

Torneio de Inverno - JUV; JUN; SEN
Tavira, 26 - 27/2/2022

Prova 7	Femin., 400m Livres				Absolutos
26/02/2022 - 16:50					Resultados
Rec. Reg. ANALGARVE (PC) Absoluto	4:19.78	Sara Alexandra, MADEIRA	LDC	Sines	20/12/2008
Rec. Reg. ANALGARVE (PC) Sen	4:19.78	Sara Alexandra, MADEIRA	LDC	Sines	20/12/2008
Rec. Reg. ANALGARVE (PC) 17	4:28.16	Catia Raquel, MARTINHEIRA	LDC	Mealhada	17/12/2011
Rec. Reg. ANALGARVE (PC) 16	4:21.68	Catia Raquel, MARTINHEIRA	LDC	Porto	04/12/2010
Rec. Reg. ANALGARVE (PC) Juv A	4:31.47	Catia Raquel, MARTINHEIRA	LDC	Quarteira	21/11/2009
Rec. Reg. ANALGARVE (PC) Juv B	4:35.17	Catia Raquel, MARTINHEIRA	LDC	Sines	21/12/2008
Rec Nac Adaptada S6	59:00.00	start,			
Rec Nac Adaptada S7	10:06.61	Ana Branca, SAMPAIO	ADADA	Mealhada	15/04/2018
Rec Nac Adaptada S14	6:01.88	Sonia Castanheiro, RESENDE	SCA	Mealhada	19/02/2017
Rec Nac Adaptada S21	7:35.74	Diana Ines, TORRES	FCP	Mealhada	18/11/2018

Pontos: FINA 2021

Lugar	Ano		Tempo final				Pts
Juvenis B							
1. Paola, PORCAR MELLADO	08	C.N. Alcalá	5:00.79				470
50m: 33.72 33.72	150m: 1:48.05	37.93	250m: 3:05.19	38.35	350m: 4:23.12	38.96	
100m: 1:10.12 36.40	200m: 2:26.84	38.79	300m: 3:44.16	38.97	400m: 5:00.79	37.67	
2. Margarida Maria, LUIZ	08	Lagoa AC	5:13.24				416
50m: 34.87 34.87	150m: 1:53.40	39.62	250m: 3:13.00	39.86	350m: 4:33.44	40.36	
100m: 1:13.78 38.91	200m: 2:33.14	39.74	300m: 3:53.08	40.08	400m: 5:13.24	39.80	
3. Ines Maria, SANTANA RR	08	RIA Aqua Tavira	5:36.94				334
50m: 23.47 23.47	150m: 1:56.66	41.64	250m: 3:23.09	43.75	350m: 4:53.09	45.50	
100m: 1:15.02 51.55	200m: 2:39.34	42.68	300m: 4:07.59	44.50	400m: 5:36.94	43.85	
4. Sofia Afonso, SILVA	08	Naval de Faro	5:52.72				291
50m: 39.94 39.94	150m: 2:08.72	45.21	250m: 3:38.84	45.18	350m: 5:10.12	46.18	
100m: 1:23.51 43.57	200m: 2:53.66	44.94	300m: 4:23.94	45.10	400m: 5:52.72	42.60	
5. Rita Batista, OLIVEIRA	08	Naval de Faro	6:17.96				237
50m:	150m: 2:10.68	47.50	250m: 3:48.89	49.46	350m: 5:27.28	49.35	
100m: 1:23.18	200m: 2:59.43	48.75	300m: 4:37.93	49.04	400m: 6:17.96	50.68	

