

Campeonatos Regionais Juv. Jun. Sen.
V R STº Antonio, 16 - 17/3/2024

Prova 36	Femin., 400m Livres					13 anos e mais velhos
17/03/2024 - 15:30						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
S21 - 25m	7:09.95	Filipa Sa, REIS	FVCD	Recarei		22/05/2022

Pontos: FINA 2023

Lugar	Ano		Tempo final		Pts
Juvenis B					
1. Ines Filipa, MATEUS	10	Lagoa AC	5:01.20	452	
50m: 33.05 33.05	150m: 1:46.93	37.39	250m: 3:03.91	38.74	350m: 4:22.91 39.65
100m: 1:09.54 36.49	200m: 2:25.17	38.24	300m: 3:43.26	39.35	400m: 5:01.20 38.29
2. Sira Valentim, FALEIRO	10	Lagoa AC	5:19.15	380	
50m: 36.43 36.43	150m: 1:57.86	41.07	250m: 3:20.01	41.14	350m: 4:41.01 40.01
100m: 1:16.79 40.36	200m: 2:38.87	41.01	300m: 4:01.00	40.99	400m: 5:19.15 38.14
3. Sonya Antonova, SINYAKOVA	10	Nautico do Guadiana	5:33.70	333	
50m: 35.85 35.85	150m: 1:59.74	42.61	250m: 3:26.63	43.89	350m: 4:53.17 43.04
100m: 1:17.13 41.28	200m: 2:42.74	43.00	300m: 4:10.13	43.50	400m: 5:33.70 40.53
4. Raquel Isis, PEREIRA	10	Louletano / Loule Concelho	5:33.98	332	
50m: 38.74 38.74	150m: 2:03.90	42.66	250m: 3:28.06	42.28	350m: 4:52.16 43.17
100m: 1:21.24 42.50	200m: 2:45.78	41.88	300m: 4:08.99	40.93	400m: 5:33.98 41.82
5. Bruna Catarina, GUERREIRO	10	Louletano / Loule Concelho	5:44.82	301	
50m: 36.56 36.56	150m: 2:01.19	43.56	250m: 3:29.07	44.39	350m: 5:00.90 46.11
100m: 1:17.63 41.07	200m: 2:44.68	43.49	300m: 4:14.79	45.72	400m: 5:44.82 43.92
6. Jill, SHOETERS	10	RIA Aqua Tavira	5:49.81	289	
50m: 38.19 38.19	150m: 2:04.94	44.00	250m: 3:36.56	45.64	350m: 5:06.88 45.07
100m: 1:20.94 42.75	200m: 2:50.92	45.98	300m: 4:21.81	45.25	400m: 5:49.81 42.93

Juvenis A

1. Annabela Veronika, FARCAS	09	FC Ferreiras/AlgarExperience	4:58.96	463	
50m: 34.79 34.79	150m: 1:51.14	38.49	250m: 3:07.59	38.17	350m: 4:23.25 37.77
100m: 1:12.65 37.86	200m: 2:29.42	38.28	300m: 3:45.48	37.89	400m: 4:58.96 35.71
2. Margarida Santos, JESUS	09	Natacao de Olhao	5:03.66	441	
50m: 34.48 34.48	150m: 1:50.69	38.28	250m: 3:07.34	38.43	350m: 4:25.09 39.18
100m: 1:12.41 37.93	200m: 2:28.91	38.22	300m: 3:45.91	38.57	400m: 5:03.66 38.57
3. Lara Sofia, AGUAS	09	Lagoa AC	5:10.87	411	
50m: 34.65 34.65	150m: 1:51.96	39.05	250m: 3:11.26	39.55	350m: 4:31.05 40.05
100m: 1:12.91 38.26	200m: 2:31.71	39.75	300m: 3:51.00	39.74	400m: 5:10.87 39.82
4. Tessa De, OLIVEIRA	09	Lagoa AC	5:33.73	332	
50m: 36.67 36.67	150m: 2:01.12	43.17	250m: 3:28.24	43.67	350m: 4:53.98 42.52
100m: 1:17.95 41.28	200m: 2:44.57	43.45	300m: 4:11.46	43.22	400m: 5:33.73 39.75

