

Campeonato Regional de Juvenis e Absoluto 2024
Braga, 22 - 24/3/2024

Prova 2	Femin., 400m Livres				Absolutos
22/03/2024 - 18:18					Resultados
Rec. Reg. ANMinho Open	4:08.53	Tamila Hryhorivna Holub	SCB	Leiria	10/12/2022
Rec. Reg. ANMinho Sen	4:08.53	Tamila Hryhorivna Holub	SCB	Leiria	10/12/2022
Rec. Reg. ANMinho Jun 2	4:10.52	Tamila Hryhorivna Holub	SCB	Porto	12/12/2015
Rec. Reg. ANMinho Jun 1	4:15.43	Tamila Hryhorivna Holub	SCB	Porto	20/12/2014
Rec. Reg. ANMinho Juv A	4:20.32	Tamila Hryhorivna Holub	SCB	Vila Praia de Âncora	15/03/2014
Rec. Reg. ANMinho Juv B	4:25.47	Tamila Hryhorivna Holub	SCB	Abrantes	13/04/2013

Pontos: FINA 2023

Lugar	Ano		Tempo final		Pts
Juvenis B					
1.	Ana Jose Marques	10 Braga	4:44.59	536	
	50m: 32.35 32.35	200m: 2:18.89 1:11.47	400m: 4:44.59 1:12.72		
	100m: 1:07.42 35.07	300m: 3:31.87 1:12.98			
2.	Ana Laura Nogueira	10 Braga	4:48.50	515	
	50m: 34.20 34.20	200m: 2:22.29 1:12.22	400m: 4:48.50 1:13.20		
	100m: 1:10.07 35.87	300m: 3:35.30 1:13.01			
3.	Mariana Mesquita Fernandes	10 Braga	4:50.69	503	
	50m: 32.78 32.78	200m: 2:19.81 1:12.25	400m: 4:50.69 1:16.27		
	100m: 1:07.56 34.78	250m: 3:34.42 1:14.61			
4.	Erica Isabel Sousa	10 Viana Natacao	5:42.93	306	
	50m: 37.44 37.44	200m: 2:46.79 1:27.56	400m: 5:42.93 1:27.92		
	100m: 1:19.23 41.79	300m: 4:15.01 1:28.22			
5.	Diana Filipa Rodrigues	10 Amigos da Montanha	5:47.56	294	
	50m: 36.11 36.11	200m: 2:45.63 1:28.84	400m: 5:47.56 1:31.82		
	100m: 1:16.79 40.68	300m: 4:15.74 1:30.11			
Juvenis A					
1.	Matilde Esteves Magalhaes	09 Sporting Caminha	5:10.27	414	
	50m: 33.16 33.16	200m: 2:30.68 1:19.28	400m: 5:10.27 1:18.59		
	100m: 1:11.40 38.24	300m: 3:51.68 1:21.00			
Absolutos (Jun + Sen)					
1.	Ines Santos Amorim	06 Desportiva de Viana	4:23.15	679	
	50m: 30.24 30.24	200m: 2:09.24 1:06.46	400m: 4:23.15 1:07.16		
	100m: 1:02.78 32.54	300m: 3:15.99 1:06.75			
2.	Margarida Vieira Pinto	07 Braga	4:26.62	652	
	50m: 30.60 30.60	200m: 2:10.39 1:07.10	400m: 4:26.62 1:07.60		
	100m: 1:03.29 32.69	300m: 3:19.02 1:08.63			
3.	Carolina Esteves Peixoto	06 Braga	4:27.30	647	
	50m: 30.58 30.58	200m: 2:10.71 1:07.63	400m: 4:27.30 1:08.39		
	100m: 1:03.08 32.50	300m: 3:18.91 1:08.20			
4.	Maria Gomes Neves	08 Braga	4:30.28	626	
	50m: 30.82 30.82	200m: 2:11.21 1:07.44	400m: 4:30.28 1:10.34		
	100m: 1:03.77 32.95	300m: 3:19.94 1:08.73			
5.	Diana Gomes Freitas	08 Amigos da Montanha	4:39.26	568	
	50m: 31.71 31.71	200m: 2:14.63 1:09.73	400m: 4:39.26 1:12.35		
	100m: 1:04.90 33.19	300m: 3:26.91 1:12.28			
6.	Rita Cunha Gomes	07 Viana Natacao	4:45.58	531	
	50m: 33.72 33.72	200m: 2:21.49 1:12.28	400m: 4:45.58 1:12.05		
	100m: 1:09.21 35.49	300m: 3:33.53 1:12.04			
7.	Matilde Rodrigues Marques	08 Viana Natacao	5:00.47	456	
	50m: 33.54 33.54	200m: 2:25.69 1:15.46	400m: 5:00.47 1:17.45		
	100m: 1:10.23 36.69	300m: 3:43.02 1:17.33			

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Lugar			Ano			Tempo final	Pts
8.	Maria Miguel Rigor		06	Viana Natacao		5:19.27	380
	50m:	36.69 36.69	200m:	2:36.68 1:20.65	400m:	5:19.27 1:20.94	
	100m:	1:16.03 39.34	300m:	3:58.33 1:21.65			
9.	Mafalda Miranda Vieira		07	Sporting Caminha		5:21.40	372
	50m:	34.84 34.84	200m:	2:35.29 1:21.26	400m:	5:21.40 1:23.38	
	100m:	1:14.03 39.19	300m:	3:58.02 1:22.73			
10.	Ariana Cristina Fernandes		08	Sporting Caminha		5:29.70	345
	50m:	36.54 36.54	200m:	2:40.11 1:23.92	400m:	5:29.70 1:24.13	
	100m:	1:16.19 39.65	300m:	4:05.57 1:25.46			
EXH	Ana Carolina Cruz		08	Famalicão		4:41.96	552
	50m:	31.75 31.75	200m:	2:18.19 1:11.79	400m:	4:41.96 1:11.25	
	100m:	1:06.40 34.65	300m:	3:30.71 1:12.52			
EXH	Mafalda Brandao Reis		09	Famalicão		4:56.07	476
	50m:	34.16 34.16	200m:	2:26.50 1:15.43	400m:	4:56.07 1:14.13	
	100m:	1:11.07 36.91	300m:	3:41.94 1:15.44			
EXH	Maria Manuel Braz		09	Ginasio de Vila Real		5:02.83	445
	50m:	33.28 33.28	200m:	2:27.54 1:17.28	400m:	5:02.83 1:17.05	
	100m:	1:10.26 36.98	300m:	3:45.78 1:18.24			
EXH	Maria Ines Mesquita		10	Ginasio de Vila Real		5:09.81	416
	50m:	34.34 34.34	200m:	2:29.46 1:17.82	400m:	5:09.81 1:21.52	
	100m:	1:11.64 37.30	300m:	3:48.29 1:18.83			