

Torregri III / Torneio das Tecnicas Combinadas
Mexilhoeira Grande, 10 - 11/6/2023

Prova 1
10/06/2023 - 15:30

Femin., 400m Livres

Cadetes A
Resultados

Pontos: FINA 2022

Lugar			Ano					Tempo final	Pts
1.	Mariana Canarias, JESUS		12	Lagoa AC				5:23.29	378
	50m:	36.68 36.68	150m:	1:58.38	41.82	250m:	3:21.24 42.04	350m:	4:45.05 41.60
	100m:	1:16.56 39.88	200m:	2:39.20	40.82	300m:	4:03.45 42.21	400m:	5:23.29 38.24
2.	Rita Maria, LOURA		12	Naval de Faro				6:13.55	245
	50m:	41.30 41.30	150m:	2:17.85	48.41	250m:	3:54.36 48.46	350m:	5:30.13 47.52
	100m:	1:29.44 48.14	200m:	3:05.90	48.05	300m:	4:42.61 48.25	400m:	6:13.55 43.42
3.	Bruna Filipa, BORRALHO		12	Lagoa AC				6:19.82	233
	50m:	41.20 41.20	150m:	2:17.81	48.87	250m:	3:56.42 49.19	350m:	5:34.91 49.23
	100m:	1:28.94 47.74	200m:	3:07.23	49.42	300m:	4:45.68 49.26	400m:	6:19.82 44.91
4.	Ann Crous, RYLIE		12	Lagoa AC				6:22.31	229
	50m:	47.03 47.03	150m:	2:23.16	48.19	250m:	4:00.49 49.02	350m:	5:36.45 46.91
	100m:	1:34.97 47.94	200m:	3:11.47	48.31	300m:	4:49.54 49.05	400m:	6:22.31 45.86
5.	Laura Beatriz, PITEIRA		12	Naval de Faro				6:49.50	186
	50m:	44.39 44.39	150m:	2:28.02	52.36	250m:	4:13.33 52.63	350m:	6:00.32 53.66
	100m:	1:35.66 51.27	200m:	3:20.70	52.68	300m:	5:06.66 53.33	400m:	6:49.50 49.18
6.	Petra Rodrigues, DUARTE		12	Naval de Faro				6:53.25	181
	50m:	41.84 41.84	150m:	2:23.12	51.95	250m:	4:11.33 54.70	350m:	6:00.92 54.62
	100m:	1:31.17 49.33	200m:	3:16.63	53.51	300m:	5:06.30 54.97	400m:	6:53.25 52.33
7.	Lara Ramos, MARQUES		12	Lagoa AC				6:56.95	176
	50m:	45.49 45.49	150m:	2:29.70	52.36	250m:	4:17.56 53.80	350m:	6:05.37 53.07
	100m:	1:37.34 51.85	200m:	3:23.76	54.06	300m:	5:12.30 54.74	400m:	6:56.95 51.58
8.	Rita Videira, FERNANDES		12	Naval de Faro				7:10.08	160
	50m:	45.82 45.82	150m:	2:33.00	53.88	250m:	4:24.54 55.33	350m:	6:17.61 56.43
	100m:	1:39.12 53.30	200m:	3:29.21	56.21	300m:	5:21.18 56.64	400m:	7:10.08 52.47
9.	Lara Sofia, SILVA		12	Louletano / Loule Concelho				7:19.28	151
	50m:	48.73 48.73	150m:	2:40.30	55.82	250m:	4:34.84 57.72	350m:	6:29.49 57.56
	100m:	1:44.48 55.75	200m:	3:37.12	56.82	300m:	5:31.93 57.09	400m:	7:19.28 49.79
10.	Sara Marques, MADEIRA		12	Louletano / Loule Concelho				7:36.03	134
	50m:	46.59 46.59	150m:	2:42.31	57.76	250m:	4:44.19 1:02.62	350m:	6:43.72 59.82
	100m:	1:44.55 57.96	200m:	3:41.57	59.26	300m:	5:43.90 59.71	400m:	7:36.03 52.31
11.	Elisa Martins, PESCADA		12	Naval de Faro				7:52.35	121
	50m:	48.28 48.28	150m:	2:45.55	1:00.92	250m:	4:50.22 1:02.69	350m:	6:55.58 1:02.93
	100m:	1:44.63 56.35	200m:	3:47.53	1:01.98	300m:	5:52.65 1:02.43	400m:	7:52.35 56.77
12.	Laura Isabel, PINELO		12	Naval de Faro				7:59.57	116
	50m:	49.31 49.31	150m:	2:51.20	1:01.51	250m:	4:55.52 1:02.59	350m:	6:58.10 1:01.94
	100m:	1:49.69 1:00.38	200m:	3:52.93	1:01.73	300m:	5:56.16 1:00.64	400m:	7:59.57 1:01.47