



Prova de Preparação de Categorias  
Benedita, 28/1/2024



Prova 16  
28/01/2024 - 12:31

Femin., 400m Estilos

ABSOLUTOS  
Resultados

Pontos: FINA 2023

Lugar	Ano	Tempo final	Pts
<b>Senior</b>			
DSQ Iris Pereira, CARRAO	05 União Piedense		
<i>A atleta tocou com uma mão na parede, na viragem dos 300 metros.</i>			
<b>Junior</b>			
1. Catarina Tagarroso, LOBO	07 Uniao Juncalense	6:23.23	308
50m: 39.98 39.98	150m: 250m:	350m:	
100m: 1:31.19 51.21	200m: 3:08.71	300m: 4:57.40	400m: 6:23.23
<b>Juvenil A</b>			
1. Laura Brites, COSTA	09 Rio Maior	5:29.29	486
50m: 35.17 35.17	150m: 250m:	350m:	
100m: 1:16.76 41.59	200m: 2:40.62	300m: 4:12.86	400m: 5:29.29
2. Clara Sobreiro, RODRIGUES	09 Pimpoes/Cimai	5:46.35	417
50m: 36.53 36.53	150m: 2:02.31	250m: 3:37.36	350m: 5:08.52 39.11
100m: 1:17.78 41.25	200m: 44.53	300m: 4:29.41 52.05	400m: 5:46.35 37.83
<b>Juvenil B</b>			
1. Laura Coito, SILVA	10 Pimpoes/Cimai	6:53.34	245
50m: 44.02 44.02	150m: 2:32.58	50.80 250m: 4:20.77	59.28 350m: 6:07.96 47.84
100m: 1:41.78 57.76	200m: 3:21.49	48.91 300m: 5:20.12	59.35 400m: 6:53.34 45.38
<b>Infantil A</b>			
1. Carolina Silva, CASTANHEIRA	11 CNLeiria	6:23.00	309
50m: 42.31 42.31	150m: 250m:	350m:	
100m: 1:34.96 52.65	200m: 3:06.33	300m: 5:00.43	400m: 6:23.00
2. Leiriia Silviovna, TONKIKH	11 CNLeiria	6:50.20	251
50m: 45.61 45.61	150m: 2:32.19	51.01 250m: 4:20.05	59.01 350m: 6:05.87 46.60
100m: 1:41.18 55.57	200m: 3:21.04	48.85 300m: 5:19.27	59.22 400m: 6:50.20 44.33
<b>Infantil B</b>			
1. Laura Krempel, VARELA	12 Pimpoes/Cimai	6:37.61	276
50m: 39.22 39.22	150m: 2:19.99	49.81 250m: 4:05.34	58.19 350m: 5:53.12 48.32
100m: 1:30.18 50.96	200m: 3:07.15	47.16 300m: 5:04.80	59.46 400m: 6:37.61 44.49