

Campeonato Regional de Juvenis, Juniores e Seniores
Braga, 22 - 24/11/2024

Prova 41	Femin., 400m Livres				Absoluto
24/11/2024 - 10:10					Resultados
Rec. Reg. ANMinho Open	4:08.53	Tamila Hryhorivna Holub	SCB	Leiria	10/12/2022
Rec. Reg. ANMinho Sen	4:08.53	Tamila Hryhorivna Holub	SCB	Leiria	10/12/2022
Rec. Reg. ANMinho Jun 3	4:12.38	Tamila Hryhorivna Holub	SCB	Moscovo (RUS)	03/08/2017
Rec. Reg. ANMinho Jun 2	4:10.52	Tamila Hryhorivna Holub	SCB	Porto	12/12/2015
Rec. Reg. ANMinho Jun 1	4:15.43	Tamila Hryhorivna Holub	SCB	Porto	20/12/2014
Rec. Reg. ANMinho Juv A	4:20.32	Tamila Hryhorivna Holub	SCB	Vila Praia de Âncora	15/03/2014
Rec. Reg. ANMinho Juv B	4:25.47	Tamila Hryhorivna Holub	SCB	Abrantes	13/04/2013
Rec. Reg. ANMinho Inf A	4:35.75	Diana Ramos Rocha	EDV	Torres Novas	21/04/2007
Rec. Reg. ANMinho Inf B	4:51.13	Diana Ramos Rocha	EDV	Arcos de Valdevez	07/03/2010

Pontos: AQUA 2024

Lugar	Ano	Tempo final	Pts
Infantis B			
DSQ	Nadia Beatriz Neves	13	Viana Natacao
<i>402 - O(A) nadador(a) efectuou falsa partida - SW 4.4</i>			
Juvenis B			
1.	Sofia Sytnyk	11	Braga
	50m: 33.87 33.87	150m:	250m:
	100m: 1:10.21 36.34	200m: 2:26.69	300m: 3:46.05
			350m:
			400m: 5:04.55
			5:04.55
			438
Juvenis A			
1.	Ana Jose Marques	10	Braga
	50m: 32.84 32.84	150m:	250m:
	100m: 1:08.08 35.24	200m: 2:19.48	300m: 3:32.37
			350m:
			400m: 4:45.97
			4:45.97
			529
2.	Leticia Alves Castro	10	Braga
	50m: 32.86 32.86	150m:	250m:
	100m: 1:08.11 35.25	200m: 2:21.62	300m: 3:37.26
			350m:
			400m: 4:53.08
			4:53.08
			491
3.	Erica Isabel Sousa	10	Viana Natacao
	50m: 38.18 38.18	150m:	250m:
	100m: 1:20.09 41.91	200m: 2:47.79	300m: 4:16.10
			350m:
			400m: 5:43.12
			5:43.12
			306
Juniores			
1.	Maria Gomes Neves	08	Braga
	50m: 31.33 31.33	150m:	250m:
	100m: 1:05.68 34.35	200m: 2:15.12	300m: 3:23.50
			350m:
			400m: 4:33.09
			4:33.09
			607
2.	Diana Gomes Freitas	08	Amigos da Montanha
	50m: 31.30 31.30	150m:	250m:
	100m: 1:05.03 33.73	200m: 2:13.82	300m: 3:24.43
			350m:
			400m: 4:36.40
			4:36.40
			586
3.	Maria Carvalho Pinto	09	Viana Natacao
	50m: 32.16 32.16	150m:	250m:
	100m: 1:06.32 34.16	200m: 2:16.41	300m: 3:28.27
			350m:
			400m: 4:39.44
			4:39.44
			567
Seniores			
1.	Ines Santos Amorim	06	Escola Desportiva de Viana
	50m: 31.16 31.16	150m:	250m:
	100m: 1:05.69 34.53	200m: 2:19.79	300m: 3:22.11
			350m:
			400m: 4:28.95
			4:28.95
			636

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EXH	Ana Margarida Fernandes	12	Sporting Caminha	5:25.80	357
	50m: 36.15 36.15	150m:	250m:	350m:	
	100m: 1:16.36 40.21	200m: 2:40.81	300m: 4:05.00	400m: 5:25.80	
EXH	Madalena Esteves Magalhaes	12	Sporting Caminha	5:47.90	293
	50m: 35.75 35.75	150m:	250m:	350m:	
	100m: 1:17.01 41.26	200m: 2:46.72	300m: 4:19.71	400m: 5:47.90	
EXH	Beatriz Carvalhido Caridade	12	Viana Natacao	5:50.12	288
	50m: 38.11 38.11	150m:	250m:	350m:	
	100m: 1:20.34 42.23	200m: 2:49.05	300m: 4:19.48	400m: 5:50.12	
EXH	Maria Miranda Candeias	13	Fluvial Portuense	6:02.23	260
	50m: 38.52 38.52	150m:	250m:	350m:	
	100m: 1:22.31 43.79	200m: 2:55.82	300m: 4:29.99	400m: 6:02.23	
EXH	Carmen Martinez Ozores	13	Sporting Caminha	6:16.60	231
	50m: 38.94 38.94	150m:	250m:	350m:	
	100m: 1:23.41 44.47	200m: 3:02.80	300m: 4:43.51	400m: 6:16.60	
EXH	Mafalda Rocha Mendes	13	Fluvial Portuense	6:27.79	212
	50m: 42.98 42.98	150m:	250m:	350m:	
	100m: 1:32.28 49.30	200m: 3:12.96	300m: 4:51.84	400m: 6:27.79	
EXH	Maria Beatriz Ribas	13	Viana Natacao	6:42.03	190
	50m: 44.78 44.78	150m:	250m:	350m:	
	100m: 1:36.36 51.58	200m: 3:21.59	300m: 5:03.56	400m: 6:42.03	
EXH	Sofia Freitas Araujo	13	Fluvial Portuense	7:08.92	156
	50m: 47.09 47.09	150m:	250m:	350m:	
	100m: 1:41.90 54.81	200m: 3:33.00	300m: 5:23.91	400m: 7:08.92	
EXH	Matilde Sampaio Barros	13	Viana Natacao	7:10.79	154
	50m: 47.06 47.06	150m:	250m:	350m:	
	100m: 1:39.95 52.89	200m: 3:29.06	300m: 5:21.14	400m: 7:10.79	