

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

Prova 39
24/11/2024 - 16:18

Femin., 400m Livres

Absolutos
Resultados

Pontos: AQUA 2024

Lugar	Ano	Tempo final	Pts
Juvenis B			
1. Angelina, LUTSIV	11 Lagoa AC	5:00.42	456
50m: 34.38 34.38	150m: 1:49.74 37.95	250m: 3:06.37 38.12	350m: 4:22.94 38.57
100m: 1:11.79 37.41	200m: 2:28.25 38.51	300m: 3:44.37 38.00	400m: 5:00.42 37.48
2. Eva, MAGIYEVA	11 Lagoa AC	5:07.47	425
50m: 34.98 34.98	150m: 1:53.38 39.67	250m: 3:12.10 39.03	350m: 4:30.79 39.85
100m: 1:13.71 38.73	200m: 2:33.07 39.69	300m: 3:50.94 38.84	400m: 5:07.47 36.68
3. Julia Laginha, BRAZ	11 Lagoa AC	5:12.09	407
50m: 35.90 35.90	150m: 1:55.09 39.99	250m: 3:14.66 39.31	350m: 4:34.44 40.04
100m: 1:15.10 39.20	200m: 2:35.35 40.26	300m: 3:54.40 39.74	400m: 5:12.09 37.65
4. Isabel Grilo, OLIVEIRA	11 Lagoa AC	5:16.27	391
50m: 35.34 35.34	150m: 1:55.09 40.07	250m: 3:16.31 40.39	350m: 4:37.14 40.43
100m: 1:15.02 39.68	200m: 2:35.92 40.83	300m: 3:56.71 40.40	400m: 5:16.27 39.13
5. Beatriz Marques, TEIXEIRA	11 Lagoa AC	5:24.14	363
50m: 37.49 37.49	150m: 2:00.69 42.00	250m: 3:23.77 41.59	350m: 4:44.70 40.56
100m: 1:18.69 41.20	200m: 2:42.18 41.49	300m: 4:04.14 40.37	400m: 5:24.14 39.44
6. Maria Francisca, SIMOES	11 Aquatico Silves	5:29.15	347
50m: 37.20 37.20	150m: 2:00.01 41.72	250m: 3:25.33 42.25	350m: 4:49.63 41.27
100m: 1:18.29 41.09	200m: 2:43.08 43.07	300m: 4:08.36 43.03	400m: 5:29.15 39.52
7. Leonor Henrique, FERNANDES	11 Portinado	5:54.35	278
50m: 38.41 38.41	150m: 2:07.72 44.32	250m: 3:38.33 44.89	350m: 5:10.71 47.14
100m: 1:23.40 44.99	200m: 2:53.44 45.72	300m: 4:23.57 45.24	400m: 5:54.35 43.64

Juvenis A

1. Carolina Brito, SANTOS	10 Naval de Faro	4:44.66	536
50m: 32.07 32.07	150m: 1:44.25 36.44	250m: 2:56.67 36.26	350m: 4:10.05 36.68
100m: 1:07.81 35.74	200m: 2:20.41 36.16	300m: 3:33.37 36.70	400m: 4:44.66 34.61
2. Carolina Melo, LOPES	10 Portinado	4:50.75	503
50m: 31.75 31.75	150m: 1:43.77 36.32	250m: 2:58.02 37.27	350m: 4:14.49 38.38
100m: 1:07.45 35.70	200m: 2:20.75 36.98	300m: 3:36.11 38.09	400m: 4:50.75 36.26
3. Ines Filipa, MATEUS	10 Lagoa AC	5:09.08	419
50m: 33.43 33.43	150m: 1:49.73 38.67	250m: 3:09.26 40.17	350m: 4:29.93 40.32
100m: 1:11.06 37.63	200m: 2:29.09 39.36	300m: 3:49.61 40.35	400m: 5:09.08 39.15
4. Sira Valentim, FALEIRO	10 Lagoa AC	5:11.36	409
50m: 34.61 34.61	150m: 1:52.99 39.87	250m: 3:11.27 39.57	350m: 4:31.77 40.43
100m: 1:13.12 38.51	200m: 2:31.70 38.71	300m: 3:51.34 40.07	400m: 5:11.36 39.59
5. Ines Patricio, FELIX	10 Portinado	5:29.08	347
50m: 36.82 36.82	150m: 2:01.17 42.28	250m: 3:26.02 42.66	350m: 4:49.58 42.04
100m: 1:18.89 42.07	200m: 2:43.36 42.19	300m: 4:07.54 41.52	400m: 5:29.08 39.50
6. Sonya Antonova, SINYAKOVA	10 Nautico Guadiana	5:36.49	324
50m: 36.96 36.96	150m: 2:00.83 42.16	250m: 3:27.29 43.47	350m: 4:54.34 43.30
100m: 1:18.67 41.71	200m: 2:43.82 42.99	300m: 4:11.04 43.75	400m: 5:36.49 42.15
7. Bruna Catarina, GUERREIRO	10 Louletano / Loule Aqui e Agora	5:50.50	287
50m: 37.32 37.32	150m: 2:04.54 44.43	250m: 3:35.16 45.26	350m: 5:06.47 45.70
100m: 1:20.11 42.79	200m: 2:49.90 45.36	300m: 4:20.77 45.61	400m: 5:50.50 44.03
8. Leonor Filipa, SANTOS	10 Portinado	5:53.35	280
50m: 39.52 39.52	150m: 2:06.06 44.69	250m: 3:36.66 45.26	350m: 5:08.41 46.09
100m: 1:21.37 41.85	200m: 2:51.40 45.34	300m: 4:22.32 45.66	400m: 5:53.35 44.94

