

TORNEIO DE INVERNO JUV. JUN. SEN.  
LAGOS, 24 - 25/2/2024

Prova 22 Femin., 400m Livres 12 anos e mais velhos  
25/02/2024 - 10:50 Resultados

Recordes Regionais Open	4:19.78	Sara Alexandra, MADEIRA	LDC	Sines	20/12/2008
Recordes Regionais Sen	4:19.78	Sara Alexandra, MADEIRA	LDC	Sines	20/12/2008
Recordes Regionais JUn. 2	4:27.66	Beatriz Silva, LOURO	LDC	Leiria	09/12/2023
Recordes Regionais Jun. 1	4:21.68	Catia Raquel, MARTINHEIRA	LDC	Porto	04/12/2010
Recordes Regionais Juv A	4:31.47	Catia Raquel, MARTINHEIRA	LDC	Quarteira	21/11/2009
Recordes Regionais Juv B	4:35.17	Catia Raquel, MARTINHEIRA	LDC	Sines	21/12/2008
Recordes Regionais Inf. A	4:41.06	Catia Raquel, MARTINHEIRA	SALG	Abrantes	05/04/2008
Recordes Regionais Inf. B	4:47.32	Carolina Silva, GODINHO	CNFA	Olhao	21/10/2007

Pontos: FINA 2023

Lugar	Ano		Tempo final		Pts
<b>Juvenis B</b>					
1.	Ines Filipa, MATEUS	10	Lagoa AC	<b>4:58.57</b>	464
	50m: 32.39 32.39	150m: 1:45.01 37.09	250m: 3:01.94 39.07	350m: 4:20.39 38.72	
	100m: 1:07.92 35.53	200m: 2:22.87 37.86	300m: 3:41.67 39.73	400m: 4:58.57 38.18	
2.	Isabel, BARFIELD	10	Natação de Lagos	<b>5:19.17</b>	380
	50m: 35.36 35.36	150m: 1:55.42 40.34	250m: 3:16.65 40.16	350m: 4:39.31 41.47	
	100m: 1:15.08 39.72	200m: 2:36.49 41.07	300m: 3:57.84 41.19	400m: 5:19.17 39.86	
3.	Violeta Reis, PETERSSON	10	Louletano / Loule Concelho	<b>5:27.68</b>	351
	50m: 37.07 37.07	150m: 1:59.83 42.12	250m: 3:23.63 41.65	350m: 4:48.35 42.75	
	100m: 1:17.71 40.64	200m: 2:41.98 42.15	300m: 4:05.60 41.97	400m: 5:27.68 39.33	
4.	Sonya Antonova, SINYAKOVA	10	Nautico do Guadiana	<b>5:32.89</b>	335
	50m: 36.78 36.78	150m: 2:00.35 42.39	250m: 3:25.36 42.59	350m: 4:51.88 42.95	
	100m: 1:17.96 41.18	200m: 2:42.77 42.42	300m: 4:08.93 43.57	400m: 5:32.89 41.01	
5.	Raquel Isis, PEREIRA	10	Louletano / Loule Concelho	<b>5:35.88</b>	326
	50m: 37.15 37.15	150m: 2:00.21 42.13	250m: 3:26.03 43.95	350m: 4:54.98 43.95	
	100m: 1:18.08 40.93	200m: 2:42.08 41.87	300m: 4:11.03 45.00	400m: 5:35.88 40.90	
6.	Leticia Coelho, BATISTA	10	Aquatico Silves	<b>5:36.48</b>	324
	50m: 37.15 37.15	150m: 2:00.30 42.85	250m: 3:26.95 43.66	350m: 4:54.44 43.74	
	100m: 1:17.45 40.30	200m: 2:43.29 42.99	300m: 4:10.70 43.75	400m: 5:36.48 42.04	
7.	Bruna Catarina, GUERREIRO	10	Louletano / Loule Concelho	<b>5:44.74</b>	302
	50m: 36.46 36.46	150m: 2:00.29 42.55	250m: 3:30.12 45.25	350m: 5:00.90 45.57	
	100m: 1:17.74 41.28	200m: 2:44.87 44.58	300m: 4:15.33 45.21	400m: 5:44.74 43.84	

**Juvenis A**

1.	Carolina Teixeira, DANIEL	09	Louletano / Loule Concelho	<b>5:21.88</b>	371
	50m: 37.15 37.15	150m: 1:55.38 40.14	250m: 3:16.96 40.87	350m: 4:41.34 42.64	
	100m: 1:15.24 38.09	200m: 2:36.09 40.71	300m: 3:58.70 41.74	400m: 5:21.88 40.54	

**Juniores**

1.	Margarida Maria, LUIZ	08	Lagoa AC	<b>4:48.78</b>	513
	50m: 32.38 32.38	150m: 1:44.00 36.24	250m: 2:57.35 36.72	350m: 4:11.98 37.46	
	100m: 1:07.76 35.38	200m: 2:20.63 36.63	300m: 3:34.52 37.17	400m: 4:48.78 36.80	
2.	Mia Alena, WERUM	07	Lagoa AC	<b>4:54.15</b>	486
	50m: 32.39 32.39	150m: 1:44.48 36.97	250m: 2:59.93 37.83	350m: 4:16.63 38.14	
	100m: 1:07.51 35.12	200m: 2:22.10 37.62	300m: 3:38.49 38.56	400m: 4:54.15 37.52	
3.	Ana Margarida, CERQUEIRA	07	Louletano / Loule Concelho	<b>5:11.68</b>	408
	50m: 34.40 34.40	150m: 1:51.10 39.16	250m: 3:11.05 40.23	350m: 4:32.42 40.69	
	100m: 1:11.94 37.54	200m: 2:30.82 39.72	300m: 3:51.73 40.68	400m: 5:11.68 39.26	
4.	Renata, ILICIUC	08	Louletano / Loule Concelho	<b>5:24.82</b>	361
	50m: 35.20 35.20	150m: 1:55.79 41.03	250m: 3:20.32 42.53	350m: 4:44.12 41.77	
	100m: 1:14.76 39.56	200m: 2:37.79 42.00	300m: 4:02.35 42.03	400m: 5:24.82 40.70	
5.	Beatriz Isabel, SANTOS	07	Natacao de Olhao	<b>5:36.26</b>	325
	50m: 38.22 38.22	150m: 2:01.75 42.18	250m: 3:27.94 43.21	350m: 4:54.43 43.17	
	100m: 1:19.57 41.35	200m: 2:44.73 42.98	300m: 4:11.26 43.32	400m: 5:36.26 41.83	

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Prova 22, Femin., 400m Livres, Juniores

Lugar			Ano				Tempo final	Pts
6.	Sofia Lampreia, CORTES		08	Beja			<b>5:45.31</b>	300
	50m:	38.13 38.13	150m:	2:04.39 44.16	250m:	3:33.34 44.24	350m:	5:01.48 44.25
	100m:	1:20.23 42.10	200m:	2:49.10 44.71	300m:	4:17.23 43.89	400m:	5:45.31 43.83