

Prova 24

Femin., 400m Livres

Absoluto  
Resultados

14/05/2021 - 20:22

Recorde Regional - P25m - Absoluto	4:31.74	ANDRADE, Rubina Amaro	CDN	Braga	05/03/1994
Recorde Regional - P25m - Sen	4:35.08	MELIM, Claudia Ramos	CDN	Funchal	06/07/2002
Recorde Regional - P25m - Jun17	4:32.13	ANDRADE, Rubina Amaro	CDN	Felgueiras	13/07/1996
Recorde Regional - P25m - Jun16	4:31.80	ANDRADE, Rubina Amaro	CDN	Funchal	14/07/1995
Recorde Regional - P25m - Juv A	4:31.74	ANDRADE, Rubina Amaro	CDN	Braga	05/03/1994
Recorde Regional - P25m - Juv B	4:35.00	ANDRADE, Rubina Amaro	CDN	Funchal	29/05/1993
Recorde Regional - P25m - Inf A	4:37.30	ANDRADE, Rubina Amaro	CDN	Funchal	17/07/1992
Recorde Regional - P25m - Inf B	4:56.70	ANDRADE, Rubina Amaro	CDN	Funchal	04/05/1991

TAC Zonais Juv B: 5:05.93; Juv A: 4:57.35; Jun16: 4:45.52; Jun17: 4:38.56; Sen18: 4:37.18; 19 +: 4:29.70

Pontos: Rudolph Table 2020

Lugar	Ano			Tempo final	Pts
<b>Infantil B - 12 anos</b>					
1.	09	SOUSA, Leonor Rocha	Salesianos do Funchal	<b>6:14.20</b>	
		50m: 41.28 41.28	150m: 250m:	350m:	
		100m: 1:29.60 48.32	200m: 3:07.57	400m: 6:14.20	
<b>Infantil A - 13 anos</b>					
1.	08	ALVES, Juliana Rodrigues	Desportivo Nacional	<b>5:35.99</b>	
		50m: 36.95 36.95	150m: 250m:	350m:	
		100m: 1:19.99 43.04	200m: 2:47.69	400m: 5:35.99	
<b>Juvenil B - 14 anos</b>					
1.	07	CAMARA, Ines Cruz	Desportivo Nacional	<b>4:54.00</b>	9,2
		<i>Mínimos   Torneio Zonal Sul - Rio Maior</i>			
		50m: 32.53 32.53	150m: 250m:	350m:	
		100m: 1:08.37 35.84	200m: 2:23.78	400m: 4:54.00	
<b>Juvenil A - 15 anos</b>					
1.	06	COSTA, Maria Jardim	Desportivo Nacional	<b>4:44.00</b>	10,5
		<i>Mínimos   Torneio Zonal Sul - Rio Maior</i>			
		50m: 31.28 31.28	150m: 250m:	350m:	
		100m: 1:06.12 34.84	200m: 2:18.48	400m: 4:44.00	
2.	06	FERRO, Maria Leonor	Naval do Funchal	<b>4:53.96</b>	7,9
		<i>Mínimos   Torneio Zonal Sul - Rio Maior</i>			
		50m: 32.30 32.30	150m: 250m:	350m:	
		100m: 1:08.77 36.47	200m: 2:24.22	400m: 4:53.96	
3.	06	FREITAS, Margarida Ramos	Desportivo Nacional	<b>5:00.50</b>	6,2
		50m: 32.18 32.18	150m: 250m:	350m:	
		100m: 1:08.78 36.60	200m: 2:25.75	400m: 5:00.50	
4.	06	FREITAS, Beatriz Rodrigues	Naval do Funchal	<b>5:05.75</b>	4,8
		50m: 32.21 32.21	150m: 250m:	350m:	
		100m: 1:08.62 36.41	200m: 2:25.09	400m: 5:05.75	
<b>Juniores - 16 e 17 anos</b>					
1.	04	SOUSA, Joana Francisca	Sao Roque	<b>4:44.98</b>	9,3
		50m: 31.63 31.63	150m: 250m:	350m:	
		100m: 1:06.69 35.06	200m: 2:18.59	400m: 4:44.98	
2.	04	BLANDY, Mischa Blue	Salesianos do Funchal	<b>7:03.65</b>	
		50m: 44.98 44.98	150m: 250m:	350m:	
		100m: 1:37.78 52.80	200m: 3:24.89	400m: 7:03.65	

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## Absolutos, 14 anos e mais velhos

1.	COSTA, Maria Jardim	06	Desportivo Nacional	<b>4:44.00</b>	10,5
	<i>Mínimos   Torneio Zonal Sul - Rio Maior</i>				
	50m: 31.28 31.28	150m: 250m:	350m:		
	100m: 1:06.12 34.84	200m: 2:18.48	400m: 4:44.00		
2.	SOUSA, Joana Francisca	04	Sao Roque	<b>4:44.98</b>	9,3
	50m: 31.63 31.63	150m: 250m:	350m:		
	100m: 1:06.69 35.06	200m: 2:18.59	400m: 4:44.98		
3.	FERRO, Maria Leonor	06	Naval do Funchal	<b>4:53.96</b>	7,9
	<i>Mínimos   Torneio Zonal Sul - Rio Maior</i>				
	50m: 32.30 32.30	150m: 250m:	350m:		
	100m: 1:08.77 36.47	200m: 2:24.22	400m: 4:53.96		
4.	CAMARA, Ines Cruz	07	Desportivo Nacional	<b>4:54.00</b>	9,2
	<i>Mínimos   Torneio Zonal Sul - Rio Maior</i>				
	50m: 32.53 32.53	150m: 250m:	350m:		
	100m: 1:08.37 35.84	200m: 2:23.78	400m: 4:54.00		
5.	FREITAS, Margarida Ramos	06	Desportivo Nacional	<b>5:00.50</b>	6,2
	50m: 32.18 32.18	150m: 250m:	350m:		
	100m: 1:08.78 36.60	200m: 2:25.75	400m: 5:00.50		
6.	FREITAS, Beatriz Rodrigues	06	Naval do Funchal	<b>5:05.75</b>	4,8
	50m: 32.21 32.21	150m: 250m:	350m:		
	100m: 1:08.62 36.41	200m: 2:25.09	400m: 5:05.75		
7.	BLANDY, Mischa Blue	04	Salesianos do Funchal	<b>7:03.65</b>	
	50m: 44.98 44.98	150m: 250m:	350m:		
	100m: 1:37.78 52.80	200m: 3:24.89	400m: 7:03.65		