

Prova 16 Femin., 400m Livres Absoluto
23/11/2019 - 9:47 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 Regional Inf B: 6:44.91; Inf A: 6:30.57; Juv B: 6:19.23; Juv A: 6:15.52; Jun16: 6:08.56; Jun17: 6:07.18; Sen18: 6:01.05;
19+: 5:59.70 / 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;
Sen18: 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	Ano		Tempo final						Pts	
Infantil B - 12 anos										
1.	ANDRADE, Matilde Sousa	08	Naval do Funchal						5:51.76	294
	50m: 39.64 39.64	150m: 2:08.55	45.20	250m: 3:38.54	45.35	350m: 5:08.99	45.26			
	100m: 1:23.35 43.71	200m: 2:53.19	44.64	300m: 4:23.73	45.19	400m: 5:51.76	42.77			
2.	ALVES, Juliana Rodrigues	08	Desportivo Nacional						5:54.33	287
	50m: 39.76 39.76	150m: 2:09.76	45.01	250m: 3:39.81	44.56	350m: 5:12.46	45.95			
	100m: 1:24.75 44.99	200m: 2:55.25	45.49	300m: 4:26.51	46.70	400m: 5:54.33	41.87			
3.	BAPTISTA, Ines Sande	08	Desportivo Nacional						6:10.34	251
	50m: 40.84 40.84	150m: 2:16.23	48.71	250m: 3:53.11	48.57	350m: 5:28.49	47.31			
	100m: 1:27.52 46.68	200m: 3:04.54	48.31	300m: 4:41.18	48.07	400m: 6:10.34	41.85			
4.	SILVA, Carolina Pestana	08	Naval do Funchal						6:22.27	229
	50m: 42.27 42.27	150m: 2:18.44	48.19	250m: 3:55.91	49.00	350m: 5:34.29	49.86			
	100m: 1:30.25 47.98	200m: 3:06.91	48.47	300m: 4:44.43	48.52	400m: 6:22.27	47.98			
5.	PEREIRA, Julia Freitas	08	Naval do Funchal						6:28.82	217
	50m: 42.82 42.82	150m: 2:20.61	48.70	250m: 4:00.21	49.65	350m: 5:41.02	50.26			
	100m: 1:31.91 49.09	200m: 3:10.56	49.95	300m: 4:50.76	50.55	400m: 6:28.82	47.80			
6.	PEREIRA, Maria Clara	08	Desportivo Nacional						6:32.09	212
	50m: 43.08 43.08	150m: 2:23.66	50.49	250m: 4:06.18	52.15	350m: 5:45.61	49.55			
	100m: 1:33.17 50.09	200m: 3:14.03	50.37	300m: 4:56.06	49.88	400m: 6:32.09	46.48			
7.	ALVES, Margarida Jesus	08	Desportivo Nacional						7:15.55	154
	<i>FTL - Falta de Tempo Limite</i>									
	50m: 46.61 46.61	150m: 2:35.86	55.35	250m: 4:29.49	56.91	350m: 6:21.70	56.44			
	100m: 1:40.51 53.90	200m: 3:32.58	56.72	300m: 5:25.26	55.77	400m: 7:15.55	53.85			

Infantil A - 13 anos

1.	NETO, Leonor Rodrigues	07	Naval do Funchal						5:33.71	344
	50m: 37.80 37.80	150m: 2:01.78	42.55	250m: 3:27.74	43.16	350m: 4:53.14	42.64			
	100m: 1:19.23 41.43	200m: 2:44.58	42.80	300m: 4:10.50	42.76	400m: 5:33.71	40.57			
2.	FIGUEIRA, Madalena Leonor	07	Naval do Funchal						5:45.08	311
	50m: 38.76 38.76	150m: 2:06.49	44.25	250m: 3:35.13	44.21	350m: 5:04.18	44.48			
	100m: 1:22.24 43.48	200m: 2:50.92	44.43	300m: 4:19.70	44.57	400m: 5:45.08	40.90			

Juvenil B - 14 anos

1.	FREITAS, Beatriz Rodrigues	06	Naval do Funchal						5:02.08	464
	<i>Minimos Campeonato Zonal - Sines</i>									
	50m: 34.36 34.36	150m: 1:50.42	38.34	250m: 3:06.95	38.14	350m: 4:24.40	38.42			
	100m: 1:12.08 37.72	200m: 2:28.81	38.39	300m: 3:45.98	39.03	400m: 5:02.08	37.68			
2.	FREITAS, Margarida Ramos	06	Desportivo Nacional						5:05.05	450
	<i>Minimos Campeonato Zonal - Sines</i>									
	50m: 33.24 33.24	150m: 1:49.50	38.68	250m: 3:08.63	39.57	350m: 4:27.55	39.51			
	100m: 1:10.82 37.58	200m: 2:29.06	39.56	300m: 3:48.04	39.41	400m: 5:05.05	37.50			

