

Prova 21
16/03/2019 - 18:03

Femin., 400m Livres

Absoluto
Resultados

Recorde Regional Absoluto	4:31.74	ANDRADE, Rubina Amaro	CDN	Braga	05/03/1994
Recorde Regional Sen	4:35.08	MELIM, Cláudia Ramos	CDN	Funchal	06/07/2002
Recorde Regional Jun17	4:32.13	ANDRADE, Rubina Amaro	CDN	Felgueiras	13/07/1996
Recorde Regional Jun16	4:31.80	ANDRADE, Rubina Amaro	CDN	Funchal	14/07/1995
Recorde Regional Juv A	4:31.74	ANDRADE, Rubina Amaro	CDN	Braga	05/03/1994
Recorde Regional Juv B	4:35.00	ANDRADE, Rubina Amaro	CDN	Funchal	29/05/1993
Recorde Regional Inf A	4:37.30	ANDRADE, Rubina Amaro	CDN	Funchal	17/07/1992
Recorde Regional Inf B	4:56.70	ANDRADE, Rubina Amaro	CDN	Funchal	04/05/1991

TAC Zonal Inf B: 5:32.00; Inf A: 5:16.50 / TAC Nacional Inf B: 5:14.91; Inf A: 5:00.57; Juv B: 4:50.56; Juv A: 4:45.86; Jun: 4:37.84;
Sen: 4:31.22

Pontos: FINA 2018

Lugar			Ano			Tempo final			Pts			
Infantis B, 12 anos												
1.	RODRIGUES, Laura Sofia		07	Salesianos do Funchal		5:24.75			376			
	<i>Minimos Campeonato Zonal</i>											
	50m:	38.50	38.50	150m:	1:59.31	40.67	250m:	3:21.56	41.45	350m:	4:44.11	41.24
	100m:	1:18.64	40.14	200m:	2:40.11	40.80	300m:	4:02.87	41.31	400m:	5:24.75	40.64
2.	CAMARA, Ines Cruz		07	Desportivo Nacional		5:40.33			327			
	50m:	37.71	37.71	150m:	2:02.59	42.81	250m:	3:29.22	43.51	350m:	4:57.62	44.23
	100m:	1:19.78	42.07	200m:	2:45.71	43.12	300m:	4:13.39	44.17	400m:	5:40.33	42.71
3.	NICOLAU, Matilde Olival		07	Ludens de Machico		6:44.16			195			
	50m:	42.29	42.29	150m:	2:22.26	50.83	250m:	4:07.82	52.48	350m:	5:53.92	52.81
	100m:	1:31.43	49.14	200m:	3:15.34	53.08	300m:	5:01.11	53.29	400m:	6:44.16	50.24
4.	PERESTRELO, Laura Vasconcelos		07	Salesianos do Funchal		7:08.75			163			
	50m:	50.91	50.91	150m:	2:40.89	55.08	250m:	4:29.38	53.80	350m:	6:21.20	55.01
	100m:	1:45.81	54.90	200m:	3:35.58	54.69	300m:	5:26.19	56.81	400m:	7:08.75	47.55
5.	ERRA, Clara Patricia		07	Salesianos do Funchal		7:12.50			159			
	50m:	49.29	49.29	150m:	2:37.43	54.63	250m:	4:30.46	57.17	350m:	6:21.62	54.97
	100m:	1:42.80	53.51	200m:	3:33.29	55.86	300m:	5:26.65	56.19	400m:	7:12.50	50.88
Infantis A, 13 anos												
1.	DEUS, Ines Portugal		06	Naval do Funchal		5:02.84			464			
	<i>Minimos Campeonato Zonal</i>											
	50m:	34.96	34.96	150m:	1:52.44	38.91	250m:	3:10.60	38.91	350m:	4:27.91	38.24
	100m:	1:13.53	38.57	200m:	2:31.69	39.25	300m:	3:49.67	39.07	400m:	5:02.84	34.93
2.	SEQUEIRA, Beatriz Meneses		06	Naval do Funchal		5:15.79			409			
	<i>Minimos Campeonato Zonal</i>											
	50m:	35.91	35.91	150m:	1:56.60	40.45	250m:	3:18.16	40.90	350m:	4:38.02	39.72
	100m:	1:16.15	40.24	200m:	2:37.26	40.66	300m:	3:58.30	40.14	400m:	5:15.79	37.77
3.	SILVA, Silvana Suamade		06	Desportivo Sao Roque		5:15.98			408			
	<i>Minimos Campeonato Zonal</i>											
	50m:	36.35	36.35	150m:	1:57.22	41.01	250m:	3:18.38	39.62	350m:	4:38.32	39.74
	100m:	1:16.21	39.86	200m:	2:38.76	41.54	300m:	3:58.58	40.20	400m:	5:15.98	37.66
4.	DIAS, Julia Alves		06	Desportivo Nacional		5:19.01			397			
	50m:	35.69	35.69	150m:	1:56.97	40.99	250m:	3:19.12	41.11	350m:	4:41.32	40.66
	100m:	1:15.98	40.29	200m:	2:38.01	41.04	300m:	4:00.66	41.54	400m:	5:19.01	37.69
5.	FREITAS, Margarida Ramos		06	Desportivo Nacional		5:20.11			393			
	50m:	36.64	36.64	150m:	1:58.31	40.83	250m:	3:20.54	41.03	350m:	4:42.59	40.46
	100m:	1:17.48	40.84	200m:	2:39.51	41.20	300m:	4:02.13	41.59	400m:	5:20.11	37.52
6.	JARDIM, Lara Filipa		06	Naval do Funchal		5:21.75			387			
	50m:	37.18	37.18	150m:	1:59.82	41.67	250m:	3:22.98	41.51	350m:	4:43.94	39.93
	100m:	1:18.15	40.97	200m:	2:41.47	41.65	300m:	4:04.01	41.03	400m:	5:21.75	37.81

