

TORREGRI II | TORNEIO DE T CNICAS SIMULT NEAS
Lagoa, 1 - 2/4/2023

Prova 1
01/04/2023 - 15:30

Femin., 400m Livres

Cadetes A
Resultados

Pontos: FINA 2022

Lugar	Ano				Tempo final				Pts
1. Mariana Canarias, JESUS	12	Lagoa AC			5:34.85				340
50m: 38.65 38.65	150m: 2:04.19	43.46	250m: 3:30.15	43.16	350m: 4:55.61				41.86
100m: 1:20.73 42.08	200m: 2:46.99	42.80	300m: 4:13.75	43.60	400m: 5:34.85				39.24
2. Rita Maria, LOURA	12	Naval de Faro			6:14.43				243
50m: 42.56 42.56	150m: 2:18.26	48.35	250m: 3:54.13	46.88	350m: 5:29.95				48.20
100m: 1:29.91 47.35	200m: 3:07.25	48.99	300m: 4:41.75	47.62	400m: 6:14.43				44.48
3. Ionelia Cristiana, FILAT	12	Portinado			6:24.20				225
50m: 42.22 42.22	150m: 2:18.91	48.96	250m: 3:58.02	49.86	350m: 5:39.47				50.60
100m: 1:29.95 47.73	200m: 3:08.16	49.25	300m: 4:48.87	50.85	400m: 6:24.20				44.73
4. Leonor Melo, LOPES	12	Portinado			6:28.39				218
50m: 41.11 41.11	150m: 2:18.35	49.62	250m: 3:58.39	50.57	350m: 5:40.16				50.86
100m: 1:28.73 47.62	200m: 3:07.82	49.47	300m: 4:49.30	50.91	400m: 6:28.39				48.23
5. Beatriz Martins, COUTINHO	12	FC Ferreiras/AlgarExperience			6:40.53				199
50m: 46.73 46.73	150m: 2:30.04	50.98	250m: 4:12.86	50.44	350m: 5:53.42				49.77
100m: 1:39.06 52.33	200m: 3:22.42	52.38	300m: 5:03.65	50.79	400m: 6:40.53				47.11
6. Bruna Filipa, BORRALHO	12	Lagoa AC			6:45.55				191
50m: 42.41 42.41	150m: 2:23.42	52.15	250m: 4:11.92	53.92	350m: 5:57.03				50.52
100m: 1:31.27 48.86	200m: 3:18.00	54.58	300m: 5:06.51	54.59	400m: 6:45.55				48.52
7. Rylie Ann, CROUS	12	Portinado			6:56.61				177
50m: 46.10 46.10	150m: 2:33.27	53.84	250m: 4:19.92	52.79	350m: 6:05.99				52.52
100m: 1:39.43 53.33	200m: 3:27.13	53.86	300m: 5:13.47	53.55	400m: 6:56.61				50.62
8. Laura Beatriz, PITEIRA	12	Naval de Faro			7:03.55				168
50m: 46.84 46.84	150m: 2:34.30	54.13	250m: 4:23.31	53.60	350m: 6:12.08				53.61
100m: 1:40.17 53.33	200m: 3:29.71	55.41	300m: 5:18.47	55.16	400m: 7:03.55				51.47
9. Rita Videira, FERNANDES	12	Naval de Faro			7:14.43				156
50m: 46.77 46.77	150m: 2:36.57	55.87	250m: 4:32.23	58.55	350m: 6:23.24				55.62
100m: 1:40.70 53.93	200m: 3:33.68	57.11	300m: 5:27.62	55.39	400m: 7:14.43				51.19
10. Beatriz Lopes, SILVA	12	Portinado			7:15.05				155
50m: 46.36 46.36	150m: 2:35.84	55.08	250m: 4:28.77	56.65	350m: 6:21.83				55.84
100m: 1:40.76 54.40	200m: 3:32.12	56.28	300m: 5:25.99	57.22	400m: 7:15.05				53.22
11. Lara Ramos, MARQUES	12	Lagoa AC			7:19.57				150
50m: 46.17 46.17	150m: 2:36.08	55.88	250m: 4:29.40	56.76	350m: 6:26.40				58.26
100m: 1:40.20 54.03	200m: 3:32.64	56.56	300m: 5:28.14	58.74	400m: 7:19.57				53.17
12. Sara Marques, MADEIRA	12	Louletano / Loule Concelho			7:28.68				141
50m: 46.81 46.81	150m: 2:41.18	58.42	250m: 4:39.20	59.74	350m: 6:34.65				56.15
100m: 1:42.76 55.95	200m: 3:39.46	58.28	300m: 5:38.50	59.30	400m: 7:28.68				54.03
13. Lara Sofia, SILVA	12	Louletano / Loule Concelho			7:34.15				136
50m: 51.24 51.24	150m: 2:45.37	56.87	250m: 4:44.53	1:01.20	350m: 6:41.63				56.40
100m: 1:48.50 57.26	200m: 3:43.33	57.96	300m: 5:45.23	1:00.70	400m: 7:34.15				52.52
14. Elisa Martins, PESCADA	12	Naval de Faro			7:42.31				129
50m: 50.15 50.15	150m: 2:47.46	1:00.08	250m: 4:46.77	1:00.05	350m: 6:47.98				1:02.00
100m: 1:47.38 57.23	200m: 3:46.72	59.26	300m: 5:45.98	59.21	400m: 7:42.31				54.33
15. Sixtine Rose, CHAISE	12	Portinado			7:42.86				129
50m: 48.72 48.72	150m: 2:47.03	1:00.50	250m: 4:48.28	1:01.08	350m: 6:47.13				59.13
100m: 1:46.53 57.81	200m: 3:47.20	1:00.17	300m: 5:48.00	59.72	400m: 7:42.86				55.73
16. Laura Alves, DUARTE	12	Natacao de Lagos			8:12.56				107
50m: 48.06 48.06	150m: 2:49.24	1:03.82	250m: 4:58.48	1:04.05	350m: 7:08.18				1:05.33
100m: 1:45.42 57.36	200m: 3:54.43	1:05.19	300m: 6:02.85	1:04.37	400m: 8:12.56				1:04.38



TORREGRI II | TORNEIO DE T CNICAS SIMULT NEAS
Lagoa, 1 - 2/4/2023

Prova 1, Femin., 400m Livres, Cadetes A

Lugar	Ano	Tempo final	Pts
DNS Bianca Cori, RODRIGUES	12 Portinado		