

Torneio Inverno ABSOLUTOS 2024
Ponte da Barca, 13 - 14/1/2024

Prova 5		Femin., 400m Livres				Absoluto
13/01/2024 - 16:10						Resultados
Rec. Reg. ANMinho Open	4:08.53	Tamila Hryhorivna Holub	SCB	Leiria	10/12/2022	
Rec. Reg. ANMinho Sen	4:08.53	Tamila Hryhorivna Holub	SCB	Leiria	10/12/2022	
Rec. Reg. ANMinho Jun 2	4:10.52	Tamila Hryhorivna Holub	SCB	Porto	12/12/2015	
Rec. Reg. ANMinho Jun 1	4:15.43	Tamila Hryhorivna Holub	SCB	Porto	20/12/2014	
Rec. Reg. ANMinho Juv A	4:20.32	Tamila Hryhorivna Holub	SCB	Vila Praia de Âncora	15/03/2014	
Rec. Reg. ANMinho Juv B	4:25.47	Tamila Hryhorivna Holub	SCB	Abrantes	13/04/2013	
Rec. Reg. ANMinho Inf A	4:35.75	Diana Ramos Rocha	EDV	Torres Novas	21/04/2007	
Rec. Reg. ANMinho Inf B	4:51.13	Diana Ramos Rocha	EDV	Arcos de Valdevez	07/03/2010	

Pontos: FINA 2023

Lugar			Ano			Tempo final	Pts
Infantis B							
1.	Matilde Dantas Correia		12	Sporting Caminha		5:30.09	344
	50m: 35.91 35.91	150m:		250m:	350m:		
	100m: 1:16.85 40.94	200m: 2:40.30		300m: 4:05.68	400m: 5:30.09		
2.	Alice Dantas Correia		12	Sporting Caminha		5:49.38	290
	50m: 40.39 40.39	150m:		250m:	350m:		
	100m: 1:23.85 43.46	200m: 2:52.22		300m: 4:22.36	400m: 5:49.38		
Infantis A							
1.	Valeria Koslova		11	Braga		4:54.29	485
	50m: 33.10 33.10	150m:		250m:	350m:		
	100m: 1:09.21 36.11	200m: 2:23.60		300m: 3:39.30	400m: 4:54.29		
2.	Sofia Hryhorivna Holub		11	Braga		5:09.70	416
	50m: 34.81 34.81	150m:		250m:	350m:		
	100m: 1:12.95 38.14	200m: 2:31.72		300m: 3:50.69	400m: 5:09.70		
Juvenis B							
1.	Ana Jose Marques		10	Braga		4:48.89	513
	50m: 32.95 32.95	150m:		250m:	350m:		
	100m: 1:08.51 35.56	200m: 2:21.06		300m: 3:34.98	400m: 4:48.89		
2.	Francisca Ramos Ribeiro		10	Escola Desportiva de Viana		5:04.53	438
	50m: 34.58 34.58	150m:		250m:	350m:		
	100m: 1:12.78 38.20	200m: 2:31.12		300m: 3:49.18	400m: 5:04.53		
Juvenis A							
1.	Matilde Esteves Magalhaes		09	Sporting Caminha		5:03.46	442
	50m: 33.06 33.06	150m:		250m:	350m:		
	100m: 1:09.73 36.67	200m: 2:26.92		300m: 3:45.76	400m: 5:03.46		
2.	Emma Sofia Martinez		09	Sporting Caminha		5:28.27	349
	50m: 34.78 34.78	150m:		250m:	350m:		
	100m: 1:14.31 39.53	200m: 2:38.49		300m: 4:04.40	400m: 5:28.27		
Juniores							
1.	Adriana Ribeiro Barros		08	Braga		4:45.28	532
	50m: 32.06 32.06	150m:		250m:	350m:		
	100m: 1:06.82 34.76	200m: 2:18.75		300m: 3:32.09	400m: 4:45.28		
Seniores							
1.	Beatriz Machado Silva		06	Braga		4:41.71	553
	50m: 31.31 31.31	150m:		250m:	350m:		
	100m: 1:06.16 34.85	200m: 2:17.47		300m: 3:29.53	400m: 4:41.71		