

Campeonato Regional Cat 2024
Praia da Vitória, 1- - 3-3-2024

Prova 18
02-03-2024 - 10:10

Femin., 400m Livres

14 anos e mais velhos
Resultados

Juvenis B Fem Juv B: 6:00.00 / Juvenis A Fem Juv A: 5:45.00 / Juniores Fem Jun: 5:35.00 / Seniores Fem Sen: 5:25.00

Pontos: FINA 2021

Lugar			Ano					Tempo final	Pts	
Juvenis B										
1.	ROSA, Isabel Silva		10	Naval da Horta				5:00.28	472	
	50m:	35.25 35.25	150m:	1:50.05	37.47	250m:	3:06.42	37.88	350m:	4:22.95 38.17
	100m:	1:12.58 37.33	200m:	2:28.54	38.49	300m:	3:44.78	38.36	400m:	5:00.28 37.33
2.	VIEIRA, Sara Goncalves		10	Naval Praia da Vitoria				5:15.53	407	
	50m:	35.82 35.82	150m:	1:54.56	39.95	250m:	3:15.96	40.39	350m:	4:36.73 40.79
	100m:	1:14.61 38.79	200m:	2:35.57	41.01	300m:	3:55.94	39.98	400m:	5:15.53 38.80
3.	MEDEIROS, Barbara Pinheiro		10	Naval da Horta				5:57.76	279	
	50m:	40.67 40.67	150m:	2:10.71	45.09	250m:	3:41.86	45.50	350m:	5:13.76 45.42
	100m:	1:25.62 44.95	200m:	2:56.36	45.65	300m:	4:28.34	46.48	400m:	5:57.76 44.00
Juvenis A										
1.	CARDOSO, Raquel Campos		09	Bombeiros de Ponta Delgada				4:45.79	548	
	50m:	33.13 33.13	150m:	1:45.96	37.31	250m:	2:58.49	36.14	350m:	4:10.16 35.97
	100m:	1:08.65 35.52	200m:	2:22.35	36.39	300m:	3:34.19	35.70	400m:	4:45.79 35.63
2.	COSTA, Maria Joao		09	Bombeiros Ribeira Grande				5:17.93	398	
	50m:	35.02 35.02	150m:	1:53.51	39.76	250m:	3:15.16	41.07	350m:	4:37.79 41.14
	100m:	1:13.75 38.73	200m:	2:34.09	40.58	300m:	3:56.65	41.49	400m:	5:17.93 40.14
3.	CUNHA, Beatriz Rosa		09	Clube Desportivo Escolar de Ag				5:47.45	305	
	50m:	35.82 35.82	150m:	2:00.12	43.59	250m:	3:30.47	44.98	350m:	5:03.44 47.21
	100m:	1:16.53 40.71	200m:	2:45.49	45.37	300m:	4:16.23	45.76	400m:	5:47.45 44.01
Juniores										
1.	SILVA, Mariana Medeiros		08	Naval da Horta				5:13.69	414	
	50m:	35.49 35.49	150m:	1:54.91	40.40	250m:	3:15.03	39.80	350m:	4:34.80 39.55
	100m:	1:14.51 39.02	200m:	2:35.23	40.32	300m:	3:55.25	40.22	400m:	5:13.69 38.89
2.	CUNHA, Matilde Rosa		08	Clube Desportivo Escolar de Ag				5:31.95	349	
	50m:	36.51 36.51	150m:	1:58.49	41.07	250m:	3:22.54	42.45	350m:	4:49.20 43.77
	100m:	1:17.42 40.91	200m:	2:40.09	41.60	300m:	4:05.43	42.89	400m:	5:31.95 42.75
Seniores										
1.	SILVEIRA, Sofia Pereira		05	Clube Naval de Ponta Delgada				5:15.52	407	
	50m:	36.57 36.57	150m:	1:57.08	40.50	250m:	3:17.30	39.59	350m:	4:36.69 39.78
	100m:	1:16.58 40.01	200m:	2:37.71	40.63	300m:	3:56.91	39.61	400m:	5:15.52 38.83