

Campeonato Regional de Clubes Infantis e Absolutos  
Coimbra, 20 - 21/4/2024

Prova 10 21/04/2024 - 9:30	Femin., 400m Livres				Absoluto Resultados
RN 25 m Open	4:04.61	Diana Margarida, DURAES	POR	Copenhagen (DEN)	17/12/2017
RN 25 m Sen	4:04.61	Diana Margarida, DURAES	POR	Copenhagen (DEN)	17/12/2017
RN 25 m Jun17	4:10.52	Tamila Hryhorivna, HOLUB	SCB	Porto	12/12/2015
RN 25 m Jun16	4:13.53	Ana Reis, SOUSA	CNLA	Porto	09/12/2017
RN 25 m Juv A	4:18.39	Ana Claudia, SANTOS	SFUAP	Cantanhede	20/12/2004
RN 25 m Juv B	4:23.08	Susana Patricia, MIGUEL	SFUAP	Alhandra	15/05/2004
RN 25 m Inf A	4:25.30	Alexandra Maria, SILVA	FCP	Porto	19/07/1980
RN 25 m Inf B	4:38.40	Filipa Vilas, RUIVO	DNMG	Alcobaça	13/06/2009

Lugar	Ano		Tempo final		Pts
<b>Infantis</b>					
1. Beatriz Oliveira, PORTULEZ	11	Columbofila Cantanhedense	<b>5:09.00</b>	13,00	
50m: 34.50 34.50 150m: 1:51.26 39.15 250m: 3:10.94 39.76 350m: 4:30.69 39.54					
100m: 1:12.11 37.61 200m: 2:31.18 39.92 300m: 3:51.15 40.21 400m: 5:09.00 38.31					
2. Matilde Conde, FIGUEIREDO	11	Condeixa Aqua Clube	<b>5:11.28</b>	11,00	
50m: 35.77 35.77 150m: 1:54.53 39.80 250m: 3:14.74 40.10 350m: 4:34.50 39.65					
100m: 1:14.73 38.96 200m: 2:34.64 40.11 300m: 3:54.85 40.11 400m: 5:11.28 36.78					
3. Laura Duarte, NEVES	11	Louzan Natação	<b>5:22.79</b>	10,00	
50m: 37.21 37.21 150m: 1:58.84 41.08 250m: 3:21.93 41.38 350m: 4:43.92 40.20					
100m: 1:17.76 40.55 200m: 2:40.55 41.71 300m: 4:03.72 41.79 400m: 5:22.79 38.87					
4. Clara Lopes, FERNANDES	12	Louzan Natação	<b>5:50.28</b>	-	
50m: 40.37 40.37 150m: 2:09.56 45.45 250m: 3:39.93 45.30 350m: 5:07.94 42.63					
100m: 1:24.11 43.74 200m: 2:54.63 45.07 300m: 4:25.31 45.38 400m: 5:50.28 42.34					
5. Margarida Paiva, CORREIA	12	Miranda do Corvo	<b>5:54.96</b>	9,00	
50m: 38.56 38.56 150m: 2:05.34 43.82 250m: 3:36.33 45.60 350m: 5:09.05 47.12					
100m: 1:21.52 42.96 200m: 2:50.73 45.39 300m: 4:21.93 45.60 400m: 5:54.96 45.91					
6. Maria Manuela, ANDRADE	11	União Coimbra	<b>6:27.70</b>	8,00	
50m: 42.69 42.69 150m: 2:19.81 49.46 250m: 4:00.34 50.83 350m: 5:41.99 50.68					
100m: 1:30.35 47.66 200m: 3:09.51 49.70 300m: 4:51.31 50.97 400m: 6:27.70 45.71					
7. Carolina Almeida, ABRANTES	12	União Coimbra	<b>6:31.58</b>	-	
50m: 42.96 42.96 150m: 2:23.56 50.17 250m: 4:04.96 50.39 350m: 5:45.70 49.77					
100m: 1:33.39 50.43 200m: 3:14.57 51.01 300m: 4:55.93 50.97 400m: 6:31.58 45.88					
DSQ Maria Pilar, ANTUNES	12	Caspae		-	
<i>SW 4.4 - Falsa Partida</i>					

