

Prova 99 Femin., 400m Livres Absoluto
18/10/2020 - 12:15 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
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Juvenil B - 14 anos

1. FRANCA, Ines Matos	07	Salesianos do Funchal	5:33.24	345
50m: 37.85 37.85	150m: 2:00.74	41.96 250m: 3:27.38	43.70 350m: 4:53.18	42.69
100m: 1:18.78 40.93	200m: 2:43.68	42.94 300m: 4:10.49	43.11 400m: 5:33.24	40.06

Juvenil A - 15 anos

1. FREITAS, Margarida Ramos	06	CD Nacional	5:00.27	472
50m: 32.63 32.63	150m: 1:47.59	38.04 250m: 3:05.17	38.71 350m: 4:23.56	39.60
100m: 1:09.55 36.92	200m: 2:26.46	38.87 300m: 3:43.96	38.79 400m: 5:00.27	36.71
2. SILVA, Silvana Suamade	06	CD Sao Roque	5:03.94	455
50m: 35.38 35.38	150m: 1:51.60	38.25 250m: 3:09.41	38.89 350m: 4:27.24	38.94
100m: 1:13.35 37.97	200m: 2:30.52	38.92 300m: 3:48.30	38.89 400m: 5:03.94	36.70
3. CANADA, Maria Elvira	06	CD Nacional	5:22.24	382
50m: 35.98 35.98	150m: 1:57.53	41.35 250m: 3:21.03	41.75 350m: 4:42.93	40.57
100m: 1:16.18 40.20	200m: 2:39.28	41.75 300m: 4:02.36	41.33 400m: 5:22.24	39.31
4. PEREIRA, Joana Marques	06	Salesianos do Funchal	5:33.73	344
50m: 37.52 37.52	150m: 2:02.80	42.76 250m: 3:28.62	42.32 350m: 4:52.68	41.35
100m: 1:20.04 42.52	200m: 2:46.30	43.50 300m: 4:11.33	42.71 400m: 5:33.73	41.05
5. TEMBE, Ines Afonso	06	CD Nacional	5:46.28	308
50m: 38.09 38.09	150m: 2:05.69	44.77 250m: 3:35.92	45.14 350m: 5:05.06	44.18
100m: 1:20.92 42.83	200m: 2:50.78	45.09 300m: 4:20.88	44.96 400m: 5:46.28	41.22

Juniores - 16, 17 anos

1. SOUSA, Joana Francisca	04	CD Sao Roque	4:44.91	553
50m: 31.50 31.50	150m: 1:42.15	35.86 250m: 2:55.29	36.68 350m: 4:08.92	36.69
100m: 1:06.29 34.79	200m: 2:18.61	36.46 300m: 3:32.23	36.94 400m: 4:44.91	35.99

Seniores - 18 e mais velhos

1. LECA, Natasha Maria	03	CD Nacional	5:22.06	383
50m: 34.85 34.85	150m: 1:55.32	41.27 250m: 3:19.13	42.08 350m: 4:43.13	41.93
100m: 1:14.05 39.20	200m: 2:37.05	41.73 300m: 4:01.20	42.07 400m: 5:22.06	38.93
2. JESUS, Filipa Mafalda	03	CD Sao Roque	5:23.50	378
50m: 35.59 35.59	150m: 1:56.01	40.73 250m: 3:19.42	41.90 350m: 4:43.52	41.93
100m: 1:15.28 39.69	200m: 2:37.52	41.51 300m: 4:01.59	42.17 400m: 5:23.50	39.98