Juniores

1. Ana Urbina, LOZADA	08	Louletano / Loule Concelho	4:37.26	580	
50m: 31.61 31.61	150m: 1:39.15	34.25	250m: 2:49.49	35.42	350m: 4:01.17 35.85
100m: 1:04.90 33.29	200m: 2:14.07	34.92	300m: 3:25.32	35.83	400m: 4:37.26 36.09
2. Mia Alena, WERUM	07	Lagoa AC	4:53.61	488	
50m: 33.16 33.16	150m: 1:46.11	37.11	250m: 3:00.61	37.52	350m: 4:17.04 38.03
100m: 1:09.00 35.84	200m: 2:23.09	36.98	300m: 3:39.01	38.40	400m: 4:53.61 36.57

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Prova 36, Femin., 400m Livres, Juniores

Lugar					Ano					Tempo final	Pts	
3.	Ana Margarida, CERQUEIRA				07	Louletano / Loule Concelho				4:55.14	481	
	50m:	33.84	33.84	150m:	1:47.95	37.46	250m:	3:03.24	37.85	350m:	4:18.79	37.91
	100m:	1:10.49	36.65	200m:	2:25.39	37.44	300m:	3:40.88	37.64	400m:	4:55.14	36.35
4.	Julia Norte, DRENTJE				07	Louletano / Loule Concelho				4:56.21	476	
	50m:	33.79	33.79	150m:	1:47.05	36.83	250m:	3:02.91	38.10	350m:	4:19.44	38.58
	100m:	1:10.22	36.43	200m:	2:24.81	37.76	300m:	3:40.86	37.95	400m:	4:56.21	36.77
5.	Ines Filipe, ANTUNES				07	RIA Aqua Tavira				5:19.76	378	
	50m:	35.41	35.41	150m:	1:55.72	41.00	250m:	3:18.48	41.28	350m:	4:40.65	40.75
	100m:	1:14.72	39.31	200m:	2:37.20	41.48	300m:	3:59.90	41.42	400m:	5:19.76	39.11
6.	Barbara Ribeiro, LOUREIRO				07	Portinado				5:37.45	322	
	50m:	37.67	37.67	150m:	2:02.65	43.18	250m:	3:30.99	44.70	350m:	4:59.40	44.37
	100m:	1:19.47	41.80	200m:	2:46.29	43.64	300m:	4:15.03	44.04	400m:	5:37.45	38.05
7.	Ines Maria, SANTANA				08	RIA Aqua Tavira				5:38.79	318	
	50m:	36.66	36.66	150m:	2:01.77	43.80	250m:	3:29.65	44.06	350m:	4:56.70	43.27
	100m:	1:17.97	41.31	200m:	2:45.59	43.82	300m:	4:13.43	43.78	400m:	5:38.79	42.09
8.	Lia, GUERREIRO				08	RIA Aqua Tavira				5:41.29	311	
	50m:	36.38	36.38	150m:	2:01.23	43.05	250m:	3:28.69	43.52	350m:	4:58.27	45.44
	100m:	1:18.18	41.80	200m:	2:45.17	43.94	300m:	4:12.83	44.14	400m:	5:41.29	43.02

Seniores

1.	Ana Teresa, ROMAO				06	FC Ferreiras/AlgarExperience				4:51.23	500	
	50m:	33.03	33.03	150m:	1:45.93	36.52	250m:	2:59.18	36.37	350m:	4:13.75	37.94
	100m:	1:09.41	36.38	200m:	2:22.81	36.88	300m:	3:35.81	36.63	400m:	4:51.23	37.48
2.	Carolina Simoes, GUERREIRO				06	RIA Aqua Tavira				5:01.69	450	
	50m:	34.78	34.78	150m:	1:50.84	38.47	250m:	3:08.79	38.99	350m:	4:25.27	38.06
	100m:	1:12.37	37.59	200m:	2:29.80	38.96	300m:	3:47.21	38.42	400m:	5:01.69	36.42
3.	Julia Basso, ADANI				06	Portinado				5:45.74	299	
	50m:	37.59	37.59	150m:	2:03.12	43.45	250m:	3:32.02	44.55	350m:	5:02.64	46.09
	100m:	1:19.67	42.08	200m:	2:47.47	44.35	300m:	4:16.55	44.53	400m:	5:45.74	43.10
EXH	Carlota San, MARTIN INGLESIAS				07	CTD Asturias				4:21.25	693	
	50m:	31.49	31.49	150m:	1:38.44	33.75	250m:	2:45.38	33.15	350m:	3:50.91	32.69
	100m:	1:04.69	33.20	200m:	2:12.23	33.79	300m:	3:18.22	32.84	400m:	4:21.25	30.34