Campeonatos Regionais PC_NP e NA
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Prova 39, Femin., 400m Livres

Juvenis

1.	Carolina Brito, SANTOS	10	Naval de Faro	4:44.66	536
	50m: 32.07 32.07	150m: 1:44.25	36.44	250m: 2:56.67	36.26
	100m: 1:07.81 35.74	200m: 2:20.41	36.16	300m: 3:33.37	36.70
				350m: 4:10.05	36.68
				400m: 4:44.66	34.61
2.	Carolina Melo, LOPES	10	Portinado	4:50.75	503
	50m: 31.75 31.75	150m: 1:43.77	36.32	250m: 2:58.02	37.27
	100m: 1:07.45 35.70	200m: 2:20.75	36.98	300m: 3:36.11	38.09
				350m: 4:14.49	38.38
				400m: 4:50.75	36.26
3.	Angelina, LUTSIV	11	Lagoa AC	5:00.42	456
	50m: 34.38 34.38	150m: 1:49.74	37.95	250m: 3:06.37	38.12
	100m: 1:11.79 37.41	200m: 2:28.25	38.51	300m: 3:44.37	38.00
				350m: 4:22.94	38.57
				400m: 5:00.42	37.48
4.	Eva, MAGIYEVA	11	Lagoa AC	5:07.47	425
	50m: 34.98 34.98	150m: 1:53.38	39.67	250m: 3:12.10	39.03
	100m: 1:13.71 38.73	200m: 2:33.07	39.69	300m: 3:50.94	38.84
				350m: 4:30.79	39.85
				400m: 5:07.47	36.68
5.	Ines Filipa, MATEUS	10	Lagoa AC	5:09.08	419
	50m: 33.43 33.43	150m: 1:49.73	38.67	250m: 3:09.26	40.17
	100m: 1:11.06 37.63	200m: 2:29.09	39.36	300m: 3:49.61	40.35
				350m: 4:29.93	40.32
				400m: 5:09.08	39.15
6.	Sira Valentim, FALEIRO	10	Lagoa AC	5:11.36	409
	50m: 34.61 34.61	150m: 1:52.99	39.87	250m: 3:11.27	39.57
	100m: 1:13.12 38.51	200m: 2:31.70	38.71	300m: 3:51.34	40.07
				350m: 4:31.77	40.43
				400m: 5:11.36	39.59
7.	Julia Laginha, BRAZ	11	Lagoa AC	5:12.09	407
	50m: 35.90 35.90	150m: 1:55.09	39.99	250m: 3:14.66	39.31
	100m: 1:15.10 39.20	200m: 2:35.35	40.26	300m: 3:54.40	39.74
				350m: 4:34.44	40.04
				400m: 5:12.09	37.65
8.	Isabel Grilo, OLIVEIRA	11	Lagoa AC	5:16.27	391
	50m: 35.34 35.34	150m: 1:55.09	40.07	250m: 3:16.31	40.39
	100m: 1:15.02 39.68	200m: 2:35.92	40.83	300m: 3:56.71	40.40
				350m: 4:37.14	40.43
				400m: 5:16.27	39.13
9.	Beatriz Marques, TEIXEIRA	11	Lagoa AC	5:24.14	363
	50m: 37.49 37.49	150m: 2:00.69	42.00	250m: 3:23.77	41.59
	100m: 1:18.69 41.20	200m: 2:42.18	41.49	300m: 4:04.14	40.37
				350m: 4:44.70	40.56
				400m: 5:24.14	39.44
10.	Ines Patricio, FELIX	10	Portinado	5:29.08	347
	50m: 36.82 36.82	150m: 2:01.17	42.28	250m: 3:26.02	42.66
	100m: 1:18.89 42.07	200m: 2:43.36	42.19	300m: 4:07.54	41.52
				350m: 4:49.58	42.04
				400m: 5:29.08	39.50
11.	Maria Francisca, SIMOES	11	Aquatico Silves	5:29.15	347
	50m: 37.20 37.20	150m: 2:00.01	41.72	250m: 3:25.33	42.25
	100m: 1:18.29 41.09	200m: 2:43.08	43.07	300m: 4:08.36	43.03
				350m: 4:49.63	41.27
				400m: 5:29.15	39.52
12.	Sonya Antonova, SINYAKOVA	10	Nautico Guadiana	5:36.49	324
	50m: 36.96 36.96	150m: 2:00.83	42.16	250m: 3:27.29	43.47
	100m: 1:18.67 41.71	200m: 2:43.82	42.99	300m: 4:11.04	43.75
				350m: 4:54.34	43.30
				400m: 5:36.49	42.15
13.	Bruna Catarina, GUERREIRO	10	Louletano / Loule Aqui e Agora	5:50.50	287
	50m: 37.32 37.32	150m: 2:04.54	44.43	250m: 3:35.16	45.26
	100m: 1:20.11 42.79	200m: 2:49.90	45.36	300m: 4:20.77	45.61
				350m: 5:06.47	45.70
				400m: 5:50.50	44.03
14.	Leonor Filipa, SANTOS	10	Portinado	5:53.35	280
	50m: 39.52 39.52	150m: 2:06.06	44.69	250m: 3:36.66	45.26
	100m: 1:21.37 41.85	200m: 2:51.40	45.34	300m: 4:22.32	45.66
				350m: 5:08.41	46.09
				400m: 5:53.35	44.94
15.	Leonor Henrique, FERNANDES	11	Portinado	5:54.35	278
	50m: 38.41 38.41	150m: 2:07.72	44.32	250m: 3:38.33	44.89
	100m: 1:23.40 44.99	200m: 2:53.44	45.72	300m: 4:23.57	45.24
				350m: 5:10.71	47.14
				400m: 5:54.35	43.64

