

Prova 10 Femin., 400m Livres 12 anos e mais velhos
05/05/2018 - 10:15 Resultados

Recordes Regionais Absoluto	4:38.61	ANDRADE, Rubina Amaro	CDN		04/08/1995
Recordes Regionais 18 +	4:41.19	ANDRADE, Rubina Amaro	CDN	Restelo	21/12/1996
Recordes Regionais 17	4:38.89	ANDRADE, Rubina Amaro	CDN	Famalicao	02/08/1996
Recordes Regionais 16	4:38.61	ANDRADE, Rubina Amaro	CDN		04/08/1995
Recordes Regionais 15	4:35.73	ANDRADE, Rubina Amaro	CDN	Greve (DEN)	23/01/1994
Recordes Regionais 14	4:40.61	ANDRADE, Rubina Amaro	CDN		01/01/1993
Recordes Regionais 13	4:49.56	ANDRADE, Rubina Amaro	CDN	Matur	21/07/1992
Recordes Regionais 12	5:04.39	LOPES, Joana Cristina	CNF	Olivais	22/06/1992

TAC 12: 5:17.23; 13: 5:01.68; 14: 4:55.57; 15: 4:52.95; 16 - 17: 4:43.48; 18 +: 4:37.96

Pontos: FINA 2018

Lugar Ano Tempo final Pts 100m 200m 300m 400m

Infantil B, 12 anos

1. SEQUEIRA, Beatriz Meneçes	06	Clube Naval do Funchal	5:36.45	347	1:19.73	2:45.52	4:12.22	5:36.45
50m:		150m:	250m:		350m:			
100m:	1:19.73	200m:	300m:	4:12.22	400m:	5:36.45		
2. COSTA, Maria Jardim	06	Desportivo Nacional	5:37.56	343	1:18.47	2:44.74	4:11.92	5:37.56
50m:		150m:	250m:		350m:			
100m:	1:18.47	200m:	300m:	4:11.92	400m:	5:37.56		
FREITAS, Beatriz Rodrigues	06	Clube Naval do Funchal	5:37.56	343	1:21.20	2:46.15	4:12.24	5:37.56
50m:		150m:	250m:		350m:			
100m:	1:21.20	200m:	300m:	4:12.24	400m:	5:37.56		
4. DEUS, Ines Portugal	06	Clube Naval do Funchal	5:38.41	341	1:19.65	2:47.09	4:14.37	5:38.41
50m:		150m:	250m:		350m:			
100m:	1:19.65	200m:	300m:	4:14.37	400m:	5:38.41		
5. ABREU, Ana Rodrigues	06	Clube Naval do Funchal	5:39.48	337	1:19.52	2:47.77	4:15.08	5:39.48
50m:		150m:	250m:		350m:			
100m:	1:19.52	200m:	300m:	4:15.08	400m:	5:39.48		
6. FERRO, Maria Leonor	06	Clube Naval do Funchal	5:42.63	328	1:21.30	2:50.56	4:19.01	5:42.63
50m:		150m:	250m:		350m:			
100m:	1:21.30	200m:	300m:	4:19.01	400m:	5:42.63		
7. DIAS, Julia Alves	06	Desportivo Nacional	5:48.09	313	1:21.45	2:51.32	4:21.60	5:48.09
50m:		150m:	250m:		350m:			
100m:	1:21.45	200m:	300m:	4:21.60	400m:	5:48.09		
8. JARDIM, Lara Filipa	06	Clube Naval do Funchal	5:52.56	301	1:22.23	2:53.15	4:24.73	5:52.56
50m:		150m:	250m:		350m:			
100m:	1:22.23	200m:	300m:	4:24.73	400m:	5:52.56		
9. FREITAS, Margarida Ramalho	06	Desportivo Nacional	5:52.63	301	1:21.21	2:51.76	4:23.10	5:52.63
50m:		150m:	250m:		350m:			
100m:	1:21.21	200m:	300m:	4:23.10	400m:	5:52.63		
10. CANADA, Maria Elvira	06	Desportivo Nacional	6:06.23	269	1:27.33	3:01.32	4:35.54	6:06.23
50m:		150m:	250m:		350m:			
100m:	1:27.33	200m:	300m:	4:35.54	400m:	6:06.23		
11. SOUSA, Maria Beatriz	06	Clube Naval do Funchal	6:29.40	223	1:34.73	3:13.32	4:52.00	6:29.40
50m:		150m:	250m:		350m:			
100m:	1:34.73	200m:	300m:	4:52.00	400m:	6:29.40		
DNS ARRAIOL, Sofia Brito	06	Juventude Atlantico Clube						

