

Torneio de Verão de Infantis, Juvenis, Juniores e Seniores / Natação Adaptada
Quarteira , 25/6/2023

Prova 8	Femin., 400m Livres				12 anos e mais velhos
25/06/2023 - 10:35					Resultados
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
Rec Nac Adaptada S6	12:22.02	Ana Sofia, BARBOSA	FCP	Recarei	27/02/2022
Rec Nac Adaptada S7	10:06.61	Ana Branca, SAMPAIO	ADADA	Mealhada	15/04/2018
Rec Nac Adaptada S14	6:01.88	Sonia Castanheiro, RESENDE	SCA	Mealhada	19/02/2017
Rec Nac Adaptada S17	59:00.00	start,			
Rec Nac Adaptada S21	7:09.95	Filipa Sa, REIS	FVCD	Recarei	22/05/2022

Pontos: FINA 2023

Lugar	Ano				Tempo final	Pts
Infantis A						
1.	Violeta Reis, PETERSSON		10	Naval de Faro		5:29.95
	50m:	37.98 37.98	150m:	2:01.50 42.12	250m:	3:25.92 41.97
	100m:	1:19.38 41.40	200m:	2:43.95 42.45	300m:	4:07.74 41.82
					350m:	4:49.67 41.93
					400m:	5:29.95 40.28

Juvenis B						
1.	Margarida Santos, JESUS		09	Natacao de Olhao		4:56.63
	50m:	34.24 34.24	150m:	1:48.37 37.18	250m:	3:04.03 37.55
	100m:	1:11.19 36.95	200m:	2:26.48 38.11	300m:	3:41.45 37.42
					350m:	4:19.35 37.90
					400m:	4:56.63 37.28
2.	Clara Alexandra, VICENTE		09	Lagoa AC		5:04.35
	50m:	33.64 33.64	150m:	1:48.09 37.83	250m:	3:06.43 39.58
	100m:	1:10.26 36.62	200m:	2:26.85 38.76	300m:	3:45.79 39.36
					350m:	4:25.23 39.44
					400m:	5:04.35 39.12

Juniores						
1.	Mia Alena, WERUM		07	Lagoa AC		5:01.55
	50m:	33.88 33.88	150m:	1:48.62 37.95	250m:	3:05.85 38.63
	100m:	1:10.67 36.79	200m:	2:27.22 38.60	300m:	3:44.71 38.86
					350m:	4:23.43 38.72
					400m:	5:01.55 38.12
2.	Ines Filipe, ANTUNES		07	RIA Aqua Tavira		5:15.63
	50m:	35.35 35.35	150m:	1:53.71 39.95	250m:	3:14.91 40.56
	100m:	1:13.76 38.41	200m:	2:34.35 40.64	300m:	3:54.88 39.97
					350m:	4:35.55 40.67
					400m:	5:15.63 40.08