

Torneios de Abertura - NP e NA
Quarteira , 29 - 30/10/2022

Prova 10 29/10/2022 - 17:30	Femin., 400m Estilos				Absolutos Resultados
Recordes Regionais Absoluto	4:49.84	Ana Beatriz, PEREIRA	LDC	S. Antonio Cavaleiros	20/12/2009
Recordes Regionais Sen	4:49.84	Ana Beatriz, PEREIRA	LDC	S. Antonio Cavaleiros	20/12/2009
Recordes Regionais Jun 2	5:03.46	Marta Pereira, ABREU	CNFA	Tavira	22/11/2008
Recordes Regionais Jun 1	5:01.37	Marta Pereira, ABREU	LDC	Silves	22/12/2007
Recordes Regionais Juv A	5:09.17	Laura Fabiana, ESTEVENS	CNO	Sines	06/12/2019
Recordes Regionais Juv B	5:11.38	Laura Fabiana, ESTEVENS	CNOL	Silves	16/03/2019
Recordes Regionais Inf A	5:23.83	Laura Fabiana, ESTEVENS	CNOL	Albufeira	05/05/2018
Recordes Regionais Inf B	5:41.75	Carolina Maeiro, AUGUSTO	CNOL	Sto António Cavaleiros	16/03/2012
Rec Nac Adaptada S21	8:06.41	Diana Ines, TORRES	FCP	Guarda	17/02/2019
Rec Nac Adaptada S17	59:00.00	start,			
Rec Nac Adaptada S14	59:00.00	start,			

Pontos: FINA 2022

Lugar	Ano								Tempo final	Pts		
Infantis A												
1.	Constança Ribeiro, AZEVEDO								10	Lagoa AC	6:05.84	354
	50m:	42.12	42.12	150m:	2:14.50	45.24	250m:	3:49.92	52.22	350m:	5:25.09	43.18
	100m:	1:29.26	47.14	200m:	2:57.70	43.20	300m:	4:41.91	51.99	400m:	6:05.84	40.75
Juvenis B												
1.	Carolina Teixeira, DANIEL								09	Louletano / Loule Concelho	6:20.97	313
	50m:	42.84	42.84	150m:	2:21.95	48.18	250m:	3:59.88	51.81	350m:	5:38.52	45.13
	100m:	1:33.77	50.93	200m:	3:08.07	46.12	300m:	4:53.39	53.51	400m:	6:20.97	42.45
2.	Sara Kewitz, BATISTA								09	Lagoa AC	6:27.00	299
	50m:	42.02	42.02	150m:	2:18.24	48.40	250m:	4:04.65	58.16	350m:	5:45.81	43.35
	100m:	1:29.84	47.82	200m:	3:06.49	48.25	300m:	5:02.46	57.81	400m:	6:27.00	41.19
Juniores												
1.	Ana Margarida, CERQUEIRA								07	Louletano / Loule Concelho	5:58.36	377
	50m:	39.67	39.67	150m:	2:15.17	47.38	250m:	3:50.57	48.56	350m:	5:20.45	40.53
	100m:	1:27.79	48.12	200m:	3:02.01	46.84	300m:	4:39.92	49.35	400m:	5:58.36	37.91