Infantil A, 13 anos

1. NASCIMENTO, S.	05	Clube Naval do Funchal	5:15.31	421	1:12.27	2:32.92	3:55.08	5:15.31
50m:		150m:	250m:		350m:			
100m:	1:12.27	200m:	300m:	3:55.08	400m:	5:15.31		
2. ARAUJO, Maria Clara	05	Clube Naval do Funchal	5:23.87	389	1:17.23	2:40.02	4:03.49	5:23.87
50m:		150m:	250m:		350m:			
100m:	1:17.23	200m:	300m:	4:03.49	400m:	5:23.87		
3. JARDIM, Teresa Vieira	05	Clube Naval do Funchal	5:33.96	354	1:20.01	2:45.29	4:10.82	5:33.96
50m:		150m:	250m:		350m:			
100m:	1:20.01	200m:	300m:	4:10.82	400m:	5:33.96		
4. AVEIRO, Leonor Sofia	05	Clube Naval do Funchal	5:37.95	342	1:20.75	2:48.13	4:16.67	5:37.95
50m:		150m:	250m:		350m:			
100m:	1:20.75	200m:	300m:	4:16.67	400m:	5:37.95		

Prova 10, Femin., 400m Livres, Infantil A, 13 anos

Lugar	Ano		Tempo final	Pts	100m	200m	300m	400m
5. GOMES, Madalena Sousa	05	Clube Naval do Funchal	5:57.68	288	1:25.58	2:57.40	4:28.97	5:57.68
50m:		150m:	250m:			350m:		
100m: 1:25.58		200m: 2:57.40	300m: 4:28.97			400m: 5:57.68		
6. LUIS, Mariana Capelo	05	Juventude Atlantico Clube	6:27.37	227	1:31.83	3:11.86	4:52.17	6:27.37
50m:		150m:	250m:			350m:		
100m: 1:31.83		200m: 3:11.86	300m: 4:52.17			400m: 6:27.37		
7. BARROS, Ana Carolina	05	Juventude Atlantico Clube	6:34.33	215	1:34.48	3:14.40	4:56.15	6:34.33
50m:		150m:	250m:			350m:		
100m: 1:34.48		200m: 3:14.40	300m: 4:56.15			400m: 6:34.33		
DNS FERNANDES, M.	05	Juventude Atlantico Clube						

Juvenil B, 14 anos

1. SOUSA, Joana Francisca	04	Desportivo Sao Roque	5:10.48	441	1:12.75	2:32.33	3:52.71	5:10.48
50m:		150m:	250m:			350m:		
100m: 1:12.75		200m: 2:32.33	300m: 3:52.71			400m: 5:10.48		
2. GONCALVES, M.	04	Clube Naval do Funchal	5:17.42	413	1:13.67	2:36.00	3:58.40	5:17.42
50m:		150m:	250m:			350m:		
100m: 1:13.67		200m: 2:36.00	300m: 3:58.40			400m: 5:17.42		
3. CAMACHO, Laura Fernan	04	Clube Naval do Funchal	5:20.23	402	1:17.31	2:39.14	4:02.17	5:20.23
50m:		150m:	250m:			350m:		
100m: 1:17.31		200m: 2:39.14	300m: 4:02.17			400m: 5:20.23		
4. OLIVEIRA, Sara Fernande	04	Juventude Atlantico Clube	5:50.52	306	1:21.81	2:52.57	4:23.37	5:50.52
50m:		150m:	250m:			350m:		
100m: 1:21.81		200m: 2:52.57	300m: 4:23.37			400m: 5:50.52		
5. GOUVEIA, Susana Isabel	04	Juventude Atlantico Clube	7:16.90	158	1:37.63	3:30.31	5:27.91	7:16.90
50m:		150m:	250m:			350m:		
100m: 1:37.63		200m: 3:30.31	300m: 5:27.91			400m: 7:16.90		

