

XXXI Torneio Cidade de Estremoz
Estremoz, 11/5/2024

Prova 1 Femin., 400m Livres 12 anos e mais velhos
11/05/2024 - 9:30 Resultados

Recordes Regionais Piscina Curta Open	4:13.53	Ana Reis SOUSA	CNLA	Porto	09/12/2017
Recordes Regionais Piscina Curta 18 +	4:45.63	Sofia Oliveira SILVA	CNLA	Sines	25/04/2024
Recordes Regionais Piscina Curta 17	4:43.90	Sofia Cristina GRILO	Ind ANALEP	Ponte de Sôr	15/03/2014
Recordes Regionais Piscina Curta 16	4:13.53	Ana Reis SOUSA	CNLA	Porto	09/12/2017
Recordes Regionais Piscina Curta 15	4:31.62	Ana Reis SOUSA	CNLA	Abrantes	27/11/2016
Recordes Regionais Piscina Curta 14	4:38.31	Ana Reis SOUSA	CNLA	Caldas da Rainha	29/11/2015
Recordes Regionais Piscina Curta 13	4:49.18	Joana ESCARIA	AMINATA	Tomar	11/05/2003
Recordes Regionais Piscina Curta 12	5:16.44	Eliana Vilhena MARTINS	Ind ANALEP	Beja	03/06/2006

Pontos: FINA 2023

Lugar Nome Idade Licença Clube Tempo Pontos

12 - 13 anos

1. Maria Leonor ESTANISLAU	13	215482	A ONDA	5:55.88	274
50m: 39.56 39.56	150m: 2:10.52 46.48	250m: 3:43.03 46.30	350m: 5:13.58 45.15		
100m: 1:24.04 44.48	200m: 2:56.73 46.21	300m: 4:28.43 45.40	400m: 5:55.88 42.30		
2. Teresa Ribeiro ROCHA	13	218395	Aminata	6:05.88	252
50m: 40.06 40.06	150m: 2:13.60 46.73	250m: 3:47.06 46.63	350m: 5:20.50 45.45		
100m: 1:26.87 46.81	200m: 3:00.43 46.83	300m: 4:35.05 47.99	400m: 6:05.88 45.38		
3. Margarida Maria BEATO	13	217851	GSC Grândola Sports Club	6:12.43	239
50m: 39.07 39.07	150m: 2:12.44 47.76	250m: 3:48.79 48.44	350m: 5:26.04 48.40		
100m: 1:24.68 45.61	200m: 3:00.35 47.91	300m: 4:37.64 48.85	400m: 6:12.43 46.39		
4. Maria Leonor GALINDRO	13	212180	Estremoz / Estremozcarnes	7:00.62	166
50m: 47.02 47.02	150m: 2:32.73 54.01	250m: 4:21.94 54.87	350m: 6:09.98 53.56		
100m: 1:38.72 51.70	200m: 3:27.07 54.34	300m: 5:16.42 54.48	400m: 7:00.62 50.64		
5. Ana Carolina JANEIRO	12	218746	Portalegre	7:16.63	148
50m: 47.74 47.74	150m: 2:37.05 56.72	250m: 4:30.02 56.33	350m: 6:23.35 56.41		
100m: 1:40.33 52.59	200m: 3:33.69 56.64	300m: 5:26.94 56.92	400m: 7:16.63 53.28		
6. Maria Leonor FEIJAO	12	211594	Grupo Desportivo Mora	8:27.88	94
50m: 56.29 56.29	150m: 3:10.81 1:10.76	250m: 5:17.94 1:04.99	350m: 7:27.72 1:04.97		
100m: 2:00.05 1:03.76	200m: 4:12.95 1:02.14	300m: 6:22.75 1:04.81	400m: 8:27.88 1:00.16		

14 anos e mais velhos

1. Filipa Maria PEREIRA	18	201139	Aminata	4:58.62	464
50m: 34.20 34.20	150m: 1:48.86 37.84	250m: 3:05.82 38.55	350m: 4:22.11 38.24		
100m: 1:11.02 36.82	200m: 2:27.27 38.41	300m: 3:43.87 38.05	400m: 4:58.62 36.51		
2. Ines Maria ESCARDUCA	16	202744	Elvense	5:05.29	434
50m: 32.56 32.56	150m: 1:46.46 37.54	250m: 3:03.78 38.84	350m: 4:22.92 40.21		
100m: 1:08.92 36.36	200m: 2:24.94 38.48	300m: 3:42.71 38.93	400m: 5:05.29 42.37		
3. Rita Isabel OLIVEIRA	14	216105	Estremoz / Estremozcarnes	5:50.13	288
50m: 36.76 36.76	150m: 2:02.79 43.89	250m: 3:32.97 45.26	350m: 5:05.79 46.35		
100m: 1:18.90 42.14	200m: 2:47.71 44.92	300m: 4:19.44 46.47	400m: 5:50.13 44.34		
4. Sofia Espada PASSECHNIKOFF	14	218697	GSC Grândola Sports Club	6:05.82	252
50m: 39.42 39.42	150m: 2:10.54 46.69	250m: 3:44.44 47.26	350m: 5:20.27 48.04		
100m: 1:23.85 44.43	200m: 2:57.18 46.64	300m: 4:32.23 47.79	400m: 6:05.82 45.55		