

Torneio de Fevereiro Categorias e Adaptada
Lagos, 16/2/2025

Prova 23
16/02/2025

Femin., 400m Estilos

Absoluto
Resultados

Pontos: AQUA 2024

Lugar	Ano	Tempo final	Pts
Infantis A			
1. Mariana Canarias, JESUS	12 Lagoa AC	5:27.64	493
50m: 34.71 34.71	150m: 1:56.93 41.91	250m: 3:23.40 46.71	350m: 4:50.11 39.12
100m: 1:15.02 40.31	200m: 2:36.69 39.76	300m: 4:10.99 47.59	400m: 5:27.64 37.53
2. Bruna Filipa, BORRALHO	12 Lagoa AC	5:46.53	417
50m: 39.35 39.35	150m: 2:09.67 44.95	250m: 3:43.53 50.38	350m: 5:10.14 37.24
100m: 1:24.72 45.37	200m: 2:53.15 43.48	300m: 4:32.90 49.37	400m: 5:46.53 36.39
3. Leonor Melo, LOPES	12 Portinado	6:03.08	362
50m: 40.31 40.31	150m: 2:12.58 44.48	250m: 3:49.11 53.02	350m: 5:23.18 41.42
100m: 1:28.10 47.79	200m: 2:56.09 43.51	300m: 4:41.76 52.65	400m: 6:03.08 39.90
4. Beatriz Lopes, SILVA	12 Portinado	6:03.13	362
50m: 39.56 39.56	150m: 2:13.69 48.09	250m: 3:49.70 27.06	350m: 5:23.40 42.25
100m: 1:25.60 46.04	200m: 3:22.64 1:08.95	300m: 4:41.15 51.45	400m: 6:03.13 39.73
5. Lara Ramos, MARQUES	12 Lagoa AC	6:45.06	261
50m: 44.32 44.32	150m: 2:32.32 51.65	250m: 4:18.66 56.02	350m: 5:59.53 45.87
100m: 1:40.67 56.35	200m: 3:22.64 50.32	300m: 5:13.66 55.00	400m: 6:45.06 45.53
Juvenis B			
1. Marta Gak, GUERREIRO	11 Louletano / Loule Aqui e Agora	5:50.61	402
50m: 38.52 38.52	150m: 2:06.57 42.83	250m: 3:40.91 52.02	350m: 5:12.10 38.83
100m: 1:23.74 45.22	200m: 2:48.89 42.32	300m: 4:33.27 52.36	400m: 5:50.61 38.51
Juvenis A			
1. Sira Valentim, FALEIRO	10 Lagoa AC	5:42.47	432
50m: 35.88 35.88	150m: 2:03.27 44.17	250m: 3:32.92 46.60	350m: 5:01.00 41.23
100m: 1:19.10 43.22	200m: 2:46.32 43.05	300m: 4:19.77 46.85	400m: 5:42.47 41.47