

Prova 22

Femin., 400m Livres

Absoluto

26/01/2019 - 12:36

Resultados

Recorde Regional Absoluto	4:38.61	ANDRADE, Rubina Amaro	CDN		04/08/1995
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
Recorde Regional Juv B	4:40.61	ANDRADE, Rubina Amaro	CDN		01/01/1993
Recorde Regional Inf A	4:49.56	ANDRADE, Rubina Amaro	CDN	Matur	21/07/1992
Recorde Regional Inf B	5:04.39	LOPES, Joana Cristina	CNF	Olivais	22/06/1992

TAC Zonais 2018 Inf B: 5:38.64; Inf A: 5:22.83; Juv B: 5:12.05; Juv A: 5:03.30 / TAC Nacional Inf B: 5:19.99; Inf A: 5:05.44; Juv B: 4:56.05; Juv A: 4:51.86; Jun: 4:44.93; Sen: 4:36.53

Pontos: FINA 2018

Lugar	Ano		Tempo final	Pts	100m	200m	300m	400m	
<b>Infantil B, 12 anos</b>									
1.	NETO, Leonor Rodrigues	07	Naval do Funchal	<b>5:49.39</b>	309	1:23.05	1:28.75	1:29.71	1:27.88
	50m:		150m:	250m:		350m:			
	100m: 1:23.05		200m: 2:51.80	300m: 4:21.51		400m: 5:49.39			
2.	PERESTRELO, L.	07	Salesianos do Funchal	<b>7:09.01</b>	167	1:43.33	1:50.96	1:51.58	1:43.14
	50m:		150m:	250m:		350m:			
	100m: 1:43.33		200m: 3:34.29	300m: 5:25.87		400m: 7:09.01			
<b>Infantil A, 13 anos</b>									
1.	SILVA, Silvana Suamade	06	Sao Roque	<b>5:30.15</b>	367	1:20.29	1:24.86	1:24.00	1:21.00
	50m:		150m:	250m:		350m:			
	100m: 1:20.29		200m: 2:45.15	300m: 4:09.15		400m: 5:30.15			
2.	JARDIM, Lara Filipa	06	Naval do Funchal	<b>5:32.77</b>	358	1:20.80	1:26.12	1:24.70	1:21.15
	50m:		150m:	250m:		350m:			
	100m: 1:20.80		200m: 2:46.92	300m: 4:11.62		400m: 5:32.77			
<b>Juvenil B, 14 anos</b>									
1.	NASCIMENTO, S.	05	Naval do Funchal	<b>5:21.38</b>	398	1:18.15	1:21.88	1:22.17	1:19.18
	50m:		150m:	250m:		350m:			
	100m: 1:18.15		200m: 2:40.03	300m: 4:02.20		400m: 5:21.38			
2.	GOIS, Mariana Teles	05	Ludens de Machico	<b>6:08.50</b>	264	1:24.40	1:33.82	1:36.63	1:33.65
	50m:		150m:	250m:		350m:			
	100m: 1:24.40		200m: 2:58.22	300m: 4:34.85		400m: 6:08.50			
<b>Juvenil A, 15 anos</b>									
1.	CAMACHO, Laura Fernan	04	Naval do Funchal	<b>5:11.83</b>	436	1:14.98	1:20.40	1:19.85	1:16.60
	50m:		150m:	250m:		350m:			
	100m: 1:14.98		200m: 2:35.38	300m: 3:55.23		400m: 5:11.83			
2.	ANDRADE, M.	04	Salesianos do Funchal	<b>5:35.67</b>	349	1:17.52	1:26.73	1:26.76	1:24.66
	50m:		150m:	250m:		350m:			
	100m: 1:17.52		200m: 2:44.25	300m: 4:11.01		400m: 5:35.67			
<b>Juniores, 16 e 17 anos</b>									
1.	LAMEIRAS, Beatriz Andrei	03	Escola O Liceu	<b>5:43.89</b>	325	1:20.07	1:27.30	1:31.16	1:25.36
	50m:		150m:	250m:		350m:			
	100m: 1:20.07		200m: 2:47.37	300m: 4:18.53		400m: 5:43.89			
2.	ALVES, Tania Raquel	02	Sao Roque	<b>6:19.96</b>	241	1:20.96	1:39.74	1:41.39	1:37.87
	50m:		150m:	250m:		350m:			
	100m: 1:20.96		200m: 3:00.70	300m: 4:42.09		400m: 6:19.96			
<b>Seniores, 18 anos e mais velhas</b>									
1.	LUIS, Jessica Santos	00	Sao Roque	<b>5:15.08</b>	422	1:15.16	1:21.27	1:20.73	1:17.92
	50m:		150m:	250m:		350m:			
	100m: 1:15.16		200m: 2:36.43	300m: 3:57.16		400m: 5:15.08			

Prova 22, Femin., 400m Livres, Seniores, 18 anos e mais velhas

Lugar	Ano		Tempo final	Pts	100m	200m	300m	400m	
2.	SOUSA, Joana Camacho	01	Sao Roque	<b>6:15.80</b>	249	1:27.58	1:35.43	1:37.70	1:35.09
	50m:		150m:	250m:		350m:			
	100m: 1:27.58		200m: 3:03.01	300m: 4:40.71		400m: 6:15.80			
3.	CRO, Isabel Matilde	00	Escola O Liceu	<b>6:45.33</b>	198	1:33.47	1:43.24	1:45.47	1:43.15
	50m:		150m:	250m:		350m:			
	100m: 1:33.47		200m: 3:16.71	300m: 5:02.18		400m: 6:45.33			