

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

Prova 15	Femin., 400m Livres				Absolutos
30/10/2022 - 9:30					Resultados
Recordes Regionais Absoluto	4:19.78	Sara Alexandra, MADEIRA	LDC	Sines	20/12/2008
Recordes Regionais Sen	4:19.78	Sara Alexandra, MADEIRA	LDC	Sines	20/12/2008
Recordes Regionais Jun 2	4:28.16	Catia Raquel, MARTINHEIRA	LDC	Mealhada	17/12/2011
Recordes Regionais Jun 1	4:21.68	Catia Raquel, MARTINHEIRA	LDC	Porto	04/12/2010
Recordes Regionais Juv A	4:31.47	Catia Raquel, MARTINHEIRA	LDC	Quarteira	21/11/2009
Recordes Regionais Juv B	4:35.17	Catia Raquel, MARTINHEIRA	LDC	Sines	21/12/2008
Recordes Regionais Inf A	4:41.06	Catia Raquel, MARTINHEIRA	SALG	Abrantes	05/04/2008
Recordes Regionais Inf B	4:47.32	Carolina Silva, GODINHO	CNFA	Olhao	21/10/2007
Rec Nac Adaptada S21	7:09.95	Filipa Sa, REIS	FVCD	Recarei	22/05/2022
Rec Nac Adaptada S17	59:00.00	start,			
Rec Nac Adaptada S14	6:01.88	Sonia Castanheiro, RESENDE	SCA	Mealhada	19/02/2017
Rec Nac Adaptada S7	10:06.61	Ana Branca, SAMPAIO	ADADA	Mealhada	15/04/2018
Rec Nac Adaptada S6	12:22.02	Ana Sofia, BARBOSA	FCP	Recarei	27/02/2022

Pontos: FINA 2022

Lugar	Ano				Tempo final	Pts
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Infantis B

1. Angelina, LUTSIV	11	Lagoa AC	6:06.07	260
50m: 42.44 42.44	150m: 2:15.30 47.13	250m: 3:48.90 46.28	350m: 5:22.39 45.95	
100m: 1:28.17 45.73	200m: 3:02.62 47.32	300m: 4:36.44 47.54	400m: 6:06.07 43.68	

Infantis A

1. Ines Filipa, MATEUS	10	Lagoa AC	5:26.91	366
50m: 34.23 34.23	150m: 1:54.91 42.27	250m: 3:18.09 41.16	350m: 4:42.20 43.51	
100m: 1:12.64 38.41	200m: 2:36.93 42.02	300m: 3:58.69 40.60	400m: 5:26.91 44.71	
2. Carolina Brito, SANTOS	10	Naval de Faro	5:29.79	356
50m: 37.17 37.17	150m: 2:00.10 42.29	250m: 3:23.46 41.24	350m: 4:43.09 38.47	
100m: 1:17.81 40.64	200m: 2:42.22 42.12	300m: 4:04.62 41.16	400m: 5:29.79 46.70	
3. Juliana Bushe, BARROSO	10	FC Ferreiras/AlgarExperience	5:34.01	343
50m: 35.61 35.61	150m: 1:59.00 43.38	250m: 3:25.96 45.24	350m: 4:48.53 39.78	
100m: 1:15.62 40.01	200m: 2:40.72 41.72	300m: 4:08.75 42.79	400m: 5:34.01 45.48	
4. Carolina Melo, LOPES	10	Portinado	5:37.27	333
50m: 35.94 35.94	150m: 1:59.97 43.05	250m: 3:27.50 44.43	350m: 4:55.05 44.21	
100m: 1:16.92 40.98	200m: 2:43.07 43.10	300m: 4:10.84 43.34	400m: 5:37.27 42.22	
5. Eva Gomes, MENDES	10	FC Ferreiras/AlgarExperience	6:02.41	268
50m: 38.99 38.99	150m: 2:11.39 47.20	250m: 3:45.71 47.13	350m: 5:18.53 46.40	
100m: 1:24.19 45.20	200m: 2:58.58 47.19	300m: 4:32.13 46.42	400m: 6:02.41 43.88	

