

Prova de Preparação PL
Loulé, 1 - 2/6/2024

Prova 7	Femin., 400m Livres				Absolutos
01/06/2024 - 17:03					Resultados
Recordes Regionais (PL) Open	4:29.00	Anna, FOMINA	LDC	Oeiras	09/04/2022
Recordes Regionais (PL) Sen	4:31.62	Anna, FOMINA	LDC	Coimbra	02/04/2022
Recordes Regionais (PL) Jun. 2	4:32.76	Catia Raquel, MARTINHEIRA	LDC	Coimbra	06/04/2012
Recordes Regionais (PL) Jun. 1	4:29.83	Miriam Filipe, MARCOS	CNOL	Coimbra	01/04/2017
Recordes Regionais (PL) Juv A	4:35.72	Catia Raquel, MARTINHEIRA	LDC	Coimbra	10/04/2010
Recordes Regionais (PL) Juv B	4:38.01	Catia Raquel, MARTINHEIRA	LDC	Loule	04/07/2009
Recordes Regionais (PL) Inf. A	4:44.97	Miriam Filipe, MARCOS	CNOL	Loule	15/06/2014
Recordes Regionais (PL) Inf. B	4:58.44	Carolina Maeiro, AUGUSTO	CNOL	Loule	07/07/2012

Pontos: FINA 2024

Lugar	Ano		Tempo final	Pts	100m	200m	300m	400m		
Infantis B										
1.		Bruna Filipa, BORRALHO	12	Lagoa AC	5:41.51	327	1:21.17	1:26.05	1:29.03	1:25.26
		50m:		150m:	250m:		350m:			
		100m:	1:21.17	200m:	300m:	4:16.25	400m:	5:41.51		
2.		Lara Ramos, MARQUES	12	Lagoa AC	6:16.58	244	1:29.81	1:38.05	1:36.71	1:32.01
		50m:		150m:	250m:		350m:			
		100m:	1:29.81	200m:	300m:	4:44.57	400m:	6:16.58		
3.		Elisa Martins, PESCADA	12	Naval de Faro	6:21.64	234	1:31.14	1:38.76	1:38.23	1:33.51
		50m:		150m:	250m:		350m:			
		100m:	1:31.14	200m:	300m:	4:48.13	400m:	6:21.64		
4.		Lara Sofia, SILVA	12	Louletano / Loule Concelho	6:48.85	190	1:38.29	1:45.00	1:45.07	1:40.49
		50m:		150m:	250m:		350m:			
		100m:	1:38.29	200m:	300m:	5:08.36	400m:	6:48.85		

Infantis A

1.		Angelina, LUTSIV	11	Lagoa AC	5:27.79	370	1:19.17	1:25.02	1:24.81	1:18.79
		50m:		150m:	250m:		350m:			
		100m:	1:19.17	200m:	300m:	4:09.00	400m:	5:27.79		
2.		Beatriz Marques, TEIXEIRA	11	Lagoa AC	5:43.18	322	1:22.87	1:29.06	1:28.47	1:22.78
		50m:		150m:	250m:		350m:			
		100m:	1:22.87	200m:	300m:	4:20.40	400m:	5:43.18		
3.		Isabel Grilo, OLIVEIRA	11	Lagoa AC	5:45.33	316	1:21.49	1:28.05	1:28.55	1:27.24
		50m:		150m:	250m:		350m:			
		100m:	1:21.49	200m:	300m:	4:18.09	400m:	5:45.33		
4.		Maria Julia, MENDONÇA	11	Nautico do Guadiana	5:55.59	290	1:23.82	1:30.72	1:32.01	1:29.04
		50m:		150m:	250m:		350m:			
		100m:	1:23.82	200m:	300m:	4:26.55	400m:	5:55.59		
5.		G., LOUZEIRO	11	Aquatico Silves	6:17.47	242	1:26.10	1:38.51	1:38.64	1:34.22
		50m:		150m:	250m:		350m:			
		100m:	1:26.10	200m:	300m:	4:43.25	400m:	6:17.47		
6.		Marta Martins, MARQUES	11	RIA Aqua Tavira	6:43.08	199	1:33.85	1:45.49	1:44.53	1:39.21
		50m:		150m:	250m:		350m:			
		100m:	1:33.85	200m:	300m:	5:03.87	400m:	6:43.08		
7.		F., SALAS	11	RIA Aqua Tavira	6:48.37	191	1:35.42	1:44.33	1:45.84	1:42.78
		50m:		150m:	250m:		350m:			
		100m:	1:35.42	200m:	300m:	5:05.59	400m:	6:48.37		

Juvenis B

1.		Ines Filipa, MATEUS	10	Lagoa AC	5:15.72	414	1:13.05	1:21.16	1:21.80	1:19.71
		50m:		150m:	250m:		350m:			
		100m:	1:13.05	200m:	300m:	3:56.01	400m:	5:15.72		
2.		Maria Ines, PONTE	10	Portinado	5:34.31	349	1:19.10	1:26.04	1:26.31	1:22.86
		50m:		150m:	250m:		350m:			
		100m:	1:19.10	200m:	300m:	4:11.45	400m:	5:34.31		
3.		S., SINYAKOVA	10	Nautico do Guadiana	5:39.39	333	1:18.27	1:25.53	1:28.08	1:27.51
		50m:		150m:	250m:		350m:			
		100m:	1:18.27	200m:	300m:	4:11.88	400m:	5:39.39		
4.		Leticia Coelho, BATISTA	10	Aquatico Silves	6:03.60	271	1:22.92	1:33.07	1:35.52	1:32.09
		50m:		150m:	250m:		350m:			
		100m:	1:22.92	200m:	300m:	4:31.51	400m:	6:03.60		

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Prova 7, Femin., 400m Livres

Juniores

1. B., LOUREIRO	07	Portinado	5:34.13	349	1:17.57	1:25.98	1:27.28	1:23.30
50m:		150m:	250m:		350m:			
100m: 1:17.57		200m: 2:43.55	300m: 4:10.83		400m: 5:34.13			
2. Rita Batista, OLIVEIRA	08	Louletano / Loule Concelho	6:00.45	278	1:20.52	1:32.07	1:33.92	1:33.94
50m:		150m:	250m:		350m:			
100m: 1:20.52		200m: 2:52.59	300m: 4:26.51		400m: 6:00.45			
3. Bruna Freitas, MARTINS	07	Beja	6:00.63	278	1:27.35	1:33.07	1:34.98	1:25.23
50m:		150m:	250m:		350m:			
100m: 1:27.35		200m: 3:00.42	300m: 4:35.40		400m: 6:00.63			