

Prova 5

Femin., 400m Estilos

Absolutos

28/06/2024 - 18:20

Resultados

Rec Reg AN Alentejo Open	5:02.86	Ana Reis SOUSA	CNLA	Coimbra	20/05/2018
Rec Reg AN Alentejo Sen	6:02.44	Ana Filipa FONSECA	CFE	Reguengos de Monsaraz	01/07/2022
Rec Reg AN Alentejo Jun17	5:41.40	Claudia Almeida COSTA	AMINATA	Vidigueira	07/07/2012
Rec Reg AN Alentejo Jun16	5:02.86	Ana Reis SOUSA	CNLA	Coimbra	20/05/2018
Rec Reg AN Alentejo Juv A	5:18.55	Ana Reis SOUSA	CNLA	Reguengos de Monsaraz	30/06/2017
Rec Reg AN Alentejo Juv B	5:34.82	Joana Catarina SANTA	Ind Analen	Ferreira do Alentejo	07/07/2006

TAC Séniores Fem Sen 50m: 6:38.24 - 25m: 6:38.24 / TAC Júniores Fem Jun 50m: 6:38.24 - 25m: 6:38.24 / TAC Juvenis A Fem Juv A 50m: 6:38.24 - 25m: 6:38.24 / TAC Juvenis B Fem Juv B 50m: 6:59.30 - 25m: 6:59.30

Pontos: FINA 2023

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

1. L. GONCALVES	14	Ndco	<b>6:18.50</b>	348	1:27.58	1:37.81	1:45.84	1:27.27
<i>Campeã Regional</i>								
50m:	150m:	250m:	350m:					
100m: 1:27.58	200m: 3:05.39	300m: 4:51.23	400m: 6:18.50					
2. Rita Isabel OLIVEIRA	14	Estremoz / Estremozcarnes	<b>7:09.51</b>	238	1:40.36	1:53.28	1:58.69	1:37.18
<i>Ftl</i>								
50m:	150m:	250m:	350m:					
100m: 1:40.36	200m: 3:33.64	300m: 5:32.33	400m: 7:09.51					
3. S. PASSECHNIKOFF	14	GSC Grândola Sports Club	<b>7:17.09</b>	226	1:47.02	1:52.58	2:04.98	1:32.51
<i>Ftl</i>								
50m:	150m:	250m:	350m:					
100m: 1:47.02	200m: 3:39.60	300m: 5:44.58	400m: 7:17.09					

Juvenis AN Interior Centro

1. Carolina Pinto BANHUDO	14	AN Alcabastrense	<b>6:46.89</b>	280	1:41.07	1:41.29	1:52.35	1:32.18
<i>Campeã Regional</i>								
50m:	150m:	250m:	350m:					
100m: 1:41.07	200m: 3:22.36	300m: 5:14.71	400m: 6:46.89					
2. Vitoria Morao ALMEIDA	15	AN Alcabastrense	<b>6:50.61</b>	272	1:46.92	1:38.77	1:55.46	1:29.46
<i>Ftl</i>								
50m:	150m:	250m:	350m:					
100m: 1:46.92	200m: 3:25.69	300m: 5:21.15	400m: 6:50.61					

Absolutos AN Alentejo

1. Maria Lua PISCO	17	Acmn	<b>6:32.88</b>	311	1:31.09	1:40.31	1:51.70	1:29.78
<i>Campeã Regional</i>								
50m:	150m:	250m:	350m:					
100m: 1:31.09	200m: 3:11.40	300m: 5:03.10	400m: 6:32.88					