

Campeonato Regional de Inverno - Infantis  
Silves, 11 - 12/3/2023

Prova 16 Femin., 400m Livres Infantis  
12/03/2023 - 9:52 Resultados

Recordes Regionais Absoluto	4:19.78	Sara Alexandra, Madeira	LDC	Sines	20/12/2008
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	Ano	Tempo final	Pts
<b>Infantis B</b>			
1. Angelina, Lutsiv	11	Lagoa Academico Clube	<b>5:47.95</b> 303
50m: 38.93 38.93	150m: 2:06.80 44.78	250m: 3:37.07 45.28	350m: 5:07.14 44.96
100m: 1:22.02 43.09	200m: 2:51.79 44.99	300m: 4:22.18 45.11	400m: 5:47.95 40.81
2. Julia Laginha, Braz	11	Lagoa Academico Clube	<b>6:01.12</b> 271
50m: 40.38 40.38	150m: 2:12.37 46.42	250m: 3:46.11 47.05	350m: 5:18.66 46.40
100m: 1:25.95 45.57	200m: 2:59.06 46.69	300m: 4:32.26 46.15	400m: 6:01.12 42.46
3. Leonor Sa, Houyet	11	Natacao de Lagos	<b>6:13.64</b> 245
50m: 40.44 40.44	150m: 2:16.06 48.50	250m: 3:52.46 47.41	350m: 5:23.09 44.61
100m: 1:27.56 47.12	200m: 3:05.05 48.99	300m: 4:38.48 46.02	400m: 6:13.64 50.55
4. Zoe Leitao, Condon	11	Naval de Faro	<b>6:14.58</b> 243
50m: 40.68 40.68	150m: 2:16.41 48.89	250m: 3:53.42 48.49	350m: 5:28.01 46.93
100m: 1:27.52 46.84	200m: 3:04.93 48.52	300m: 4:41.08 47.66	400m: 6:14.58 46.57
5. Beatriz Marques, Teixeira	11	Lagoa Academico Clube	<b>6:22.41</b> 228
50m: 41.51 41.51	150m: 2:18.75 49.13	250m: 4:00.78 51.41	350m: 5:39.61 48.95
100m: 1:29.62 48.11	200m: 3:09.37 50.62	300m: 4:50.66 49.88	400m: 6:22.41 42.80
6. Rita Silva, Soares	11	Portinado	<b>6:24.66</b> 224
50m: 42.69 42.69	150m: 2:20.34 49.97	250m: 3:59.66 49.33	350m: 5:38.90 49.64
100m: 1:30.37 47.68	200m: 3:10.33 49.99	300m: 4:49.26 49.60	400m: 6:24.66 45.76
7. Gabriela Silva, Oliveira	11	Lagoa Academico Clube	<b>6:30.45</b> 215
50m: 43.16 43.16	150m: 2:23.34 50.66	250m: 4:03.80 51.29	350m: 5:41.25 47.26
100m: 1:32.68 49.52	200m: 3:12.51 49.17	300m: 4:53.99 50.19	400m: 6:30.45 49.20
8. Maria Francisca, Simões	11	Lagoa Academico Clube	<b>6:31.33</b> 213
50m: 44.86 44.86	150m: 2:24.19 50.82	250m: 4:04.92 49.93	350m: 5:45.23 48.97
100m: 1:33.37 48.51	200m: 3:14.99 50.80	300m: 4:56.26 51.34	400m: 6:31.33 46.10
9. Maria Francisca, Farinha	11	Lagoa Academico Clube	<b>7:01.92</b> 170
50m: 44.26 44.26	150m: 2:33.72 56.82	250m: 4:27.71 56.44	350m: 6:15.77 53.81
100m: 1:36.90 52.64	200m: 3:31.27 57.55	300m: 5:21.96 54.25	400m: 7:01.92 46.15
10. Gabriela Pereira, Louzeiro	11	Lagoa Academico Clube	<b>7:09.94</b> 161
50m: 44.41 44.41	150m: 2:31.89 55.86	250m: 4:22.57 55.94	350m: 6:15.01 55.84
100m: 1:36.03 51.62	200m: 3:26.63 54.74	300m: 5:19.17 56.60	400m: 7:09.94 54.93
11. Maria Leonor, Vitoriano	11	Lagoa Academico Clube	<b>7:11.12</b> 159
50m: 48.64 48.64	150m: 2:37.85 55.69	250m: 4:29.27 55.79	350m: 6:19.38 56.63
100m: 1:42.16 53.52	200m: 3:33.48 55.63	300m: 5:22.75 53.48	400m: 7:11.12 51.74
DSQ Constanca Jacinto, Espiridiao	11	Portinado	
<i>BL 8.2 - O (a) atleta utilizou relógio durante a prova</i>			

