

Prova 14 Femin., 400m Estilos 14 - 17 anos
22/06/2024 - 9:32 Resultados

Recorde Regional Open	5:07.00	QUINTAL, Fabiana Maria	CDN	Coimbra	31/05/2009
Recorde Regional Jun16	5:19.07	CAMARA, Ines Cruz	CDN	Coimbra	28/07/2023
Recorde Regional Juv A	5:28.09	FERREIRA, Maria Leonor	CDN	Coimbra	06/04/2019
Recorde Regional Juv B	5:24.54	SOUSA, Susana Margarida	CFU	Olivais	08/08/1991

Juv. B Fem. Juv B: 5:47.19 / Juv. A Fem. Juv A: 5:39.15 / Júnior 1º Ano Fem. Jun16: 5:31.11 / Júnior 2º Ano Fem. Jun17: 5:29.51

Pontos: FINA 2024

Lugar	Ano	Tempo final	Pts
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Juvenil B - 14 anos

1. ROSA, Clara Sofia	10	Desportivo Nacional	5:47.17	449
TAC Nacional JUV, JUN e SEN Jamor, 12 a 14 Julho				
50m: 36.31 36.31	150m: 2:04.10 46.27	250m: 3:39.08 49.72	350m: 5:08.61 39.75	
100m: 1:17.83 41.52	200m: 2:49.36 45.26	300m: 4:28.86 49.78	400m: 5:47.17 38.56	

Juvenil A - 15 anos

1. MATEUS, Eleine Vieira	09	Desportivo Nacional	5:34.74	501
TAC Nacional JUV, JUN e SEN Jamor, 12 a 14 Julho				
50m: 34.25 34.25	150m: 1:57.88 43.91	250m: 3:29.39 50.24	350m: 4:57.66 38.41	
100m: 1:13.97 39.72	200m: 2:39.15 41.27	300m: 4:19.25 49.86	400m: 5:34.74 37.08	
2. MARGARIDO, Paula Aguiar	09	Juventude Atlantico	5:49.18	441
50m: 36.65 36.65	150m: 2:03.18 42.52	250m: 3:37.32 51.76	350m: 5:09.62 40.90	
100m: 1:20.66 44.01	200m: 2:45.56 42.38	300m: 4:28.72 51.40	400m: 5:49.18 39.56	
3. MELIM, Sara Beatriz	09	Desportivo Nacional	5:49.19	441
50m: 36.77 36.77	150m: 2:07.18 48.54	250m: 3:41.19 47.85	350m: 5:10.96 40.99	
100m: 1:18.64 41.87	200m: 2:53.34 46.16	300m: 4:29.97 48.78	400m: 5:49.19 38.23	
4. NETO, Maria Ines	09	Selecao dos Acores	5:55.53	418
50m: 35.90 35.90	150m: 2:04.50 47.26	250m: 3:41.74 50.88	350m: 5:15.49 41.52	
100m: 1:17.24 41.34	200m: 2:50.86 46.36	300m: 4:33.97 52.23	400m: 5:55.53 40.04	

Juniores - 16, 17 anos

1. RODRIGUES, Laura Sofia	07	Juventude Atlantico	5:25.18	546
TAC Nacional JUV, JUN e SEN Jamor, 12 a 14 Julho				
50m: 34.58 34.58	150m: 1:55.88 41.59	250m: 3:21.38 45.63	350m: 4:47.90 39.81	
100m: 1:14.29 39.71	200m: 2:35.75 39.87	300m: 4:08.09 46.71	400m: 5:25.18 37.28	
2. CAMARA, Ines Cruz	07	Desportivo Nacional	5:45.59	455
50m: 34.58 34.58	150m: 2:01.56 46.94	250m: 3:36.24 49.66	350m: 5:06.27 40.65	
100m: 1:14.62 40.04	200m: 2:46.58 45.02	300m: 4:25.62 49.38	400m: 5:45.59 39.32	