

Prova 7
07/03/2025

Femin., 400m Estilos

14 anos e mais velhos
Resultados

TAC Juvenis B Fem JUV B 50m: 6:53.30 - 25m: 6:53.30 / TAC Juvenis A Fem JUV A 50m: 6:28.24 - 25m: 6:28.24 /
TAC Juniores Fem JUN 50m: 6:24.24 - 25m: 6:24.24 / TAC Sêniores Fem SEN 50m: 6:22.24 - 25m: 6:22.24 /
TAC OPEN Portugal 16 JUN 16: 5:22.37 / TAC OPEN Portugal 15 JUV A: 5:29.68 / TAC OPEN Portugal FEM JUV B JUV B: 5:36.98 /
TAC OPEN Portugal JUN 17 JUN 17: 5:18.96 / TAC OPEN Portugal JUN 18 JUN 18: 5:18.96 /
TAC OPEN Portugal SEN 19 19: 5:13.61 / TAC OPEN Portugal SEN 20 20: 5:11.66

Pontos: AQUA 2024

Lugar	Nome	Idade	Licença	Clube	Tempo Final	AQUA
Juvenis ANALEN						
1.	Leonor Duarte, Goncalves	15	208323	Ndco	5:58.84	375
	50m: 38.21 38.21	150m: 2:11.41	46.51	250m: 3:46.55	48.95	350m: 5:18.93 41.29
	100m: 1:24.90 46.69	200m: 2:57.60	46.19	300m: 4:37.64	51.09	400m: 5:58.84 39.91
2.	Margarida Maria, Beato	14	217851	GSC Grândola Sports Club	6:28.44	296
	50m: 41.61 41.61	150m: 2:27.09	51.58	250m: 4:10.09	51.88	350m: 5:47.06 43.69
	100m: 1:35.51 53.90	200m: 3:18.21	51.12	300m: 5:03.37	53.28	400m: 6:28.44 41.38
Juvenis ANICentro						
1.	Ines Martins, Farinha	14	214553	CCDSerta	6:10.40	341
	50m: 40.26 40.26	150m: 2:11.35	45.15	250m: 3:49.47	53.68	350m: 5:29.24 47.73
	100m: 1:26.20 45.94	200m: 2:55.79	44.44	300m: 4:41.51	52.04	400m: 6:10.40 41.16
2.	Carolina Pinto, Banhudo	15	211117	AN Albicastrense	6:22.19	310
	50m: 37.70 37.70	150m: 2:16.56	49.51	250m: 3:59.21	54.65	350m: 5:40.23 44.65
	100m: 1:27.05 49.35	200m: 3:04.56	48.00	300m: 4:55.58	56.37	400m: 6:22.19 41.96
Absolutos ANALEN						
1.	Sofia Oliveira, Silva	26	121399	Litoral Alentejano	5:32.70	471
	50m: 33.10 33.10	150m: 1:55.32	43.75	250m: 3:27.39	49.26	350m: 4:55.51 38.71
	100m: 1:11.57 38.47	200m: 2:38.13	42.81	300m: 4:16.80	49.41	400m: 5:32.70 37.19