Prova 83 | Femin., 400m Livres | Absoluto
18/10/2020 - 9:29 | Resultados

Recordes Regionais Absoluto	4:31.74	ANDRADE, Rubina Amaro	CDN	Braga	05/03/1994
Recordes Regionais Sen	4:35.08	MELIM, Claudia Ramos	CDN	Funchal	06/07/2002
Recordes Regionais Jun17	4:32.13	ANDRADE, Rubina Amaro	CDN	Felgueiras	13/07/1996
Recordes Regionais Jun16	4:31.80	ANDRADE, Rubina Amaro	CDN	Funchal	14/07/1995
Recordes Regionais Juv A	4:31.74	ANDRADE, Rubina Amaro	CDN	Braga	05/03/1994
Recordes Regionais Juv B	4:35.00	ANDRADE, Rubina Amaro	CDN	Funchal	29/05/1993
Recordes Regionais Inf A	4:37.30	ANDRADE, Rubina Amaro	CDN	Funchal	17/07/1992
Recordes Regionais 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: FINA 2020

Lugar		Ano		Tempo final	Pts
Juvenil B - 14 anos					
1.	MATEUS, Clarisse Vieira	07	CD Nacional	**5:42.06**	319
2.	TEMTEM, Sara Maria	07	CD Nacional	**5:52.68**	291
Juvenil A - 15 anos					
1.	FERRO, Maria Leonor	06	Naval do Funchal	**5:02.70**	461
2.	FREITAS, Beatriz Rodrigues	06	Naval do Funchal	**5:03.96**	455
3.	JARDIM, Lara Filipa	06	Naval do Funchal	**5:25.00**	372

50m:	38.13	38.13	150m:	2:05.20	44.49	250m:	3:33.12	43.84	350m:	5:00.03	43.31
100m:	1:20.71	42.58	200m:	2:49.28	44.08	300m:	4:16.72	43.60	400m:	5:42.06	42.03
50m:	40.97	40.97	150m:	2:10.88	44.99	250m:	3:41.36	45.36	350m:	5:10.77	43.97
100m:	1:25.89	44.92	200m:	2:56.00	45.12	300m:	4:26.80	45.44	400m:	5:52.68	41.91
50m:	34.42	34.42	150m:	1:50.67	38.39	250m:	3:07.91	38.74	350m:	4:25.87	38.97
100m:	1:12.28	37.86	200m:	2:29.17	38.50	300m:	3:46.90	38.99	400m:	5:02.70	36.83
50m:	34.06	34.06	150m:	1:50.32	38.53	250m:	3:08.11	38.95	350m:	4:26.29	39.04
100m:	1:11.79	37.73	200m:	2:29.16	38.84	300m:	3:47.25	39.14	400m:	5:03.96	37.67
50m:	34.94	34.94	150m:	1:55.68	40.99	250m:	3:19.79	42.40	350m:	4:44.13	42.54
100m:	1:14.69	39.75	200m:	2:37.39	41.71	300m:	4:01.59	41.80	400m:	5:25.00	40.87