Juvenil A, 15 anos

1. JESUS, Filipa Mafalda	03	Desportivo Sao Roque	5:27.34	376	1:18.25	2:42.30	4:05.87	5:27.34
50m:		150m:	250m:			350m:		
100m: 1:18.25		200m: 2:42.30	300m: 4:05.87			400m: 5:27.34		
2. LAMEIRAS, Beatriz Andrei	03	Clube Escola O Liceu	5:48.47	312	1:21.99	2:51.56	4:22.42	5:48.47
50m:		150m:	250m:			350m:		
100m: 1:21.99		200m: 2:51.56	300m: 4:22.42			400m: 5:48.47		

Junior, 16 e 17 anos

1. GONCALVES, Filipa Isabe	02	Desportivo Nacional	5:59.12	285	1:23.06	2:54.06	4:27.76	5:59.12
50m:		150m:	250m:			350m:		
100m: 1:23.06		200m: 2:54.06	300m: 4:27.76			400m: 5:59.12		
2. GOMES, Sara Freitas	01	Juventude Atlantico Clube	8:19.02	106	1:50.57	3:59.72	6:12.05	8:19.02
50m:		150m:	250m:			350m:		
100m: 1:50.57		200m: 3:59.72	300m: 6:12.05			400m: 8:19.02		

DNS BARROS, Margarida Nunç02 Juventude Atlantico Clube

Senior, 18 anos e mais velhas

1. LUIS, Catarina Fernandes	97	Desportivo Sao Roque	5:06.56	458	1:10.97	2:28.96	3:48.89	5:06.56
50m:		150m:	250m:			350m:		
100m: 1:10.97		200m: 2:28.96	300m: 3:48.89			400m: 5:06.56		
2. LUIS, Jessica Santos	00	Desportivo Sao Roque	5:10.76	440	1:14.42	2:35.41	3:55.36	5:10.76
50m:		150m:	250m:			350m:		
100m: 1:14.42		200m: 2:35.41	300m: 3:55.36			400m: 5:10.76		

