:52.55	46.70 300m: 4:25.52	46.13 400m: 5:54.95	43.99
7.	Gabriela Silva, OLIVEIRA	11	Lagoa AC	<b>5:56.92</b>	272
	50m: 39.32 39.32	150m: 2:09.82	46.02 250m: 3:42.45	46.20 350m: 5:15.30	47.25
	100m: 1:23.80 44.48	200m: 2:56.25	46.43 300m: 4:28.05	45.60 400m: 5:56.92	41.62
8.	Mariana Costa, MARTINS	11	Lagoa AC	<b>6:14.41</b>	235
	50m: 40.88 40.88	150m: 2:15.20	48.10 250m: 3:51.22	47.75 350m: 5:27.58	48.02
	100m: 1:27.10 46.22	200m: 3:03.47	48.27 300m: 4:39.56	48.34 400m: 6:14.41	46.83
9.	Maria Francisca, FARINHA	11	Lagoa AC	<b>6:33.56</b>	202
	50m: 40.44 40.44	150m: 2:20.04	51.02 250m: 4:02.77	51.43 350m: 5:45.41	52.01
	100m: 1:29.02 48.58	200m: 3:11.34	51.30 300m: 4:53.40	50.63 400m: 6:33.56	48.15
10.	Marta Martins, MARQUES	11	RIA Aqua Tavira	<b>6:47.76</b>	182
	50m: 45.82 45.82	150m: 2:30.20	52.38 250m: 4:14.77	52.36 350m: 5:59.17	51.66
	100m: 1:37.82 52.00	200m: 3:22.41	52.21 300m: 5:07.51	52.74 400m: 6:47.76	48.59

S21 (Esperanças)

1.	Eva, MAGIYEVA	11	Lagoa AC	<b>5:29.59</b>	345
	50m: 35.33 35.33	150m: 1:56.03	41.21 250m: 3:21.23	42.52 350m: 4:48.46	44.04
	100m: 1:14.82 39.49	200m: 2:38.71	42.68 300m: 4:04.42	43.19 400m: 5:29.59	41.13
2.	Angelina, LUTSIV	11	Lagoa AC	<b>5:34.81</b>	329
	50m: 36.80 36.80	150m: 1:59.03	41.86 250m: 3:24.53	43.02 350m: 4:52.06	43.96
	100m: 1:17.17 40.37	200m: 2:41.51	42.48 300m: 4:08.10	43.57 400m: 5:34.81	42.75
3.	Marta Gak, GUERREIRO	11	Louletano / Loule Concelho	<b>5:44.98</b>	301
	50m: 36.49 36.49	150m: 2:02.14	44.20 250m: 3:31.65	44.23 350m: 5:01.97	45.97
	100m: 1:17.94 41.45	200m: 2:47.42	45.28 300m: 4:16.00	44.35 400m: 5:44.98	43.01
4.	Isabel Grilo, OLIVEIRA	11	Lagoa AC	<b>5:48.49</b>	292
	50m: 36.68 36.68	150m: 2:03.48	44.65 250m: 3:34.36	45.55 350m: 5:05.59	45.29
	100m: 1:18.83 42.15	200m: 2:48.81	45.33 300m: 4:20.30	45.94 400m: 5:48.49	42.90
5.	Beatriz Marques, TEIXEIRA	11	Lagoa AC	<b>5:50.02</b>	288
	50m: 38.89 38.89	150m: 2:08.36	46.17 250m: 3:39.92	45.52 350m: 5:09.95	44.90
	100m: 1:22.19 43.30	200m: 2:54.40	46.04 300m: 4:25.05	45.13 400m: 5:50.02	40.07
6.	Maria Gonçalves, SANTOS	11	Lagoa AC	<b>5:54.95</b>	276
	50m: 38.21 38.21	150m: 2:05.85	45.32 250m: 3:39.39	46.84 350m: 5:10.96	45.44
	100m: 1:20.53 42.32	200m: 2:52.55	46.70 300m: 4:25.52	46.13 400m: 5:54.95	43.99
7.	Gabriela Silva, OLIVEIRA	11	Lagoa AC	<b>5:56.92</b>	272
	50m: 39.32 39.32	150m: 2:09.82	46.02 250m: 3:42.45	46.20 350m: 5:15.30	47.25
	100m: 1:23.80 44.48	200m: 2:56.25	46.43 300m: 4:28.05	45.60 400m: 5:56.92	41.62

Torneio de Abertura Infantis e Adaptada  
Lagos , 4 - 5/11/2023

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Prova 1, Femin., 400m Livres, S21 (Esperanças)

Lugar			Ano					Tempo final	Pts
8.	Mariana Costa, MARTINS		11	Lagoa AC				<b>6:14.41</b>	235
	50m:	40.88 40.88	150m:	2:15.20 48.10	250m:	3:51.22 47.75	350m:	5:27.58 48.02	
	100m:	1:27.10 46.22	200m:	3:03.47 48.27	300m:	4:39.56 48.34	400m:	6:14.41 46.83	
9.	Maria Francisca, FARINHA		11	Lagoa AC				<b>6:33.56</b>	202
	50m:	40.44 40.44	150m:	2:20.04 51.02	250m:	4:02.77 51.43	350m:	5:45.41 52.01	
	100m:	1:29.02 48.58	200m:	3:11.34 51.30	300m:	4:53.40 50.63	400m:	6:33.56 48.15	
10.	Marta Martins, MARQUES		11	RIA Aqua Tavira				<b>6:47.76</b>	182
	50m:	45.82 45.82	150m:	2:30.20 52.38	250m:	4:14.77 52.36	350m:	5:59.17 51.66	
	100m:	1:37.82 52.00	200m:	3:22.41 52.21	300m:	5:07.51 52.74	400m:	6:47.76 48.59	