

Campeonato Regional Absolutos e Torneio Nadador Completo Infantis  
Grândola, 25 - 26/11/2023

Prova 1	Femin., 400m Estilos				12 anos e mais velhos
25/11/2023 - 10:00					Resultados
Rec Reg Open	4:55.96	Ana Reis SOUSA	CNLA	Porto	08/12/2017
Rec Reg 18 +	5:24.46	Nicoleta LASCU	CNLA	Sines	16/11/2019
Rec Reg 17	5:27.54	Nicoleta Lascu LASCU	CNLA	Sines	24/11/2018
Rec Reg 16	4:55.96	Ana Reis SOUSA	CNLA	Porto	08/12/2017
Rec Reg 15	5:28.55	Nicoleta LASCU	CNLA	Sines	12/11/2016
Rec Reg 14	5:29.14	Ana Reis SOUSA	CNLA	Setubal	04/12/2015
Rec Reg 13	5:49.79	Ines Bicho FADISTA	AMINATA	Sto Antonio Cavaleiros	15/03/2013
Rec Reg 12	6:06.33	Carolina Pastor ESCADA	AMINATA	Sto Antonio Cavaleiros	16/03/2012

Pontos: FINA 2023

Lugar	Nome	Idade	Clube	Tempo final	Pts
<b>14 anos e mais velhos</b>					
1.	Sofia Oliveira SILVA	25	Litoral Alentejano	<b>5:30.44</b>	481
	50m: 32.82 32.82	150m: 1:53.83	43.34	250m: 3:24.98	48.45
	100m: 1:10.49 37.67	200m: 2:36.53	42.70	300m:	
				350m:	
				400m: 5:30.44	
2.	Leonor Correia NUNES	16	Aminata	<b>5:54.95</b>	388
	50m: 33.86 33.86	150m: 2:02.49	48.64	250m: 3:38.79	48.41
	100m: 1:13.85 39.99	200m: 2:50.38	47.89	300m:	
				350m:	
				400m: 5:54.95	
3.	Maria Lua PISCO	17	Acmn	<b>6:13.89</b>	332
	50m: 40.21 40.21	150m: 2:15.04	50.70	250m: 3:56.44	53.84
	100m: 1:24.34 44.13	200m: 3:02.60	47.56	300m:	
				350m:	
				400m: 6:13.89	
4.	Joana Isabel RICARDO	16	Litoral Alentejano	<b>6:15.73</b>	327
	50m: 40.04 40.04	150m: 2:13.36		250m: 3:52.41	53.40
	100m: 2:13.36 1:33.32	200m: 2:59.01	45.65	300m:	
				350m:	
				400m: 6:15.73	
5.	Sofia Espada PASSECHNIKOFF	14	GSC Grândola Sports Club	<b>7:04.60</b>	226
	50m: 44.69 44.69	150m: 2:33.53	56.63	250m: 4:28.90	1:00.24
	100m: 1:36.90 52.21	200m: 3:28.66	55.13	300m: 5:32.13	1:03.23
				350m: 6:19.43	47.30
				400m: 7:04.60	45.17
6.	Maria Leonor LADEIRAS	14	Acmn	<b>7:12.00</b>	215
	50m: 48.20 48.20	150m: 2:42.63	56.69	250m: 4:37.81	59.00
	100m: 1:45.94 57.74	200m: 3:38.81	56.18	300m: 5:40.64	1:02.83
				350m: 6:28.14	47.50
				400m: 7:12.00	43.86
7.	Rita Isabel OLIVEIRA	14	Estremoz / Estremozcarnes	<b>7:29.82</b>	190
	50m: 48.23 48.23	150m: 2:46.19	1:02.51	250m: 4:45.82	1:00.14
	100m: 1:43.68 55.45	200m: 3:45.68	59.49	300m: 5:51.30	1:05.48
				350m: 6:41.62	50.32
				400m: 7:29.82	48.20
EXH	Ana Sofia GERVASIO	29	Laranjeiro	<b>5:49.26</b>	407
	50m: 36.35 36.35	150m: 2:03.88	45.48	250m: 3:39.23	49.03
	100m: 1:18.40 42.05	200m: 2:50.20	46.32	300m: 4:29.91	50.68
				350m: 5:09.32	39.41
				400m: 5:49.26	39.94