

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

Prova 13	Femin., 400m Livres				12 anos e mais velhos
25/11/2023 - 17:05					Resultados
Rec Reg Open	4:13.53	Ana Reis SOUSA	CNLA	Porto	09/12/2017
Rec Reg 18 +	4:46.08	Sofia Oliveira SILVA	CNLA	Sines	25/04/2023
Rec Reg 17	4:43.90	Sofia Cristina GRILO	Ind ANALEI	Ponte de Sôr	15/03/2014
Rec Reg 16	4:13.53	Ana Reis SOUSA	CNLA	Porto	09/12/2017
Rec Reg 15	4:31.62	Ana Reis SOUSA	CNLA	Abrantes	27/11/2016
Rec Reg 14	4:38.31	Ana Reis SOUSA	CNLA	Caldas da Rainha	29/11/2015
Rec Reg 13	4:49.18	Joana ESCARIA	AMINATA	Tomar	11/05/2003
Rec Reg 12	5:16.44	Eliana Vilhena MARTINS	Ind ANALEI	Beja	03/06/2006

Pontos: FINA 2023

Lugar	Nome	Idade	Clube	Tempo final	Pts
14 anos e mais velhos					
1.	Filipa Maria PEREIRA	18	Aminata	4:57.11	471
	50m: 33.88 33.88	150m: 1:47.35 37.17	250m: 3:03.39 38.10	350m: 4:20.34 38.30	
	100m: 1:10.18 36.30	200m: 2:25.29 37.94	300m: 3:42.04 38.65	400m: 4:57.11 36.77	
2.	Rita Prado SILVA	18	Ndco	5:06.74	428
	50m: 34.49 34.49	150m: 1:51.04 38.53	250m: 3:09.59 39.23	350m: 4:29.54 40.28	
	100m: 1:12.51 38.02	200m: 2:30.36 39.32	300m: 3:49.26 39.67	400m: 5:06.74 37.20	
3.	Leonor Duarte GONCALVES	14	Ndco	5:25.55	358
	50m: 38.47 38.47	150m: 2:00.91 41.73	250m: 3:25.09 41.94	350m: 4:47.69 40.96	
	100m: 1:19.18 40.71	200m: 2:43.15 42.24	300m: 4:06.73 41.64	400m: 5:25.55 37.86	
4.	Maria Lua PISCO	17	Acmn	5:28.37	349
	50m: 36.84 36.84	150m: 1:59.01 41.68	250m: 3:22.58 41.75	350m: 4:47.11 42.15	
	100m: 1:17.33 40.49	200m: 2:40.83 41.82	300m: 4:04.96 42.38	400m: 5:28.37 41.26	
5.	Joana Afonso BANZA	15	Aljustrelense	5:33.47	333
	50m: 36.91 36.91	150m: 1:59.94 42.11	250m: 3:25.40 42.73	350m: 4:51.94 43.55	
	100m: 1:17.83 40.92	200m: 2:42.67 42.73	300m: 4:08.39 42.99	400m: 5:33.47 41.53	
6.	Leonor Neves MARINHEIRO	14	Zona Azul	5:44.71	302
	50m: 39.06 39.06	150m: 2:04.98 44.27	250m: 3:33.42 44.60	350m: 5:03.24 44.84	
	100m: 1:20.71 41.65	200m: 2:48.82 43.84	300m: 4:18.40 44.98	400m: 5:44.71 41.47	
7.	Joana Isabel RICARDO	16	Litoral Alentejano	5:50.70	286
	50m: 40.56 40.56	150m: 2:08.71 44.36	250m: 3:38.74 44.96	350m: 5:08.05 44.55	
	100m: 1:24.35 43.79	200m: 2:53.78 45.07	300m: 4:23.50 44.76	400m: 5:50.70 42.65	
8.	Leonor Barao GUERREIRO	14	Aljustrelense	5:57.47	270
	50m: 39.92 39.92	150m: 2:07.98 45.38	250m: 3:41.33 47.21	350m: 5:14.89 46.26	
	100m: 1:22.60 42.68	200m: 2:54.12 46.14	300m: 4:28.63 47.30	400m: 5:57.47 42.58	
9.	Maria Leonor LADEIRAS	14	Acmn	6:14.01	236
	50m: 40.57 40.57	150m: 2:16.02 48.51	250m: 3:53.47 48.65	350m: 5:29.28 46.45	
	100m: 1:27.51 46.94	200m: 3:04.82 48.80	300m: 4:42.83 49.36	400m: 6:14.01 44.73	
10.	Sofia Espada PASSECHNIKOFF	14	GSC Grândola Sports Club	6:24.17	218
	50m: 42.27 42.27	150m: 2:20.10 50.18	250m: 4:00.56 50.39	350m: 5:38.68 48.50	
	100m: 1:29.92 47.65	200m: 3:10.17 50.07	300m: 4:50.18 49.62	400m: 6:24.17 45.49	
11.	Rita Isabel OLIVEIRA	14	Estremoz / Estremozcarnes	6:25.50	216
	50m: 42.24 42.24	150m: 2:19.14 48.93	250m: 4:00.38 50.39	350m: 5:38.79 48.72	
	100m: 1:30.21 47.97	200m: 3:09.99 50.85	300m: 4:50.07 49.69	400m: 6:25.50 46.71	
12.	Ana Filipa MIGUEL	14	Litoral Alentejano	6:34.81	201
	50m: 43.46 43.46	150m: 2:22.96 50.33	250m: 4:04.40 50.57	350m: 5:45.51 50.25	
	100m: 1:32.63 49.17	200m: 3:13.83 50.87	300m: 4:55.26 50.86	400m: 6:34.81 49.30	