

Prova de Preparação JUV; JUN e SEN
Olhão, 23 - 24/10/2021

Prova 13
24/10/2021 - 9:40

Femin., 400m Livres

Absolutos
Resultados

Pontos: FINA 2021

Lugar	Ano	Tempo final	Pts
Juvenis B			
1. Alana Capela, LYRA	08 Lagoa AC	5:53.37	290
50m: 38.82 38.82	150m: 2:06.83 44.97	250m: 3:38.79 46.43	350m: 5:10.49 45.13
100m: 1:21.86 43.04	200m: 2:52.36 45.53	300m: 4:25.36 46.57	400m: 5:53.37 42.88
2. Renata, ILICIUK	08 Louletano / Loule Concelho	6:05.47	262
50m: 41.06 41.06	150m: 2:11.63 45.84	250m: 3:45.36 47.20	350m: 5:20.07 47.50
100m: 1:25.79 44.73	200m: 2:58.16 46.53	300m: 4:32.57 47.21	400m: 6:05.47 45.40
Juvenis A			
1. Beatriz Silva, LOURO	07 Louletano / Loule Concelho	4:46.21	545
50m: 32.12 32.12	150m: 1:44.09 36.05	250m: 2:56.59 36.32	350m: 4:10.41 37.17
100m: 1:08.04 35.92	200m: 2:20.27 36.18	300m: 3:33.24 36.65	400m: 4:46.21 35.80
2. Mariana Figueira, RODEIA	07 Louletano / Loule Concelho	5:12.16	420
50m: 34.69 34.69	150m: 1:50.65 39.09	250m: 3:10.68 40.50	350m: 4:31.98 40.42
100m: 1:11.56 36.87	200m: 2:30.18 39.53	300m: 3:51.56 40.88	400m: 5:12.16 40.18
3. Beatriz Isabel, SANTOS	07 Natacao de Olhao	5:30.29	355
50m: 38.60 38.60	150m: 2:01.03 41.50	250m: 3:26.44 42.71	350m: 4:50.25 41.94
100m: 1:19.53 40.93	200m: 2:43.73 42.70	300m: 4:08.31 41.87	400m: 5:30.29 40.04
4. Ariana Lara, PEREIRA	07 Naval de Faro	5:41.51	321
50m: 36.17 36.17	150m: 2:00.19 42.61	250m: 3:29.15 44.86	350m: 4:59.49 44.63
100m: 1:17.58 41.41	200m: 2:44.29 44.10	300m: 4:14.86 45.71	400m: 5:41.51 42.02
Juniores			
1. Ana Teresa, ROMAO	06 Louletano / Loule Concelho	4:55.74	494
50m: 32.90 32.90	150m: 1:46.34 37.52	250m: 3:03.12 38.80	350m: 4:19.43 37.97
100m: 1:08.82 35.92	200m: 2:24.32 37.98	300m: 3:41.46 38.34	400m: 4:55.74 36.31
2. Joana Santos, PARRA	06 Natacao de Olhao	4:56.77	489
50m: 33.41 33.41	150m: 1:47.44 37.43	250m: 3:03.47 37.96	350m: 4:20.15 37.82
100m: 1:10.01 36.60	200m: 2:25.51 38.07	300m: 3:42.33 38.86	400m: 4:56.77 36.62
3. Zoe, ENGELEN	05 Louletano / Loule Concelho	5:00.63	471
50m: 33.76 33.76	150m: 1:50.59 38.71	250m: 3:06.38 38.25	350m: 4:22.75 38.13
100m: 1:11.88 38.12	200m: 2:28.13 37.54	300m: 3:44.62 38.24	400m: 5:00.63 37.88
4. Filipa Guerreiro, RODRIGUES	05 Naval de Faro	5:02.89	460
50m: 33.51 33.51	150m: 1:48.44 37.93	250m: 3:05.30 38.64	350m: 4:24.55 39.95
100m: 1:10.51 37.00	200m: 2:26.66 38.22	300m: 3:44.60 39.30	400m: 5:02.89 38.34
5. Raquel Maria, LOURA	06 Louletano / Loule Concelho	5:13.22	416
50m: 35.30 35.30	150m: 1:53.93 39.72	250m: 3:13.66 39.90	350m: 4:33.79 40.68
100m: 1:14.21 38.91	200m: 2:33.76 39.83	300m: 3:53.11 39.45	400m: 5:13.22 39.43
6. Margarida Jesus, PASSOS	05 Portinado	5:18.28	396
50m: 33.57 33.57	150m: 1:50.62 39.47	250m: 3:13.77 42.12	350m: 4:37.38 41.89
100m: 1:11.15 37.58	200m: 2:31.65 41.03	300m: 3:55.49 41.72	400m: 5:18.28 40.90
7. Nicole Nezhurko, COELHO	06 Aquatico Silves	5:25.74	370
50m: 37.08 37.08	150m: 1:58.59 41.02	250m: 3:22.28 41.76	350m: 4:45.83 41.69
100m: 1:17.57 40.49	200m: 2:40.52 41.93	300m: 4:04.14 41.86	400m: 5:25.74 39.91

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Seniores

1.	Carolina Pereira, VIANA	04	Aquatico Silves	4:37.33	600	
	50m: 30.77 30.77	150m: 1:39.10	34.77 250m: 2:50.50	35.78	350m: 4:02.10	35.88
	100m: 1:04.33 33.56	200m: 2:14.72	35.62 300m: 3:26.22	35.72	400m: 4:37.33	35.23
2.	Mariana Coelho, SANTOS	04	Lagoa AC	5:03.10	459	
	50m: 33.24 33.24	150m: 1:47.57	38.14 250m: 3:03.77	37.81	350m: 4:20.18	38.21
	100m: 1:09.43 36.19	200m: 2:25.96	38.39 300m: 3:41.97	38.20	400m: 5:03.10	42.92
3.	Joana Lopes, SALGUEIRO	04	Natacao de Olhao	5:03.12	459	
	50m: 35.72 35.72	150m: 1:51.84	38.15 250m: 3:08.41	38.11	350m: 4:25.22	38.28
	100m: 1:13.69 37.97	200m: 2:30.30	38.46 300m: 3:46.94	38.53	400m: 5:03.12	37.90
4.	Beatriz, COJOCARU	04	Portinado	5:29.83	356	
	50m: 33.53 33.53	150m: 1:52.80	40.91 250m: 3:18.36	43.50	350m: 4:46.67	44.29
	100m: 1:11.89 38.36	200m: 2:34.86	42.06 300m: 4:02.38	44.02	400m: 5:29.83	43.16
5.	Carolina Silva, GOMES	04	Aquatico Silves	5:45.95	309	
	50m: 35.38 35.38	150m: 1:59.75	42.94 250m: 3:29.76	45.55	350m: 5:01.03	45.50
	100m: 1:16.81 41.43	200m: 2:44.21	44.46 300m: 4:15.53	45.77	400m: 5:45.95	44.92