Juniores

1.	Margarida Maria, LUIZ	08	Lagoa AC	4:38.78	571
	50m: 31.91 31.91	150m: 1:42.36	35.59	250m: 2:53.25	35.12
	100m: 1:06.77 34.86	200m: 2:18.13	35.77	300m: 3:28.98	35.73
				350m: 4:04.52	35.54
				400m: 4:38.78	34.26
2.	Mia Alena, WERUM	07	Lagoa AC	4:45.95	529
	50m: 32.03 32.03	150m: 1:42.73	35.73	250m: 2:56.28	36.96
	100m: 1:07.00 34.97	200m: 2:19.32	36.59	300m: 3:33.64	37.36
				350m: 4:10.57	36.93
				400m: 4:45.95	35.38

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

Prova 39, Femin., 400m Livres, Juniores

Lugar			Ano					Tempo final	Pts		
3.	Clara Alexandra, VICENTE		09	Lagoa AC				5:04.29	439		
	50m:	33.71 33.71	150m:	1:49.07	38.24	250m:	3:08.02	39.73	350m:	4:26.39	39.14
	100m:	1:10.83 37.12	200m:	2:28.29	39.22	300m:	3:47.25	39.23	400m:	5:04.29	37.90
4.	Lara Sofia, AGUAS		09	Lagoa AC				5:14.13	399		
	50m:	34.95 34.95	150m:	1:53.22	39.68	250m:	3:13.34	40.07	350m:	4:34.51	40.70
	100m:	1:13.54 38.59	200m:	2:33.27	40.05	300m:	3:53.81	40.47	400m:	5:14.13	39.62
5.	Ines Filipe, ANTUNES		07	RIA Aqua Tavira				5:21.17	373		
	50m:	35.19 35.19	150m:	1:55.40	40.76	250m:	3:17.65	41.14	350m:	4:40.65	41.63
	100m:	1:14.64 39.45	200m:	2:36.51	41.11	300m:	3:59.02	41.37	400m:	5:21.17	40.52
6.	Barbara Ribeiro, LOUREIRO		07	Portinado				5:31.98	338		
	50m:	37.01 37.01	150m:	2:01.77	42.86	250m:	3:26.93	42.80	350m:	4:52.61	41.99
	100m:	1:18.91 41.90	200m:	2:44.13	42.36	300m:	4:10.62	43.69	400m:	5:31.98	39.37

Seniores

1.	Joana Lopes, SALGUEIRO		04	RIA Aqua Tavira				4:56.14	476		
	50m:	33.17 33.17	150m:	1:47.06	36.98	250m:	3:02.85	38.15	350m:	4:19.48	38.40
	100m:	1:10.08 36.91	200m:	2:24.70	37.64	300m:	3:41.08	38.23	400m:	4:56.14	36.66
2.	Leonor Santos, JESUS		04	Natacao de Olhao				5:13.70	400		
	50m:	33.48 33.48	150m:	1:51.36	40.03	250m:	3:11.85	40.87	350m:	4:34.32	41.63
	100m:	1:11.33 37.85	200m:	2:30.98	39.62	300m:	3:52.69	40.84	400m:	5:13.70	39.38