

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

Prova 22
29/06/2024 - 10:25

Femin., 400m Livres

Infantis
Resultados

Infantis B Fem Inf B: 6:24.10 / Infantis A Fem Inf A: 6:02.80

Pontos: FINA 2023

Lugar			Ano			Tempo final	Pts	
1.	FERREIRA, Carolina Morao		11	Academia Desportiva dos Açores		5:01.64	450	
	50m:	35.12 35.12	150m:	1:51.23 38.42	250m:	3:08.34 38.95	350m:	4:25.16 38.25
	100m:	1:12.81 37.69	200m:	2:29.39 38.16	300m:	3:46.91 38.57	400m:	5:01.64 36.48
2.	CAPAREIRA, Alice Machado		11	Academia Desportiva dos Açores		5:11.81	408	
	50m:	34.90 34.90	150m:	1:54.54 40.02	250m:	3:13.88 40.02	350m:	4:33.42 39.88
	100m:	1:14.52 39.62	200m:	2:33.86 39.32	300m:	3:53.54 39.66	400m:	5:11.81 38.39
3.	ARROJADO, Maria Abreu		11	Naval Praia da Vitoria		5:27.91	350	
	50m:	36.45 36.45	150m:	1:57.15 40.95	250m:	3:20.72 41.73	350m:	4:46.54 42.67
	100m:	1:16.20 39.75	200m:	2:38.99 41.84	300m:	4:03.87 43.15	400m:	5:27.91 41.37
4.	SOARES, Isabella Nascimento		11	Naval da Horta		5:33.59	333	
	50m:	36.40 36.40	150m:	1:57.84 41.15	250m:	3:23.18 42.98	350m:	4:50.68 43.91
	100m:	1:16.69 40.29	200m:	2:40.20 42.36	300m:	4:06.77 43.59	400m:	5:33.59 42.91
5.	FONSECA, Constanca Oliveira		11	Naval Praia da Vitoria		5:36.43	324	
	50m:	37.48 37.48	150m:	2:02.79 42.70	250m:	3:29.70 43.70	350m:	4:55.55 43.04
	100m:	1:20.09 42.61	200m:	2:46.00 43.21	300m:	4:12.51 42.81	400m:	5:36.43 40.88
6.	SILVA, Isabel Lourenco		11	Clube Naval de Ponta Delgada		5:49.19	290	
	50m:	39.97 39.97	150m:	2:08.81 45.03	250m:	3:38.46 44.78	350m:	5:07.19 44.16
	100m:	1:23.78 43.81	200m:	2:53.68 44.87	300m:	4:23.03 44.57	400m:	5:49.19 42.00
7.	SILVA, Maria Francisca		12	Bombeiros de Ponta Delgada		5:51.63	284	
	50m:	37.56 37.56	150m:	2:04.46 44.08	250m:	3:34.56 45.65	350m:	5:07.66 46.57
	100m:	1:20.38 42.82	200m:	2:48.91 44.45	300m:	4:21.09 46.53	400m:	5:51.63 43.97
8.	SILVA, Beatriz Soares		11	Naval da Horta		5:53.50	280	
	50m:	38.55 38.55	150m:	2:08.08 45.41	250m:	3:39.83 45.96	350m:	5:10.71 45.88
	100m:	1:22.67 44.12	200m:	2:53.87 45.79	300m:	4:24.83 45.00	400m:	5:53.50 42.79
9.	ANDRADE, Joana Melo		11	Academia Desportiva dos Açores		5:58.39	268	
	50m:	40.31 40.31	150m:	2:11.48 45.53	250m:	3:43.18 46.15	350m:	5:14.49 45.45
	100m:	1:25.95 45.64	200m:	2:57.03 45.55	300m:	4:29.04 45.86	400m:	5:58.39 43.90
10.	MENESES, Mafalda Rodrigues		11	Naval Praia da Vitoria		6:09.85	244	
	50m:	40.41 40.41	150m:	2:14.65 47.53	250m:	3:49.28 47.10	350m:	5:23.63 46.72
	100m:	1:27.12 46.71	200m:	3:02.18 47.53	300m:	4:36.91 47.63	400m:	6:09.85 46.22
11.	COSTA, Ines Rosa		12	Naval da Horta		6:15.62	233	
	50m:	42.08 42.08	150m:	2:18.97 48.88	250m:	3:55.29 47.47	350m:	5:31.44 47.86
	100m:	1:30.09 48.01	200m:	3:07.82 48.85	300m:	4:43.58 48.29	400m:	6:15.62 44.18
12.	SOUSA, Rita Quadros		12	Bombeiros de Ponta Delgada		6:17.49	230	
	50m:	42.43 42.43	150m:	2:18.41 48.43	250m:	3:55.74 48.37	350m:	5:32.14 47.99
	100m:	1:29.98 47.55	200m:	3:07.37 48.96	300m:	4:44.15 48.41	400m:	6:17.49 45.35
13.	ALMEIDA, Jamila Mendes		12	Naval Praia da Vitoria		6:24.91	216	
	50m:	43.38 43.38	150m:	2:21.67 48.83	250m:	4:01.16 49.32	350m:	5:40.16 48.56
	100m:	1:32.84 49.46	200m:	3:11.84 50.17	300m:	4:51.60 50.44	400m:	6:24.91 44.75
14.	COSTA, Miriam Sebastiao		12	Naval Praia da Vitoria		6:29.02	210	
	50m:	44.16 44.16	150m:	2:23.45 50.13	250m:	4:02.69 49.90	350m:	5:42.31 49.51
	100m:	1:33.32 49.16	200m:	3:12.79 49.34	300m:	4:52.80 50.11	400m:	6:29.02 46.71
15.	PONTE, Mariana Almeida		12	Clube Desportivo Escolar de Ag		7:11.27	154	
	50m:	54.19 54.19	150m:	2:40.12 54.24	250m:	4:27.13 52.47	350m:	6:16.62 55.50
	100m:	1:45.88 51.69	200m:	3:34.66 54.54	300m:	5:21.12 53.99	400m:	7:11.27 54.65