

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

Prova 17  
25/11/2023 - 16:31

Femin., 400m Estilos

Absolutos  
Resultados

Pontos: FINA 2023

Lugar	Ano	Tempo final	Pts
<b>Absolutos</b>			
1. Constanca Lourenco, AZEVEDO	10	Lagoa AC	<b>5:26.28</b> 499
50m: 33.76 33.76	150m: 1:56.49 42.87	250m: 3:23.10 46.73	350m: 4:49.35 38.46
100m: 1:13.62 39.86	200m: 2:36.37 39.88	300m: 4:10.89 47.79	400m: 5:26.28 36.93
2. Ines Filipe, ANTUNES	07	RIA Aqua Tavira	<b>5:48.80</b> 409
50m: 37.69 37.69	150m: 2:08.75 46.03	250m: 3:41.21 48.31	350m: 5:11.38 40.76
100m: 1:22.72 45.03	200m: 2:52.90 44.15	300m: 4:30.62 49.41	400m: 5:48.80 37.42
3. Sira Valentim, FALEIRO	10	Lagoa AC	<b>6:00.74</b> 369
50m: 38.60 38.60	150m: 2:12.80 47.04	250m: 3:48.96 49.49	350m: 5:21.90 41.49
100m: 1:25.76 47.16	200m: 2:59.47 46.67	300m: 4:40.41 51.45	400m: 6:00.74 38.84
4. Carolina Teixeira, DANIEL	09	Louletano / Loule Concelho	<b>6:18.15</b> 321
50m: 37.68 37.68	150m: 2:14.32 52.49	250m: 3:57.84 52.53	350m: 5:35.27 44.04
100m: 1:21.83 44.15	200m: 3:05.31 50.99	300m: 4:51.23 53.39	400m: 6:18.15 42.88
5. Bruna Catarina, GUERREIRO	10	Louletano / Loule Concelho	<b>6:33.85</b> 284
50m: 41.93 41.93	150m: 2:22.38 50.63	250m: 4:09.55 57.05	350m: 5:51.85 44.02
100m: 1:31.75 49.82	200m: 3:12.50 50.12	300m: 5:07.83 58.28	400m: 6:33.85 42.00
6. Sarah Malhadas, SILVA	07	Louletano / Loule Concelho	<b>7:00.95</b> 232
50m: 40.04 40.04	150m: 2:30.88 55.42	250m: 4:25.00 1:00.29	350m: 6:12.22 47.69
100m: 1:35.46 55.42	200m: 3:24.71 53.83	300m: 5:24.53 59.53	400m: 7:00.95 48.73
7. Anna, SAZHYIENKO	10	Louletano / Loule Concelho	<b>7:10.62</b> 217
50m: 41.76 41.76	150m: 2:37.30 57.72	250m: 4:29.48 56.42	350m: 6:18.62 52.83
100m: 1:39.58 57.82	200m: 3:33.06 55.76	300m: 5:25.79 56.31	400m: 7:10.62 52.00

Juvenis B

1. Constanca Lourenco, AZEVEDO	10	Lagoa AC	<b>5:26.28</b> 499
50m: 33.76 33.76	150m: 1:56.49 42.87	250m: 3:23.10 46.73	350m: 4:49.35 38.46
100m: 1:13.62 39.86	200m: 2:36.37 39.88	300m: 4:10.89 47.79	400m: 5:26.28 36.93
2. Sira Valentim, FALEIRO	10	Lagoa AC	<b>6:00.74</b> 369
50m: 38.60 38.60	150m: 2:12.80 47.04	250m: 3:48.96 49.49	350m: 5:21.90 41.49
100m: 1:25.76 47.16	200m: 2:59.47 46.67	300m: 4:40.41 51.45	400m: 6:00.74 38.84
3. Bruna Catarina, GUERREIRO	10	Louletano / Loule Concelho	<b>6:33.85</b> 284
50m: 41.93 41.93	150m: 2:22.38 50.63	250m: 4:09.55 57.05	350m: 5:51.85 44.02
100m: 1:31.75 49.82	200m: 3:12.50 50.12	300m: 5:07.83 58.28	400m: 6:33.85 42.00
4. Anna, SAZHYIENKO	10	Louletano / Loule Concelho	<b>7:10.62</b> 217
50m: 41.76 41.76	150m: 2:37.30 57.72	250m: 4:29.48 56.42	350m: 6:18.62 52.83
100m: 1:39.58 57.82	200m: 3:33.06 55.76	300m: 5:25.79 56.31	400m: 7:10.62 52.00

Juvenis A

1. Carolina Teixeira, DANIEL	09	Louletano / Loule Concelho	<b>6:18.15</b> 321
50m: 37.68 37.68	150m: 2:14.32 52.49	250m: 3:57.84 52.53	350m: 5:35.27 44.04
100m: 1:21.83 44.15	200m: 3:05.31 50.99	300m: 4:51.23 53.39	400m: 6:18.15 42.88

Juniores

1. Ines Filipe, ANTUNES	07	RIA Aqua Tavira	<b>5:48.80</b> 409
50m: 37.69 37.69	150m: 2:08.75 46.03	250m: 3:41.21 48.31	350m: 5:11.38 40.76
100m: 1:22.72 45.03	200m: 2:52.90 44.15	300m: 4:30.62 49.41	400m: 5:48.80 37.42
2. Sarah Malhadas, SILVA	07	Louletano / Loule Concelho	<b>7:00.95</b> 232
50m: 40.04 40.04	150m: 2:30.88 55.42	250m: 4:25.00 1:00.29	350m: 6:12.22 47.69
100m: 1:35.46 55.42	200m: 3:24.71 53.83	300m: 5:24.53 59.53	400m: 7:00.95 48.73