

Prova 14
15/03/2025

Femin., 400m Estilos

13 anos e mais velhos
Resultados

| | | | | | |
|---------------------------|---------|-------------------------|------|-----------------------|------------|
| Recordes Regionais Open | 4:49.84 | Ana Beatriz, PEREIRA | LDC | S. Antonio Cavaleiros | 20/12/2009 |
| Recordes Regionais 18 | 5:55.27 | Ines Filipe, ANTUNES | RIA | Tavira | 23/11/2024 |
| Recordes Regionais 18 + | 4:49.84 | Ana Beatriz, PEREIRA | LDC | S. Antonio Cavaleiros | 20/12/2009 |
| Recordes Regionais Jun. 2 | 5:03.46 | Marta Pereira, ABREU | CNFA | Tavira | 22/11/2008 |
| Recordes Regionais Jun. 1 | 5:01.37 | Marta Pereira, ABREU | LDC | Silves | 22/12/2007 |
| Recordes Regionais Juv. A | 5:09.17 | Laura Fabiana, ESTEVENS | CNO | Sines | 06/12/2019 |
| Recordes Regionais Juv. B | 5:11.38 | Laura Fabiana, ESTEVENS | CNOL | Silves | 16/03/2019 |
| Recordes Regionais Inf. A | 5:23.83 | Laura Fabiana, ESTEVENS | CNOL | Albufeira | 05/05/2018 |

Pontos:

| Lugar | Nome do nadador | Ano | Classe | Cod Exc | Clube | Tempo final | IPC | Pts |
|-------|-----------------|-----|--------|---------|-------|-------------|-----|-----|
|-------|-----------------|-----|--------|---------|-------|-------------|-----|-----|

Juvenis B

| | | | | | | | | |
|----------------------------|---------|-------|-------|---------|-----------------------|----------------|---------|-------|
| 1. Maria Goncalves, SANTOS | 11 | | | | Lagoa Academico Clube | 5:57.25 | | |
| 50m: | 39.45 | 39.45 | 150m: | 2:16.68 | 48.35 | 250m: | 3:49.24 | 45.59 |
| 100m: | 1:28.33 | 48.88 | 200m: | 3:03.65 | 46.97 | 300m: | 4:35.56 | 46.32 |
| | | | | | | 350m: | 5:17.24 | 41.68 |
| | | | | | | 400m: | 5:57.25 | 40.01 |

Juvenis A

| | | | | | | | | |
|--------------------------------|---------|-------|-------|---------|-----------------------|----------------|---------|-------|
| 1. Constanca Lourenco, AZEVEDO | 10 | | | | Lagoa Academico Clube | 5:07.51 | | |
| 50m: | 32.73 | 32.73 | 150m: | 1:48.27 | 38.44 | 250m: | 3:11.42 | 46.16 |
| 100m: | 1:09.83 | 37.10 | 200m: | 2:25.26 | 36.99 | 300m: | 3:56.02 | 44.60 |
| | | | | | | 350m: | 4:32.67 | 36.65 |
| | | | | | | 400m: | 5:07.51 | 34.84 |
| 2. Sira Valentim, FALEIRO | 10 | | | | Lagoa Academico Clube | 5:40.55 | | |
| 50m: | 36.85 | 36.85 | 150m: | 2:05.32 | 43.53 | 250m: | 3:34.38 | 46.80 |
| 100m: | 1:21.79 | 44.94 | 200m: | 2:47.58 | 42.26 | 300m: | 4:22.00 | 47.62 |
| | | | | | | 350m: | 5:01.24 | 39.24 |
| | | | | | | 400m: | 5:40.55 | 39.31 |

Juniores

| | | | | | | | | |
|-------------------------|---------|-------|-------|---------|-----------------------|----------------|---------|-------|
| 1. Ines Filipe, ANTUNES | 07 | | | | RIA Aqua Tavira | 5:47.79 | | |
| 50m: | 35.58 | 35.58 | 150m: | 2:03.96 | 45.50 | 250m: | 3:38.82 | 50.27 |
| 100m: | 1:18.46 | 42.88 | 200m: | 2:48.55 | 44.59 | 300m: | 4:29.32 | 50.50 |
| | | | | | | 350m: | 5:08.30 | 38.98 |
| | | | | | | 400m: | 5:47.79 | 39.49 |
| 2. Lara Sofia, AGUAS | 09 | | | | Lagoa Academico Clube | 5:59.19 | | |
| 50m: | 39.04 | 39.04 | 150m: | 2:13.08 | 46.83 | 250m: | 3:49.10 | 50.02 |
| 100m: | 1:26.25 | 47.21 | 200m: | 2:59.08 | 46.00 | 300m: | 4:38.49 | 49.39 |
| | | | | | | 350m: | 5:19.66 | 41.17 |
| | | | | | | 400m: | 5:59.19 | 39.53 |

Absoluto

| | | | | | | | | |
|-------------------------|---------|-------|-------|---------|-----------------------|----------------|---------|-------|
| 1. Ines Filipe, ANTUNES | 07 | | | | RIA Aqua Tavira | 5:47.79 | | |
| 50m: | 35.58 | 35.58 | 150m: | 2:03.96 | 45.50 | 250m: | 3:38.82 | 50.27 |
| 100m: | 1:18.46 | 42.88 | 200m: | 2:48.55 | 44.59 | 300m: | 4:29.32 | 50.50 |
| | | | | | | 350m: | 5:08.30 | 38.98 |
| | | | | | | 400m: | 5:47.79 | 39.49 |
| 2. Lara Sofia, AGUAS | 09 | | | | Lagoa Academico Clube | 5:59.19 | | |
| 50m: | 39.04 | 39.04 | 150m: | 2:13.08 | 46.83 | 250m: | 3:49.10 | 50.02 |
| 100m: | 1:26.25 | 47.21 | 200m: | 2:59.08 | 46.00 | 300m: | 4:38.49 | 49.39 |
| | | | | | | 350m: | 5:19.66 | 41.17 |
| | | | | | | 400m: | 5:59.19 | 39.53 |