

Torneio de Inverno de Inf. Juv. Jun. Sen  
Olhão, 18 - 19/2/2023

Prova 19 Femin., 400m Livres 12 anos e mais velhos  
19/02/2023 - 11:15 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

Pontos: FINA 2022

Lugar Nome do nadador Ano Classe Cod Exc Clube Tempo final Pts

Infantis B

1. Angelina, LUTSIV	11			Lagoa AC	<b>5:45.80</b>	309
50m: 40.03 40.03	150m: 2:08.94 45.24	250m: 3:37.63 43.75	350m: 5:04.32 42.45			
100m: 1:23.70 43.67	200m: 2:53.88 44.94	300m: 4:21.87 44.24	400m: 5:45.80 41.48			
2. Isabel Grilo, OLIVEIRA	11			Lagoa AC	<b>5:54.38</b>	287
50m: 40.45 40.45	150m: 2:13.49 46.95	250m: 3:46.16 45.90	350m: 5:15.55 43.44			
100m: 1:26.54 46.09	200m: 3:00.26 46.77	300m: 4:32.11 45.95	400m: 5:54.38 38.83			
3. Eva, MAGIYEVA	11			Lagoa AC	<b>6:01.92</b>	270
50m: 40.85 40.85	150m: 2:12.69 46.59	250m: 3:45.65 46.41	350m: 5:16.75 45.24			
100m: 1:26.10 45.25	200m: 2:59.24 46.55	300m: 4:31.51 45.86	400m: 6:01.92 45.17			
4. Maria Goncalves, SANTOS	11			Lagoa AC	<b>6:02.21</b>	269
50m: 41.42 41.42	150m: 2:14.60 47.19	250m: 3:48.69 47.05	350m: 5:20.92 46.20			
100m: 1:27.41 45.99	200m: 3:01.64 47.04	300m: 4:34.72 46.03	400m: 6:02.21 41.29			
5. Julia Laginha, BRAZ	11			Lagoa AC	<b>6:02.40</b>	268
50m: 41.93 41.93	150m: 2:14.60 46.99	250m: 3:48.54 46.84	350m: 5:20.43 45.98			
100m: 1:27.61 45.68	200m: 3:01.70 47.10	300m: 4:34.45 45.91	400m: 6:02.40 41.97			
6. Zoe Leitao, CONDON	11			Naval de Faro	<b>6:08.81</b>	255
50m: 42.96 42.96	150m: 2:14.60 46.99	250m: 3:53.40 48.64	350m: 5:26.92 46.25			
100m: 1:30.78 47.82	200m: 3:04.76 47.10	300m: 4:40.67 47.27	400m: 6:08.81 41.89			
7. Leonor Sa, HOUYET	11			Natacao de Lagos	<b>6:10.01</b>	252
50m: 40.35 40.35	150m: 2:13.94 47.52	250m: 3:51.12 49.28	350m: 5:24.46 45.46			
100m: 1:26.42 46.07	200m: 3:01.84 47.90	300m: 4:39.00 47.88	400m: 6:10.01 45.55			
8. Gabriela Silva, OLIVEIRA	11			Lagoa AC	<b>6:18.81</b>	235
50m: 41.32 41.32	150m: 2:17.79 49.43	250m: 3:56.82 50.32	350m: 5:32.66 46.31			
100m: 1:28.36 47.04	200m: 3:06.50 48.71	300m: 4:46.35 49.53	400m: 6:18.81 46.15			
9. Beatriz Marques, TEIXEIRA	11			Lagoa AC	<b>6:26.27</b>	222
50m: 42.63 42.63	150m: 2:20.15 49.71	250m: 3:59.24 49.58	350m: 5:38.97 48.90			
100m: 1:30.44 47.81	200m: 3:09.66 49.51	300m: 4:50.07 50.83	400m: 6:26.27 47.30			
10. Mariana Costa, MARTINS	11			Lagoa AC	<b>6:32.21</b>	212
50m: 45.43 45.43	150m: 2:24.98 50.22	250m: 4:04.58 50.57	350m: 5:45.24 50.37			
100m: 1:34.76 49.33	200m: 3:14.01 49.03	300m: 4:54.87 50.29	400m: 6:32.21 46.97			