Prova 10, Femin., 400m Livres

Absoluto, 12 anos e mais velhas

1. LUIS, Catarina Fernandes	97	Desportivo Sao Roque	5:06.56	458	1:10.97	2:28.96	3:48.89	5:06.56
50m:		150m:	250m:		350m:			
100m:	1:10.97	200m:	300m:	3:48.89	400m:	5:06.56		
2. SOUSA, Joana Francisca	04	Desportivo Sao Roque	5:10.48	441	1:12.75	2:32.33	3:52.71	5:10.48
50m:		150m:	250m:		350m:			
100m:	1:12.75	200m:	300m:	3:52.71	400m:	5:10.48		
3. LUIS, Jessica Santos	00	Desportivo Sao Roque	5:10.76	440	1:14.42	2:35.41	3:55.36	5:10.76
50m:		150m:	250m:		350m:			
100m:	1:14.42	200m:	300m:	3:55.36	400m:	5:10.76		
4. NASCIMENTO, S.	05	Clube Naval do Funchal	5:15.31	421	1:12.27	2:32.92	3:55.08	5:15.31
50m:		150m:	250m:		350m:			
100m:	1:12.27	200m:	300m:	3:55.08	400m:	5:15.31		
5. GONCALVES, M.	04	Clube Naval do Funchal	5:17.42	413	1:13.67	2:36.00	3:58.40	5:17.42
50m:		150m:	250m:		350m:			
100m:	1:13.67	200m:	300m:	3:58.40	400m:	5:17.42		
6. CAMACHO, Laura Fernan	04	Clube Naval do Funchal	5:20.23	402	1:17.31	2:39.14	4:02.17	5:20.23
50m:		150m:	250m:		350m:			
100m:	1:17.31	200m:	300m:	4:02.17	400m:	5:20.23		
7. ARAUJO, Maria Clara	05	Clube Naval do Funchal	5:23.87	389	1:17.23	2:40.02	4:03.49	5:23.87
50m:		150m:	250m:		350m:			
100m:	1:17.23	200m:	300m:	4:03.49	400m:	5:23.87		
8. JESUS, Filipa Mafalda	03	Desportivo Sao Roque	5:27.34	376	1:18.25	2:42.30	4:05.87	5:27.34
50m:		150m:	250m:		350m:			
100m:	1:18.25	200m:	300m:	4:05.87	400m:	5:27.34		
9. JARDIM, Teresa Vieira	05	Clube Naval do Funchal	5:33.96	354	1:20.01	2:45.29	4:10.82	5:33.96
50m:		150m:	250m:		350m:			
100m:	1:20.01	200m:	300m:	4:10.82	400m:	5:33.96		
10. SEQUEIRA, Beatriz Mene	06	Clube Naval do Funchal	5:36.45	347	1:19.73	2:45.52	4:12.22	5:36.45
50m:		150m:	250m:		350m:			
100m:	1:19.73	200m:	300m:	4:12.22	400m:	5:36.45		
11. COSTA, Maria Jardim	06	Desportivo Nacional	5:37.56	343	1:18.47	2:44.74	4:11.92	5:37.56
50m:		150m:	250m:		350m:			
100m:	1:18.47	200m:	300m:	4:11.92	400m:	5:37.56		
FREITAS, Beatriz Rodrigu	06	Clube Naval do Funchal	5:37.56	343	1:21.20	2:46.15	4:12.24	5:37.56
50m:		150m:	250m:		350m:			
100m:	1:21.20	200m:	300m:	4:12.24	400m:	5:37.56		
13. AVEIRO, Leonor Sofia	05	Clube Naval do Funchal	5:37.95	342	1:20.75	2:48.13	4:16.67	5:37.95
50m:		150m:	250m:		350m:			
100m:	1:20.75	200m:	300m:	4:16.67	400m:	5:37.95		
14. DEUS, Ines Portugal	06	Clube Naval do Funchal	5:38.41	341	1:19.65	2:47.09	4:14.37	5:38.41
50m:		150m:	250m:		350m:			
100m:	1:19.65	200m:	300m:	4:14.37	400m:	5:38.41		
15. ABREU, Ana Rodrigues	06	Clube Naval do Funchal	5:39.48	337	1:19.52	2:47.77	4:15.08	5:39.48
50m:		150m:	250m:		350m:			
100m:	1:19.52	200m:	300m:	4:15.08	400m:	5:39.48		
16. FERRO, Maria Leonor	06	Clube Naval do Funchal	5:42.63	328	1:21.30	2:50.56	4:19.01	5:42.63
50m:		150m:	250m:		350m:			
100m:	1:21.30	200m:	300m:	4:19.01	400m:	5:42.63		
17. DIAS, Julia Alves	06	Desportivo Nacional	5:48.09	313	1:21.45	2:51.32	4:21.60	5:48.09
50m:		150m:	250m:		350m:			
100m:	1:21.45	200m:	300m:	4:21.60	400m:	5:48.09		
18. LAMEIRAS, Beatriz Andrei	03	Clube Escola O Liceu	5:48.47	312	1:21.99	2:51.56	4:22.42	5:48.47
50m:		150m:	250m:		350m:			
100m:	1:21.99	200m:	300m:	4:22.42	400m:	5:48.47		
19. OLIVEIRA, Sara Fernande	04	Juventude Atlantico Clube	5:50.52	306	1:21.81	2:52.57	4:23.37	5:50.52
50m:		150m:	250m:		350m:			
100m:	1:21.81	200m:	300m:	4:23.37	400m:	5:50.52		
20. JARDIM, Lara Filipa	06	Clube Naval do Funchal	5:52.56	301	1:22.23	2:53.15	4:24.73	5:52.56
50m:		150m:	250m:		350m:			
100m:	1:22.23	200m:	300m:	4:24.73	400m:	5:52.56		