Juvenis A

1. Julia Norte, DRENTJE	07	Louletano / Loule Concelho	5:09.11				433
50m: 35.00 35.00	150m: 1:51.61	38.58	250m: 3:10.25	39.29	350m: 4:29.28	39.28	
100m: 1:13.03 38.03	200m: 2:30.96	39.35	300m: 3:50.00	39.75	400m: 5:09.11	39.83	
2. Mariana Figueira, RODEIA	07	Louletano / Loule Concelho	5:09.20				432
50m: 32.66 32.66	150m: 1:48.66	39.03	250m: 3:07.59	39.89	350m: 4:29.31	40.97	
100m: 1:09.63 36.97	200m: 2:27.70	39.04	300m: 3:48.34	40.75	400m: 5:09.20	39.89	
3. Mia Alena, WERUM	07	Lagoa AC	5:16.51				403
50m: 33.69 33.69	150m: 1:51.94	39.78	250m: 3:12.79	41.03	350m: 4:35.54	41.35	
100m: 1:12.16 38.47	200m: 2:31.76	39.82	300m: 3:54.19	41.40	400m: 5:16.51	40.97	
4. Raquel Grilo, OLIVEIRA	07	Lagoa AC	5:26.76				366
50m: 35.05 35.05	150m: 1:56.76	41.83	250m: 3:21.48	42.83	350m: 4:46.65	42.49	
100m: 1:14.93 39.88	200m: 2:38.65	41.89	300m: 4:04.16	42.68	400m: 5:26.76	40.11	
5. Ines Filipe, ANTUNES	07	RIA Aqua Tavira	5:28.44				361
50m: 34.41 34.41	150m: 1:56.44	41.93	250m: 3:21.19	42.91	350m: 4:46.91	42.85	
100m: 1:14.51 40.10	200m: 2:38.28	41.84	300m: 4:04.06	42.87	400m: 5:28.44	41.53	
6. Ines Sofia, MARTINS	07	RIA Aqua Tavira	5:33.50				345
50m: 35.36 35.36	150m: 1:56.53	41.53	250m: 3:22.53	43.10	350m: 4:50.11	44.11	
100m: 1:15.00 39.64	200m: 2:39.43	42.90	300m: 4:06.00	43.47	400m: 5:33.50	43.39	

Juniores

1. Andrea, HERNANDEZ SILVA	05	C.N.Mairena Aljarafe	4:47.21				540
50m: 31.50 31.50	150m: 1:43.68	36.29	250m: 2:57.14	36.83	350m: 4:10.93	36.97	
100m: 1:07.39 35.89	200m: 2:20.31	36.63	300m: 3:33.96	36.82	400m: 4:47.21	36.28	

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Prova 7, Femin., 400m Livres, Juniores

Lugar			Ano					Tempo final	Pts
2.	Carolina Simoes, GUERREIRO		06	RIA Aqua Tavira				5:14.26	412
	50m:	34.05 34.05	150m:	1:53.49	40.35	250m:	3:14.23 40.61	350m:	4:35.71 40.71
	100m:	1:13.14 39.09	200m:	2:33.62	40.13	300m:	3:55.00 40.77	400m:	5:14.26 38.55

Seniores

1.	Aroa Silva, FIDALGO		02	C.N. Alcala				4:29.72	652
	50m:	30.72 30.72	150m:	1:36.19	32.64	250m:	2:43.30 33.86	350m:	3:53.87 35.00
	100m:	1:03.55 32.83	200m:	2:09.44	33.25	300m:	3:18.87 35.57	400m:	4:29.72 35.85
2.	Laura Sanchez, FERNANDEZ		03	C.N. Huelva				4:46.09	546
	50m:	32.84 32.84	150m:	1:44.64	36.16	250m:	2:57.98 36.39	350m:	4:10.91
	100m:	1:08.48 35.64	200m:	2:21.59	36.95	300m:	4:34.74 1:36.76	400m:	4:46.09 35.18
3.	Mariana Coelho, SANTOS		04	Lagoa AC				4:49.83	525
	50m:	32.58 32.58	150m:	1:43.90	36.03	250m:	2:57.33 37.00	350m:	4:12.16 37.58
	100m:	1:07.87 35.29	200m:	2:20.33	36.43	300m:	3:34.58 37.25	400m:	4:49.83 37.67