

Prova 23  
26/10/2019 - 17:54

Femin., 400m Livres

Absolutos  
Resultados

Recorde Regional Absoluto	4:31.74	ANDRADE Rubina Amaro	CDN	Braga	05/03/1994
Recorde Regional Sen	4:35.08	MELIM Claudia 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 Nacionais Inf B: 5:14.91; Inf A: 5:00.57; Juv B: 4:49.23; Juv A: 4:45.52; Jun16: 4:38.56; Jun17: 4:37.18; 18: 4:31.05; 19 +: 4:29.70 / TAC Zonais Inf B: 5:32.00; Inf A: 5:16.50; Juv B: 5:05.93; Juv A: 4:57.35

Pontos: FINA 2019

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	SOUSA Joana Francisca	04	130520	CD Sao Roque	<b>4:52.94</b>	+0,71	509	25,0(-)
	50m: 32.68 32.68		150m: 1:45.83 37.02	250m: 3:01.32 37.93	350m: 4:16.61 37.52			
	100m: 1:08.81 36.13		200m: 2:23.39 37.56	300m: 3:39.09 37.77	400m: 4:52.94 36.33			
2.	RAMOS Barbara Emerick	04	148421	Juventude Atlantico Clube	<b>5:01.42</b>	+0,72	467	23,0(-)
	50m: 34.03 34.03		150m: 1:49.51 38.19	250m: 3:06.41 38.65	350m: 4:24.28 38.86			
	100m: 1:11.32 37.29		200m: 2:27.76 38.25	300m: 3:45.42 39.01	400m: 5:01.42 37.14			
EXH	COSTA Maria Jardim <i>Minimos Camp. Zonal - Sines</i>	06	205248	Desportivo Nacional	<b>4:54.73</b>	+0,81	499	-
	50m: 33.32 33.32		150m: 1:47.73 37.35	250m: 3:03.44 38.05	350m: 4:18.90 37.43			
	100m: 1:10.38 37.06		200m: 2:25.39 37.66	300m: 3:41.47 38.03	400m: 4:54.73 35.83			
EXH	FREITAS Beatriz Rodrigues <i>Minimos Camp. Zonal - Sines</i>	06	200543	Naval do Funchal	<b>5:02.41</b>	+0,55	462	-
	50m: 33.85 33.85		150m: 1:48.51 37.63	250m: 3:04.87 38.56	350m: 4:23.72 39.64			
	100m: 1:10.88 37.03		200m: 2:26.31 37.80	300m: 3:44.08 39.21	400m: 5:02.41 38.69			
EXH	DIAS Julia Alves	06	133479	Desportivo Nacional	<b>5:15.07</b>	+0,87	409	-
	50m: 35.29 35.29		150m: 1:54.14 40.17	250m: 3:15.16 40.75	350m: 4:36.06 40.50			
	100m: 1:13.97 38.68		200m: 2:34.41 40.27	300m: 3:55.56 40.40	400m: 5:15.07 39.01			
EXH	PEREIRA Joana Marques	06	131193	Desportivo Nacional	<b>5:26.73</b>	+0,72	366	-
	50m: 36.27 36.27		150m: 1:59.99 42.10	250m: 3:23.77 41.61	350m: 4:47.26 40.70			
	100m: 1:17.89 41.62		200m: 2:42.16 42.17	300m: 4:06.56 42.79	400m: 5:26.73 39.47			
EXH	NETO Leonor Rodrigues	07	201962	Naval do Funchal	<b>5:34.23</b>	+0,71	342	-
	50m: 37.45 37.45		150m: 2:00.91 41.99	250m: 3:26.82 42.77	350m: 4:52.19 42.92			
	100m: 1:18.92 41.47		200m: 2:44.05 43.14	300m: 4:09.27 42.45	400m: 5:34.23 42.04			