Prova 10, Femin., 400m Livres, Absoluto, 12 anos e mais velhas

Lugar	Ano		Tempo final	Pts	100m	200m	300m	400m
21. FREITAS, Margarida Ram	06	Desportivo Nacional	5:52.63	301	1:21.21	2:51.76	4:23.10	5:52.63
50m:		150m:	250m:			350m:		
100m: 1:21.21		200m: 2:51.76	300m: 4:23.10			400m: 5:52.63		
22. GOMES, Madalena Sousa	05	Clube Naval do Funchal	5:57.68	288	1:25.58	2:57.40	4:28.97	5:57.68
50m:		150m:	250m:			350m:		
100m: 1:25.58		200m: 2:57.40	300m: 4:28.97			400m: 5:57.68		
23. GONCALVES, Filipa Isabe	02	Desportivo Nacional	5:59.12	285	1:23.06	2:54.06	4:27.76	5:59.12
50m:		150m:	250m:			350m:		
100m: 1:23.06		200m: 2:54.06	300m: 4:27.76			400m: 5:59.12		
24. CANADA, Maria Elvira	06	Desportivo Nacional	6:06.23	269	1:27.33	3:01.32	4:35.54	6:06.23
50m:		150m:	250m:			350m:		
100m: 1:27.33		200m: 3:01.32	300m: 4:35.54			400m: 6:06.23		
25. LUIS, Mariana Capelo	05	Juventude Atlantico Clube	6:27.37	227	1:31.83	3:11.86	4:52.17	6:27.37
50m:		150m:	250m:			350m:		
100m: 1:31.83		200m: 3:11.86	300m: 4:52.17			400m: 6:27.37		
26. SOUSA, Maria Beatriz	06	Clube Naval do Funchal	6:29.40	223	1:34.73	3:13.32	4:52.00	6:29.40
50m:		150m:	250m:			350m:		
100m: 1:34.73		200m: 3:13.32	300m: 4:52.00			400m: 6:29.40		
27. BARROS, Ana Carolina	05	Juventude Atlantico Clube	6:34.33	215	1:34.48	3:14.40	4:56.15	6:34.33
50m:		150m:	250m:			350m:		
100m: 1:34.48		200m: 3:14.40	300m: 4:56.15			400m: 6:34.33		
28. GOUVEIA, Susana Isabel	04	Juventude Atlantico Clube	7:16.90	158	1:37.63	3:30.31	5:27.91	7:16.90
50m:		150m:	250m:			350m:		
100m: 1:37.63		200m: 3:30.31	300m: 5:27.91			400m: 7:16.90		
29. GOMES, Sara Freitas	01	Juventude Atlantico Clube	8:19.02	106	1:50.57	3:59.72	6:12.05	8:19.02
50m:		150m:	250m:			350m:		
100m: 1:50.57		200m: 3:59.72	300m: 6:12.05			400m: 8:19.02		
DNS ARRAIOL, Sofia Brito	06	Juventude Atlantico Clube						
DNS BARROS, Margarida Nune	02	Juventude Atlantico Clube						
DNS FERNANDES, M.	05	Juventude Atlantico Clube						