

45º Torneio de S. João
Évora, 23/6/2024

Prova 13

Femin., 400m Livres

12 anos e mais velhos

23/06/2024 - 15:30

Resultados

Recordes Regionais Piscina Longa Open	4:21.26	Ana Reis SOUSA		Funchal	24/03/2018
Recordes Regionais Piscina Longa 18 +	4:55.03	Sofia Oliveira SILVA	CNLA	Reguengos de Monsaraz	02/07/2022
Recordes Regionais Piscina Longa 17	4:47.47	Sofia Cristina GRILO	Ind ANALEP	Coimbra	01/06/2014
Recordes Regionais Piscina Longa 16	4:21.26	Ana Reis SOUSA	CNLA	Funchal	24/03/2018
Recordes Regionais Piscina Longa 15	4:27.96	Ana Reis SOUSA	CNLA	Oeiras	22/07/2017
Recordes Regionais Piscina Longa 14	4:42.83	Ana Reis SOUSA	CNLA	Reguengos de Monsaraz	02/07/2016
Recordes Regionais Piscina Longa 13	4:44.26	Ana Reis SOUSA	CNLA	Oeiras	19/07/2015
Recordes Regionais Piscina Longa 12	5:23.15	Nicoleta LASCU	CNLA	Vendas Novas	01/06/2014

Pontos: FINA 2023

Lugar	Idade		Tempo final	Pts	100m	200m	300m	400m
1. Rylie Ann CROUS	12	Lagoa Academico Clube	5:12.76	431	1:15.23	1:21.37	1:20.97	1:15.19
		50m:	150m:	250m:	350m:			
		100m: 1:15.23	200m: 2:36.60	300m: 3:57.57	400m: 5:12.76			
2. Mariana Rosado GOMES	14	Aminata	5:28.51	372	1:18.24	1:23.96	1:24.58	1:21.73
		50m:	150m:	250m:	350m:			
		100m: 1:18.24	200m: 2:42.20	300m: 4:06.78	400m: 5:28.51			
3. Sofia Lampreia CORTES	16	Cnbe	5:39.85	336	1:19.89	1:25.93	1:29.20	1:24.83
		50m:	150m:	250m:	350m:			
		100m: 1:19.89	200m: 2:45.82	300m: 4:15.02	400m: 5:39.85			
4. Julia Laginha BRAZ	13	Lagoa Academico Clube	5:40.23	335	1:02.70	1:45.41	1:27.49	1:24.63
		50m:	150m:	250m:	350m:			
		100m: 1:02.70	200m: 2:48.11	300m: 4:15.60	400m: 5:40.23			
5. L. MARINHEIRO	14	Zona Azul	5:47.57	314	1:18.52	1:27.23	1:30.55	1:31.27
		50m:	150m:	250m:	350m:			
		100m: 1:18.52	200m: 2:45.75	300m: 4:16.30	400m: 5:47.57			
6. Sofia Moreira DIAS	14	Acmn	5:49.08	310	1:21.31	1:30.41	1:30.83	1:26.53
		50m:	150m:	250m:	350m:			
		100m: 1:21.31	200m: 2:51.72	300m: 4:22.55	400m: 5:49.08			
7. Maria Beatriz MESTRE	12	Eléctrico	6:01.54	279	1:23.93	1:33.22	1:33.92	1:30.47
		50m:	150m:	250m:	350m:			
		100m: 1:23.93	200m: 2:57.15	300m: 4:31.07	400m: 6:01.54			
8. Rita Isabel OLIVEIRA	14	Estremoz / Estremozcarnes	6:03.83	274	1:24.77	1:34.33	1:31.97	1:32.76
		50m:	150m:	250m:	350m:			
		100m: 1:24.77	200m: 2:59.10	300m: 4:31.07	400m: 6:03.83			
9. Mafalda NUNES	12	Seagull Rescue	6:19.30	242	1:28.85	1:37.74	1:39.09	1:33.62
		50m:	150m:	250m:	350m:			
		100m: 1:28.85	200m: 3:06.59	300m: 4:45.68	400m: 6:19.30			
10. Matilde Maria RODRIGUES	15	Cnbe	6:24.39	232	1:29.71	1:39.55	1:39.59	1:35.54
		50m:	150m:	250m:	350m:			
		100m: 1:29.71	200m: 3:09.26	300m: 4:48.85	400m: 6:24.39			
11. Alice Raquel DIAS	13	Grupo Desportivo Mora	6:32.86	217	1:31.53	1:39.14	1:42.03	1:40.16
		50m:	150m:	250m:	350m:			
		100m: 1:31.53	200m: 3:10.67	300m: 4:52.70	400m: 6:32.86			
12. Ines Borges COSTA	12	Ndco	6:50.31	191	1:39.10	1:46.65	1:47.46	1:37.10
		50m:	150m:	250m:	350m:			
		100m: 1:39.10	200m: 3:25.75	300m: 5:13.21	400m: 6:50.31			
13. Ines Oliveira GOMES	12	Ndco	6:50.50	190	1:36.34	1:46.32	1:49.33	1:38.51
		50m:	150m:	250m:	350m:			
		100m: 1:36.34	200m: 3:22.66	300m: 5:11.99	400m: 6:50.50			
14. Sofia MEDEIRO HORTA	12	Zona Azul	6:50.95	190	1:39.45	1:45.70	1:46.86	1:38.94
		50m:	150m:	250m:	350m:			
		100m: 1:39.45	200m: 3:25.15	300m: 5:12.01	400m: 6:50.95			
15. Lara Sofia GONCALVES	12	Litoral Alentejano	6:51.22	189	1:37.27	1:46.63	1:47.68	1:39.64
		50m:	150m:	250m:	350m:			
		100m: 1:37.27	200m: 3:23.90	300m: 5:11.58	400m: 6:51.22			
16. Ines Gomes GAMITO	14	GSC Grândola Sports Club	6:51.54	189	1:38.03	1:47.12	1:47.90	1:38.49
		50m:	150m:	250m:	350m:			
		100m: 1:38.03	200m: 3:25.15	300m: 5:13.05	400m: 6:51.54			
17. Teresa Filipe BANHA	12	Acmn	6:52.86	187	1:28.13	1:53.36	1:47.45	1:43.92
		50m:	150m:	250m:	350m:			
		100m: 1:28.13	200m: 3:21.49	300m: 5:08.94	400m: 6:52.86			

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Lugar	Idade	Tempo final	Pts	100m	200m	300m	400m	
18. Ariana Nunes BATISTA	12	GSC Grândola Sports Club	7:21.51	153	1:48.02	1:55.52	1:52.50	1:45.47
50m:	150m:	250m:	350m:					
100m: 1:48.02	200m: 3:43.54	300m: 5:36.04	400m: 7:21.51					