

TORREGRI III TORNEIO TÉCNICAS COMBINADAS  
LAGOS, 15 - 16/6/2024

Prova 1  
15/06/2024 - 15:30

Femin., 400m Livres

Cadetes A  
Resultados

Pontos: FINA 2023

Lugar			Ano					Tempo final	Pts
1.	Eva Maria, PASSOS		13	RIA Aqua Tavira				<b>6:01.55</b>	261
	50m:	41.55 41.55	150m:	2:12.65	46.62	250m:	3:47.94 47.65	350m:	5:21.21 46.52
	100m:	1:26.03 44.48	200m:	3:00.29	47.64	300m:	4:34.69 46.75	400m:	6:01.55 40.34
2.	Emma Neves, ALMEIDA		13	Natação de Lagos				<b>6:07.17</b>	249
	50m:	40.85 40.85	150m:	2:12.60	46.76	250m:	3:47.73 47.69	350m:	5:22.52 47.13
	100m:	1:25.84 44.99	200m:	3:00.04	47.44	300m:	4:35.39 47.66	400m:	6:07.17 44.65
3.	Luiza Marchette, MAIA		13	Louletano / Loule Concelho				<b>6:12.20</b>	239
	50m:	39.85 39.85	150m:	2:13.09	47.81	250m:	3:48.86 48.59	350m:	5:26.81 50.02
	100m:	1:25.28 45.43	200m:	3:00.27	47.18	300m:	4:36.79 47.93	400m:	6:12.20 45.39
4.	Barbara Barros, SILVA		13	Louletano / Loule Concelho				<b>6:19.64</b>	226
	50m:	42.04 42.04	150m:	2:15.83	47.66	250m:	3:53.83 49.40	350m:	5:33.40 49.86
	100m:	1:28.17 46.13	200m:	3:04.43	48.60	300m:	4:43.54 49.71	400m:	6:19.64 46.24
5.	Catarina, LUZ PISCHEL		13	Natacao de Faro				<b>6:29.53</b>	209
	50m:	43.26 43.26	150m:	2:22.47	50.19	250m:	4:03.39 50.63	350m:	5:42.09 48.79
	100m:	1:32.28 49.02	200m:	3:12.76	50.29	300m:	4:53.30 49.91	400m:	6:29.53 47.44
6.	Laura Cristovao, SOUSA		13	FC Ferreiras/AlgarExperience				<b>6:31.67</b>	205
	50m:	44.18 44.18	150m:	2:23.59	50.08	250m:	4:04.30 50.42	350m:	5:43.68 49.79
	100m:	1:33.51 49.33	200m:	3:13.88	50.29	300m:	4:53.89 49.59	400m:	6:31.67 47.99
7.	Mariana Sousa, FERNANDES		13	Naval de Faro				<b>6:37.11</b>	197
	50m:	43.64 43.64	150m:	2:22.69	50.51	250m:	4:07.02 51.51	350m:	5:49.39 51.03
	100m:	1:32.18 48.54	200m:	3:15.51	52.82	300m:	4:58.36 51.34	400m:	6:37.11 47.72
8.	Melissa Vasfi, IDRIZ		13	RIA Aqua Tavira				<b>6:49.77</b>	179
	50m:	44.32 44.32	150m:	2:26.24	51.78	250m:	4:12.83 52.97	350m:	5:58.10 52.74
	100m:	1:34.46 50.14	200m:	3:19.86	53.62	300m:	5:05.36 52.53	400m:	6:49.77 51.67
9.	Maria Inês, COUTINHO		13	Nautico do Guadiana				<b>6:52.75</b>	175
	50m:	47.66 47.66	150m:	2:34.80	54.04	250m:	4:21.05 52.73	350m:	6:03.71 50.37
	100m:	1:40.76 53.10	200m:	3:28.32	53.52	300m:	5:13.34 52.29	400m:	6:52.75 49.04
10.	Laura Ferreira, PANAO		13	Portinado				<b>6:55.25</b>	172
	50m:	43.63 43.63	150m:	2:29.05	53.60	250m:	4:16.87 53.37	350m:	6:03.99 52.54
	100m:	1:35.45 51.82	200m:	3:23.50	54.45	300m:	5:11.45 54.58	400m:	6:55.25 51.26
11.	Leonor Goncalves, MOURINHO		13	Portinado				<b>6:59.98</b>	167
	50m:	45.36 45.36	150m:	2:32.19	54.74	250m:	4:19.46 53.05	350m:	6:07.82 54.07
	100m:	1:37.45 52.09	200m:	3:26.41	54.22	300m:	5:13.75 54.29	400m:	6:59.98 52.16
12.	Carolina Isabel, FRIEZA		13	Aquatico Silves				<b>7:01.03</b>	165
	50m:	46.66 46.66	150m:	2:32.48	54.20	250m:	4:20.13 54.19	350m:	6:09.85 54.45
	100m:	1:38.28 51.62	200m:	3:25.94	53.46	300m:	5:15.40 55.27	400m:	7:01.03 51.18
13.	Janine Ganso, PERDIGAO		13	Lagoa AC				<b>7:05.02</b>	161
	50m:	47.44 47.44	150m:	2:31.60	52.78	250m:	4:21.85 56.49	350m:	6:10.77 55.26
	100m:	1:38.82 51.38	200m:	3:25.36	53.76	300m:	5:15.51 53.66	400m:	7:05.02 54.25
14.	Beatriz Matos, ROSA		13	Lagoa AC				<b>7:09.07</b>	156
	50m:	47.42 47.42	150m:	2:37.69	55.53	250m:	4:29.57 56.83	350m:	6:19.15 53.30
	100m:	1:42.16 54.74	200m:	3:32.74	55.05	300m:	5:25.85 56.28	400m:	7:09.07 49.92
15.	Leonor Branco, PIRES		13	Lagoa AC				<b>7:09.65</b>	156
	50m:	47.90 47.90	150m:	2:33.90	53.70	250m:	4:25.46 56.18	350m:	6:17.84 53.65
	100m:	1:40.20 52.30	200m:	3:29.28	55.38	300m:	5:24.19 58.73	400m:	7:09.65 51.81
16.	Maria Leonor, GUERREIRO		13	Natacao de Faro				<b>7:11.64</b>	153
	50m:	47.31 47.31	150m:	2:32.98	54.17	250m:	4:21.24 54.43	350m:	6:17.64 1:01.40
	100m:	1:38.81 51.50	200m:	3:26.81	53.83	300m:	5:16.24 55.00	400m:	7:11.64 54.00

