

Prova 17 Femin., 400m Livres Absoluto
29/06/2024 - 11:20 Resultados

Rec Reg AN Alentejo Open	4:21.26	Ana Reis SOUSA	CNLA	Funchal	24/03/2018
Rec Reg AN Alentejo Sen	4:55.03	Sofia Oliveira SILVA	CNLA	Reguengos de Monsaraz	02/07/2022
Rec Reg AN Alentejo Jun17	4:47.47	Sofia Cristina GRILO	Ind ANALEP	Coimbra	01/06/2014
Rec Reg AN Alentejo Jun16	4:21.26	Ana Reis SOUSA	CNLA	Funchal	24/03/2018
Rec Reg AN Alentejo Juv A	4:27.96	Ana Reis SOUSA	CNLA	Oeiras	22/07/2017
Rec Reg AN Alentejo Juv B	4:42.83	Ana Reis SOUSA	CNLA	Reguengos de Monsaraz	02/07/2016
Rec Reg AN Alentejo Inf A	4:44.26	Ana Reis SOUSA	CNLA	Oeiras	19/07/2015
Rec Reg AN Alentejo Inf B	5:23.15	Nicoleta LASCU	CNLA	Vendas Novas	01/06/2014

TAC Sêniores Fem Sen 50m: 5:57.34 - 25m: 5:57.34 / TAC Júniores Fem Jun 50m: 5:57.34 - 25m: 5:57.34 /
TAC Juvenis A Fem Juv A 50m: 5:57.34 - 25m: 5:57.34 / TAC Juvenis B Fem Juv B 50m: 6:08.80 - 25m: 6:08.80 /
TAC Infantis A Fem Inf A 50m: 6:19.80 - 25m: 6:19.80 / TAC Infantis B Fem Inf B 50m: 6:38.40 - 25m: 6:38.40

Pontos: FINA 2023

Lugar	Idade	Tempo final	Pts	100m	200m	300m	400m
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Infantis AN Alentejo

1. Maria Ines LUIS <i>Campeã Regional</i>	13	Aljustrelense	5:43.87	324	1:19.12	1:29.51	1:31.81	1:23.43
50m:	150m:	250m:	350m:					
100m: 1:19.12	200m: 2:48.63	300m: 4:20.44	400m: 5:43.87					
2. Ines Diogo MESTRE	13	Aljustrelense	5:43.95	324	1:19.30	1:28.80	1:29.94	1:25.91
50m:	150m:	250m:	350m:					
100m: 1:19.30	200m: 2:48.10	300m: 4:18.04	400m: 5:43.95					
3. Mafalda NUNES	12	Seagull Rescue	6:08.46	264	1:28.11	1:35.96	1:36.66	1:27.73
50m:	150m:	250m:	350m:					
100m: 1:28.11	200m: 3:04.07	300m: 4:40.73	400m: 6:08.46					
4. Carolina Paixao CENICO	12	Acmn	6:08.87	263	1:29.82	1:37.27	1:36.19	1:25.59
50m:	150m:	250m:	350m:					
100m: 1:29.82	200m: 3:07.09	300m: 4:43.28	400m: 6:08.87					
5. Alice Raquel DIAS <i>Ftl</i>	13	Grupo Desportivo Mora	6:26.80	228	1:28.43	1:38.23	1:40.91	1:39.23
50m:	150m:	250m:	350m:					
100m: 1:28.43	200m: 3:06.66	300m: 4:47.57	400m: 6:26.80					
6. Ines Borges COSTA	12	Ndco	6:29.92	222	1:32.63	1:39.99	1:41.80	1:35.50
50m:	150m:	250m:	350m:					
100m: 1:32.63	200m: 3:12.62	300m: 4:54.42	400m: 6:29.92					

Infantis AN Interior Centro

1. Maria Beatriz MESTRE <i>Campeã Regional</i>	12	Eléctrico	5:59.94	283	1:27.05	1:32.77	1:32.64	1:27.48
50m:	150m:	250m:	350m:					
100m: 1:27.05	200m: 2:59.82	300m: 4:32.46	400m: 5:59.94					
2. M. LOURENCO	13	CCDSerta	6:01.85	278	1:28.98	1:33.79	1:33.05	1:26.03
50m:	150m:	250m:	350m:					
100m: 1:28.98	200m: 3:02.77	300m: 4:35.82	400m: 6:01.85					
3. C. AUGUSTO	12	Natacao do Fundao/Girassol	6:17.37	245	1:32.25	1:38.90	1:38.33	1:27.89
50m:	150m:	250m:	350m:					
100m: 1:32.25	200m: 3:11.15	300m: 4:49.48	400m: 6:17.37					

Juvenis AN Alentejo

1. Mariana Rosado GOMES <i>Campeã Regional</i>	14	Aminata	5:20.46	401	1:19.06	1:21.56	1:22.66	1:17.18
50m:	150m:	250m:	350m:					
100m: 1:19.06	200m: 2:40.62	300m: 4:03.28	400m: 5:20.46					
2. L. MARINHEIRO	14	Zona Azul	5:34.02	354	1:15.54	1:26.08	1:26.90	1:25.50
50m:	150m:	250m:	350m:					
100m: 1:15.54	200m: 2:41.62	300m: 4:08.52	400m: 5:34.02					
3. L. GONCALVES	14	Ndco	5:34.20	353	1:19.68	1:25.14	1:26.69	1:22.69
50m:	150m:	250m:	350m:					
100m: 1:19.68	200m: 2:44.82	300m: 4:11.51	400m: 5:34.20					

