

Torneiro de Inverno Infantis|Campeonato Regional de Adaptada
Tavira, 17 - 18/2/2024

Prova 19	Femin., 400m Livres				12 anos e mais velhos
18/02/2024 - 9:43					Resultados
Recordes Regionais Open	4:19.78	Sara Alexandra, MADEIRA	LDC	Sines	20/12/2008
Recordes Regionais Open	4:19.78	Sara Alexandra, MADEIRA	LDC	Sines	20/12/2008
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
S5 - 25m	59:00.00	,			
S6 - 25m	12:22.02	Ana Sofia, BARBOSA	FCP	Recarei	27/02/2022
S14 - 25m	6:01.88	Sonia Castanheiro, RESENDE	SCA	Mealhada	19/02/2017
S17 - 25m	59:00.00	start,			
S21 - 25m	7:09.95	Filipa Sa, REIS	FVCD	Recarei	22/05/2022

Pontos: FINA 2023

Lugar	Ano				Tempo final	Pts
Infantis B						
1.	Rylie Ann, CROUS	12	Lagoa AC	5:19.21	380	
	50m: 36.81 36.81	150m: 1:59.36	41.16 250m: 3:20.83	40.94 350m: 4:40.68	39.43	
	100m: 1:18.20 41.39	200m: 2:39.89	40.53 300m: 4:01.25	40.42 400m: 5:19.21	38.53	
2.	Rita Maria, LOURA	12	Natacao de Faro	5:33.83	332	
	50m: 37.68 37.68	150m: 2:02.03	42.23 250m: 3:27.79	43.23 350m: 4:54.13	43.32	
	100m: 1:19.80 42.12	200m: 2:44.56	42.53 300m: 4:10.81	43.02 400m: 5:33.83	39.70	
3.	Bruna Filipa, BORRALHO	12	Lagoa AC	5:46.78	296	
	50m: 38.13 38.13	150m: 2:06.86	45.16 250m: 3:36.89	44.25 350m: 5:05.40	41.83	
	100m: 1:21.70 43.57	200m: 2:52.64	45.78 300m: 4:23.57	46.68 400m: 5:46.78	41.38	
4.	Andresa Beatriz, MARTINS	12	Aquatico Silves	5:59.25	266	
	50m: 39.84 39.84	150m: 2:12.01	46.81 250m: 3:44.87	46.48 350m: 5:17.07	46.46	
	100m: 1:25.20 45.36	200m: 2:58.39	46.38 300m: 4:30.61	45.74 400m: 5:59.25	42.18	
5.	Lara Ramos, MARQUES	12	Lagoa AC	6:08.39	247	
	50m: 42.30 42.30	150m: 2:15.02	46.36 250m: 3:49.25	46.98 350m: 5:24.03	46.95	
	100m: 1:28.66 46.36	200m: 3:02.27	47.25 300m: 4:37.08	47.83 400m: 6:08.39	44.36	
6.	Laura Beatriz, PITEIRA	12	Naval de Faro	6:09.95	244	
	50m: 40.70 40.70	150m: 2:14.09	47.50 250m: 3:50.13	48.08 350m: 5:25.74	47.21	
	100m: 1:26.59 45.89	200m: 3:02.05	47.96 300m: 4:38.53	48.40 400m: 6:09.95	44.21	
7.	Benedita Fernandes, RAIMUNDO	12	Aquatico Silves	6:18.68	227	
	50m: 45.01 45.01	150m: 2:22.80	49.61 250m: 4:01.98	49.42 350m: 5:34.99	44.95	
	100m: 1:33.19 48.18	200m: 3:12.56	49.76 300m: 4:50.04	48.06 400m: 6:18.68	43.69	
8.	Sara Marques, MADEIRA	12	Louletano / Loule Concelho	6:20.39	224	
	50m: 40.86 40.86	150m: 2:17.10	48.82 250m: 3:55.92	49.34 350m: 5:34.73	49.40	
	100m: 1:28.28 47.42	200m: 3:06.58	49.48 300m: 4:45.33	49.41 400m: 6:20.39	45.66	
9.	Rita Videira, FERNANDES	12	Naval de Faro	6:23.56	219	
	50m: 42.36 42.36	150m: 2:20.19	49.49 250m: 3:59.89	50.11 350m: 5:37.41	48.84	
	100m: 1:30.70 48.34	200m: 3:09.78	49.59 300m: 4:48.57	48.68 400m: 6:23.56	46.15	
10.	Rafaela Rodrigues, MARTINS	12	Aquatico Silves	6:39.90	193	
	50m: 44.66 44.66	150m: 2:25.99	51.26 250m: 4:09.44	51.73 350m: 5:52.62	51.29	
	100m: 1:34.73 50.07	200m: 3:17.71	51.72 300m: 5:01.33	51.89 400m: 6:39.90	47.28	
11.	Elisa Martins, PESCADA	12	Naval de Faro	6:40.79	192	
	50m: 43.69 43.69	150m: 2:26.40	51.78 250m: 4:10.21	52.14 350m: 5:53.63	51.14	
	100m: 1:34.62 50.93	200m: 3:18.07	51.67 300m: 5:02.49	52.28 400m: 6:40.79	47.16	
12.	Anna Saint, SARDOS	12	Natacao de Lagos	6:41.77	190	
	50m: 43.48 43.48	150m: 2:26.37	51.84 250m: 4:10.99	53.10 350m: 5:54.74	51.35	
	100m: 1:34.53 51.05	200m: 3:17.89	51.52 300m: 5:03.39	52.40 400m: 6:41.77	47.03	
13.	Carolina Barradas, PEREIRA	12	Aquatico Silves	6:44.69	186	
	50m: 45.63 45.63	150m: 2:28.50	51.82 250m: 4:10.30	50.49 350m: 5:53.95	52.19	
	100m: 1:36.68 51.05	200m: 3:19.81	51.31 300m: 5:01.76	51.46 400m: 6:44.69	50.74	