Prova 21, Femin., 400m Livres, Infantis A, 13 anos

Lugar			Ano					Tempo final	Pts
7.	FERRO, Maria Leonor		06	Naval do Funchal				5:22.14	385
	50m:	39.18 39.18	150m:	2:03.39	41.81	250m:	3:25.71 41.07	350m:	4:45.26 39.51
	100m:	1:21.58 42.40	200m:	2:44.64	41.25	300m:	4:05.75 40.04	400m:	5:22.14 36.88
8.	PEREIRA, Joana Marques		06	Desportivo Nacional				5:26.67	370
	50m:	37.04 37.04	150m:	1:59.46	40.91	250m:	3:22.63 41.01	350m:	4:45.53 40.96
	100m:	1:18.55 41.51	200m:	2:41.62	42.16	300m:	4:04.57 41.94	400m:	5:26.67 41.14
9.	CARICHAS, Joana Medeiros		06	Salesianos do Funchal				5:36.37	338
	50m:	39.15 39.15	150m:	2:04.38	43.20	250m:	3:29.43 42.61	350m:	4:55.45 43.10
	100m:	1:21.18 42.03	200m:	2:46.82	42.44	300m:	4:12.35 42.92	400m:	5:36.37 40.92
10.	TEMBE, Ines Afonso		06	Desportivo Nacional				6:14.14	246
	50m:	40.69 40.69	150m:	2:17.11	48.58	250m:	3:53.81 48.23	350m:	5:29.81 47.99
	100m:	1:28.53 47.84	200m:	3:05.58	48.47	300m:	4:41.82 48.01	400m:	6:14.14 44.33
11.	GOMES, Liliana Sofia		06	Futebol Andorinha				7:00.93	172
	50m:	44.80 44.80	150m:	2:30.54	54.49	250m:	4:19.80 54.81	350m:	6:08.75 54.84
	100m:	1:36.05 51.25	200m:	3:24.99	54.45	300m:	5:13.91 54.11	400m:	7:00.93 52.18