Infantis A

1. Ines Filipa, MATEUS	10			Lagoa AC	<b>5:14.62</b>	411
50m: 35.46 35.46	150m: 1:54.11 39.79	250m: 3:15.41 40.80	350m: 4:37.17 41.05			
100m: 1:14.32 38.86	200m: 2:34.61 40.50	300m: 3:56.12 40.71	400m: 5:14.62 37.45			
2. Juliana Bushe, BARROSO	10			FC Ferreiras/AlgarExperience	<b>5:21.57</b>	384
50m: 35.79 35.79	150m: 1:55.47 40.78	250m: 3:19.31 42.18	350m: 4:41.60 41.28			
100m: 1:14.69 38.90	200m: 2:37.13 41.66	300m: 4:00.32 41.01	400m: 5:21.57 39.97			
3. Carolina Brito, SANTOS	10			Naval de Faro	<b>5:22.03</b>	383
50m: 36.88 36.88	150m: 1:58.30 41.08	250m: 3:19.87 40.86	350m: 4:42.49 40.82			
100m: 1:17.22 40.34	200m: 2:39.01 40.71	300m: 4:01.67 41.80	400m: 5:22.03 39.54			
4. Catarina Costa, RIBEIRO	10			Naval de Faro	<b>5:39.56</b>	326
50m: 38.78 38.78	150m: 2:05.43 44.12	250m: 3:33.41 43.73	350m: 4:59.54 42.21			
100m: 1:21.31 42.53	200m: 2:49.68 44.25	300m: 4:17.33 43.92	400m: 5:39.56 40.02			

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Prova 19, Femin., 400m Livres, Infantis A

Lugar	Nome do nadador	Ano	Classe	Cod Exc	Clube	Tempo final	Pts
5.	Jill, SCHOETERS	10			RIA Aqua Tavira	<b>5:43.60</b>	315
	50m: 38.45 38.45	150m: 2:05.95	44.44	250m: 3:34.62	44.92	350m: 5:02.72	45.19
	100m: 1:21.51 43.06	200m: 2:49.70	43.75	300m: 4:17.53	42.91	400m: 5:43.60	40.88
6.	Eva Gomes, MENDES	10			FC Ferreiras/AlgarExperience	<b>5:49.51</b>	299
	50m: 39.31 39.31	150m: 2:07.75	44.93	250m: 3:37.59	44.95	350m: 5:06.24	44.48
	100m: 1:22.82 43.51	200m: 2:52.64	44.89	300m: 4:21.76	44.17	400m: 5:49.51	43.27
7.	Lara Alexandra, GUERREIRO	10			Portinado	<b>5:52.74</b>	291
	50m: 39.33 39.33	150m: 2:10.70	46.72	250m: 3:43.13	46.60	350m: 5:13.83	44.81
	100m: 1:23.98 44.65	200m: 2:56.53	45.83	300m: 4:29.02	45.89	400m: 5:52.74	38.91
8.	Isabel, BARFIELD	10			Natacao de Lagos	<b>5:54.86</b>	286
	50m: 39.66 39.66	150m: 2:10.20	45.60	250m: 3:42.61	45.65	350m: 5:13.98	45.49
	100m: 1:24.60 44.94	200m: 2:56.96	46.76	300m: 4:28.49	45.88	400m: 5:54.86	40.88
9.	Bruna Catarina, GUERREIRO	10			Louletano / Loule Concelho	<b>6:16.23</b>	240
	50m: 40.74 40.74	150m: 2:14.14	47.33	250m: 3:51.29	48.66	350m: 5:28.83	48.49
	100m: 1:26.81 46.07	200m: 3:02.63	48.49	300m: 4:40.34	49.05	400m: 6:16.23	47.40

Juvenis B

1.	Annabela Veronika, FARCAS	09			Naval de Faro	<b>4:57.87</b>	484
	50m: 34.51 34.51	150m: 1:49.57	37.90	250m: 3:05.67	37.92	350m: 4:20.78	37.77
	100m: 1:11.67 37.16	200m: 2:27.75	38.18	300m: 3:43.01	37.34	400m: 4:57.87	37.09
2.	Leonor Martins, COSTA	09			Natacao de Lagos	<b>5:10.14</b>	429
	50m: 34.28 34.28	150m: 1:52.27	39.06	250m: 3:12.37	40.22	350m: 4:31.90	39.69
	100m: 1:13.21 38.93	200m: 2:32.15	39.88	300m: 3:52.21	39.84	400m: 5:10.14	38.24
3.	Maria Clara, GOUVEIA	09			FC Ferreiras/AlgarExperience	<b>5:51.64</b>	294
	50m: 37.55 37.55	150m: 2:05.13	44.46	250m: 3:35.50	44.77	350m: 5:06.79	45.66
	100m: 1:20.67 43.12	200m: 2:50.73	45.60	300m: 4:21.13	45.63	400m: 5:51.64	44.85

