

Prova 14 Femin., 400m Estilos Absolutos  
29/06/2024 - 16:16 Resultados

Recordes Regionais (PL) Open	4:58.78	Marta Pereira, ABREU	CNFA	Coimbra	2010
Recordes Regionais (PL) Sen.	4:58.78	Marta Pereira, ABREU	CNFA	Coimbra	2010
Recordes Regionais (PL) Jun. 2	5:13.51	Marta Pereira, ABREU	CNFA	Loule	2009
Recordes Regionais (PL) Jun. 1	5:11.90	Laura Fabiana, ESTEVENS	GCNF	Rio Maior	2014
Recordes Regionais (PL) Juv. A	5:14.70	Marta Pereira, ABREU	LDC	Mairena Del Aljarafe (ESP)	2007
Recordes Regionais (PL) Juv. B	5:20.21	Marta Pereira, ABREU	LDC	Coimbra	2006

Pontos: FINA Master 2024

Lugar	Ano	Tempo final	Pts
<b>Juvenis B</b>			
1. Constanca Lourenco, AZEVEDO	10	<b>5:25.09</b>	807
50m:	150m:	250m:	350m:
100m: 1:13.84	200m: 2:35.30	300m: 4:12.16	400m: 5:25.09
2. Sonya Antonova, SINYAKOVA	10	<b>6:51.74</b>	397
50m:	150m:	250m:	350m:
100m: 1:37.45	200m: 3:17.02	300m: 5:19.99	400m: 6:51.74

**Absoluto**

1. Ines Filipe, ANTUNES	07	<b>5:55.96</b>	615
50m:	150m:	250m:	350m:
100m: 1:19.36	200m: 2:52.49	300m: 4:35.07	400m: 5:55.96
EXH Margarida Santos, BOTELHO	07	<b>5:39.38</b>	710
50m:	150m:	250m:	350m:
100m: 1:11.83	200m: 2:41.83	300m: 4:24.23	400m: 5:39.38