

Campeonatos Regionais de PC
Lagos , 5 - 6/11/2022

Prova 13 Femin., 400m Livres 13 anos e mais velhos
05/11/2022 - 15:30 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 17	4:28.16	Catia Raquel, MARTINHEIRA	LDC	Mealhada	17/12/2011
Recordes Regionais 16	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

Pontos: FINA 2022

Lugar Ano Tempo final Pts

Juvenis B

1. Margarida Santos, JESUS	09	Natacao de Olhao	5:22.36	382
50m: 35.49 35.49	150m: 1:56.95 41.84	250m: 3:19.62 41.28	350m: 4:42.39 41.55	
100m: 1:15.11 39.62	200m: 2:38.34 41.39	300m: 4:00.84 41.22	400m: 5:22.36 39.97	
2. Monica Rita, SILVA	09	Natacao de Olhao	5:29.85	356
50m: 37.27 37.27	150m: 1:59.17 41.65	250m: 3:22.92 42.29	350m: 4:47.99 42.12	
100m: 1:17.52 40.25	200m: 2:40.63 41.46	300m: 4:05.87 42.95	400m: 5:29.85 41.86	
3. Lara Sofia, AGUAS	09	Lagoa AC	5:35.95	337
50m: 36.27 36.27	150m: 2:00.89 42.90	250m: 3:27.20 43.46	350m: 4:53.20 42.57	
100m: 1:17.99 41.72	200m: 2:43.74 42.85	300m: 4:10.63 43.43	400m: 5:35.95 42.75	
4. Leticia Sequeira, MARINHO	09	FC Ferreiras/AlgarExperience	5:53.87	288
50m: 36.60 36.60	150m: 2:05.45 45.68	250m: 3:38.85 46.75	350m: 5:10.74 45.64	
100m: 1:19.77 43.17	200m: 2:52.10 46.65	300m: 4:25.10 46.25	400m: 5:53.87 43.13	

Juniores

1. Maria Teresa, LUIZ	06	Lagoa AC	4:49.61	526
50m: 33.25 33.25	150m: 1:45.50 36.53	250m: 2:59.00 36.78	350m: 4:13.72 37.32	
100m: 1:08.97 35.72	200m: 2:22.22 36.72	300m: 3:36.40 37.40	400m: 4:49.61 35.89	
2. Mia Alena, WERUM	07	Lagoa AC	4:59.44	476
50m: 34.02 34.02	150m: 1:49.37 38.43	250m: 3:06.05 38.21	350m: 4:22.79 38.07	
100m: 1:10.94 36.92	200m: 2:27.84 38.47	300m: 3:44.72 38.67	400m: 4:59.44 36.65	
3. Raquel Maria, LOURA	06	Louletano / Loule Concelho	5:04.03	455
50m: 34.50 34.50	150m: 1:49.41 37.88	250m: 3:06.86 39.08	350m: 4:25.53 39.53	
100m: 1:11.53 37.03	200m: 2:27.78 38.37	300m: 3:46.00 39.14	400m: 5:04.03 38.50	
4. Carolina Simoes , GUERREIRO	06	RIA Aqua Tavira	5:15.40	407
50m: 35.06 35.06	150m: 1:51.67 38.93	250m: 3:11.51 40.33	350m: 4:33.85 41.55	
100m: 1:12.74 37.68	200m: 2:31.18 39.51	300m: 3:52.30 40.79	400m: 5:15.40 41.55	
5. Ines Filipe , ANTUNES	07	RIA Aqua Tavira	5:24.64	374
50m: 35.14 35.14	150m: 1:57.09 41.75	250m: 3:20.81 42.22	350m: 4:44.08 41.49	
100m: 1:15.34 40.20	200m: 2:38.59 41.50	300m: 4:02.59 41.78	400m: 5:24.64 40.56	
6. Beatriz Isabel, SANTOS	07	Natacao de Olhao	5:28.70	360
50m: 37.94 37.94	150m: 2:00.50 41.77	250m: 3:24.19 41.94	350m: 4:48.13 42.19	
100m: 1:18.73 40.79	200m: 2:42.25 41.75	300m: 4:05.94 41.75	400m: 5:28.70 40.57	

Seniores

1. Mariana Coelho, SANTOS	04	Lagoa AC	4:43.65	560
50m: 32.94 32.94	150m: 1:44.40 35.89	250m: 2:55.83 35.57	350m: 4:07.94 36.00	
100m: 1:08.51 35.57	200m: 2:20.26 35.86	300m: 3:31.94 36.11	400m: 4:43.65 35.71	
2. Ainhoa Sobrado, URIBE	04	Louletano / Loule Concelho	4:53.75	504
50m: 32.75 32.75	150m: 1:45.97 36.87	250m: 2:59.50 37.03	350m: 4:15.75 38.60	
100m: 1:09.10 36.35	200m: 2:22.47 36.50	300m: 3:37.15 37.65	400m: 4:53.75 38.00	
3. Carlota Condeco, FERNANDES	05	FC Ferreiras/AlgarExperience	5:37.90	331
50m: 37.00 37.00	150m: 2:02.25 43.50	250m: 3:29.25 43.53	350m: 4:56.57 43.39	
100m: 1:18.75 41.75	200m: 2:45.72 43.47	300m: 4:13.18 43.93	400m: 5:37.90 41.33	