

Campeonato Regional de Asolutos  
Tavira , 25 - 26/11/2023

Prova 13  
25/11/2023 - 15:30

Femin., 400m Livres

Absolutos  
Resultados

Pontos: FINA 2023

Lugar	Ano	Tempo final	Pts
<b>Absolutos</b>			
1. Mia Alena, WERUM	07 Lagoa AC	<b>4:52.58</b>	494
50m: 33.50 33.50 150m: 1:46.97 36.83 250m: 3:01.42 37.02 350m: 4:15.95 36.98	100m: 1:10.14 36.64 200m: 2:24.40 37.43 300m: 3:38.97 37.55 400m: 4:52.58 36.63		
2. Ana Margarida, CERQUEIRA	07 Louletano / Loule Concelho	<b>4:56.18</b>	476
50m: 33.86 33.86 150m: 1:47.25 36.88 250m: 3:01.06 36.89 350m: 4:15.45 36.54	100m: 1:10.37 36.51 200m: 2:24.17 36.92 300m: 3:38.91 37.85 400m: 4:56.18 40.73		
3. Laura Figueiredo, MOREIRA	07 Aquatico Silves	<b>5:14.17</b>	399
50m: 34.35 34.35 150m: 1:52.27 39.58 250m: 3:13.51 41.22 350m: 4:34.35 40.16	100m: 1:12.69 38.34 200m: 2:32.29 40.02 300m: 3:54.19 40.68 400m: 5:14.17 39.82		
4. Ines Maria, SANTANA	08 RIA Aqua Tavira	<b>5:24.10</b>	363
50m: 35.61 35.61 150m: 1:55.45 41.17 250m: 3:19.26 42.68 350m: 4:43.14 42.44	100m: 1:14.28 38.67 200m: 2:36.58 41.13 300m: 4:00.70 41.44 400m: 5:24.10 40.96		
5. Lara Alexandra, GUERREIRO	10 Portinado	<b>5:36.73</b>	324
50m: 35.25 35.25 150m: 1:59.00 43.27 250m: 3:27.97 44.50 350m: 4:55.61 43.40	100m: 1:15.73 40.48 200m: 2:43.47 44.47 300m: 4:12.21 44.24 400m: 5:36.73 41.12		
6. Gabriela Antoneta, RADU	10 Nautico do Guadiana	<b>6:06.55</b>	251
50m: 38.19 38.19 150m: 2:09.69 46.84 250m: 3:44.55 47.90 350m: 5:21.65 48.90	100m: 1:22.85 44.66 200m: 2:56.65 46.96 300m: 4:32.75 48.20 400m: 6:06.55 44.90		
7. Violeta Cristovao, SOUSA	10 FC Ferreiras/AlgarExperience	<b>6:08.10</b>	248
50m: 39.96 39.96 150m: 2:11.08 45.56 250m: 3:43.81 45.96 350m: 5:12.21 42.10	100m: 1:25.52 45.56 200m: 2:57.85 46.77 300m: 4:30.11 46.30 400m: 6:08.10 55.89		
8. Inez Correa, SA	79 Lagoa AC	<b>6:42.99</b>	189
50m: 44.33 44.33 150m: 2:23.47 50.60 250m: 4:08.28 53.37 350m: 5:53.89 52.16	100m: 1:32.87 48.54 200m: 3:14.91 51.44 300m: 5:01.73 53.45 400m: 6:42.99 49.10		
9. Marcia Silva, NUNES	75 Lagoa AC	<b>7:48.28</b>	120
50m: 49.04 49.04 150m: 2:41.62 58.36 250m: 4:40.53 1:00.20 350m: 6:46.68 1:03.35	100m: 1:43.26 54.22 200m: 3:40.33 58.71 300m: 5:43.33 1:02.80 400m: 7:48.28 1:01.60		
DSQ Catarina Cavaco, VIEGAS	09 Nautico do Guadiana		
<i>SW. 10.4 - O (a) atleta desistiu</i>			
<b>Juvenis B</b>			
1. Lara Alexandra, GUERREIRO	10 Portinado	<b>5:36.73</b>	324
50m: 35.25 35.25 150m: 1:59.00 43.27 250m: 3:27.97 44.50 350m: 4:55.61 43.40	100m: 1:15.73 40.48 200m: 2:43.47 44.47 300m: 4:12.21 44.24 400m: 5:36.73 41.12		
2. Gabriela Antoneta, RADU	10 Nautico do Guadiana	<b>6:06.55</b>	251
50m: 38.19 38.19 150m: 2:09.69 46.84 250m: 3:44.55 47.90 350m: 5:21.65 48.90	100m: 1:22.85 44.66 200m: 2:56.65 46.96 300m: 4:32.75 48.20 400m: 6:06.55 44.90		
3. Violeta Cristovao, SOUSA	10 FC Ferreiras/AlgarExperience	<b>6:08.10</b>	248
50m: 39.96 39.96 150m: 2:11.08 45.56 250m: 3:43.81 45.96 350m: 5:12.21 42.10	100m: 1:25.52 45.56 200m: 2:57.85 46.77 300m: 4:30.11 46.30 400m: 6:08.10 55.89		
<b>Juvenis A</b>			
DSQ Catarina Cavaco, VIEGAS	09 Nautico do Guadiana		
<i>SW. 10.4 - O (a) atleta desistiu</i>			

