

Campeonato Regional de Juv\_Abs\_NA\_Masters  
Loule, 15 - 17/7/2022

Prova 25 Femin., 400m Estilos Absolutos  
15/07/2022 - 18:35 Resultados

Recordes Regionais (PL) Absoluto	4:58.78	Marta Pereira, ABREU	CNFA	Coimbra	30/07/2010
Recordes Regionais (PL) Absoluto	4:58.78	Marta Pereira, ABREU	CNFA	Coimbra	30/07/2010
Recordes Regionais (PL) 17	5:13.51	Marta Pereira, ABREU	CNFA	Loule	03/07/2009
Recordes Regionais (PL) 16	5:11.90	Laura Fabiana, ESTEVENS	GCNF	Rio Maior	20/12/2014
Recordes Regionais (PL) Juv A	5:14.70	Marta Pereira, ABREU	LDC	Mairena Del Aljarafe (ESP)	02/06/2007
Recordes Regionais (PL) Juv B	5:20.21	Marta Pereira, ABREU	LDC	Coimbra	28/07/2006
Rec Nac S21	8:22.41	Diana Ines, TORRES	FCP	Porto	23/03/2019
Rec Nac S17	59:00.00	start,			
Rec Nac S14	59:00.00	start,			

Pontos: FINA 2022

Lugar	Ano		Tempo final	Pts	100m	200m	300m	400m
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Juvenis B

1. Margarida Maria, LUIZ	08	Lagoa AC	<b>5:47.61</b>	449	1:19.59	1:30.72	1:40.54	1:16.76
50m:		150m:	250m:		350m:			
100m: 1:19.59		200m: 2:50.31	300m: 4:30.85		400m: 5:47.61			

Juvenis A

1. A., CERQUEIRA	07	Louletano / Loule Concelho	<b>6:09.18</b>	375	1:25.09	1:36.92	1:45.04	1:22.13
50m:		150m:	250m:		350m:			
100m: 1:25.09		200m: 3:02.01	300m: 4:47.05		400m: 6:09.18			
2. Inês Filipe Antunes,	07	RIA Aqua Tavira	<b>6:13.71</b>	362	1:25.96	1:39.26	1:43.21	1:25.28
50m:		150m:	250m:		350m:			
100m: 1:25.96		200m: 3:05.22	300m: 4:48.43		400m: 6:13.71			

Absolutos

1. Laura Fabiana, ESTEVENS	05	Naval de Faro	<b>5:25.83</b>	546	1:14.06	1:26.52	1:31.93	1:13.32
50m:		150m:	250m:		350m:			
100m: 1:14.06		200m: 2:40.58	300m: 4:12.51		400m: 5:25.83			
2. Margarida Maria, LUIZ	08	Lagoa AC	<b>5:47.61</b>	449	1:19.59	1:30.72	1:40.54	1:16.76
50m:		150m:	250m:		350m:			
100m: 1:19.59		200m: 2:50.31	300m: 4:30.85		400m: 5:47.61			
3. Mariana Coelho, SANTOS	04	Lagoa AC	<b>5:48.93</b>	444	1:22.27	1:25.76	1:39.34	1:21.56
50m:		150m:	250m:		350m:			
100m: 1:22.27		200m: 2:48.03	300m: 4:27.37		400m: 5:48.93			
4. A., CERQUEIRA	07	Louletano / Loule Concelho	<b>6:09.18</b>	375	1:25.09	1:36.92	1:45.04	1:22.13
50m:		150m:	250m:		350m:			
100m: 1:25.09		200m: 3:02.01	300m: 4:47.05		400m: 6:09.18			
5. Inês Filipe Antunes,	07	RIA Aqua Tavira	<b>6:13.71</b>	362	1:25.96	1:39.26	1:43.21	1:25.28
50m:		150m:	250m:		350m:			
100m: 1:25.96		200m: 3:05.22	300m: 4:48.43		400m: 6:13.71			