

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

Prova 3 Femin., 400m Estilos Absoluto
03/05/2025 - 16:46 Resultados

Recordes Regionais Open	4:49.84	Ana Beatriz, PEREIRA	LDC	S. Antonio Cavaleiros	20/12/2009
Recordes Regionais Sen	4:49.84	Ana Beatriz, PEREIRA	LDC	S. Antonio Cavaleiros	20/12/2009
Recordes Regionais Jun. 3	5:47.79	Ines Filipe, ANTUNES	RIA	Tavira	15/03/2025
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

Pontos: AQUA 2024

Lugar	Ano		Tempo final		Pts
1. Raquel Rodrigues, AUGUSTO RR	07	FC Ferreiras/AlgarExperience	5:39.34	444	
50m: 35.84 35.84	150m: 2:02.26	44.39	250m: 3:33.36	47.37	350m: 5:00.58 40.63
100m: 1:17.87 42.03	200m: 2:45.99	43.73	300m: 4:19.95	46.59	400m: 5:39.34 38.76
2. Joana Lopes, SALGUEIRO	04	RIA Aqua Tavira	5:52.70	395	
50m: 37.62 37.62	150m: 2:04.48	42.71	250m: 3:38.22	52.22	350m: 5:13.17 41.11
100m: 1:21.77 44.15	200m: 2:46.00	41.52	300m: 4:32.06	53.84	400m: 5:52.70 39.53
3. Tessa de, OLIVEIRA	09	Lagoa AC	5:58.47	376	
50m: 37.91 37.91	150m: 2:13.79	45.96	250m: 3:50.46	49.26	350m: 5:21.59 40.38
100m: 1:27.83 49.92	200m: 3:01.20	47.41	300m: 4:41.21	50.75	400m: 5:58.47 36.88
4. Clara Alexandra, VICENTE	09	Lagoa AC	5:58.79	375	
50m: 34.79 34.79	150m: 2:05.12	48.58	250m: 3:45.94	52.24	350m: 5:20.12 40.00
100m: 1:16.54 41.75	200m: 2:53.70	48.58	300m: 4:40.12	54.18	400m: 5:58.79 38.67
5. Lara Sofia, AGUAS	09	Lagoa AC	5:59.74	372	
50m: 39.41 39.41	150m: 2:13.54	46.97	250m: 3:49.69	49.72	350m: 5:20.44 41.11
100m: 1:26.57 47.16	200m: 2:59.97	46.43	300m: 4:39.33	49.64	400m: 5:59.74 39.30
EXH Ines Filipe, ANTUNES	07	RIA Aqua Tavira	5:53.22	393	
50m: 36.82 36.82	150m: 2:08.18	46.54	250m: 3:42.98	49.92	350m: 5:14.14 40.82
100m: 1:21.64 44.82	200m: 2:53.06	44.88	300m: 4:33.32	50.34	400m: 5:53.22 39.08