Juvenis A

1.	Polina, VODA	08			Natacao de Lagos	<b>5:30.92</b>	353
	50m: 36.00 36.00	150m: 1:58.87	42.21	250m: 3:24.16	42.64	350m: 4:48.57	41.74
	100m: 1:16.66 40.66	200m: 2:41.52	42.65	300m: 4:06.83	42.67	400m: 5:30.92	42.35
2.	Laura Candeias, MATIAS	08			Natacao de Lagos	<b>5:40.11</b>	325
	50m: 39.18 39.18	150m: 2:06.38	43.90	250m: 3:34.01	43.56	350m: 5:00.10	42.21
	100m: 1:22.48 43.30	200m: 2:50.45	44.07	300m: 4:17.89	43.88	400m: 5:40.11	40.01
3.	Sofia Afonso, SILVA	08			Naval de Faro	<b>5:46.64</b>	307
	50m: 38.50 38.50	150m: 2:06.31	44.84	250m: 3:35.70	44.16	350m: 5:04.18	44.35
	100m: 1:21.47 42.97	200m: 2:51.54	45.23	300m: 4:19.83	44.13	400m: 5:46.64	42.46
4.	Rita Batista, OLIVEIRA	08			Naval de Faro	<b>6:03.11</b>	267
	50m: 37.70 37.70	150m: 2:06.50	46.56	250m: 3:40.67	46.70	350m: 5:16.44	47.50
	100m: 1:19.94 42.24	200m: 2:53.97	47.47	300m: 4:28.94	48.27	400m: 6:03.11	46.67

Juniores

1.	Carolina Simoes, GUERREIRO	06			RIA Aqua Tavira	<b>5:11.37</b>	424
	50m: 35.61 35.61	150m: 1:53.22	39.28	250m: 3:12.90	40.09	350m: 4:33.04	39.89
	100m: 1:13.94 38.33	200m: 2:32.81	39.59	300m: 3:53.15	40.25	400m: 5:11.37	38.33
2.	Joana Santos, CRUZ	06			Naval de Faro	<b>5:11.77</b>	422
	50m: 35.21 35.21	150m: 1:53.21	39.37	250m: 3:13.30	40.00	350m: 4:33.23	39.39
	100m: 1:13.84 38.63	200m: 2:33.30	40.09	300m: 3:53.84	40.54	400m: 5:11.77	38.54
3.	Raquel Grilo, OLIVEIRA	07			Lagoa AC	<b>5:17.05</b>	401
	50m: 36.09 36.09	150m: 1:56.78	41.52	250m: 3:18.22	39.77	350m: 4:39.12	40.22
	100m: 1:15.26 39.17	200m: 2:38.45	41.67	300m: 3:58.90	40.68	400m: 5:17.05	37.93

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Olhão, 18 - 19/2/2023

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Prova 19, Femin., 400m Livres, Juniores

Lugar	Nome do nadador	Ano	Classe	Cod Exc	Clube	Tempo final	Pts
4.	Ines Filipe, ANTUNES	07			RIA Aqua Tavira	<b>5:20.98</b>	<b>387</b>
	50m: 35.86 35.86	150m: 1:56.57	40.82	250m: 3:19.19	41.15	350m: 4:41.44	41.35
	100m: 1:15.75 39.89	200m: 2:38.04	41.47	300m: 4:00.09	40.90	400m: 5:20.98	39.54

Seniores

1.	Gloria Regina, GUERREIRO	04			FC Ferreiras/AlgarExperience	<b>5:12.66</b>	<b>418</b>
	50m: 34.68 34.68	150m: 1:54.81	40.48	250m: 3:15.36	40.21	350m: 4:34.78	39.49
	100m: 1:14.33 39.65	200m: 2:35.15	40.34	300m: 3:55.29	39.93	400m: 5:12.66	37.88