

Campeonato Regional ABS 2024
Horta, 28 - 30/6/2024

Prova 18
29/06/2024 - 9:50

Femin., 400m Livres

Absolutos
Resultados

Juvenis B Fem Juv B: 5:47.40 / Jun Fem Jun: 5:28.30 / Sen Fem Sen: 5:18.50

Pontos: FINA 2023

Lugar			Ano					Tempo final	Pts			
1.	CARDOSO, Raquel Campos		09	Bombeiros de Ponta Delgada				4:41.31	555			
	50m:	32.00 32.00	150m:	1:42.83	35.66	250m:	2:54.54	35.80	350m:	4:06.44	35.88	
	100m:	1:07.17	35.17	200m:	2:18.74	35.91	300m:	3:30.56	36.02	400m:	4:41.31	34.87
2.	SOUSA, Margarida Carreiro		08	Clube Desportivo Escolar de Ag				5:01.77	450			
	50m:	33.22 33.22	150m:	1:49.35	38.72	250m:	3:07.59	39.20	350m:	4:25.86	38.46	
	100m:	1:10.63	37.41	200m:	2:28.39	39.04	300m:	3:47.40	39.81	400m:	5:01.77	35.91
3.	COSTA, Maria Joao		09	Bombeiros Ribeira Grande				5:18.20	384			
	50m:	34.90 34.90	150m:	1:53.35	40.02	250m:	3:15.58	40.93	350m:	4:38.28	41.26	
	100m:	1:13.33	38.43	200m:	2:34.65	41.30	300m:	3:57.02	41.44	400m:	5:18.20	39.92
4.	VIEIRA, Sara Goncalves		10	Naval Praia da Vitoria				5:20.32	376			
	50m:	36.10 36.10	150m:	1:56.85	40.70	250m:	3:16.64	39.94	350m:	4:38.85	40.82	
	100m:	1:16.15	40.05	200m:	2:36.70	39.85	300m:	3:58.03	41.39	400m:	5:20.32	41.47