

Torneio Regional de Fundo_ Inf_Juv_Abs
Quarteira, 3 - 4/5/2025

Prova 2 Femin., 400m Estilos Juvenis Resultados
03/05/2025 - 16:17

Recordes Regionais Open	4:49.84	Ana Beatriz, PEREIRA	LDC	S. Antonio Cavaleiros	20/12/2009
Recordes Regionais Juv A	5:07.51	Constança Lourenço, AZEVEDO	LAGAC	Tavira	15/03/2025
Recordes Regionais Juv B	5:11.38	Laura Fabiana, ESTEVENS	CNOL	Silves	16/03/2019

Pontos: AQUA 2024

Lugar	Ano										Tempo final	Pts
Juvenis B												
1.	Zoe Leitao, CONDON				11	Naval de Faro				5:34.18	465	
	50m:	35.95	35.95	150m:	2:00.41	41.28	250m:	3:28.59	47.51	350m:	4:56.79	39.06
	100m:	1:19.13	43.18	200m:	2:41.08	40.67	300m:	4:17.73	49.14	400m:	5:34.18	37.39
2.	Angelina, LUTSIV				11	Lagoa AC				5:35.58	459	
	50m:	35.53	35.53	150m:	2:00.29	43.41	250m:	3:29.24	47.37	350m:	4:57.85	39.58
	100m:	1:16.88	41.35	200m:	2:41.87	41.58	300m:	4:18.27	49.03	400m:	5:35.58	37.73
3.	Marta Gak, GUERREIRO				11	Louletano / Loule Aqui e Agora				5:43.96	426	
	50m:	36.38	36.38	150m:	2:02.24	42.19	250m:	3:35.22	51.65	350m:	5:06.65	38.59
	100m:	1:20.05	43.67	200m:	2:43.57	41.33	300m:	4:28.06	52.84	400m:	5:43.96	37.31
4.	Eva, MAGIYEVA				11	Lagoa AC				5:45.25	421	
	50m:	38.12	38.12	150m:	2:07.20	44.92	250m:	3:38.64	48.49	350m:	5:07.14	39.78
	100m:	1:22.28	44.16	200m:	2:50.15	42.95	300m:	4:27.36	48.72	400m:	5:45.25	38.11
5.	Beatriz Marques, TEIXEIRA				11	Lagoa AC				5:49.48	406	
	50m:	42.27	42.27	150m:	2:15.27	42.30	250m:	3:46.68	48.80	350m:	5:13.82	37.69
	100m:	1:32.97	50.70	200m:	2:57.88	42.61	300m:	4:36.13	49.45	400m:	5:49.48	35.66
6.	Julia Laginha, BRAZ				11	Lagoa AC				5:53.58	392	
	50m:	40.31	40.31	150m:	2:10.82	45.10	250m:	3:44.54	51.29	350m:	5:15.13	38.52
	100m:	1:25.72	45.41	200m:	2:53.25	42.43	300m:	4:36.61	52.07	400m:	5:53.58	38.45
7.	Maria Goncalves, SANTOS				11	Lagoa AC				6:04.30	359	
	50m:	40.85	40.85	150m:	2:19.52	48.05	250m:	3:54.09	47.66	350m:	5:24.20	42.53
	100m:	1:31.47	50.62	200m:	3:06.43	46.91	300m:	4:41.67	47.58	400m:	6:04.30	40.10
8.	Isabel Grilo, OLIVEIRA				11	Lagoa AC				6:10.76	340	
	50m:	37.23	37.23	150m:	2:09.51	47.64	250m:	3:48.67	53.90	350m:	5:28.22	43.10
	100m:	1:21.87	44.64	200m:	2:54.77	45.26	300m:	4:45.12	56.45	400m:	6:10.76	42.54
9.	Rafaela Brito, PALMA				11	Louletano / Loule Aqui e Agora				6:13.74	332	
	50m:	42.56	42.56	150m:	2:21.70	44.88	250m:	3:59.41	53.03	350m:	5:33.22	41.31
	100m:	1:36.82	54.26	200m:	3:06.38	44.68	300m:	4:51.91	52.50	400m:	6:13.74	40.52
10.	Leonor Rebelo, MARTINS				11	Portinado				6:35.76	280	
	50m:	38.26	38.26	150m:	2:16.34	49.78	250m:	4:02.65	59.65	350m:	5:49.06	47.62
	100m:	1:26.56	48.30	200m:	3:03.00	46.66	300m:	5:01.44	58.79	400m:	6:35.76	46.70
11.	Leonor Revez, MARTINS				11	Portinado				6:39.48	272	
	50m:	41.95	41.95	150m:	2:29.73	52.58	250m:	4:14.34	55.25	350m:	5:57.24	46.12
	100m:	1:37.15	55.20	200m:	3:19.09	49.36	300m:	5:11.12	56.78	400m:	6:39.48	42.24
12.	Leonor Henrique, FERNANDES				11	Portinado				6:40.31	270	
	50m:	39.42	39.42	150m:	2:18.03	49.57	250m:	4:05.23	58.09	350m:	5:54.14	48.73
	100m:	1:28.46	49.04	200m:	3:07.14	49.11	300m:	5:05.41	1:00.18	400m:	6:40.31	46.17
13.	Mariana Costa, MARTINS				11	Lagoa AC				6:58.39	237	
	50m:	41.44	41.44	150m:	2:30.74	52.10	250m:	4:20.97	58.70	350m:	6:10.72	49.37
	100m:	1:38.64	57.20	200m:	3:22.27	51.53	300m:	5:21.35	1:00.38	400m:	6:58.39	47.67
14.	Maite Trzan, ARAUJO				11	Portinado				7:05.81	224	
	50m:	43.70	43.70	150m:	2:38.25	53.09	250m:	4:28.72	59.18	350m:	6:17.49	49.56
	100m:	1:45.16	1:01.46	200m:	3:29.54	51.29	300m:	5:27.93	59.21	400m:	7:05.81	48.32

