

Prova 5  
01/03/2024 - 19:20

Femin., 400m Estilos

Absolutos  
Resultados

TAC Juvenis B Fem Juv B 50m: 6:59.30 - 25m: 6:59.30 / TAC Juvenis A Fem Juv A 50m: 6:38.24 - 25m: 6:38.24 /  
TAC Juniores Fem Jun 50m: 6:38.24 - 25m: 6:38.24 / TAC Sêniores Fem Sen 50m: 6:38.24 - 25m: 6:38.24

Pontos: FINA 2023

Lugar	Nome	Idade	Clube	Tempo Final				FINA
<b>Juvenis ANALEN</b>								
1.	Leonor Duarte GONCALVES	14	Ndco	<b>6:16.72</b>				324
	50m: 41.62 41.62	150m: 2:19.33 50.26	250m: 4:01.70 53.14	350m: 5:38.78 43.81	400m: 6:16.72 37.94			
	100m: 1:29.07 47.45	200m: 3:08.56 49.23	300m: 4:54.97 53.27					
<b>Juvenis ANICentro</b>								
1.	Carolina Pinto BANHUDO	14	AN Albicastrense	<b>6:30.26</b>				292
	50m: 42.68 42.68	150m: 2:21.78 46.39	250m: 4:04.57 56.53	350m: 5:46.97 45.44	400m: 6:30.26 43.29			
	100m: 1:35.39 52.71	200m: 3:08.04 46.26	300m: 5:01.53 56.96					
2.	Vitoria Morao ALMEIDA	15	AN Albicastrense	<b>6:33.49</b>				284
	50m: 44.33 44.33	150m: 2:29.08 49.15	250m: 4:12.14 54.04	350m: 5:51.23 43.03	400m: 6:33.49 42.26			
	100m: 1:39.93 55.60	200m: 3:18.10 49.02	300m: 5:08.20 56.06					
3.	Simone Pais MARQUES	15	AN Albicastrense	<b>6:34.07</b>				283
	50m: 39.62 39.62	150m: 2:17.79 50.39	250m: 4:04.25 55.94	350m: 5:49.06 47.06	400m: 6:34.07 45.01			
	100m: 1:27.40 47.78	200m: 3:08.31 50.52	300m: 5:02.00 57.75					
<b>Absolutos ANALEN</b>								
1.	Sofia Oliveira SILVA	25	Litoral Alentejano	<b>5:24.07</b>				510
	50m: 32.31 32.31	150m: 1:52.92 42.88	250m: 3:20.98 46.73	350m: 4:46.85 37.96	400m: 5:24.07 37.22			
	100m: 1:10.04 37.73	200m: 2:34.25 41.33	300m: 4:08.89 47.91					
2.	Daniela Filipa MANTAS	25	Acmn	<b>6:16.33</b>				325
	50m: 42.12 42.12	150m: 2:17.03 46.47	250m: 3:56.45 53.54	350m: 5:35.92 44.65	400m: 6:16.33 40.41			
	100m: 1:30.56 48.44	200m: 3:02.91 45.88	300m: 4:51.27 54.82					
<b>Absolutos ANICentro</b>								
1.	Ana Sofia CALDES	18	Elvense	<b>5:36.16</b>				457
	50m: 33.76 33.76	150m: 1:56.17 43.50	250m: 3:28.00 47.87	350m: 4:57.07 39.88	400m: 5:36.16 39.09			
	100m: 1:12.67 38.91	200m: 2:40.13 43.96	300m: 4:17.19 49.19					
2.	Stefania Cosmina CHITIC	16	Elvense	<b>6:39.45</b>				272
	<i>FTL</i>							
	50m: 45.24 45.24	150m: 2:26.90 47.04	250m: 4:10.05 56.71	350m: 5:54.71 46.19	400m: 6:39.45 44.74			
	100m: 1:39.86 54.62	200m: 3:13.34 46.44	300m: 5:08.52 58.47					