**Absolutos**

1. Ines Jacinto, HENRIQUES	00	Louzan Natação	<b>4:15.72</b>	13,00	
50m: 29.74 29.74 150m: 1:34.23 32.34 250m: 2:39.25 32.55 350m: 3:44.39 32.68					
100m: 1:01.89 32.15 200m: 2:06.70 32.47 300m: 3:11.71 32.46 400m: 4:15.72 31.33					
2. Camila Rodrigues, REBELO	03	Louzan Natação	<b>4:15.82</b>	-	
50m: 30.05 30.05 150m: 1:35.27 32.83 250m: 2:39.91 32.21 350m: 3:44.47 32.35					
100m: 1:02.44 32.39 200m: 2:07.70 32.43 300m: 3:12.12 32.21 400m: 4:15.82 31.35					
3. Helena Nunes, RODRIGUES	03	Condeixa Aqua Clube	<b>4:33.67</b>	11,00	
50m: 31.68 31.68 150m: 1:40.99 34.85 250m: 2:50.49 34.79 350m: 4:00.03 34.75					
100m: 1:06.14 34.46 200m: 2:15.70 34.71 300m: 3:25.28 34.79 400m: 4:33.67 33.64					
4. Alana Costa, MATIAS	09	União Coimbra	<b>4:40.80</b>	10,00	
50m: 31.57 31.57 150m: 1:42.04 35.54 250m: 2:53.80 36.09 350m: 4:05.54 35.97					
100m: 1:06.50 34.93 200m: 2:17.71 35.67 300m: 3:29.57 35.77 400m: 4:40.80 35.26					
5. Laura Carvalho, FERNANDES	08	Nautico Academico	<b>4:50.78</b>	9,00	
50m: 32.87 32.87 150m: 1:45.80 37.05 250m: 3:00.19 37.41 350m: 4:14.57 37.07					
100m: 1:08.75 35.88 200m: 2:22.78 36.98 300m: 3:37.50 37.31 400m: 4:50.78 36.21					
6. Rita Isabel, NEVES	08	Condeixa Aqua Clube	<b>4:52.95</b>	-	
50m: 33.34 33.34 150m: 1:47.65 37.56 250m: 3:01.69 36.79 350m: 4:16.75 37.64					
100m: 1:10.09 36.75 200m: 2:24.90 37.25 300m: 3:39.11 37.42 400m: 4:52.95 36.20					

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Lugar			Ano					Tempo final	Pts		
7.	Valentina Saad, BARBOSA		04	Academica de Coimbra				<b>4:56.00</b>	8,00		
	50m:	32.85 32.85	150m:	1:45.08	36.47	250m:	2:59.93	37.60	350m:	4:17.00	38.53
	100m:	1:08.61 35.76	200m:	2:22.33	37.25	300m:	3:38.47	38.54	400m:	4:56.00	39.00
8.	Caetana Amado, SANTOS		09	Miranda do Corvo				<b>5:07.40</b>	7,00		
	50m:	33.77 33.77	150m:	1:51.83	39.12	250m:	3:10.34	39.45	350m:	4:29.12	39.25
	100m:	1:12.71 38.94	200m:	2:30.89	39.06	300m:	3:49.87	39.53	400m:	5:07.40	38.28
9.	Leonor Mosca, SILVA		10	Columbofila Cantanhedense				<b>5:12.89</b>	6,00		
	50m:	35.37 35.37	150m:	1:54.14	39.54	250m:	3:13.66	39.61	350m:	4:34.16	40.09
	100m:	1:14.60 39.23	200m:	2:34.05	39.91	300m:	3:54.07	40.41	400m:	5:12.89	38.73
10.	Sara Marques, LIMA		10	Caspae				<b>5:22.92</b>	5,00		
	50m:	36.25 36.25	150m:	1:56.24	40.48	250m:	3:19.98	42.22	350m:	4:45.03	42.42
	100m:	1:15.76 39.51	200m:	2:37.76	41.52	300m:	4:02.61	42.63	400m:	5:22.92	37.89
11.	Beatriz Ribeiro, VELOSO		10	Vigor da Mocidade				<b>5:33.45</b>	4,00		
	50m:	36.26 36.26	150m:	1:58.23	41.68	250m:	3:24.52	42.87	350m:	4:52.55	44.37
	100m:	1:16.55 40.29	200m:	2:41.65	43.42	300m:	4:08.18	43.66	400m:	5:33.45	40.90
EXH	Raquel Alexandra, CANCELA		09	Louzan Natação				<b>4:54.77</b>	-		
	50m:	32.91 32.91	150m:	1:47.08	38.34	250m:	3:02.61	36.78	350m:	4:18.76	38.50
	100m:	1:08.74 35.83	200m:	2:25.83	38.75	300m:	3:40.26	37.65	400m:	4:54.77	36.01
EXH	Mia Cardoso, BAPTISTA		10	Condeixa Aqua Clube				<b>5:25.13</b>	-		
	50m:	37.41 37.41	150m:	2:00.35	41.53	250m:	3:23.42	41.22	350m:	4:45.60	40.53
	100m:	1:18.82 41.41	200m:	2:42.20	41.85	300m:	4:05.07	41.65	400m:	5:25.13	39.53
EXH	Gabriela Maria, SILVA		09	Columbofila Cantanhedense				<b>5:38.37</b>	-		
	50m:	37.12 37.12	150m:	1:59.89	42.86	250m:	3:27.57	44.01	350m:	4:54.72	43.71
	100m:	1:17.03 39.91	200m:	2:43.56	43.67	300m:	4:11.01	43.44	400m:	5:38.37	43.65