

Prova 11  
15/06/2024 - 10:55

400m Livres

11 - 12 anos  
Resultados

Pontos: FINA 2023

Lugar	Nome	Idade	Clube	Tempo Final				TReac	Pts FINA	Pts
<b>Cadetes A, Femin.</b>										
1.	CALDEIRA, Rita Vidigal	11	Elvense	<b>6:39.15</b>					194	
	50m: 43.21 43.21	150m: 2:21.60	50.38	250m: 4:05.46	52.37	350m: 5:50.60	53.51			
	100m: 1:31.22 48.01	200m: 3:13.09	51.49	300m: 4:57.09	51.63	400m: 6:39.15	48.55			
2.	COSTA, Andreia Lourenco	11	Natacao do Fundao/Girassol	<b>7:20.49</b>					144	
	50m: 49.92 49.92	150m: 2:42.81	57.15	250m: 4:37.52	57.80	350m: 6:33.05	57.79			
	100m: 1:45.66 55.74	200m: 3:39.72	56.91	300m: 5:35.26	57.74	400m: 7:20.49	47.44			
3.	COSTA, Margarida Rocha	11	Natacao do Fundao/Girassol	<b>7:29.92</b>					135	
	50m: 47.49 47.49	150m: 2:36.99	57.25	250m: 4:36.60	1:00.86	350m: 6:35.67	59.11			
	100m: 1:39.74 52.25	200m: 3:35.74	58.75	300m: 5:36.56	59.96	400m: 7:29.92	54.25			
4.	RODRIGUES, Mariana Isabel	11	Natacao do Fundao/Girassol	<b>7:39.70</b>					127	
	50m: 48.82 48.82	150m: 2:48.07	59.84	250m: 4:46.32	59.40	350m: 6:46.23	59.81			
	100m: 1:48.23 59.41	200m: 3:46.92	58.85	300m: 5:46.42	1:00.10	400m: 7:39.70	53.47			
<b>Cadetes A, Masc.</b>										
1.	COSTA, Goncalo Maria	12	Elvense	<b>6:11.21</b>					186	
	50m: 41.07 41.07	150m: 2:13.34	46.20	250m: 3:50.71	49.37	350m: 5:27.07	48.18			
	100m: 1:27.14 46.07	200m: 3:01.34	48.00	300m: 4:38.89	48.18	400m: 6:11.21	44.14			
2.	FERREIRA, Afonso Fonseca	12	Natacao do Fundao/Girassol	<b>6:26.82</b>					165	
	50m: 42.25 42.25	150m: 2:18.55	49.23	250m: 4:00.36	49.72	350m: 5:39.23	49.13			
	100m: 1:29.32 47.07	200m: 3:10.64	52.09	300m: 4:50.10	49.74	400m: 6:26.82	47.59			
3.	MENDONCA, Diogo Miguel	12	CCDSerta	<b>7:44.60</b>					95	
	50m: 45.09 45.09	150m: 2:38.33	59.39	250m: 4:39.97	1:01.62	350m: 6:44.88	1:02.16			
	100m: 1:38.94 53.85	200m: 3:38.35	1:00.02	300m: 5:42.72	1:02.75	400m: 7:44.60	59.72			
4.	MONRAIA, Duarte Filipe	12	Elvense	<b>8:24.00</b>					74	
	50m: 49.79 49.79	150m: 2:56.65	1:04.50	250m: 5:07.97	1:05.97	350m: 7:19.25	1:04.63			
	100m: 1:52.15 1:02.36	200m: 4:02.00	1:05.35	300m: 6:14.62	1:06.65	400m: 8:24.00	1:04.75			
5.	ALVES, Rodrigo Daniel	12	CCDSerta	<b>10:20.02</b>					40	
	50m: 1:03.04 1:03.04	150m: 3:47.67	1:24.51	250m: 6:23.13	1:16.31	350m: 9:01.42	1:16.32			
	100m: 2:23.16 1:20.12	200m: 5:06.82	1:19.15	300m: 7:45.10	1:21.97	400m: 10:20.02	1:18.60			
	DNF ESTEVES, Joao Pedro	12	Natacao do Fundao/Girassol							