

Campeonato Regional Absolutos e Torneio Nadador Completo Infantis
Sines, 23 - 24/11/2024

Prova 13 Femin., 400m Livres 12 anos e mais velhos
23/11/2024 - 16:45 Resultados

Rec Regional Open	4:13.53	Ana Reis SOUSA	CNLA	Porto	09/12/2017
Rec Regional 18 +	4:45.63	Sofia Oliveira SILVA	CNLA	Sines	25/04/2024
Rec Regional 17	4:43.90	Sofia Cristina GRILO	Ind ANALEI	Ponte de Sôr	15/03/2014
Rec Regional 16	4:13.53	Ana Reis SOUSA	CNLA	Porto	09/12/2017
Rec Regional 15	4:31.62	Ana Reis SOUSA	CNLA	Abrantes	27/11/2016
Rec Regional 14	4:38.31	Ana Reis SOUSA	CNLA	Caldas da Rainha	29/11/2015
Rec Regional 13	4:49.18	Joana ESCARIA	AMINATA	Tomar	11/05/2003
Rec Regional 12	5:16.44	Eliana Vilhena MARTINS	Ind ANALEI	Beja	03/06/2006

Pontos: AQUA 2024

Lugar	Nome	Ano	Clube	Tempo final	Pontos
14 anos e mais velhos					
1.	Filipa Maria PEREIRA	06	Aminata	4:55.44	479
	50m: 34.64 34.64	150m: 1:49.00	37.44	250m: 3:03.92	37.49
	100m: 1:11.56 36.92	200m: 2:26.43	37.43	300m: 3:41.17	37.25
				350m: 4:18.56	37.39
				400m: 4:55.44	36.88
2.	Catarina Isabel ALVES	06	Aminata	4:58.02	467
	50m: 34.13 34.13	150m: 1:48.42	37.06	250m: 3:03.28	37.49
	100m: 1:11.36 37.23	200m: 2:25.79	37.37	300m: 3:40.70	37.42
				350m: 4:19.09	38.39
				400m: 4:58.02	38.93
3.	Mariana Sa LUCAS	84	Litoral Alentejano	5:09.43	417
	50m: 34.41 34.41	150m: 1:49.35	38.05	250m: 3:06.92	39.12
	100m: 1:11.30 36.89	200m: 2:27.80	38.45	300m: 3:47.17	40.25
				350m: 4:28.29	41.12
				400m: 5:09.43	41.14
4.	Leonor Duarte GONCALVES	10	Ndco	5:25.52	358
	50m: 37.66 37.66	150m: 1:59.75	41.27	250m: 3:22.24	41.15
	100m: 1:18.48 40.82	200m: 2:41.09	41.34	300m: 4:04.10	41.86
				350m: 4:45.78	41.68
				400m: 5:25.52	39.74
5.	Leonor Neves MARINHEIRO	10	Zona Azul	5:31.08	340
	50m: 35.79 35.79	150m: 1:58.49	42.29	250m: 3:23.68	42.72
	100m: 1:16.20 40.41	200m: 2:40.96	42.47	300m: 4:06.66	42.98
				350m: 4:49.62	42.96
				400m: 5:31.08	41.46
6.	Rita Isabel OLIVEIRA	10	Estremoz / Estremozcarnes	5:42.13	308
	50m: 38.78 38.78	150m: 2:05.81	44.17	250m: 3:33.24	43.50
	100m: 1:21.64 42.86	200m: 2:49.74	43.93	300m: 4:16.46	43.22
				350m: 4:59.93	43.47
				400m: 5:42.13	42.20
7.	Maria Lua PISCO	07	Acmn	5:47.85	294
	50m: 39.02 39.02	150m: 2:03.81	43.01	250m: 3:33.73	45.56
	100m: 1:20.80 41.78	200m: 2:48.17	44.36	300m: 4:18.62	44.89
				350m: 5:04.36	45.74
				400m: 5:47.85	43.49
8.	Margarida Maria BEATO	11	GSC Grândola Sports Club	5:52.20	283
	50m: 39.57 39.57	150m: 2:10.44	46.37	250m: 3:41.50	45.50
	100m: 1:24.07 44.50	200m: 2:56.00	45.56	300m: 4:26.94	45.44
				350m: 5:12.05	45.11
				400m: 5:52.20	40.15
9.	Sofia Espada PASSECHNIKOFF	10	GSC Grândola Sports Club	5:53.07	281
	50m: 38.62 38.62	150m: 2:08.80	45.32	250m: 3:40.83	45.82
	100m: 1:23.48 44.86	200m: 2:55.01	46.21	300m: 4:26.60	45.77
				350m: 5:11.40	44.80
				400m: 5:53.07	41.67
EXH	Carmo Rosa MADEIRA	11	Laranjeiro	5:15.06	395
	50m: 35.40 35.40	150m: 1:54.46	39.88	250m: 3:14.97	40.33
	100m: 1:14.58 39.18	200m: 2:34.64	40.18	300m: 3:55.84	40.87
				350m: 4:36.58	40.74
				400m: 5:15.06	38.48
EXH	Sofia MEDEIRO HORTA	12	Zona Azul	6:24.84	217
	50m: 42.12 42.12	150m: 2:20.74	49.75	250m: 4:00.80	49.65
	100m: 1:30.99 48.87	200m: 3:11.15	50.41	300m: 4:51.35	50.55
				350m: 5:41.01	49.66
				400m: 6:24.84	43.83
EXH	Teresa Filipe BANHA	12	Acmn	6:25.35	216
	50m: 43.31 43.31	150m: 2:21.86	49.55	250m: 4:00.30	49.01
	100m: 1:32.31 49.00	200m: 3:11.29	49.43	300m: 4:48.45	48.15
				350m: 5:37.05	48.60
				400m: 6:25.35	48.30