

Campeonatos de Regionais de Clubes Inf e Abs
LAGOS, 25 - 26/5/2024

Prova 46	Femin., 400m Livres				Absolutos
26/05/2024 - 12:29					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 17	4:27.66	Beatriz Silva, LOURO	LDC	Leiria	09/12/2023
Recordes Regionais 16	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
Recordes Regionais Inf. B	4:47.32	Carolina Silva, GODINHO	CNFA	Olhao	21/10/2007

Pontos: FINA 2024

Lugar	Ano		Tempo final		Pts
1. Ana Teresa, ROMAO	06	FC Ferreiras/AlgarExperience	4:41.07		
50m: 32.71 32.71	150m: 1:43.66 35.51	250m: 2:55.09 35.23	350m: 4:06.16 35.44		
100m: 1:08.15 35.44	200m: 2:19.86 36.20	300m: 3:30.72 35.63	400m: 4:41.07 34.91		
2. Margarida Maria, LUIZ	08	Lagoa AC	4:41.49		
50m: 32.25 32.25	150m: 1:42.50 35.27	250m: 2:54.17 35.87	350m: 4:06.75 36.53		
100m: 1:07.23 34.98	200m: 2:18.30 35.80	300m: 3:30.22 36.05	400m: 4:41.49 34.74		
3. Carolina Melo, LOPES	10	Portinado	4:50.28		
50m: 32.39 32.39	150m: 1:44.18 36.58	250m: 2:58.10 37.63	350m: 4:13.75 38.08		
100m: 1:07.60 35.21	200m: 2:20.47 36.29	300m: 3:35.67 37.57	400m: 4:50.28 36.53		
4. Margarida Santos, JESUS	09	Natacao de Olhao	4:58.28		
50m: 34.19 34.19	150m: 1:49.27 37.51	250m: 3:05.16 37.93	350m: 4:21.76 38.52		
100m: 1:11.76 37.57	200m: 2:27.23 37.96	300m: 3:43.24 38.08	400m: 4:58.28 36.52		
5. Carolina Simoes, GUERREIRO	06	RIA Aqua Tavira	5:07.31		
50m: 34.39 34.39	150m: 1:51.03 38.83	250m: 3:09.85 39.68	350m: 4:29.13 39.58		
100m: 1:12.20 37.81	200m: 2:30.17 39.14	300m: 3:49.55 39.70	400m: 5:07.31 38.18		
6. Maria Serrano, TELES	08	Natação de Lagos	5:21.80		
50m: 36.97 36.97	150m: 2:00.34 41.84	250m: 3:22.79 41.09	350m: 4:43.84 40.28		
100m: 1:18.50 41.53	200m: 2:41.70 41.36	300m: 4:03.56 40.77	400m: 5:21.80 37.96		
EXH Clara Alexandra, VICENTE	09	Lagoa AC	4:54.30		
50m: 34.43 34.43	150m: 1:48.50 36.92	250m: 3:03.52 37.82	350m: 4:18.55 37.56		
100m: 1:11.58 37.15	200m: 2:25.70 37.20	300m: 3:40.99 37.47	400m: 4:54.30 35.75		
EXH Ines Filipa, MATEUS	10	Lagoa AC	5:03.97		
50m: 33.20 33.20	150m: 1:48.40 38.48	250m: 3:06.88 39.10	350m: 4:26.01 39.86		
100m: 1:09.92 36.72	200m: 2:27.78 39.38	300m: 3:46.15 39.27	400m: 5:03.97 37.96		
EXH Lara Sofia, AGUAS	09	Lagoa AC	5:09.27		
50m: 35.05 35.05	150m: 1:52.44 39.00	250m: 3:11.29 39.52	350m: 4:30.82 39.64		
100m: 1:13.44 38.39	200m: 2:31.77 39.33	300m: 3:51.18 39.89	400m: 5:09.27 38.45		
EXH Annabela Veronika, FARCAS	09	FC Ferreiras/AlgarExperience	5:09.87		
50m: 35.02 35.02	150m: 1:53.77 39.93	250m: 3:12.62 39.06	350m: 4:31.67 39.08		
100m: 1:13.84 38.82	200m: 2:33.56 39.79	300m: 3:52.59 39.97	400m: 5:09.87 38.20		
EXH Maria Ines, PONTE	10	Portinado	5:22.18		
50m: 36.35 36.35	150m: 1:57.39 41.50	250m: 3:20.98 41.91	350m: 4:44.63 41.73		
100m: 1:15.89 39.54	200m: 2:39.07 41.68	300m: 4:02.90 41.92	400m: 5:22.18 37.55		
EXH Polina, VODA	08	Natação de Lagos	5:33.03		
50m: 28.61 28.61	150m: 1:57.80 43.76	250m: 3:24.93 43.46	350m: 4:51.55 42.71		
100m: 1:14.04 45.43	200m: 2:41.47 43.67	300m: 4:08.84 43.91	400m: 5:33.03 41.48		