

Prova de Preparação - JUV | JUN | SEN  
Loulé, 12 - 13/6/2021

Prova 21  
13/06/2021 - 15:20

Femin., 400m Livres

Absolutos  
Resultados

Pontos: FINA 2021

Lugar	Ano	Tempo final	Pts	100m	200m	300m	400m
<b>Juvenis</b>							
1. Joana Santos, PARRA	06	Natacao de Olhao	<b>5:01.53</b> 482	1:11.42	1:17.81	1:17.64	1:14.66
		50m:	250m:	350m:			
		100m: 1:11.42	300m: 3:46.87	400m: 5:01.53			
2. Irene Escot, DELGADO	06	Louletano / Loule Concelhc	<b>5:03.75</b> 471	1:11.85			1:16.82
		50m:	250m:	350m:			
		100m: 1:11.85	300m: 3:46.93	400m: 5:03.75			
3. Cristina Garcia, PEREZ	06	Louletano / Loule Concelhc	<b>5:07.09</b> 456	1:14.78	1:18.31	1:17.70	1:16.30
		50m:	250m:	350m:			
		100m: 1:14.78	300m: 3:50.79	400m: 5:07.09			
4. Raquel Maria, LOURA	06	Naval de Faro	<b>5:10.25</b> 442	1:13.32			1:17.19
		50m:	250m:	350m:			
		100m: 1:13.32	300m: 3:53.06	400m: 5:10.25			
5. Mariana Figueira, RODEIA07		Naval de Faro	<b>5:10.45</b> 441	1:10.36			
		50m:	250m:	350m:			
		100m: 1:10.36	300m:	400m: 5:10.45			
6. Beatriz Matias, ALMEIDA	06	Lagoa AC	<b>5:17.23</b> 414	1:13.13	1:20.66	1:23.25	1:20.19
		50m:	250m:	350m:			
		100m: 1:13.13	300m: 3:57.04	400m: 5:17.23			
7. C., GUERREIRO	06	Colegio Bernardette Romei	<b>5:23.31</b> 391	1:14.89	1:24.23	1:24.41	1:19.78
		50m:	250m:	350m:			
		100m: 1:14.89	300m: 4:03.53	400m: 5:23.31			
8. Leonor Faisca, GUERREI07		Louletano / Loule Concelhc	<b>5:23.60</b> 390	1:15.64	1:23.46		
		50m:	250m:	350m:			
		100m: 1:15.64	300m:	400m: 5:23.60			
9. Ana Margarida, CERQUEI07		Louletano / Loule Concelhc	<b>5:26.83</b> 378	1:16.67	1:22.93		
		50m:	250m:	350m:			
		100m: 1:16.67	300m:	400m: 5:26.83			
10. Maria Teresa, LUIZ	06	Lagoa AC	<b>5:41.20</b> 332	1:21.27	1:25.62		
		50m:	250m:	350m:			
		100m: 1:21.27	300m:	400m: 5:41.20			
11. Ariana Lara, PEREIRA	07	Naval de Faro	<b>5:41.37</b> 332	1:19.47	1:27.34		
		50m:	250m:	350m:			
		100m: 1:19.47	300m:	400m: 5:41.37			
12. Beatriz Isabel, SANTOS	07	Natacao de Olhao	<b>5:48.04</b> 313	1:23.22	1:30.16		
		50m:	250m:	350m:			
		100m: 1:23.22	300m:	400m: 5:48.04			
13. Mia Alena, WERUM	07	Lagoa AC	<b>5:49.67</b> 309	1:22.44	1:30.46		
		50m:	250m:	350m:			
		100m: 1:22.44	300m:	400m: 5:49.67			
<b>Juniores</b>							
1. Carolina Pereira, VIANA	04	Aquatico Silves	<b>4:40.56</b> 598	1:04.76	1:10.56	1:13.40	1:11.84
		50m:	250m:	350m:			
		100m: 1:04.76	300m: 3:28.72	400m: 4:40.56			
2. Laura Fabiana, ESTEVEN05		Naval de Faro	<b>4:50.76</b> 537	1:07.57	1:13.46	1:14.75	1:14.98
		50m:	250m:	350m:			
		100m: 1:07.57	300m: 3:35.78	400m: 4:50.76			
3. Mariana Coelho, SANTOS04		Lagoa AC	<b>5:07.62</b> 454	1:12.35	1:18.34	1:19.62	1:17.31
		50m:	250m:	350m:			
		100m: 1:12.35	300m: 3:50.31	400m: 5:07.62			
4. Joana Lopes, SALGUEIR04		Colegio Bernardette Romei	<b>5:07.74</b> 453	1:12.01	1:18.48	1:19.59	1:17.66
		50m:	250m:	350m:			
		100m: 1:12.01	300m: 3:50.08	400m: 5:07.74			
5. Filipa Guerreiro, RODRIG05S		Naval de Faro	<b>5:19.06</b> 407	1:13.91	1:21.51	1:22.44	1:21.20
		50m:	250m:	350m:			
		100m: 1:13.91	300m: 3:57.86	400m: 5:19.06			

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Prova 21, Femin., 400m Livres, Juniores

Lugar	Ano	Tempo final	Pts	100m	200m	300m	400m	
6. Margarida Jesus, PASSO	05	<b>5:27.62</b>	375	1:13.84	1:23.75	1:25.74	1:24.29	
		50m:			350m:			
		100m:	1:13.84	150m:	200m:	2:37.59	300m:	4:03.33
					400m:	5:27.62		

Seniores

1. Anna, FOMINA	02	<b>4:40.08</b>	601	1:05.71	1:11.98	1:12.41	1:09.98	
		50m:			350m:			
		100m:	1:05.71	150m:	200m:	2:17.69	300m:	3:30.10
					400m:	4:40.08		
2. Claudia Ferreira, BORGES	99	<b>5:00.49</b>	487	1:11.53	1:15.47			
		50m:			350m:			
		100m:	1:11.53	150m:	200m:	2:27.00	300m:	3:48.64
					400m:	5:00.49		
3. Rebeca Correia, FRANCIS	03	<b>5:05.78</b>	462	1:12.87	1:18.11	1:17.66	1:17.14	
		50m:			350m:			
		100m:	1:12.87	150m:	200m:	2:30.98	300m:	3:48.64
					400m:	5:05.78		
4. Mariana Sebastiao, MENDONÇA	13	<b>6:07.80</b>	265	1:16.90	1:30.52			
		50m:			350m:			
		100m:	1:16.90	150m:	200m:	2:47.42	300m:	4:03.33
					400m:	5:27.62		