**Infantis A**

1. Ines Filipa, Mateus	10	Lagoa Academico Clube	<b>5:08.58</b> 435
50m: 34.35 34.35	150m: 1:51.90 39.60	250m: 3:11.15 39.56	350m: 4:30.48 38.52
100m: 1:12.30 37.95	200m: 2:31.59 39.69	300m: 3:51.96 40.81	400m: 5:08.58 38.10
2. Carolina Melo, Lopes	10	Portinado	<b>5:13.48</b> 415
50m: 33.97 33.97	150m: 1:51.97 39.80	250m: 3:12.46 40.77	350m: 4:33.74 40.54
100m: 1:12.17 38.20	200m: 2:31.69 39.72	300m: 3:53.20 40.74	400m: 5:13.48 39.74
3. Carolina Brito, Santos	10	Naval de Faro	<b>5:13.91</b> 413
50m: 35.00 35.00	150m: 1:54.76 40.71	250m: 3:16.64 40.95	350m: 4:37.15 39.62
100m: 1:14.05 39.05	200m: 2:35.69 40.93	300m: 3:57.53 40.89	400m: 5:13.91 36.76

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Prova 16, Femin., 400m Livres, Infantis A

Lugar			Ano			Tempo final	Pts	
4.	Constanca Lourenco, Azevedo		10	Lagoa Academico Clube		<b>5:14.52</b>	411	
	50m:	35.20 35.20	150m:	1:54.64 40.20	250m:	3:14.93 40.41	350m:	4:35.53 40.16
	100m:	1:14.44 39.24	200m:	2:34.52 39.88	300m:	3:55.37 40.44	400m:	5:14.52 38.99
5.	Juliana Bushe, Barroso		10	FC Ferreiras/AlgarExperience		<b>5:18.47</b>	396	
	50m:	34.76 34.76	150m:	1:55.25 41.29	250m:	3:17.85 41.34	350m:	4:39.66 40.29
	100m:	1:13.96 39.20	200m:	2:36.51 41.26	300m:	3:59.37 41.52	400m:	5:18.47 38.81
6.	Violeta Reis, Petersson		10	Naval de Faro		<b>5:20.27</b>	389	
	50m:	36.60 36.60	150m:	1:57.32 40.31	250m:	3:18.91 40.54	350m:	4:40.96 40.87
	100m:	1:17.01 40.41	200m:	2:38.37 41.05	300m:	4:00.09 41.18	400m:	5:20.27 39.31
7.	Catarina Costa, Ribeiro		10	Naval de Faro		<b>5:33.35</b>	345	
	50m:	36.14 36.14	150m:	1:58.69 41.97	250m:	3:24.26 42.45	350m:	4:51.76 43.74
	100m:	1:16.72 40.58	200m:	2:41.81 43.12	300m:	4:08.02 43.76	400m:	5:33.35 41.59
8.	Isabel, Barfield		10	Natacao de Lagos		<b>5:40.74</b>	323	
	50m:	38.76 38.76	150m:	2:06.29 43.88	250m:	3:34.65 44.21	350m:	5:01.53 43.40
	100m:	1:22.41 43.65	200m:	2:50.44 44.15	300m:	4:18.13 43.48	400m:	5:40.74 39.21
9.	Sira Valentim, Faleiro		10	Aquatico Silves		<b>5:45.10</b>	311	
	50m:	36.56 36.56	150m:	2:01.74 43.98	250m:	3:31.83 45.63	350m:	5:02.06 45.03
	100m:	1:17.76 41.20	200m:	2:46.20 44.46	300m:	4:17.03 45.20	400m:	5:45.10 43.04
10.	Carolina Frois, Gomes		10	Portinado		<b>5:47.83</b>	304	