Juvenis B, 14 anos

1.	ARAUJO, Maria Clara		05	Naval do Funchal				4:51.61	520
	50m:	33.32 33.32	150m:	1:47.67	37.48	250m:	3:02.00 36.66	350m:	4:15.86 36.92
	100m:	1:10.19 36.87	200m:	2:25.34	37.67	300m:	3:38.94 36.94	400m:	4:51.61 35.75
2.	NASCIMENTO, Sofia Alexandre		05	Naval do Funchal				5:17.79	401
	50m:	35.79 35.79	150m:	1:56.56	40.60	250m:	3:17.90 40.54	350m:	4:38.36 39.68
	100m:	1:15.96 40.17	200m:	2:37.36	40.80	300m:	3:58.68 40.78	400m:	5:17.79 39.43
3.	GOIS, Mariana Teles		05	Ludens de Machico				5:56.01	285
	50m:	40.10 40.10	150m:	2:08.34	44.75	250m:	3:39.44 45.92	350m:	5:11.36 45.92
	100m:	1:23.59 43.49	200m:	2:53.52	45.18	300m:	4:25.44 46.00	400m:	5:56.01 44.65
4.	BARROS, Ana Carolina		05	Salesianos do Funchal				6:22.18	231
	50m:	44.12 44.12	150m:	2:21.44	49.10	250m:	3:58.42 48.45	350m:	5:36.77 49.47
	100m:	1:32.34 48.22	200m:	3:09.97	48.53	300m:	4:47.30 48.88	400m:	6:22.18 45.41
5.	RAMOS, Alexandra Pestana		05	Futebol Andorinha				6:30.74	216
	50m:	43.46 43.46	150m:	2:20.18	49.38	250m:	4:00.55 50.74	350m:	5:42.49 51.47
	100m:	1:30.80 47.34	200m:	3:09.81	49.63	300m:	4:51.02 50.47	400m:	6:30.74 48.25

Juvenis A, 15 anos

1.	FERREIRA, Maria Leonor		04	Desportivo Nacional				4:54.56	504
	50m:	33.35 33.35	150m:	1:47.38	37.50	250m:	3:02.81 37.71	350m:	4:18.06 37.41
	100m:	1:09.88 36.53	200m:	2:25.10	37.72	300m:	3:40.65 37.84	400m:	4:54.56 36.50
2.	CAMACHO, Laura Fernandes		04	Naval do Funchal				4:57.56	489
	50m:	34.40 34.40	150m:	1:49.38	38.03	250m:	3:06.20 38.22	350m:	4:21.35 37.34
	100m:	1:11.35 36.95	200m:	2:27.98	38.60	300m:	3:44.01 37.81	400m:	4:57.56 36.21
3.	SOUSA, Joana Francisca		04	Desportivo Sao Roque				4:58.18	486
	50m:	33.42 33.42	150m:	1:48.82	38.08	250m:	3:05.48 37.81	350m:	4:21.81 38.03
	100m:	1:10.74 37.32	200m:	2:27.67	38.85	300m:	3:43.78 38.30	400m:	4:58.18 36.37
4.	RAMOS, Barbara Emerick		04	Salesianos do Funchal				5:01.06	472
	50m:	34.43 34.43	150m:	1:50.43	38.33	250m:	3:07.38 38.32	350m:	4:24.03 38.24
	100m:	1:12.10 37.67	200m:	2:29.06	38.63	300m:	3:45.79 38.41	400m:	5:01.06 37.03
5.	OLIVEIRA, Sara Fernandes		04	Salesianos do Funchal				5:05.66	451
	50m:	34.41 34.41	150m:	1:53.14	40.00	250m:	3:12.15 39.94	350m:	4:29.02 38.31
	100m:	1:13.14 38.73	200m:	2:32.21	39.07	300m:	3:50.71 38.56	400m:	5:05.66 36.64
6.	ANDRADE, Margarida Fernandes		04	Salesianos do Funchal				5:16.52	406
	50m:	35.81 35.81	150m:	1:56.88	40.28	250m:	3:18.45 40.58	350m:	4:38.45 40.00
	100m:	1:16.60 40.79	200m:	2:37.87	40.99	300m:	3:58.45 40.00	400m:	5:16.52 38.07

