

Torneio Portas do Mar  
Ponta Delgada, 15 - 16/6/2024

Prova 31  
16/06/2024 - 9:50

Femin., 400m Livres

Absolutos  
Resultados

Pontos: AQUA 2024

Lugar			Ano					Tempo final	Pts
<b>Infantis B</b>									
1.	SOUSA, Rita Quadros		12	Bombeiros de Ponta Delgada				<b>6:22.49</b>	
	50m:	42.52	42.52	150m:	2:19.52	48.52	250m:	3:59.37	50.39
	100m:	1:31.00	48.48	200m:	3:08.98	49.46	300m:	4:49.21	49.84
							350m:	5:37.70	48.49
							400m:	6:22.49	44.79
<b>Juvenis A</b>									
1.	CARDOSO, Raquel Campos		09	Bombeiros de Ponta Delgada				<b>4:46.37</b>	
	50m:	32.29	32.29	150m:	1:43.37	35.76	250m:	2:56.36	36.85
	100m:	1:07.61	35.32	200m:	2:19.51	36.14	300m:	3:33.05	36.69
							350m:	4:09.99	36.94
							400m:	4:46.37	36.38
2.	SARAIVA, Madalena Cardoso		09	Agua de Pau				<b>5:55.90</b>	
	50m:	39.31	39.31	150m:	2:10.59	46.15	250m:	3:41.40	45.40
	100m:	1:24.44	45.13	200m:	2:56.00	45.41	300m:	4:27.27	45.87
							350m:	5:12.58	45.31
							400m:	5:55.90	43.32
<b>Juniores</b>									
1.	SOUSA, Margarida Carreiro		08	Agua de Pau				<b>5:09.73</b>	
	50m:	33.97	33.97	150m:	1:53.28	39.30	250m:	3:13.23	39.93
	100m:	1:13.98	40.01	200m:	2:33.30	40.02	300m:	3:52.31	39.08
							350m:	4:31.54	39.23
							400m:	5:09.73	38.19