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Infantis A

1.	Angelina, LUTSIV	11	Lagoa AC	5:18.08	384
	50m: 35.36 35.36	150m: 1:55.69	40.83 250m: 3:18.43	41.89 350m: 4:40.45	40.25
	100m: 1:14.86 39.50	200m: 2:36.54	40.85 300m: 4:00.20	41.77 400m: 5:18.08	37.63
2.	Julia Laginha, BRAZ	11	Lagoa AC	5:25.13	360
	50m: 37.53 37.53	150m: 2:00.87	41.72 250m: 3:22.99	41.37 350m: 4:45.38	40.80
	100m: 1:19.15 41.62	200m: 2:41.62	40.75 300m: 4:04.58	41.59 400m: 5:25.13	39.75
3.	Isabel Grilo, OLIVEIRA	11	Lagoa AC	5:31.62	339
	50m: 36.62 36.62	150m: 2:01.74	43.18 250m: 3:28.56	42.95 350m: 4:51.93	40.93
	100m: 1:18.56 41.94	200m: 2:45.61	43.87 300m: 4:11.00	42.44 400m: 5:31.62	39.69
4.	Marta Gak, GUERREIRO	11	Louletano / Loule Concelho	5:32.20	337
	50m: 37.07 37.07	150m: 1:59.22	41.86 250m: 3:24.30	42.76 350m: 4:50.73	43.18
	100m: 1:17.36 40.29	200m: 2:41.54	42.32 300m: 4:07.55	43.25 400m: 5:32.20	41.47
5.	Beatriz Marques, TEIXEIRA	11	Lagoa AC	5:34.40	330
	50m: 37.29 37.29	150m: 1:59.70	41.39 250m: 3:24.56	43.03 350m: 4:52.84	44.31
	100m: 1:18.31 41.02	200m: 2:41.53	41.83 300m: 4:08.53	43.97 400m: 5:34.40	41.56
6.	Maria Goncalves, SANTOS	11	Lagoa AC	5:37.51	321
	50m: 38.62 38.62	150m: 2:03.41	42.77 250m: 3:29.98	44.09 350m: 4:57.88	43.00
	100m: 1:20.64 42.02	200m: 2:45.89	42.48 300m: 4:14.88	44.90 400m: 5:37.51	39.63
7.	Zoe Leitao, CONDON	11	Naval de Faro	5:41.68	310
	50m: 37.08 37.08	150m: 2:03.31	44.03 250m: 3:31.32	44.93 350m: 4:59.58	43.75
	100m: 1:19.28 42.20	200m: 2:46.39	43.08 300m: 4:15.83	44.51 400m: 5:41.68	42.10
8.	Maria Francisca, SIMOES	11	Aquatico Silves	5:54.94	276
	50m: 38.05 38.05	150m: 2:07.90	45.25 250m: 3:39.34	45.18 350m: 5:11.32	46.08
	100m: 1:22.65 44.60	200m: 2:54.16	46.26 300m: 4:25.24	45.90 400m: 5:54.94	43.62
9.	Gabriela Silva, OLIVEIRA	11	Lagoa AC	6:03.16	258
	50m: 38.54 38.54	150m: 2:10.76	46.54 250m: 3:45.87	47.61 350m: 5:19.95	46.55
	100m: 1:24.22 45.68	200m: 2:58.26	47.50 300m: 4:33.40	47.53 400m: 6:03.16	43.21
10.	Gabriela Pereira, LOUZEIRO	11	Aquatico Silves	6:10.05	244
	50m: 40.04 40.04	150m: 2:12.12	47.22 250m: 3:46.01	46.60 350m: 5:22.73	48.95
	100m: 1:24.90 44.86	200m: 2:59.41	47.29 300m: 4:33.78	47.77 400m: 6:10.05	47.32
11.	Mariana Costa, MARTINS	11	Lagoa AC	6:12.72	238
	50m: 39.45 39.45	150m: 2:14.62	48.39 250m: 3:50.93	48.19 350m: 5:27.85	48.06
	100m: 1:26.23 46.78	200m: 3:02.74	48.12 300m: 4:39.79	48.86 400m: 6:12.72	44.87
12.	Marta Martins, MARQUES	11	RIA Aqua Tavira	6:24.60	217
	50m: 43.80 43.80	150m: 2:22.63	50.34 250m: 3:59.90	49.01 350m: 5:37.62	49.04
	100m: 1:32.29 48.49	200m: 3:10.89	48.26 300m: 4:48.58	48.68 400m: 6:24.60	46.98
13.	Elisa Viegas, RODRIGUES	11	Aquatico Silves	6:29.32	209
	50m: 42.64 42.64	150m: 2:21.03	50.35 250m: 4:01.34	50.48 350m: 5:40.95	48.89
	100m: 1:30.68 48.04	200m: 3:10.86	49.83 300m: 4:52.06	50.72 400m: 6:29.32	48.37
14.	Maria Leonor, VITORIANO	11	Aquatico Silves	6:34.87	200
	50m: 42.97 42.97	150m: 2:23.16	51.19 250m: 4:05.61	51.50 350m: 5:47.64	50.29
	100m: 1:31.97 49.00	200m: 3:14.11	50.95 300m: 4:57.35	51.74 400m: 6:34.87	47.23
15.	Francisca Rodrigues, SALAS	11	RIA Aqua Tavira	6:37.05	197
	50m: 43.10 43.10	150m: 2:25.08	51.74 250m: 4:08.60	51.81 350m: 5:50.61	49.92
	100m: 1:33.34 50.24	200m: 3:16.79	51.71 300m: 5:00.69	52.09 400m: 6:37.05	46.44
16.	Leonor Vieira, PEREIRA	11	Aquatico Silves	6:37.95	196
	50m: 41.49 41.49	150m: 2:20.95	51.33 250m: 4:05.83	52.39 350m: 5:48.10	50.87
	100m: 1:29.62 48.13	200m: 3:13.44	52.49 300m: 4:57.23	51.40 400m: 6:37.95	49.85

