

Prova 1

Femin., 400m Estilos

Absoluto

16/03/2019 - 9:15

Resultados

Recorde Regional Absoluto	5:00.24	QUINTAL, Fabiana Maria	CDN	Funchal	19/02/2009
Recorde Regional Sen	5:00.24	QUINTAL, Fabiana Maria	CDN	Funchal	19/02/2009
Recorde Regional Jun17	5:20.63	QUINTAL, Fabiana Maria	CDN	Funchal	01/03/2001
Recorde Regional Jun16	5:14.13	FERNANDES, Isabel Catarina	CNF	Funchal	17/06/2006
Recorde Regional Juv A	5:21.90	ANDRADE, Rubina Amaro	CDN	Funchal	08/12/1993
Recorde Regional Juv B	5:19.80	SOUSA, Susana Margarida	CFU	Funchal	27/06/1991
Recorde Regional Inf A	5:18.10	CAIRES, Joana Costa	CNF	Sines	11/03/2011
Recorde Regional Inf B	5:36.11	FERNANDES, Catarina Isabel	CNF	Funchal	05/07/2002

TAC Zonal Inf B: 6:23.00; Inf A: 6:03.50 / TAC Nacional Inf B: 6:03.61; Inf A: 5:46.71; Juv B: 5:32.00; Juv A: 5:26.20; Jun: 5:19.73;

Sen: 5:09.44

Pontos: FINA 2018

Lugar	Ano	Tempo final	Pts
Infantis B, 12 anos			
1. GONCALVES, Valentina Jose	07 Desportivo Nacional	6:05.50	355
<i>Minimos Campeonato Zonal</i>			
50m: 40.46 40.46	150m: 2:13.96 46.14	250m: 3:49.09 50.35	350m: 5:24.48 44.42
100m: 1:27.82 47.36	200m: 2:58.74 44.78	300m: 4:40.06 50.97	400m: 6:05.50 41.02
2. CAMARA, Ines Cruz	07 Desportivo Nacional	6:05.64	355
<i>Minimos Campeonato Zonal</i>			
50m: 37.73 37.73	150m: 2:09.67 45.11	250m: 3:47.91 50.97	350m: 5:23.31 43.29
100m: 1:24.56 46.83	200m: 2:56.94 47.27	300m: 4:40.02 52.11	400m: 6:05.64 42.33

Infantis A, 13 anos

1. COSTA, Maria Jardim	06 Desportivo Nacional	5:41.44	436
<i>Minimos Campeonato Zonal, Minimos Campeonato Nacional</i>			
50m: 33.80 33.80	150m: 1:58.58 44.07	250m: 3:28.85 47.93	350m: 5:00.86 41.87
100m: 1:14.51 40.71	200m: 2:40.92 42.34	300m: 4:18.99 50.14	400m: 5:41.44 40.58
2. DEUS, Ines Portugal	06 Naval do Funchal	5:46.78	416
<i>Minimos Campeonato Zonal</i>			
50m: 39.13 39.13	150m: 2:09.85 43.87	250m: 3:40.31 47.95	350m: 5:08.84 39.38
100m: 1:25.98 46.85	200m: 2:52.36 42.51	300m: 4:29.46 49.15	400m: 5:46.78 37.94
3. FERRO, Maria Leonor	06 Naval do Funchal	5:47.98	412
<i>Minimos Campeonato Zonal</i>			
50m: 37.79 37.79	150m: 2:06.39 45.72	250m: 3:40.14 49.18	350m: 5:10.74 41.46
100m: 1:20.67 42.88	200m: 2:50.96 44.57	300m: 4:29.28 49.14	400m: 5:47.98 37.24
4. JARDIM, Lara Filipa	06 Naval do Funchal	5:59.73	372
<i>Minimos Campeonato Zonal</i>			
50m: 37.83 37.83	150m: 2:06.22 45.20	250m: 3:43.67 52.82	350m: 5:20.52 42.45
100m: 1:21.02 43.19	200m: 2:50.85 44.63	300m: 4:38.07 54.40	400m: 5:59.73 39.21
5. FREITAS, Beatriz Rodrigues	06 Naval do Funchal	6:00.27	371
<i>Minimos Campeonato Zonal</i>			
50m: 41.53 41.53	150m: 2:16.42 45.37	250m: 3:51.72 50.92	350m: 5:22.79 39.06
100m: 1:31.05 49.52	200m: 3:00.80 44.38	300m: 4:43.73 52.01	400m: 6:00.27 37.48
6. CARICHAS, Joana Medeiros	06 Salesianos do Funchal	6:17.36	323
50m: 43.19 43.19	150m: 2:18.99 45.03	250m: 3:56.26 52.65	350m: 5:36.65 43.28
100m: 1:33.96 50.77	200m: 3:03.61 44.62	300m: 4:53.37 57.11	400m: 6:17.36 40.71

Juvenis A, 15 anos

1. FERREIRA, Maria Leonor	04 Desportivo Nacional	5:27.09	496
50m: 36.84 36.84	150m: 1:59.36 41.25	250m: 3:27.06 46.12	350m: 4:50.66 37.04
100m: 1:18.11 41.27	200m: 2:40.94 41.58	300m: 4:13.62 46.56	400m: 5:27.09 36.43