

Campeonato Regional de Juv_Abs_NA_Masters
Loule, 15 - 17/7/2022

Prova 62 17/07/2022 - 9:10	Femin., 400m Livres				Absolutos Resultados
Recordes Regionais (PL) Absoluto	4:29.83	Miriam Filipe, MARCOS	CNOL	Coimbra	01/04/2017
Recordes Regionais (PL) Sen	4:31.62	Anna, FOMINA	LDC	Coimbra	02/04/2022
Recordes Regionais (PL) 17	4:32.76	Catia Raquel, MARTINHEIRA	LDC	Coimbra	06/04/2012
Recordes Regionais (PL) 16	4:29.83	Miriam Filipe, MARCOS	CNOL	Coimbra	01/04/2017
Recordes Regionais (PL) Juv A	4:35.72	Catia Raquel, MARTINHEIRA	LDC	Coimbra	10/04/2010
Recordes Regionais (PL) Juv B	4:38.01	Catia Raquel, MARTINHEIRA	LDC	Loule	04/07/2009
Rec Nac S21	7:26.00	Diana Ines, TORRES	FCP	Porto	29/01/2022
Rec Nac S17	59:00.00	start,			
Rec Nac S14	6:25.10	Sonia Castanheiro, RESENDE	SCA	Vila Franca de Xira	05/03/2016
Rec Nac S6	11:31.70	Ana Sofia, BARBOSA	FCP	Póvoa de Varzim	27/11/2021
Rec Nac S7	9:59.80	Ana Branca, SAMPAIO	SANNP	Valladolid (ESP)	05/05/2018
Rec Nac S8	5:42.76	Ana Filipa, CASTRO	FVCD	Oeiras	11/05/2019

Pontos: FINA 2022

Lugar	Ano		Tempo final	Pts	100m	200m	300m	400m	
Juvenis B									
1.	Margarida Maria, LUIZ	08	Lagoa AC	4:54.27	518	1:11.69	1:14.99	1:14.42	1:13.17
	50m:		150m:	250m:		350m:			
	100m:	1:11.69	200m:	300m:	3:41.10	400m:	4:54.27		
2.	Sofia Afonso, SILVA	08	Naval de Faro	6:20.91	239	1:28.29	1:37.80	1:37.31	1:37.51
	50m:		150m:	250m:		350m:			
	100m:	1:28.29	200m:	300m:	4:43.40	400m:	6:20.91		

Juvenis A

1.	Beatriz Silva, LOURO	07	Louletano / Loule Concelhc	4:49.30	546	1:06.41	1:13.55	1:14.53	1:14.81
	50m:		150m:	250m:		350m:			
	100m:	1:06.41	200m:	300m:	3:34.49	400m:	4:49.30		
2.	Mia Alena, WERUM	07	Lagoa AC	5:15.54	420	1:12.38	1:20.65	1:21.98	1:20.53
	50m:		150m:	250m:		350m:			
	100m:	1:12.38	200m:	300m:	3:55.01	400m:	5:15.54		
3.	A., CERQUEIRA	07	Louletano / Loule Concelhc	5:15.83	419	1:14.19	1:21.38	1:22.52	1:17.74
	50m:		150m:	250m:		350m:			
	100m:	1:14.19	200m:	300m:	3:58.09	400m:	5:15.83		
4.	Beatriz Isabel, SANTOS	07	Natacao de Olhao	5:31.96	361	1:18.18	1:23.83	1:25.25	1:24.70
	50m:		150m:	250m:		350m:			
	100m:	1:18.18	200m:	300m:	4:07.26	400m:	5:31.96		
5.	R., AUGUSTO	07	FC Ferreiras/AlgarExperien	5:33.12	357	1:17.02	1:25.33	1:27.70	1:23.07
	50m:		150m:	250m:		350m:			
	100m:	1:17.02	200m:	300m:	4:10.05	400m:	5:33.12		
6.	Ariana Lara, PEREIRA	07	Naval de Faro	5:51.67	303	1:19.89	1:30.21	1:31.57	1:30.00
	50m:		150m:	250m:		350m:			
	100m:	1:19.89	200m:	300m:	4:21.67	400m:	5:51.67		
7.	Mariana Martins, TARECO07		Nautico Guadiana	5:52.39	302	1:21.21	1:29.66	1:30.80	1:30.72
	50m:		150m:	250m:		350m:			
	100m:	1:21.21	200m:	300m:	4:21.67	400m:	5:52.39		

