

Prova 12 Femin., 400m Livres JUV A, JUN, SEN
19/06/2021 - 11:21 Resultados

Recorde Regional Absoluto	4:35.73	ANDRADE, Rubina Amaro	CDN	Greve (DEN)	23/01/1994
Recorde Regional Sen	4:41.19	ANDRADE, Rubina Amaro	CDN	Restelo	21/12/1996
Recorde Regional Jun17	4:38.89	ANDRADE, Rubina Amaro	CDN	Famalicao	02/08/1996
Recorde Regional Jun16	4:38.61	ANDRADE, Rubina Amaro	CDN		04/08/1995
Recorde Regional Juv A	4:35.73	ANDRADE, Rubina Amaro	CDN	Greve (DEN)	23/01/1994

TAC OPEN Juv A: 4:49.75; Jun16: 4:45.76; Jun17: 4:38.61; Sen: 4:33.31

Pontos: FINA 2020

Lugar	Ano	Tempo final	Pts
Juvenil A, 15 years old			
1. SILVA, Silvana Suamade	06	5:08.61	449
50m: 34.92 34.92	150m: 1:52.36	39.27 250m: 3:11.36	39.54 350m: 4:30.59
100m: 1:13.09 38.17	200m: 2:31.82	39.46 300m: 3:51.18	39.82 400m: 5:08.61
2. FREITAS, Margarida Ramos	06	5:10.76	440
50m: 34.41 34.41	150m: 1:52.80	39.65 250m: 3:12.10	39.76 350m: 4:31.99
100m: 1:13.15 38.74	200m: 2:32.34	39.54 300m: 3:52.10	40.00 400m: 5:10.76
3. PEREIRA, Joana Marques	06	5:37.51	343
50m: 35.40 35.40	150m: 1:59.17	43.24 250m: 3:26.76	43.77 350m: 4:54.72
100m: 1:15.93 40.53	200m: 2:42.99	43.82 300m: 4:10.76	44.00 400m: 5:37.51

Juniores, 16 e 17 years old

1. SOUSA, Joana Francisca	04	4:53.94	520
50m: 32.94 32.94	150m: 1:46.22	37.00 250m: 3:01.09	37.84 350m: 4:16.82
100m: 1:09.22 36.28	200m: 2:23.25	37.03 300m: 3:38.84	37.75 400m: 4:53.94

Seniores, 18 years and older

1. LECA, Natasha Maria	03	5:20.50	401
50m: 35.64 35.64	150m: 1:55.01	40.64 250m: 3:18.14	42.33 350m: 4:40.61
100m: 1:14.37 38.73	200m: 2:35.81	40.80 300m: 3:59.41	41.27 400m: 5:20.50