Prova 17, Femin., 400m Livres, Juvenis AN Alentejo

Lugar	Idade	Tempo final	Pts	100m	200m	300m	400m
4. Sofia Moreira DIAS	14	5:45.86	319	1:22.21	1:30.19	1:29.68	1:23.78
	Acmn	250m:			350m:		
		300m:	4:22.08		400m:	5:45.86	
	50m:						
	100m:	1:22.21					
	150m:						
	200m:	2:52.40					
5. Leonor Barao GUERREIR	14	5:49.99	308	1:21.72	1:30.32	1:30.29	1:27.66
	Aljustrelense	250m:			350m:		
		300m:	4:22.33		400m:	5:49.99	
	50m:						
	100m:	1:21.72					
	150m:						
	200m:	2:52.04					
6. Rita Isabel OLIVEIRA	14	6:03.65	274	1:26.15	1:33.83	1:33.79	1:29.88
	Estremoz / Estremozcarnes	250m:			350m:		
		300m:	4:33.77		400m:	6:03.65	
	50m:						
	100m:	1:26.15					
	150m:						
	200m:	2:59.98					
7. S. PASSECHNIKOFF	14	6:39.87	206	1:33.24	1:43.52	1:43.59	1:39.52
	GSC Grândola Sports Club	250m:			350m:		
		300m:	5:00.35		400m:	6:39.87	
	50m:						
	100m:	1:33.24					
	150m:						
	200m:	3:16.76					

Juvenis AN Interior Centro

1. Rita Lobo PIRES	15	5:08.07	451	1:14.40	1:18.02	1:17.91	1:17.74
	Natacao do Fundao/Girassol	250m:			350m:		
		300m:	3:50.33		400m:	5:08.07	
	50m:						
	100m:	1:14.40					
	150m:						
	200m:	2:32.42					
2. Vitoria Morao ALMEIDA	15	5:58.10	287	1:21.32	1:33.60	1:33.38	1:29.80
	AN Albicastrense	250m:			350m:		
		300m:	4:28.30		400m:	5:58.10	
	50m:						
	100m:	1:21.32					
	150m:						
	200m:	2:54.92					
3. Carolina Pinto BANHUDO	14	6:03.70	274	1:24.81	1:34.44	1:37.06	1:27.39
	AN Albicastrense	250m:			350m:		
		300m:	4:36.31		400m:	6:03.70	
	50m:						
	100m:	1:24.81					
	150m:						
	200m:	2:59.25					

Absolutos AN Alentejo

1. Filipa Maria PEREIRA	18	5:12.00	434	1:13.84	1:19.53	1:20.01	1:18.62
	Aminata	250m:			350m:		
		300m:	3:53.38		400m:	5:12.00	
	50m:						
	100m:	1:13.84					
	150m:						
	200m:	2:33.37					
2. Rita Prado SILVA	18	5:18.11	410	1:15.72	1:20.85	1:21.52	1:20.02
	Ndco	250m:			350m:		
		300m:	3:58.09		400m:	5:18.11	
	50m:						
	100m:	1:15.72					
	150m:						
	200m:	2:36.57					
3. Maria Alexandra GRAD	16	5:27.24	377	1:16.15	1:24.44	1:24.37	1:22.28
	Aminata	250m:			350m:		
		300m:	4:04.96		400m:	5:27.24	
	50m:						
	100m:	1:16.15					
	150m:						
	200m:	2:40.59					

Absolutos AN Interior Centro

1. Ines Maria ESCARDUCA	16	5:22.80	392	1:14.44	1:22.25	1:26.26	1:19.85
	Elvense	250m:			350m:		
		300m:	4:02.95		400m:	5:22.80	
	50m:						
	100m:	1:14.44					
	150m:						
	200m:	2:36.69					
2. Carolina Santos SILVA	18	5:43.73	325	1:18.28	1:27.70	1:30.68	1:27.07
	CCDSerta	250m:			350m:		
		300m:	4:16.66		400m:	5:43.73	
	50m:						
	100m:	1:18.28					
	150m:						
	200m:	2:45.98					
3. M. MARQUES	20	5:48.39	312	1:23.94	1:29.40	1:29.33	1:25.72
	AN Albicastrense	250m:			350m:		
		300m:	4:22.67		400m:	5:48.39	
	50m:						
	100m:	1:23.94					
	150m:						
	200m:	2:53.34					
4. Ines Sofia TRINDADE	16	5:55.19	294	1:22.20	1:31.80	1:32.18	1:29.01
	Elvense	250m:			350m:		
		300m:	4:26.18		400m:	5:55.19	
	50m:						
	100m:	1:22.20					
	150m:						
	200m:	2:54.00					
5. S. FERNANDES	18	5:58.55	286	1:20.84	1:30.76	1:33.32	1:33.63
	Portalegre	250m:			350m:		
		300m:	4:24.92		400m:	5:58.55	
	50m:						
	100m:	1:20.84					
	150m:						
	200m:	2:51.60					