

Torneio Regional de Fundo e Nadador Completo
Grândola, 18/5/2024

Prova 4 Femin., 400m Estilos 12 - 15 anos
18/05/2024 - 9:50 Resultados

Recordes Regionais Piscina Curta Open	4:55.96	Ana Reis SOUSA	CNLA	Porto	08/12/2017
Recordes Regionais Piscina Curta 15	5:28.55	Nicoleta LASCU	CNLA	Sines	12/11/2016
Recordes Regionais Piscina Curta 14	5:29.14	Ana Reis SOUSA	CNLA	Setubal	04/12/2015
Recordes Regionais Piscina Curta 13	5:49.79	Ines Bicho FADISTA	AMINATA	Sto Antonio Cavaleiros	15/03/2013
Recordes Regionais Piscina Curta 12	6:06.33	Carolina Pastor ESCADA	AMINATA	Sto Antonio Cavaleiros	16/03/2012

Pontos: FINA 2023

Lugar Nome Idade Clube Tempo final Pts

12 anos

1. Inês ROCHA	12	Seagull Rescue								6:45.38	260
50m: 41.20 41.20	150m: 2:26.61 55.97	250m: 4:17.23 54.01	350m: 6:02.56 46.42	100m: 1:30.64 49.44	200m: 3:23.22 56.61	300m: 5:16.14 58.91	400m: 6:45.38 42.82				
2. Mafalda NUNES	12	Seagull Rescue								7:00.65	233
50m: 44.18 44.18	150m: 2:36.38 55.81	250m: 4:30.84 59.79	350m: 6:16.83 46.00	100m: 1:40.57 56.39	200m: 3:31.05 54.67	300m: 5:30.83 59.99	400m: 7:00.65 43.82				
3. Carolina Paixao CENICO	12	Acmn								7:07.59	222
50m: 49.70 49.70	150m: 2:42.51 54.73	250m: 4:41.13 1:01.19	350m: 6:26.56 47.16	100m: 1:47.78 58.08	200m: 3:39.94 57.43	300m: 5:39.40 58.27	400m: 7:07.59 41.03				
4. Lara Sofia GONCALVES	12	Litoral Alentejano								7:22.72	200
50m: 48.58 48.58	150m: 2:47.18 54.24	250m: 4:41.41 1:00.45	350m: 6:34.27 51.10	100m: 1:52.94 1:04.36	200m: 3:40.96 53.78	300m: 5:43.17 1:01.76	400m: 7:22.72 48.45				
5. Filipa Serrao ROSARIO	12	Litoral Alentejano								7:39.34	179
50m: 55.95 55.95	150m: 2:57.54 57.82	250m: 4:57.36 1:03.13	350m: 6:52.07 49.41	100m: 1:59.72 1:03.77	200m: 3:54.23 56.69	300m: 6:02.66 1:05.30	400m: 7:39.34 47.27				
6. Ariana Nunes BATISTA	12	GSC Grândola Sports Club								8:00.75	156
50m: 57.90 57.90	150m: 3:06.14 1:00.62	250m: 5:05.91 1:02.83	350m: 7:04.59 54.52	100m: 2:05.52 1:07.62	200m: 4:03.08 56.94	300m: 6:10.07 1:04.16	400m: 8:00.75 56.16				
7. Ines Oliveira GOMES	12	Ndco								8:13.93	144
50m: 57.75 57.75	150m: 3:03.18 1:01.79	250m: 5:17.79 1:11.58	350m: 7:19.58 51.86	100m: 2:01.39 1:03.64	200m: 4:06.21 1:03.03	300m: 6:27.72 1:09.93	400m: 8:13.93 54.35				
8. Beatriz Silva MORAIS	12	Ndco								8:16.72	141
50m: 56.86 56.86	150m: 4:03.38	250m: 5:13.40 1:10.02	350m: 6:45.98 55.61	100m: 2:07.25 1:10.39	200m: 4:03.38	300m: 5:50.37 36.97	400m: 8:16.72 1:30.74				
DSQ Ines Borges COSTA	12	Ndco									
<i>722 - Tocou com uma mão na parede na viragem aos 300 m - SW 7.6, Bruços</i>											
DSQ Madalena Santos MACHADO	12	Ndco									
<i>612 - Perdeu posição dorsal após a viragem aos 100 metros SW 6.2</i>											