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Prova 19, Femin., 400m Livres

EXH	Leonor Martins, COSTA		09	Natacao de Lagos					4:54.45	484		
	50m:	32.77	32.77	150m:	1:47.87	38.03	250m:	3:02.75	37.19	350m:	4:17.35	37.44
	100m:	1:09.84	37.07	200m:	2:25.56	37.69	300m:	3:39.91	37.16	400m:	4:54.45	37.10
EXH	Carolina Simoes, GUERREIRO		06	RIA Aqua Tavira					5:07.32	426		
	50m:	33.99	33.99	150m:	1:50.21	38.64	250m:	3:08.98	39.59	350m:	4:28.87	39.91
	100m:	1:11.57	37.58	200m:	2:29.39	39.18	300m:	3:48.96	39.98	400m:	5:07.32	38.45
EXH	Polina, VODA		08	Natacao de Lagos					5:09.79	416		
	50m:	35.07	35.07	150m:	1:52.52	39.00	250m:	3:11.77	39.55	350m:	4:31.42	39.80
	100m:	1:13.52	38.45	200m:	2:32.22	39.70	300m:	3:51.62	39.85	400m:	5:09.79	38.37
EXH	Maria Serrano, TELES		08	Natacao de Lagos					5:18.66	382		
	50m:	36.65	36.65	150m:	1:57.95	41.12	250m:	3:19.90	40.80	350m:	4:41.04	40.21
	100m:	1:16.83	40.18	200m:	2:39.10	41.15	300m:	4:00.83	40.93	400m:	5:18.66	37.62
EXH	Ines Maria, SANTANA		08	RIA Aqua Tavira					5:40.00	314		
	50m:	36.14	36.14	150m:	2:00.52	43.29	250m:	3:28.97	44.15	350m:	4:57.37	44.00
	100m:	1:17.23	41.09	200m:	2:44.82	44.30	300m:	4:13.37	44.40	400m:	5:40.00	42.63
EXH	Lia, GUERREIRO		08	RIA Aqua Tavira					5:54.57	277		
	50m:	38.34	38.34	150m:	2:06.85	44.80	250m:	3:38.06	46.00	350m:	5:10.01	46.32
	100m:	1:22.05	43.71	200m:	2:52.06	45.21	300m:	4:23.69	45.63	400m:	5:54.57	44.56