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Prova 13, Femin., 400m Livres

Juniores

1. Mia Alena, WERUM	07	Lagoa AC	<b>4:52.58</b>	494
50m: 33.50 33.50	150m: 1:46.97	36.83 250m: 3:01.42 37.02	350m: 4:15.95 36.98	
100m: 1:10.14 36.64	200m: 2:24.40	37.43 300m: 3:38.97 37.55	400m: 4:52.58 36.63	
2. Ana Margarida, CERQUEIRA	07	Louletano / Loule Concelho	<b>4:56.18</b>	476
50m: 33.86 33.86	150m: 1:47.25	36.88 250m: 3:01.06 36.89	350m: 4:15.45 36.54	
100m: 1:10.37 36.51	200m: 2:24.17	36.92 300m: 3:38.91 37.85	400m: 4:56.18 40.73	
3. Laura Figueiredo, MOREIRA	07	Aquatico Silves	<b>5:14.17</b>	399
50m: 34.35 34.35	150m: 1:52.27	39.58 250m: 3:13.51 41.22	350m: 4:34.35 40.16	
100m: 1:12.69 38.34	200m: 2:32.29	40.02 300m: 3:54.19 40.68	400m: 5:14.17 39.82	
4. Ines Maria, SANTANA	08	RIA Aqua Tavira	<b>5:24.10</b>	363
50m: 35.61 35.61	150m: 1:55.45	41.17 250m: 3:19.26 42.68	350m: 4:43.14 42.44	
100m: 1:14.28 38.67	200m: 2:36.58	41.13 300m: 4:00.70 41.44	400m: 5:24.10 40.96	

Seniores

1. Inez Correa, SA	79	Lagoa AC	<b>6:42.99</b>	189
50m: 44.33 44.33	150m: 2:23.47	50.60 250m: 4:08.28 53.37	350m: 5:53.89 52.16	
100m: 1:32.87 48.54	200m: 3:14.91	51.44 300m: 5:01.73 53.45	400m: 6:42.99 49.10	
2. Marcia Silva, NUNES	75	Lagoa AC	<b>7:48.28</b>	120
50m: 49.04 49.04	150m: 2:41.62	58.36 250m: 4:40.53 1:00.20	350m: 6:46.68 1:03.35	
100m: 1:43.26 54.22	200m: 3:40.33	58.71 300m: 5:43.33 1:02.80	400m: 7:48.28 1:01.60	