Juvenis B

1. Clara Alexandra, VICENTE	09	Lagoa AC	5:26.35	368
50m: 36.54 36.54	150m: 1:56.93 40.49	250m: 3:19.92 41.83	350m: 4:44.72 42.21	
100m: 1:16.44 39.90	200m: 2:38.09 41.16	300m: 4:02.51 42.59	400m: 5:26.35 41.63	
2. Lara Sofia, AGUAS	09	Lagoa AC	5:33.41	345
50m: 37.28 37.28	150m: 2:01.36 42.59	250m: 3:27.11 42.76	350m: 4:52.53 42.14	
100m: 1:18.77 41.49	200m: 2:44.35 42.99	300m: 4:10.39 43.28	400m: 5:33.41 40.88	
3. Sara Kewitz, BATISTA	09	Lagoa AC	5:33.52	345
50m: 35.82 35.82	150m: 2:00.57 42.56	250m: 3:26.76 42.81	350m: 4:51.81 41.84	
100m: 1:18.01 42.19	200m: 2:43.95 43.38	300m: 4:09.97 43.21	400m: 5:33.52 41.71	
4. Leticia Sequeira, MARINHO	09	FC Ferreiras/AlgarExperience	5:44.70	312
50m: 36.04 36.04	150m: 2:02.10 44.53	250m: 3:33.03 45.46	350m: 5:03.56 43.97	
100m: 1:17.57 41.53	200m: 2:47.57 45.47	300m: 4:19.59 46.56	400m: 5:44.70 41.14	
5. Carolina Teixeira, DANIEL	09	Louletano / Loule Concelho	5:57.83	279
50m: 37.60 37.60	150m: 2:05.75 44.74	250m: 3:40.28 46.74	350m: 5:13.18 46.35	
100m: 1:21.01 43.41	200m: 2:53.54 47.79	300m: 4:26.83 46.55	400m: 5:57.83 44.65	

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Juvenis A

1. Alana Capela, LYRA	08	Lagoa AC	5:28.47	361	
50m: 36.01 36.01	150m: 1:57.49	41.49 250m: 3:22.29	42.24	350m: 4:47.90	42.61
100m: 1:16.00 39.99	200m: 2:40.05	42.56 300m: 4:05.29	43.00	400m: 5:28.47	40.57

Juniores

1. Julia Norte, DRENTJE	07	Louletano / Loule Concelho	5:02.66	461	
50m: 34.61 34.61	150m: 1:49.85	37.71 250m: 3:06.21	38.13	350m: 4:23.86	38.50
100m: 1:12.14 37.53	200m: 2:28.08	38.23 300m: 3:45.36	39.15	400m: 5:02.66	38.80
2. Mia Alena, WERUM	07	Lagoa AC	5:04.20	454	
50m: 34.10 34.10	150m: 1:49.45	38.03 250m: 3:07.12	38.80	350m: 4:26.13	39.64
100m: 1:11.42 37.32	200m: 2:28.32	38.87 300m: 3:46.49	39.37	400m: 5:04.20	38.07
3. Ana Margarida, CERQUEIRA	07	Louletano / Loule Concelho	5:13.22	416	
50m: 35.42 35.42	150m: 1:53.58	39.71 250m: 3:12.60	39.64	350m: 4:33.27	40.07
100m: 1:13.87 38.45	200m: 2:32.96	39.38 300m: 3:53.20	40.60	400m: 5:13.22	39.95
4. Raquel Rodrigues, AUGUSTO	07	FC Ferreiras/AlgarExperience	5:16.01	405	
50m: 35.09 35.09	150m: 1:53.35	39.99 250m: 3:14.44	40.66	350m: 4:36.87	41.11
100m: 1:13.36 38.27	200m: 2:33.78	40.43 300m: 3:55.76	41.32	400m: 5:16.01	39.14

Seniores

1. Carlota Condeço, FERNANDES	05	FC Ferreiras/AlgarExperience	5:33.54	344	
50m: 36.97 36.97	150m: 2:00.35	42.48 250m: 3:26.85	43.20	350m: 4:52.55	42.26
100m: 1:17.87 40.90	200m: 2:43.65	43.30 300m: 4:10.29	43.44	400m: 5:33.54	40.99