

Campeonatos Regionais PC_NP e NA
Tavira, 23 - 24/11/2024

Prova 16
23/11/2024 - 16:07

Femin., 400m Estilos

Absolutos
Resultados

Pontos: AQUA 2024

Lugar	Ano	Tempo final	Pts
Juvenis B			
1. Isabel Grilo, OLIVEIRA	11 Lagoa AC	6:08.28	347
50m: 37.84 37.84	150m: 2:10.64 48.36	250m: 3:50.24 53.61	350m: 5:27.46 40.83
100m: 1:22.28 44.44	200m: 2:56.63 45.99	300m: 4:46.63 56.39	400m: 6:08.28 40.82
Juvenis A			
1. Constanca Lourenco, AZEVEDO	10 Lagoa AC	5:10.48	580
50m: 33.71 33.71	150m: 1:52.76 39.41	250m: 3:15.21 44.87	350m: 4:36.20 36.62
100m: 1:13.35 39.64	200m: 2:30.34 37.58	300m: 3:59.58 44.37	400m: 5:10.48 34.28
2. Sira Valentim, FALEIRO	10 Lagoa AC	5:40.68	439
50m: 36.69 36.69	150m: 2:05.06 44.48	250m: 3:36.58 47.48	350m: 5:02.43 37.90
100m: 1:20.58 43.89	200m: 2:49.10 44.04	300m: 4:24.53 47.95	400m: 5:40.68 38.25
Juvenis			
1. Constanca Lourenco, AZEVEDO	10 Lagoa AC	5:10.48	580
50m: 33.71 33.71	150m: 1:52.76 39.41	250m: 3:15.21 44.87	350m: 4:36.20 36.62
100m: 1:13.35 39.64	200m: 2:30.34 37.58	300m: 3:59.58 44.37	400m: 5:10.48 34.28
2. Sira Valentim, FALEIRO	10 Lagoa AC	5:40.68	439
50m: 36.69 36.69	150m: 2:05.06 44.48	250m: 3:36.58 47.48	350m: 5:02.43 37.90
100m: 1:20.58 43.89	200m: 2:49.10 44.04	300m: 4:24.53 47.95	400m: 5:40.68 38.25
3. Isabel Grilo, OLIVEIRA	11 Lagoa AC	6:08.28	347
50m: 37.84 37.84	150m: 2:10.64 48.36	250m: 3:50.24 53.61	350m: 5:27.46 40.83
100m: 1:22.28 44.44	200m: 2:56.63 45.99	300m: 4:46.63 56.39	400m: 6:08.28 40.82
Juniores			
1. Ines Filipe, ANTUNES	07 RIA Aqua Tavira	5:55.27	387
50m: 35.91 35.91	150m: 2:06.40 46.36	250m: 3:42.22 51.24	350m: 5:14.96 41.11
100m: 1:20.04 44.13	200m: 2:50.98 44.58	300m: 4:33.85 51.63	400m: 5:55.27 40.31
2. Carolina Teixeira, DANIEL	09 Louletano / Loule Aqui e Agora	5:56.07	384
50m: 36.60 36.60	150m: 2:08.74 48.35	250m: 3:44.38 49.86	350m: 5:16.54 41.46
100m: 1:20.39 43.79	200m: 2:54.52 45.78	300m: 4:35.08 50.70	400m: 5:56.07 39.53
Seniores			
1. Angelina Bermejo, JONES	04 Portinado	5:28.15	491
50m: 33.17 33.17	150m: 1:54.75 42.71	250m: 3:24.04 47.41	350m: 4:51.09 39.41
100m: 1:12.04 38.87	200m: 2:36.63 41.88	300m: 4:11.68 47.64	400m: 5:28.15 37.06