

Camp. Reg. Inf. e Tor. Veloc. Juv; Abs e Adapt.
Albufeira, 8 - 9/3/2025

Prova 23 Femin., 400m Livres Infantis
09/03/2025 Resultados

Recordes Regionais Open	4:19.78	Sara Alexandra, MADEIRA	LDC	Sines	20/12/2008
Recordes Regionais Inf. A	4:41.06	Catia Raquel, MARTINHEIRA	SALG	Abrantes	05/04/2008
Recordes Regionais Inf. B	4:47.32	Carolina Silva, GODINHO	CNFA	Olhao	21/10/2007

Pontos:

Lugar	Ano		Tempo final				Pts
Infantis B							
1. Dunia, CANO BAQQALI	13	Louletano / Loule Aqui e Agora	5:04.17				
50m: 35.07 35.07	150m: 1:50.88 37.45	250m: 3:08.60 38.91	350m: 4:26.90	39.36			
100m: 1:13.43 38.36	200m: 2:29.69 38.81	300m: 3:47.54 38.94	400m: 5:04.17	37.27			
2. Eva Maria, PASSOS	13	RIA Aqua Tavira	5:26.87				
50m: 35.55 35.55	150m: 1:58.29 42.02	250m: 3:21.61 41.15	350m: 4:45.81	41.25			
100m: 1:16.27 40.72	200m: 2:40.46 42.17	300m: 4:04.56 42.95	400m: 5:26.87	41.06			
3. Luiza Marchette, MAIA	13	Louletano / Loule Aqui e Agora	5:37.75				
50m: 39.82 39.82	150m: 2:05.66 43.46	250m: 3:32.45 43.63	350m: 4:57.94	42.33			
100m: 1:22.20 42.38	200m: 2:48.82 43.16	300m: 4:15.61 43.16	400m: 5:37.75	39.81			
4. Barbara Barros, SILVA	13	Louletano / Loule Aqui e Agora	5:41.00				
50m: 39.10 39.10	150m: 2:04.90 43.20	250m: 3:33.02 44.14	350m: 4:56.67	41.16			
100m: 1:21.70 42.60	200m: 2:48.88 43.98	300m: 4:15.51 42.49	400m: 5:41.00	44.33			
5. Emma Neves, ALMEIDA	13	Natação de lagos	5:46.47				
50m: 38.35 38.35	150m: 2:05.62 44.18	250m: 3:34.25 44.33	350m: 5:03.20	45.02			
100m: 1:21.44 43.09	200m: 2:49.92 44.30	300m: 4:18.18 43.93	400m: 5:46.47	43.27			
6. Melissa Vasfi, IDRIZ	13	RIA Aqua Tavira	6:02.78				
50m: 40.03 40.03	150m: 2:12.67 47.67	250m: 3:44.69 45.17	350m: 5:17.77	46.34			
100m: 1:25.00 44.97	200m: 2:59.52 46.85	300m: 4:31.43 46.74	400m: 6:02.78	45.01			
7. Catarina Luz, PISCHEL	13	Clube de Natacao de Faro 1	6:05.74				
50m: 41.01 41.01	150m: 2:13.29 46.16	250m: 3:48.62 47.45	350m: 5:21.50	45.76			
100m: 1:27.13 46.12	200m: 3:01.17 47.88	300m: 4:35.74 47.12	400m: 6:05.74	44.24			