Prova 21, Femin., 400m Livres, Juvenis A, 15 anos

Lugar			Ano					Tempo final	Pts		
7.	JESUS, Mariana Caires		04	Salesianos do Funchal				5:24.61	377		
	50m:	36.82 36.82	150m:	1:59.71	42.05	250m:	3:23.92	42.51	350m:	4:47.31	41.61
	100m:	1:17.66 40.84	200m:	2:41.41	41.70	300m:	4:05.70	41.78	400m:	5:24.61	37.30

Juniores, 16 e 17 anos

1.	JESUS, Filipa Mafalda		03	Desportivo Sao Roque				5:14.04	416		
	50m:	35.62 35.62	150m:	1:54.76	40.00	250m:	3:15.25	40.37	350m:	4:35.70	40.10
	100m:	1:14.76 39.14	200m:	2:34.88	40.12	300m:	3:55.60	40.35	400m:	5:14.04	38.34
2.	SILVA, Gabriela Suamade		02	Desportivo Sao Roque				5:45.67	312		
	50m:	37.57 37.57	150m:	2:04.55	44.55	250m:	3:34.61	45.07	350m:	5:02.60	43.64
	100m:	1:20.00 42.43	200m:	2:49.54	44.99	300m:	4:18.96	44.35	400m:	5:45.67	43.07
3.	HENRIQUES, Beatriz Oliveira		02	Futebol Andorinha				5:46.14	311		
	50m:	37.38 37.38	150m:	2:02.12	43.41	250m:	3:31.62	45.27	350m:	5:02.93	46.10
	100m:	1:18.71 41.33	200m:	2:46.35	44.23	300m:	4:16.83	45.21	400m:	5:46.14	43.21
4.	LECA, Natasha Maria		03	Desportivo Nacional				5:55.41	287		
	50m:	41.21 41.21	150m:	2:09.67	44.71	250m:	3:40.79	45.55	350m:	5:13.52	45.67
	100m:	1:24.96 43.75	200m:	2:55.24	45.57	300m:	4:27.85	47.06	400m:	5:55.41	41.89

DSQ ROQUE, Margarida Bettencourt 03 Futebol Andorinha 118
Utilizou ligadura / braçadeira / banda elástica.

Seniores, 18 anos e mais velhas

1.	LUIS, Jessica Santos		00	Desportivo Sao Roque				5:06.44	448		
	50m:	33.15 33.15	150m:	1:49.71	38.90	250m:	3:09.25	39.78	350m:	4:27.86	39.25
	100m:	1:10.81 37.66	200m:	2:29.47	39.76	300m:	3:48.61	39.36	400m:	5:06.44	38.58
2.	TELES, Anabela Corte		01	Individual Madeira				5:07.82	442		
	50m:	34.60 34.60	150m:	1:51.44	38.99	250m:	3:10.20	39.67	350m:	4:29.48	39.76
	100m:	1:12.45 37.85	200m:	2:30.53	39.09	300m:	3:49.72	39.52	400m:	5:07.82	38.34
3.	HERNANDEZ, Marcelis Nativid		99	Clube Sport Maritimo				5:46.97	308		
	50m:	36.44 36.44	150m:	2:00.40	43.32	250m:	3:30.80	45.46	350m:	5:02.79	46.35
	100m:	1:17.08 40.64	200m:	2:45.34	44.94	300m:	4:16.44	45.64	400m:	5:46.97	44.18
4.	SOUSA, Joana Camacho		01	Desportivo Sao Roque				5:58.72	279		
	50m:	40.96 40.96	150m:	2:10.54	45.57	250m:	3:41.49	45.89	350m:	5:14.25	46.57
	100m:	1:24.97 44.01	200m:	2:55.60	45.06	300m:	4:27.68	46.19	400m:	5:58.72	44.47