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Prova 2, Femin., 400m Estilos

Juvenis A

1.	Constanca Lourenco, AZEVEDO	10	Lagoa AC	5:10.60	579
	50m: 33.37 33.37	150m: 1:49.49	39.11 250m: 3:12.97 46.20	350m: 4:35.58	37.19
	100m: 1:10.38 37.01	200m: 2:26.77	37.28 300m: 3:58.39 45.42	400m: 5:10.60	35.02
2.	Juliana Bushe, BARROSO	10	FC Ferreiras/AlgarExperience	5:20.68	526
	50m: 33.76 33.76	150m: 1:51.15	39.53 250m: 3:19.32 50.09	350m: 4:44.76	36.59
	100m: 1:11.62 37.86	200m: 2:29.23	38.08 300m: 4:08.17 48.85	400m: 5:20.68	35.92
3.	Carolina Melo, LOPES	10	Portinado	5:34.42	464
	50m: 34.58 34.58	150m: 2:03.12	45.64 250m: 3:31.91 45.12	350m: 4:56.89	38.92
	100m: 1:17.48 42.90	200m: 2:46.79	43.67 300m: 4:17.97 46.06	400m: 5:34.42	37.53
4.	Sira Valentim, FALEIRO	10	Lagoa AC	5:39.42	444
	50m: 36.64 36.64	150m: 2:05.17	44.24 250m: 3:35.36 46.88	350m: 5:01.46	38.89
	100m: 1:20.93 44.29	200m: 2:48.48	43.31 300m: 4:22.57 47.21	400m: 5:39.42	37.96
5.	Carolina Brito, SANTOS	10	Naval de Faro	5:41.42	436
	50m: 34.75 34.75	150m: 2:00.53	43.52 250m: 3:33.26 51.04	350m: 5:04.32	38.82
	100m: 1:17.01 42.26	200m: 2:42.22	41.69 300m: 4:25.50 52.24	400m: 5:41.42	37.10
6.	Anastacia, NISTOR	10	Portinado	5:50.82	402
	50m: 33.14 33.14	150m: 2:01.16	45.65 250m: 3:36.37 50.08	350m: 5:09.57	41.88
	100m: 1:15.51 42.37	200m: 2:46.29	45.13 300m: 4:27.69 51.32	400m: 5:50.82	41.25
7.	Maria Ines, PONTE	10	Portinado	5:59.99	372
	50m: 36.74 36.74	150m: 2:05.40	44.47 250m: 3:42.12 53.77	350m: 5:19.36	42.40
	100m: 1:20.93 44.19	200m: 2:48.35	42.95 300m: 4:36.96 54.84	400m: 5:59.99	40.63
8.	Ines Patricio, FELIX	10	Portinado	6:05.90	354
	50m: 38.80 38.80	150m: 2:10.90	46.67 250m: 3:49.57 52.87	350m: 5:25.38	42.26
	100m: 1:24.23 45.43	200m: 2:56.70	45.80 300m: 4:43.12 53.55	400m: 6:05.90	40.52
9.	Carolina Frois, GOMES	10	Portinado	6:16.81	324
	50m: 37.88 37.88	150m: 2:10.99	46.42 250m: 3:54.84 57.48	350m: 5:35.91	41.48
	100m: 1:24.57 46.69	200m: 2:57.36	46.37 300m: 4:54.43 59.59	400m: 6:16.81	40.90
10.	Leonor Filipa, SANTOS	10	Portinado	6:27.64	298
	50m: 39.95 39.95	150m: 2:22.02	51.22 250m: 4:03.62 53.57	350m: 5:43.83	46.20
	100m: 1:30.80 50.85	200m: 3:10.05	48.03 300m: 4:57.63 54.01	400m: 6:27.64	43.81
DSQ	Sara Zeferino, BONECA	10	Portinado		
	SW. 10.2 - O (a) atleta não completou o percurso, desistiu				