8. Mariana Sousa, FERNANDES	13	Naval de Faro	6:07.01				
50m: 40.85 40.85	150m: 2:14.39 48.33	250m: 3:50.15 47.37	350m: 5:24.48	46.79			
100m: 1:26.06 45.21	200m: 3:02.78 48.39	300m: 4:37.69 47.54	400m: 6:07.01	42.53			
9. Carolina Isabel, FRIEZA	13	Aquatico Silves	6:07.13				
50m: 41.29 41.29	150m: 2:13.82 47.12	250m: 3:48.35 47.52	350m: 5:23.16	47.36			
100m: 1:26.70 45.41	200m: 3:00.83 47.01	300m: 4:35.80 47.45	400m: 6:07.13	43.97			
10. Janine Ganso, PERDIGAO	13	Lagoa Academico Clube	6:24.58				
50m: 40.98 40.98	150m: 2:16.27 48.97	250m: 3:56.99 50.43	350m: 5:37.00	49.46			
100m: 1:27.30 46.32	200m: 3:06.56 50.29	300m: 4:47.54 50.55	400m: 6:24.58	47.58			
11. Laura Carrasquinho, CEVADINHA	13	FC Ferreiras/AlgarExperience	6:25.69				
50m: 41.32 41.32	150m: 2:16.30 48.95	250m: 3:56.62 50.20	350m: 5:38.90	50.58			
100m: 1:27.35 46.03	200m: 3:06.42 50.12	300m: 4:48.32 51.70	400m: 6:25.69	46.79			
12. Catarina Valente, MARTINS	13	RIA Aqua Tavira	6:31.50				
50m: 42.48 42.48	150m: 2:20.64 50.39	250m: 4:02.31 51.34	350m: 5:43.02	50.56			
100m: 1:30.25 47.77	200m: 3:10.97 50.33	300m: 4:52.46 50.15	400m: 6:31.50	48.48			
13. Bianca Semedo, RAMOS	13	RIA Aqua Tavira	6:39.40				
50m: 41.75 41.75	150m: 2:21.01 50.72	250m: 4:04.19 52.54	350m: 5:48.97	53.21			
100m: 1:30.29 48.54	200m: 3:11.65 50.64	300m: 4:55.76 51.57	400m: 6:39.40	50.43			
14. Laura Tavares, RODRIGUES	13	Tnc	6:40.29				
50m: 44.01 44.01	150m: 2:24.88 51.85	250m: 4:10.07 52.48	350m: 5:54.39	50.99			
100m: 1:33.03 49.02	200m: 3:17.59 52.71	300m: 5:03.40 53.33	400m: 6:40.29	45.90			
15. Dalia Costa, FERRADEIRA	13	Clube de Natacao de Faro 1	6:40.64				
50m: 41.58 41.58	150m: 2:21.13 51.58	250m: 4:05.02 52.66	350m: 5:50.12	52.30			
100m: 1:29.55 47.97	200m: 3:12.36 51.23	300m: 4:57.82 52.80	400m: 6:40.64	50.52			
16. Carolina Cunha, CAVACAS	13	Cng	6:57.81				
50m: 47.84 47.84	150m: 2:36.02 53.91	250m: 4:23.97 54.42	350m: 6:10.58	53.34			
100m: 1:42.11 54.27	200m: 3:29.55 53.53	300m: 5:17.24 53.27	400m: 6:57.81	47.23			

