

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

Prova 30
03-11-2024 - 9:20

Femin., 400m Estilos

Absolutos
Resultados

Pontos: AQUA 2024

Lugar					Ano					Tempo final	Pts	
1.	Laura Espinola, BARBEITO				06	Núcleo Sporting				5:33.25	469	
	50m:	32.51	32.51	150m:	1:53.19	42.59	250m:	3:20.60	44.84	350m:	4:52.37	43.93
	100m:	1:10.60	38.09	200m:	2:35.76	42.57	300m:	4:08.44	47.84	400m:	5:33.25	40.88
2.	Maria Ines, NETO				09	Bombeiros de Ponta Delgada				5:39.50	443	
	50m:	35.08	35.08	150m:	2:00.88	45.12	250m:	3:33.14	48.30	350m:	5:00.70	39.41
	100m:	1:15.76	40.68	200m:	2:44.84	43.96	300m:	4:21.29	48.15	400m:	5:39.50	38.80
3.	Maria Abreu, ARROJADO				11	Naval Praia da Vitoria				5:52.09	397	
	50m:	37.00	37.00	150m:	2:05.47	45.08	250m:	3:39.54	49.31	350m:	5:12.84	41.98
	100m:	1:20.39	43.39	200m:	2:50.23	44.76	300m:	4:30.86	51.32	400m:	5:52.09	39.25
4.	Leonor Melo, PACHECO				10	Bombeiros Ribeira Grande				6:08.59	346	
	50m:	39.56	39.56	150m:	2:16.37	49.45	250m:	3:51.45	47.53	350m:	5:25.54	44.68
	100m:	1:26.92	47.36	200m:	3:03.92	47.55	300m:	4:40.86	49.41	400m:	6:08.59	43.05
5.	Isabella Nascimento, SOARES				11	Naval da Horta				6:17.57	322	
	50m:	38.96	38.96	150m:	2:15.36	48.71	250m:	3:55.73	53.14	350m:	5:36.10	45.38
	100m:	1:26.65	47.69	200m:	3:02.59	47.23	300m:	4:50.72	54.99	400m:	6:17.57	41.47
6.	Madalena Cardoso, SARAIVA				09	Clube Desportivo Escolar de Ag				6:49.54	252	
	50m:	43.86	43.86	150m:	2:28.88	51.62	250m:	4:18.34	59.64	350m:	6:04.90	45.93
	100m:	1:37.26	53.40	200m:	3:18.70	49.82	300m:	5:18.97	1:00.63	400m:	6:49.54	44.64