	50m:	37.57 37.57	150m:	2:03.21 43.03	250m:	3:34.32 45.94	350m:	5:05.97 46.04
	100m:	1:20.18 42.61	200m:	2:48.38 45.17	300m:	4:19.93 45.61	400m:	5:47.83 41.86
11.	Eva Gomes, Mendes		10	FC Ferreiras/AlgarExperience		<b>5:49.58</b>	299	
	50m:	37.78 37.78	150m:	2:03.14 43.88	250m:	3:35.50 46.30	350m:	5:06.96 45.65
	100m:	1:19.26 41.48	200m:	2:49.20 46.06	300m:	4:21.31 45.81	400m:	5:49.58 42.62
12.	Sonya Antonova, Sinyakova		10	Nautico do Guadiana		<b>6:03.04</b>	267	
	50m:	39.23 39.23	150m:	2:10.10 45.91	250m:	3:42.97 46.83	350m:	5:17.63 47.39
	100m:	1:24.19 44.96	200m:	2:56.14 46.04	300m:	4:30.24 47.27	400m:	6:03.04 45.41
13.	Gabriela Antoneta, Radu		10	Nautico do Guadiana		<b>6:06.32</b>	260	
	50m:	40.47 40.47	150m:	2:13.33 46.82	250m:	3:47.42 47.50	350m:	5:22.45 47.49
	100m:	1:26.51 46.04	200m:	2:59.92 46.59	300m:	4:34.96 47.54	400m:	6:06.32 43.87
14.	Margarida Ramos, Martins		10	Nautico do Guadiana		<b>6:06.62</b>	259	
	50m:	40.16 40.16	150m:	2:11.04 46.03	250m:	3:44.82 47.42	350m:	5:20.71 48.26
	100m:	1:25.01 44.85	200m:	2:57.40 46.36	300m:	4:32.45 47.63	400m:	6:06.62 45.91
15.	Gloria Alves, Favinha		10	Aquatico Silves		<b>6:08.44</b>	255	
	50m:	40.89 40.89	150m:	2:16.51 48.30	250m:	3:50.94 47.12	350m:	5:27.25 47.52
	100m:	1:28.21 47.32	200m:	3:03.82 47.31	300m:	4:39.73 48.79	400m:	6:08.44 41.19
16.	Sara Zeferino, Boneca		10	Portinado		<b>6:31.67</b>	213	
	50m:	42.24 42.24	150m:	2:21.20 49.76	250m:	4:01.56 49.15	350m:	5:43.52 49.93
	100m:	1:31.44 49.20	200m:	3:12.41 51.21	300m:	4:53.59 52.03	400m:	6:31.67 48.15
EXH	Carmen, Estudillo Espinosa		11	Club Natacion Pedrera		<b>5:54.84</b>	286	
	50m:	39.35 39.35	150m:	2:09.64 45.34	250m:	3:39.99 45.33	350m:	5:09.69 44.75
	100m:	1:24.30 44.95	200m:	2:54.66 45.02	300m:	4:24.94 44.95	400m:	5:54.84 45.15
EXH	Magdalena , Peneda Gutierrez		10	Club Natacion Pedrera		<b>5:55.74</b>	284	
	50m:	39.29 39.29	150m:	2:09.48 45.99	250m:	3:41.38 46.29	350m:	5:12.00 44.65
	100m:	1:23.49 44.20	200m:	2:55.09 45.61	300m:	4:27.35 45.97	400m:	5:55.74 43.74
EXH	Maria, Serrano Estudillo		10	Club Natacion Pedrera		<b>7:02.03</b>	170	
	50m:	44.80 44.80	150m:	2:27.29 52.71	250m:	4:16.68 54.74	350m:	6:08.01 55.74
	100m:	1:34.58 49.78	200m:	3:21.94 54.65	300m:	5:12.27 55.59	400m:	7:02.03 54.02