

Campeonato Regional de Clubes
Tavira, 22 - 23/4/2023

Prova 46

Femin., 400m Livres

Absolutos

23/04/2023 - 11:33

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
Recordes Regionais Inf. B	4:47.32	Carolina Silva, GODINHO	CNFA	Olhao	21/10/2007

Pontos: FINA 2023

Lugar					Ano					Tempo final	Pts	
1.	Beatriz Silva, LOURO				07	Louletano / Loule Concelho				4:33.38		
	50m:	31.03	31.03	150m:	1:40.31	34.83	250m:	2:50.41	34.99	350m:	4:00.92	35.24
	100m:	1:05.48	34.45	200m:	2:15.42	35.11	300m:	3:25.68	35.27	400m:	4:33.38	32.46
2.	Annabela Veronika, FARCAS				09	Naval de Faro				4:52.65		
	50m:	32.86	32.86	150m:	1:46.20	36.95	250m:	3:00.89	37.58	350m:	4:16.56	37.73
	100m:	1:09.25	36.39	200m:	2:23.31	37.11	300m:	3:38.83	37.94	400m:	4:52.65	36.09
3.	Raquel Maria, LOURA				06	Naval de Faro				5:06.78		
	50m:	33.20	33.20	150m:	1:48.37	38.37	250m:	3:07.45	39.87	350m:	4:27.78	40.41
	100m:	1:10.00	36.80	200m:	2:27.58	39.21	300m:	3:47.37	39.92	400m:	5:06.78	39.00
4.	Gloria Regina, GUERREIRO				04	FC Ferreiras/AlgarExperience				5:09.27		
	50m:	32.89	32.89	150m:	1:50.07	39.88	250m:	3:10.17	39.98	350m:	4:30.50	40.21
	100m:	1:10.19	37.30	200m:	2:30.19	40.12	300m:	3:50.29	40.12	400m:	5:09.27	38.77
5.	Ines Filipe, ANTUNES				07	RIA Aqua Tavira				5:15.11		
	50m:	34.21	34.21	150m:	1:54.88	41.15	250m:	3:16.00	40.29	350m:	4:37.58	41.20
	100m:	1:13.73	39.52	200m:	2:35.71	40.83	300m:	3:56.38	40.38	400m:	5:15.11	37.53
6.	Rafaela Mariano, ANTONIO				07	Portinado				5:16.88		
	50m:	33.01	33.01	150m:	1:49.89	39.35	250m:	3:13.57	42.30	350m:	4:36.64	40.69
	100m:	1:10.54	37.53	200m:	2:31.27	41.38	300m:	3:55.95	42.38	400m:	5:16.88	40.24
7.	Renata, ILICIUK				08	Louletano / Loule Concelho				5:23.64		
	50m:	36.03	36.03	150m:	1:55.19	40.09	250m:	3:18.00	41.72	350m:	4:42.72	42.61
	100m:	1:15.10	39.07	200m:	2:36.28	41.09	300m:	4:00.11	42.11	400m:	5:23.64	40.92
8.	Carlota Condeço, FERNANDES				05	FC Ferreiras/AlgarExperience				5:30.62		
	50m:	36.21	36.21	150m:	1:57.80	41.64	250m:	3:22.65	42.41	350m:	4:49.04	42.91
	100m:	1:16.16	39.95	200m:	2:40.24	42.44	300m:	4:06.13	43.48	400m:	5:30.62	41.58
9.	Isabel, BARFIELD				10	Natacao de Lagos				5:31.35		
	50m:	37.17	37.17	150m:	2:02.91	42.49	250m:	3:28.58	43.46	350m:	4:52.80	41.50
	100m:	1:20.42	43.25	200m:	2:45.12	42.21	300m:	4:11.30	42.72	400m:	5:31.35	38.55
10.	Ines Maria, SANTANA				08	RIA Aqua Tavira				5:34.93		
	50m:	37.05	37.05	150m:	2:01.40	42.99	250m:	3:26.69	42.39	350m:	4:52.12	41.89
	100m:	1:18.41	41.36	200m:	2:44.30	42.90	300m:	4:10.23	43.54	400m:	5:34.93	42.81
11.	Leticia Coelho, BATISTA				10	Aquatico Silves				5:45.46		
	50m:	39.09	39.09	150m:	2:06.70	44.30	250m:	3:35.88	44.77	350m:	5:04.39	44.23
	100m:	1:22.40	43.31	200m:	2:51.11	44.41	300m:	4:20.16	44.28	400m:	5:45.46	41.07
12.	Maria Luisa, RODRIGUES				09	Aquatico Silves				6:17.90		
	50m:	44.78	44.78	150m:	2:21.14	48.51	250m:	3:57.81	47.92	350m:	5:34.05	48.12
	100m:	1:32.63	47.85	200m:	3:09.89	48.75	300m:	4:45.93	48.12	400m:	6:17.90	43.85