EXH	LECA Natasha Maria	03	207831	Desportivo Nacional	<b>5:41.26</b>	+0,72	322	-
	50m: 36.95 36.95		150m: 2:01.18 43.01	250m: 3:28.54 44.22	350m: 4:58.97 45.24			
	100m: 1:18.17 41.22		200m: 2:44.32 43.14	300m: 4:13.73 45.19	400m: 5:41.26 42.29			
EXH	FIGUEIRA Madalena Leonor	07	206519	Naval do Funchal	<b>5:41.60</b>	+0,79	321	-
	50m: 38.70 38.70		150m: 2:05.57 43.45	250m: 3:33.55 44.37	350m: 5:02.02 44.56			
	100m: 1:22.12 43.42		200m: 2:49.18 43.61	300m: 4:17.46 43.91	400m: 5:41.60 39.58			
EXH	DIAS Monica Fernandes	06	133029	CD Sao Roque	<b>5:49.57</b>	+0,74	299	-
	50m: 38.69 38.69		150m: 2:06.85 44.49	250m: 3:37.44 45.39	350m: 5:07.47 45.07			
	100m: 1:22.36 43.67		200m: 2:52.05 45.20	300m: 4:22.40 44.96	400m: 5:49.57 42.10			
EXH	ANDRADE Matilde Sousa	08	205152	Naval do Funchal	<b>5:51.41</b>	+0,65	294	-
	50m: 38.53 38.53		150m: 2:07.18 45.28	250m: 3:37.78 45.45	350m: 5:08.07 45.10			
	100m: 1:21.90 43.37		200m: 2:52.33 45.15	300m: 4:22.97 45.19	400m: 5:51.41 43.34			
EXH	BAPTISTA Constanca Ornelas	06	206799	Naval do Funchal	<b>5:53.01</b>	+0,54	290	-
	50m: 39.66 39.66		150m: 2:08.24 45.12	250m: 3:37.23 44.77	350m: 5:08.09 45.51			
	100m: 1:23.12 43.46		200m: 2:52.46 44.22	300m: 4:22.58 45.35	400m: 5:53.01 44.92			
EXH	CRO Isabel Matilde	00	204436	Escola O Liceu	<b>6:28.62</b>	+0,74	218	-
	50m: 41.94 41.94		150m: 2:18.66 49.51	250m: 4:00.13 51.34	350m: 5:41.50 50.70			
	100m: 1:29.15 47.21		200m: 3:08.79 50.13	300m: 4:50.80 50.67	400m: 6:28.62 47.12			
EXH	ERRA Clara Patricia	07	148422	Juventude Atlantico Clube	<b>6:49.87</b>	+0,75	185	-
	50m: 43.73 43.73		150m: 2:28.01 52.97	250m: 4:14.55 53.53	350m: 6:01.63 54.03			
	100m: 1:35.04 51.31		200m: 3:21.02 53.01	300m: 5:07.60 53.05	400m: 6:49.87 48.24			
EXH	ROCHA Vitoria Maria	08	201047	Juventude Atlantico Clube	<b>6:49.96</b>		185	-
	50m: 45.59 45.59		150m: 2:28.74 52.34	250m: 4:15.72 53.84	350m: 6:03.72 53.86			
	100m: 1:36.40 50.81		200m: 3:21.88 53.14	300m: 5:09.86 54.14	400m: 6:49.96 46.24			



Fase Insular (ANMAD) de Qualificação 3ª Divisão de Clubes  
Funchal, 26/10/2019



Prova 23, Femin., 400m Livres

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
EXH	GOUVEIA Ines Mendes	07	208493	Juventude Atlantico Clube	<b>7:16.30</b>	+0,94	154	-
	50m: 51.00 51.00	150m: 2:42.99	55.98	250m: 4:36.12	57.06	350m: 6:26.99	54.41	
	100m: 1:47.01 56.01	200m: 3:39.06	56.07	300m: 5:32.58	56.46	400m: 7:16.30	49.31	