Prova 16, Femin., 400m Livres, Juvenil B - 14 anos

Lugar			Ano					Tempo final	Pts			
3.	DEUS, Ines Portugal		06	Naval do Funchal				5:05.86	447			
<i>Minimos Campeonato Zonal - Sines</i>												
	50m:	33.94	33.94	150m:	1:49.09	37.93	250m:	3:07.32	39.20	350m:	4:27.56	40.31
	100m:	1:11.16	37.22	200m:	2:28.12	39.03	300m:	3:47.25	39.93	400m:	5:05.86	38.30
4.	SEQUEIRA, Beatriz Meneses		06	Naval do Funchal				5:24.35	375			
	50m:	34.82	34.82	150m:	1:55.42	41.58	250m:	3:18.96	42.16	350m:	4:43.91	42.23
	100m:	1:13.84	39.02	200m:	2:36.80	41.38	300m:	4:01.68	42.72	400m:	5:24.35	40.44

Juvenil A - 15 anos

1.	ARAUJO, Maria Clara		05	Naval do Funchal				5:08.53	435			
	50m:	33.71	33.71	150m:	1:49.10	38.50	250m:	3:07.68	39.53	350m:	4:28.95	40.68
	100m:	1:10.60	36.89	200m:	2:28.15	39.05	300m:	3:48.27	40.59	400m:	5:08.53	39.58
2.	BELO, Bruna Raquel		05	Desportivo Nacional				5:14.38	411			
	50m:	34.71	34.71	150m:	1:53.59	40.04	250m:	3:14.22	40.36	350m:	4:35.61	40.41
	100m:	1:13.55	38.84	200m:	2:33.86	40.27	300m:	3:55.20	40.98	400m:	5:14.38	38.77
3.	LUIS, Mariana Capelo		05	Salesianos do Funchal				5:44.74	312			
	50m:	36.86	36.86	150m:	2:03.37	44.96	250m:	3:32.70	45.14	350m:	5:02.29	44.34
	100m:	1:18.41	41.55	200m:	2:47.56	44.19	300m:	4:17.95	45.25	400m:	5:44.74	42.45
4.	BARROS, Ana Carolina		05	Salesianos do Funchal				5:52.31	292			
	50m:	39.34	39.34	150m:	2:07.99	44.57	250m:	3:38.61	45.75	350m:	5:09.31	45.11
	100m:	1:23.42	44.08	200m:	2:52.86	44.87	300m:	4:24.20	45.59	400m:	5:52.31	43.00

Juniores - 16, 17 anos

1.	FERNANDES, Ana Catarina		03	Naval do Funchal				4:56.88	489			
	50m:	32.92	32.92	150m:	1:46.50	37.24	250m:	3:02.26	37.94	350m:	4:18.69	38.41
	100m:	1:09.26	36.34	200m:	2:24.32	37.82	300m:	3:40.28	38.02	400m:	4:56.88	38.19
2.	CAMACHO, Laura Fernandes		04	Naval do Funchal				4:59.77	475			
	50m:	33.88	33.88	150m:	1:49.97	38.41	250m:	3:06.63	38.07	350m:	4:23.32	37.81
	100m:	1:11.56	37.68	200m:	2:28.56	38.59	300m:	3:45.51	38.88	400m:	4:59.77	36.45
3.	JESUS, Filipa Mafalda		03	Desportivo Sao Roque				5:11.78	422			
	50m:	34.90	34.90	150m:	1:53.37	39.47	250m:	3:12.65	39.55	350m:	4:32.70	40.08
	100m:	1:13.90	39.00	200m:	2:33.10	39.73	300m:	3:52.62	39.97	400m:	5:11.78	39.08
4.	LECA, Natasha Maria		03	Desportivo Nacional				5:41.76	320			
	50m:	35.79	35.79	150m:	1:59.58	43.61	250m:	3:29.90	45.33	350m:	5:01.26	45.46
	100m:	1:15.97	40.18	200m:	2:44.57	44.99	300m:	4:15.80	45.90	400m:	5:41.76	40.50

Seniores - 18 e mais velhos

1.	LUIS, Jessica Santos		00	Desportivo Sao Roque				4:58.74	480			
	50m:	33.16	33.16	150m:	1:49.12	38.70	250m:	3:06.33	38.51	350m:	4:22.44	37.86
	100m:	1:10.42	37.26	200m:	2:27.82	38.70	300m:	3:44.58	38.25	400m:	4:58.74	36.30
2.	LUIS, Catarina Fernandes		97	Desportivo Sao Roque				5:05.40	449			
	50m:	33.30	33.30	150m:	1:49.75	38.91	250m:	3:08.05	39.17	350m:	4:27.03	39.74
	100m:	1:10.84	37.54	200m:	2:28.88	39.13	300m:	3:47.29	39.24	400m:	5:05.40	38.37