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Prova 23, Femin., 400m Livres, Infantis B

Lugar			Ano					Tempo final	Pts		
17.	Isabela Guerreiro, MENDINHOS		13	Naval de Faro				7:00.79			
	50m:	47.66 47.66	150m:	2:31.03	52.61	250m:	4:18.20	54.48	350m:	6:08.07	54.62
	100m:	1:38.42 50.76	200m:	3:23.72	52.69	300m:	5:13.45	55.25	400m:	7:00.79	52.72

Infantis A

1.	Mariana Canarias, JESUS		12	Lagoa Academico Clube				5:01.44			
	50m:	34.37 34.37	150m:	1:51.33	38.80	250m:	3:08.40	38.45	350m:	4:25.32	38.50
	100m:	1:12.53 38.16	200m:	2:29.95	38.62	300m:	3:46.82	38.42	400m:	5:01.44	36.12
2.	Leonor Melo, LOPES		12	Portinado				5:23.88			
	50m:	36.01 36.01	150m:	1:57.88	41.53	250m:	3:21.71	42.02	350m:	4:44.34	41.89
	100m:	1:16.35 40.34	200m:	2:39.69	41.81	300m:	4:02.45	40.74	400m:	5:23.88	39.54
3.	Laura Beatriz, PITEIRA		12	Naval de Faro				5:29.15			
	50m:	36.77 36.77	150m:	2:00.91	42.20	250m:	3:25.60	42.34	350m:	4:48.87	41.07
	100m:	1:18.71 41.94	200m:	2:43.26	42.35	300m:	4:07.80	42.20	400m:	5:29.15	40.28
4.	Ionelia Cristiana, FILAT		12	Portinado				5:34.20			
	50m:	35.99 35.99	150m:	1:59.90	42.80	250m:	3:25.86	43.22	350m:	4:52.81	43.37
	100m:	1:17.10 41.11	200m:	2:42.64	42.74	300m:	4:09.44	43.58	400m:	5:34.20	41.39
5.	Barbara Mar, FERREIRA		12	RIA Aqua Tavira				5:37.89			
	50m:	36.75 36.75	150m:	2:02.68	43.11	250m:	3:30.44	44.48	350m:	4:56.88	43.57
	100m:	1:19.57 42.82	200m:	2:45.96	43.28	300m:	4:13.31	42.87	400m:	5:37.89	41.01
6.	Sara Marques, MADEIRA		12	Louletano / Loule Aqui e Agora				5:38.01			
	50m:	38.24 38.24	150m:	2:02.86	42.76	250m:	3:30.98	43.92	350m:	4:57.71	43.08
	100m:	1:20.10 41.86	200m:	2:47.06	44.20	300m:	4:14.63	43.65	400m:	5:38.01	40.30
7.	Elisa Martins, PESCADA		12	Naval de Faro				5:42.18			
	50m:	36.52 36.52	150m:	2:00.55	42.91	250m:	3:28.38	44.20	350m:	4:58.41	44.93
	100m:	1:17.64 41.12	200m:	2:44.18	43.63	300m:	4:13.48	45.10	400m:	5:42.18	43.77
8.	Andresa Beatriz, MARTINS		12	Aquatico Silves				5:43.02			
	50m:	37.22 37.22	150m:	2:02.87	43.85	250m:	3:30.34	43.35	350m:	4:57.54	43.02
	100m:	1:19.02 41.80	200m:	2:46.99	44.12	300m:	4:14.52	44.18	400m:	5:43.02	45.48
9.	Lara Ramos, MARQUES		12	Lagoa Academico Clube				5:47.74			
	50m:	38.15 38.15	150m:	2:05.96	44.39	250m:	3:34.27	44.01	350m:	5:03.86	44.78
	100m:	1:21.57 43.42	200m:	2:50.26	44.30	300m:	4:19.08	44.81	400m:	5:47.74	43.88
10.	Victoria, LOPEZ BERMEJO		12	Louletano / Loule Aqui e Agora				5:49.99			
	50m:	39.09 39.09	150m:	2:07.65	44.42	250m:	3:37.31	45.07	350m:	5:07.68	45.27
	100m:	1:23.23 44.14	200m:	2:52.24	44.59	300m:	4:22.41	45.10	400m:	5:49.99	42.31
11.	Myra Adele, NYLANDER		12	RIA Aqua Tavira				5:56.32			
	50m:	37.94 37.94	150m:	2:05.57	44.70	250m:	3:37.61	46.10	350m:	5:11.10	46.86
	100m:	1:20.87 42.93	200m:	2:51.51	45.94	300m:	4:24.24	46.63	400m:	5:56.32	45.22
12.	Anna, SAINT-SARDOS		12	Natação de lagos				6:02.25			
	50m:	41.16 41.16	150m:	2:13.39	46.48	250m:	3:45.41	45.84	350m:	5:18.01	46.28
	100m:	1:26.91 45.75	200m:	2:59.57	46.18	300m:	4:31.73	46.32	400m:	6:02.25	44.24
13.	Valeria, BORDAKOVA		12	Louletano / Loule Aqui e Agora				6:14.64			
	50m:	42.37 42.37	150m:	2:16.05	47.85	250m:	3:52.32	48.23	350m:	5:28.43	48.03
	100m:	1:28.20 45.83	200m:	3:04.09	48.04	300m:	4:40.40	48.08	400m:	6:14.64	46.21
14.	Rafaela Matias, COELHO		12	Louletano / Loule Aqui e Agora				6:18.16			
	50m:	42.75 42.75	150m:	2:15.88	46.99	250m:	3:51.47	47.95	350m:	5:29.47	49.39
	100m:	1:28.89 46.14	200m:	3:03.52	47.64	300m:	4:40.08	48.61	400m:	6:18.16	48.69
15.	Clara Alexandra, ALVES		12	RIA Aqua Tavira				6:40.67			
	50m:	45.67 45.67	150m:	2:29.46	51.70	250m:	4:10.88	51.54	350m:	5:52.88	49.85
	100m:	1:37.76 52.09	200m:	3:19.34	49.88	300m:	5:03.03	52.15	400m:	6:40.67	47.79
16.	Ariana Lobo, MACHADO		12	RIA Aqua Tavira				6:48.63			
	50m:	46.00 46.00	150m:	2:28.98	50.87	250m:	4:15.27	54.40	350m:	6:00.49	53.18
	100m:	1:38.11 52.11	200m:	3:20.87	51.89	300m:	5:07.31	52.04	400m:	6:48.63	48.14