

Campeonato Regional Juvenis, Juniores e Seniores PC
Cantanhede, 23 - 24/11/2024

Prova 19	Femin., 400m Estilos				Absolutos
23/11/2024 - 17:05					Resultados
Rec Nacional Open	4:36.19	Victoria, KAMINSKAYA	POR	Copenhagen (DEN)	13/12/2017
Rec Nacional Sen	4:36.19	Victoria, KAMINSKAYA	POR	Copenhagen (DEN)	13/12/2017
Rec Nacional 18	4:41.02	Victoria, KAMINSKAYA	PIMP	Porto	07/12/2012
Rec Nacional Jun17	4:46.89	Ines Neto, ROCHA	CAP	Felgueiras	15/04/2018
Rec Nacional Jun16	4:50.85	Diana Margarida, DURAES	FOCA	Silves	02/12/2011
Rec Nacional Juv A	4:51.85	Ana Claudia, SANTOS	SFUAP	Setubal	21/11/2004
Rec Nacional Juv B	4:56.53	Mariana Pacheco, CUNHA	CFP	Porto	05/05/2018
Rec Regional Open	4:48.15	Camila Rodrigues, REBELO	ALN		01/01/2023
Rec Regional Sen	4:48.15	Camila Rodrigues, REBELO	ALN		01/01/2023
Rec Regional Jun16	5:31.95	Cristiana Sofia, DUARTE	AAC	Coimbra	03/11/2024
Rec Regional Jun17	4:52.71	Maria Miguel, VELOSO	CNAC		01/01/2009
Rec Regional Jun16	4:54.82	Maria Carlota, REBELO	ALN		01/01/2018
Rec Regional Juv A	4:58.18	Camila Rodrigues, REBELO	ALN		01/01/2018
Rec Regional Juv B	5:04.01	Mariana, GUERRA	SCC		01/01/2011

Pontos: AQUA 2024

Lugar	Ano	Tempo final	Pts
Juvenis B			
1. Eva Miranda, ALMEIDA	11	Columbofila Cantanhedense	5:33.03 470
50m: 36.10 36.10	150m: 1:58.54 42.22	250m: 3:29.68 49.08	350m: 4:56.64 38.05
100m: 1:16.32 40.22	200m: 2:40.60 42.06	300m: 4:18.59 48.91	400m: 5:33.03 36.39
2. Joana Cura, NEVES	11	Condeixa Clube	5:43.11 429
50m: 35.43 35.43	150m: 2:00.21 44.47	250m: 3:33.63 50.49	350m: 5:03.62 39.93
100m: 1:15.74 40.31	200m: 2:43.14 42.93	300m: 4:23.69 50.06	400m: 5:43.11 39.49
3. Laura Duarte, NEVES	11	Louzan Nataçao	5:52.09 397
50m: 36.73 36.73	150m: 2:07.09 47.59	250m: 3:40.83 48.48	350m: 5:12.38 42.16
100m: 1:19.50 42.77	200m: 2:52.35 45.26	300m: 4:30.22 49.39	400m: 5:52.09 39.71

Juvenis A			
1. Leonor Nunes, CARDEAL	10	Condeixa Clube	5:22.18 519
50m: 35.35 35.35	150m: 1:59.07 42.25	250m: 3:24.82 45.72	350m: 4:47.52 35.73
100m: 1:16.82 41.47	200m: 2:39.10 40.03	300m: 4:11.79 46.97	400m: 5:22.18 34.66
2. Leonor Sobreiro, ALMEIDA	10	CASP AE	5:37.86 450
50m: 36.61 36.61	150m: 2:03.28 44.06	250m: 3:32.47 45.86	350m: 4:59.42 40.98
100m: 1:19.22 42.61	200m: 2:46.61 43.33	300m: 4:18.44 45.97	400m: 5:37.86 38.44

DSQ Maria Neto, SIMOES 10 Condeixa Clube
SW 6.4 - O/A atleta após perder a posição de costas não iniciou a viragem imediatamente após ter terminado a braçada, na viragem aos 125 metros.

Juniores			
1. Angela Rodrigues, REBELO	07	Louzan Nataçao	5:17.04 544
<i>Rec Regional</i>			
50m: 32.90 32.90	150m: 1:52.74 41.70	250m: 3:18.88 44.57	350m: 4:40.67 36.69
100m: 1:11.04 38.14	200m: 2:34.31 41.57	300m: 4:03.98 45.10	400m: 5:17.04 36.37
2. Rita Calado, CRUZ	09	Nautico Academico	5:26.10 500
50m: 35.89 35.89	150m: 2:00.03 43.15	250m: 3:25.82 44.35	350m: 4:49.48 38.71
100m: 1:16.88 40.99	200m: 2:41.47 41.44	300m: 4:10.77 44.95	400m: 5:26.10 36.62
3. Cristiana Sofia, DUARTE	07	Academica de Coimbra	5:30.67 480
50m: 34.95 34.95	150m: 1:55.32 41.16	250m: 3:24.27 48.29	350m: 4:52.49 39.83
100m: 1:14.16 39.21	200m: 2:35.98 40.66	300m: 4:12.66 48.39	400m: 5:30.67 38.18
4. Rita Isabel, NEVES	08	Condeixa Clube	5:32.03 474
50m: 35.51 35.51	150m: 1:57.39 42.76	250m: 3:25.22 46.24	350m: 4:54.35 40.85
100m: 1:14.63 39.12	200m: 2:38.98 41.59	300m: 4:13.50 48.28	400m: 5:32.03 37.68

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Seniores

1.	Beatriz Nunes, CARDEAL	04	Condeixa Clube	4:52.97	690		
	50m: 31.37 31.37	150m: 1:44.99	39.02	250m: 3:04.00	41.49	350m: 4:20.55	34.19
	100m: 1:05.97 34.60	200m: 2:22.51	37.52	300m: 3:46.36	42.36	400m: 4:52.97	32.42
2.	Joana Nunes, CARDEAL	02	Condeixa Clube	4:57.66	658		
	50m: 32.77 32.77	150m: 1:47.42	38.69	250m: 3:08.08	43.22	350m: 4:24.89	33.65
	100m: 1:08.73 35.96	200m: 2:24.86	37.44	300m: 3:51.24	43.16	400m: 4:57.66	32.77
3.	Ines Jacinto, HENRIQUES	00	Louzan Nataçao	5:07.29	598		
	50m: 31.76 31.76	150m: 1:48.26	40.52	250m: 3:11.94	43.97	350m: 4:31.74	35.67
	100m: 1:07.74 35.98	200m: 2:27.97	39.71	300m: 3:56.07	44.13	400m: 5:07.29	35.55
4.	Ana Teresa, ROMAO	06	Academica de Coimbra	5:25.44	503		
	50m: 35.48 35.48	150m: 1:55.38	39.91	250m: 3:26.64	50.40	350m: 4:51.66	35.28
	100m: 1:15.47 39.99	200m: 2:36.24	40.86	300m: 4:16.38	49.74	400m: 5:25.44	33.78
EXH	Susana Pereira, VEIGA	00	Belenenses	6:01.45	367		
	<i>Rec Nac Adaptada</i>						
	50m: 36.79 36.79	150m: 2:06.24	45.24	250m: 3:47.12	56.85	350m: 5:23.05	39.18
	100m: 1:21.00 44.21	200m: 2:50.27	44.03	300m: 4:43.87	56.75	400m: 6:01.45	38.40