13 anos

1. Maria Goncalves OLIVEIRA	13	Ndco								6:11.85	337
50m: 39.79 39.79	150m: 2:14.64 46.12	250m: 3:51.15 51.74	350m: 5:29.07 43.72	100m: 1:28.52 48.73	200m: 2:59.41 44.77	300m: 4:45.35 54.20	400m: 6:11.85 42.78				
2. Ines Diogo MESTRE	13	Aljustrelense								6:15.86	326
50m: 39.21 39.21	150m: 2:15.64 48.14	250m: 3:54.78 53.52	350m: 5:34.01 44.11	100m: 1:27.50 48.29	200m: 3:01.26 45.62	300m: 4:49.90 55.12	400m: 6:15.86 41.85				
3. Teresa Ribeiro ROCHA	13	Aminata								6:56.13	240
50m: 43.71 43.71	150m: 2:36.70 55.38	250m: 4:25.61 58.45	350m: 6:10.83 45.43	100m: 1:41.32 57.61	200m: 3:27.16 50.46	300m: 5:25.40 59.79	400m: 6:56.13 45.30				
4. Constanca Alves MATOS	13	Litoral Alentejano								7:01.80	231
50m: 43.12 43.12	150m: 2:34.01 54.48	250m: 4:18.63 50.07	350m: 6:13.11 57.05	100m: 1:39.53 56.41	200m: 3:28.56 54.55	300m: 5:16.06 57.43	400m: 7:01.80 48.69				
5. Margarida Maria BEATO	13	GSC Grândola Sports Club								7:10.17	218
50m: 47.53 47.53	150m: 2:41.63 55.21	250m: 4:36.53 59.46	350m: 6:24.94 46.73	100m: 1:46.42 58.89	200m: 3:37.07 55.44	300m: 5:38.21 1:01.68	400m: 7:10.17 45.23				

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Prova 4, Femin., 400m Estilos, 13 anos

Lugar	Nome	Idade	Clube	Tempo final	Pts
6.	Inês SILVÉRIO	13	Seagull Rescue	7:38.92	179
	50m: 47.10 47.10	150m: 2:53.15	1:03.05	250m: 4:51.20	59.22
	100m: 1:50.10 1:03.00	200m: 3:51.98	58.83	300m: 5:54.34	1:03.14
				350m: 6:47.71	53.37
				400m: 7:38.92	51.21
7.	Eva MATIAS	13	Seagull Rescue	8:12.90	144
	50m: 50.97 50.97	150m: 3:01.78	1:05.23	250m: 5:08.69	1:04.43
	100m: 1:56.55 1:05.58	200m: 4:04.26	1:02.48	300m: 6:16.44	1:07.75
				350m: 7:16.06	59.62
				400m: 8:12.90	56.84
DSQ	Melanie Munha INACIO	13	Litoral Alentejano		
	<i>809 - Movimento alternado de pernas durante o percurso - SW 8.3, Mariposa</i>				

14 anos

1.	Leonor Duarte GONCALVES	14	Ndco	6:20.27	315
	50m: 39.43 39.43	150m: 2:17.02	49.70	250m: 4:00.18	54.05
	100m: 1:27.32 47.89	200m: 3:06.13	49.11	300m: 4:56.97	56.79
				350m: 5:38.55	41.58
				400m: 6:20.27	41.72
2.	Beatriz Coelho SANTOS	14	Acmn	6:40.37	270
	50m: 42.43 42.43	150m: 2:29.58	54.06	250m: 4:17.79	57.60
	100m: 1:35.52 53.09	200m: 3:20.19	50.61	300m: 5:16.29	58.50
				350m: 6:00.13	43.84
				400m: 6:40.37	40.24
3.	Rita Isabel OLIVEIRA	14	Estremoz / Estremozcarnes	6:42.36	266
	50m: 40.92 40.92	150m: 2:26.17	55.32	250m: 4:16.15	56.36
	100m: 1:30.85 49.93	200m: 3:19.79	53.62	300m: 5:13.59	57.44
				350m: 5:59.22	45.63
				400m: 6:42.36	43.14
4.	Sofia Espada PASSECHNIKOFF	14	GSC Grândola Sports Club	6:47.58	256
	50m: 42.39 42.39	150m: 2:26.62	53.84	250m: 4:18.32	59.83
	100m: 1:32.78 50.39	200m: 3:18.49	51.87	300m: 5:18.96	1:00.64
				350m: 6:04.75	45.79
				400m: 6:47.58	42.83
5.	Maria Leonor LADEIRAS	14	Acmn	7:09.67	218
	50m: 45.88 45.88	150m: 2:40.41	54.48	250m: 4:36.56	1:00.03
	100m: 1:45.93 1:00.05	200m: 3:36.53	56.12	300m: 5:39.16	1:02.60
				350m: 6:25.65	46.49
				400m: 7:09.67	44.02
6.	Camila CARDOSO	14	Seagull Rescue	7:37.13	181
	50m: 44.50 44.50	150m: 2:39.49	58.32	250m: 4:42.06	1:04.96
	100m: 1:41.17 56.67	200m: 3:37.10	57.61	300m: 5:50.37	1:08.31
				350m: 6:45.98	55.61
				400m: 7:37.13	51.15

15 anos

1.	Madalena Miguens PUCARINHAS	15	Estremoz / Estremozcarnes	6:22.77	309
	50m: 38.75 38.75	150m: 2:13.08	45.52	250m: 3:55.36	56.97
	100m: 1:27.56 48.81	200m: 2:58.39	45.31	300m: 4:56.88	1:01.52
				350m: 5:40.92	44.04
				400m: 6:22.77	41.85
2.	Joana Afonso BANZA	15	Aljustrelense	6:27.16	299
	50m: 38.58 38.58	150m: 2:15.93	48.85	250m: 4:04.21	58.35
	100m: 1:27.08 48.50	200m: 3:05.86	49.93	300m: 5:02.49	58.28
				350m: 5:44.55	42.06
				400m: 6:27.16	42.61