Prova 1, Femin., 400m Livres, Cadetes A

Lugar	Ano	Tempo final	Pts
17. Milla Neves, ALMEIDA	13 Nataçao de Lagos	<b>7:23.03</b>	142
50m: 48.97 48.97 150m: 2:40.68 57.53 250m: 4:37.18 58.75 350m: 6:30.86 55.58			
100m: 1:43.15 54.18 200m: 3:38.43 57.75 300m: 5:35.28 58.10 400m: 7:23.03 52.17			
18. Carolina Cunha, CAVACAS	13 Nautico do Guadiana	<b>7:25.62</b>	139
50m: 51.47 51.47 150m: 2:46.05 58.75 250m: 4:42.90 58.35 350m: 6:38.50 57.20			
100m: 1:47.30 55.83 200m: 3:44.55 58.50 300m: 5:41.30 58.40 400m: 7:25.62 47.12			
19. Caetana Santos, BARTOLOMEU	13 Nautico do Guadiana	<b>7:29.92</b>	135
50m: 48.48 48.48 150m: 2:42.70 58.85 250m: 4:42.06 58.46 350m: 6:40.06 59.64			
100m: 1:43.85 55.37 200m: 3:43.60 1:00.90 300m: 5:40.42 58.36 400m: 7:29.92 49.86			
20. Isabela Guerreiro, MENDINHOS	13 Naval de Faro	<b>7:39.83</b>	127
50m: 49.50 49.50 150m: 2:46.37 59.35 250m: 4:47.85 1:00.81 350m: 6:42.52 56.59			
100m: 1:47.02 57.52 200m: 3:47.04 1:00.67 300m: 5:45.93 58.08 400m: 7:39.83 57.31			
DSQ Dalia, COSTA FERREIRA	13 Natacao de Faro		
<i>SW 4.4 - Falsa partida</i>			
DSQ Maria Beatriz, PARENTE	13 Portinado		
<i>SW 4.4 - Falsa partida</i>			