

Campeonato Regional Clubes 24
Ponta Delgada, 2- - 3-11-2024

Prova 23
02-11-2024 - 17:20

Femin., 400m Livres

Absolutos
Resultados

Pontos: AQUA 2024

Lugar					Ano					Tempo final	Pts	
1.	Laura Espinola, BARBEITO				06	Núcleo Sporting				4:38.01	575	
	50m:	30.93	30.93	150m:	1:38.96	34.32	250m:	2:48.91	34.94	350m:	4:01.57	36.87
	100m:	1:04.64	33.71	200m:	2:13.97	35.01	300m:	3:24.70	35.79	400m:	4:38.01	36.44
2.	Raquel Campos, CARDOSO				09	Bombeiros de Ponta Delgada				4:41.44	555	
	50m:	32.13	32.13	150m:	1:41.96	35.28	250m:	2:54.14	36.12	350m:	4:06.33	36.14
	100m:	1:06.68	34.55	200m:	2:18.02	36.06	300m:	3:30.19	36.05	400m:	4:41.44	35.11
3.	Margarida Carreiro, SOUSA				08	Clube Desportivo Escolar de Ag				4:58.54	465	
	50m:	33.31	33.31	150m:	1:49.27	38.31	250m:	3:06.95	39.01	350m:	4:23.75	38.23
	100m:	1:10.96	37.65	200m:	2:27.94	38.67	300m:	3:45.52	38.57	400m:	4:58.54	34.79
4.	Sara Goncalves, VIEIRA				10	Naval Praia da Vitoria				5:11.30	410	
	50m:	34.96	34.96	150m:	1:53.13	39.52	250m:	3:12.63	39.84	350m:	4:33.20	40.17
	100m:	1:13.61	38.65	200m:	2:32.79	39.66	300m:	3:53.03	40.40	400m:	5:11.30	38.10
5.	Maria Joao, COSTA				09	Bombeiros Ribeira Grande				5:12.13	406	
	50m:	34.56	34.56	150m:	1:51.96	39.30	250m:	3:12.43	40.54	350m:	4:32.98	40.30
	100m:	1:12.66	38.10	200m:	2:31.89	39.93	300m:	3:52.68	40.25	400m:	5:12.13	39.15
6.	Isabella Nascimento, SOARES				11	Naval da Horta				5:12.87	404	
	50m:	35.14	35.14	150m:	1:52.85	39.35	250m:	3:12.53	40.08	350m:	4:33.86	40.58
	100m:	1:13.50	38.36	200m:	2:32.45	39.60	300m:	3:53.28	40.75	400m:	5:12.87	39.01