Absolutos

1.	Beatriz Silva, LOURO	07	Louletano / Loule Concelhc	4:49.30	546	1:06.41	1:13.55	1:14.53	1:14.81
	50m:		150m:	250m:		350m:			
	100m:	1:06.41	200m:	300m:	3:34.49	400m:	4:49.30		
2.	Ana Teresa, ROMAO	06	Naval de Faro	4:52.12	530	1:07.98	1:14.55	1:15.47	1:14.12
	50m:		150m:	250m:		350m:			
	100m:	1:07.98	200m:	300m:	3:38.00	400m:	4:52.12		
3.	Maria Teresa, LUIZ	06	Lagoa AC	4:53.87	520	1:11.65	1:14.40	1:14.94	1:12.88
	50m:		150m:	250m:		350m:			
	100m:	1:11.65	200m:	300m:	3:40.99	400m:	4:53.87		
4.	Margarida Maria, LUIZ	08	Lagoa AC	4:54.27	518	1:11.69	1:14.99	1:14.42	1:13.17
	50m:		150m:	250m:		350m:			
	100m:	1:11.69	200m:	300m:	3:41.10	400m:	4:54.27		

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Prova 62, Femin., 400m Livres, Absolutos

Lugar	Ano	Tempo final	Pts	100m	200m	300m	400m
5. Joana Santos, PARRA	06	Natacao de Olhao	4:54.91 515	1:09.26	1:14.55	1:17.11	1:13.99
50m:		150m:	250m:	350m:			
100m: 1:09.26		200m: 2:23.81	300m: 3:40.92	400m: 4:54.91			
6. Mariana Coelho, SANTOS	04	Lagoa AC	5:04.33 469	1:11.12	1:16.98	1:18.07	1:18.16
50m:		150m:	250m:	350m:			
100m: 1:11.12		200m: 2:28.10	300m: 3:46.17	400m: 5:04.33			
7. Mia Alena, WERUM	07	Lagoa AC	5:15.54 420	1:12.38	1:20.65	1:21.98	1:20.53
50m:		150m:	250m:	350m:			
100m: 1:12.38		200m: 2:33.03	300m: 3:55.01	400m: 5:15.54			
8. A., CERQUEIRA	07	Louletano / Loule Concelho	5:15.83 419	1:14.19	1:21.38	1:22.52	1:17.74
50m:		150m:	250m:	350m:			
100m: 1:14.19		200m: 2:35.57	300m: 3:58.09	400m: 5:15.83			
9. Carolina Simões Guerreiro	06	RIA Aqua Tavira	5:23.42 390	1:12.33	1:21.16	1:24.99	1:24.94
50m:		150m:	250m:	350m:			
100m: 1:12.33		200m: 2:33.49	300m: 3:58.48	400m: 5:23.42			
10. F., RODRIGUES	05	Naval de Faro	5:25.80 382	1:13.18	1:23.11	1:25.65	1:23.86
50m:		150m:	250m:	350m:			
100m: 1:13.18		200m: 2:36.29	300m: 4:01.94	400m: 5:25.80			
11. Beatriz Isabel, SANTOS	07	Natacao de Olhao	5:31.96 361	1:18.18	1:23.83	1:25.25	1:24.70
50m:		150m:	250m:	350m:			
100m: 1:18.18		200m: 2:42.01	300m: 4:07.26	400m: 5:31.96			
12. R., AUGUSTO	07	FC Ferreiras/AlgarExperien	5:33.12 357	1:17.02	1:25.33	1:27.70	1:23.07
50m:		150m:	250m:	350m:			
100m: 1:17.02		200m: 2:42.35	300m: 4:10.05	400m: 5:33.12			
13. Ariana Lara, PEREIRA	07	Naval de Faro	5:51.67 303	1:19.89	1:30.21	1:31.57	1:30.00
50m:		150m:	250m:	350m:			
100m: 1:19.89		200m: 2:50.10	300m: 4:21.67	400m: 5:51.67			
14. Mariana Martins, TARECO	07	Nautico Guadiana	5:52.39 302	1:21.21	1:29.66	1:30.80	1:30.72
50m:		150m:	250m:	350m:			
100m: 1:21.21		200m: 2:50.87	300m: 4:21.67	400m: 5:52.39			
15. C., FERNANDES	05	FC Ferreiras/AlgarExperien	5:56.35 292	1:23.78	1:31.35	1:31.83	1:29.39
50m:		150m:	250m:	350m:			
100m: 1:23.78		200m: 2:55.13	300m: 4:26.96	400m: 5:56.35			
16. Sofia Afonso, SILVA	08	Naval de Faro	6:20.91 239	1:28.29	1:37.80	1:37.31	1:37.51
50m:		150m:	250m:	350m:			
100m: 1:28.29		200m: 3:06.09	300m: 4:43.40	400m: 6:20.91			
DSQ Joana Lopes, SALGUEIRO	04	Natacao de Olhao					
<i>SW 10.2 - O(a) atleta não cumpriu a distância completa da prova, desistiu</i>							