

Prova 1

Femin., 400m Livres

Absoluto

07/05/2021 - 19:15

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 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 |
|---|--------------------------|----------------|-----|
| Infantil B - 12 anos | | | |
| 1. GONCALVES, Vera Andrade | 09 Salesianos do Funchal | 5:15.31 | 8,7 |
| 50m: 150m: 250m: 350m: | | | |
| 100m: 1:11.26 200m: 2:32.86 300m: 400m: 5:15.31 | | | |
| 2. MARGARIDO, Paula Aguiar | 09 Salesianos do Funchal | 5:44.78 | 1,6 |
| 50m: 36.48 36.48 150m: 250m: 350m: | | | |
| 100m: 1:18.72 42.24 200m: 2:46.56 300m: 400m: 5:44.78 | | | |
| 3. SA, Vanessa Fernandes | 09 Naval do Funchal | 6:12.43 | |
| 50m: 39.43 39.43 150m: 250m: 350m: | | | |
| 100m: 1:24.56 45.13 200m: 3:01.46 300m: 400m: 6:12.43 | | | |
| 4. FREITAS, Francisca Leonor | 09 Naval do Funchal | 6:21.70 | |
| 50m: 42.00 42.00 150m: 250m: 350m: | | | |
| 100m: 1:29.14 47.14 200m: 3:08.11 300m: 400m: 6:21.70 | | | |
| Infantil A - 13 anos | | | |
| 1. ANDRADE, Matilde Sousa | 08 Naval do Funchal | 5:17.43 | 5,1 |
| 50m: 33.84 33.84 150m: 250m: 350m: | | | |
| 100m: 1:12.43 38.59 200m: 2:32.59 300m: 400m: 5:17.43 | | | |
| 2. PEREIRA, Julia Freitas | 08 Naval do Funchal | 5:32.87 | 1,3 |
| 50m: 34.62 34.62 150m: 250m: 350m: | | | |
| 100m: 1:14.46 39.84 200m: 2:39.46 300m: 400m: 5:32.87 | | | |
| 3. GOMES, Sofia Vega | 08 Naval do Funchal | 5:37.10 | |
| 50m: 36.44 36.44 150m: 250m: 350m: | | | |
| 100m: 1:17.23 40.79 200m: 2:43.40 300m: 400m: 5:37.10 | | | |
| 4. PEREIRA, Maria Clara | 08 Salesianos do Funchal | 5:55.98 | |
| 50m: 38.08 38.08 150m: 250m: 350m: | | | |
| 100m: 1:23.56 45.48 200m: 2:55.69 300m: 400m: 5:55.98 | | | |
| 5. SILVA, Carolina Pestana | 08 Naval do Funchal | 6:08.11 | |
| 50m: 38.15 38.15 150m: 250m: 350m: | | | |
| 100m: 1:22.96 44.81 200m: 2:56.92 300m: 400m: 6:08.11 | | | |
| Juvenil B - 14 anos | | | |
| 1. GONCALVES, Valentina Jose | 07 Desportivo Nacional | 4:59.65 | 7,7 |
| <i>M nimos Torneio Zonal Sul - Rio Maior</i> | | | |
| 50m: 32.06 32.06 150m: 250m: 350m: | | | |
| 100m: 1:08.08 36.02 200m: 2:24.50 300m: 400m: 4:59.65 | | | |

Prova 1, Femin., 400m Livres

Juvenil A - 15 anos

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| 1. | COSTA, Maria Jardim | 06 | Desportivo Nacional | 4:41.82 | 11,1 |
| | <i>Mínimos Torneio Zonal Sul - Rio Maior</i> | | | | |
| | 50m: 31.13 31.13 | 150m: | 250m: | 350m: | |
| | 100m: 1:05.94 34.81 | 200m: 2:17.13 | 300m: | 400m: 4:41.82 | |
| 2. | FERRO, Maria Leonor | 06 | Naval do Funchal | 4:57.21 | 7,0 |
| | <i>Mínimos Torneio Zonal Sul - Rio Maior</i> | | | | |
| | 50m: 33.09 33.09 | 150m: | 250m: | 350m: | |
| | 100m: 1:09.90 36.81 | 200m: 2:26.03 | 300m: | 400m: 4:57.21 | |
| 3. | FREITAS, Margarida Ramos | 06 | Desportivo Nacional | 5:00.43 | 6,2 |
| | 50m: 32.92 32.92 | 150m: | 250m: | 350m: | |
| | 100m: 1:09.56 36.64 | 200m: 2:26.68 | 300m: | 400m: 5:00.43 | |
| 4. | FREITAS, Beatriz Rodrigues | 06 | Naval do Funchal | 5:02.98 | 5,5 |
| | 50m: 33.49 33.49 | 150m: | 250m: | 350m: | |
| | 100m: 1:10.64 37.15 | 200m: 2:26.42 | 300m: | 400m: 5:02.98 | |
| 5. | SILVA, Silvana Suamade | 06 | Desportivo Sao Roque | 5:08.50 | 4,1 |
| | 50m: 33.51 33.51 | 150m: | 250m: | 350m: | |
| | 100m: 1:11.40 37.89 | 200m: 2:30.50 | 300m: | 400m: 5:08.50 | |
| 6. | DEUS, Ines Portugal | 06 | Naval do Funchal | 5:09.07 | 3,9 |
| | 50m: 33.49 33.49 | 150m: | 250m: | 350m: | |
| | 100m: 1:10.12 36.63 | 200m: 2:28.70 | 300m: | 400m: 5:09.07 | |
| 7. | CANADA, Maria Elvira | 06 | Desportivo Nacional | 5:21.60 | |
| | 50m: 34.75 34.75 | 150m: | 250m: | 350m: | |
| | 100m: 1:13.74 38.99 | 200m: 2:36.09 | 300m: | 400m: 5:21.60 | |
| 8. | TEMBE, Ines Afonso | 06 | Desportivo Nacional | 5:26.56 | |
| | 50m: 35.32 35.32 | 150m: | 250m: | 350m: | |
| | 100m: 1:15.96 40.64 | 200m: 2:39.67 | 300m: | 400m: 5:26.56 | |

Juniores - 16, 17 anos

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| 1. | SOUSA, Joana Francisca | 04 | Desportivo Sao Roque | 4:45.55 | 9,2 |
| | 50m: 31.77 31.77 | 150m: | 250m: | 350m: | |
| | 100m: 1:06.46 34.69 | 200m: 2:17.75 | 300m: | 400m: 4:45.55 | |
| 2. | ARAUJO, Maria Clara | 05 | Naval do Funchal | 4:54.21 | 7,1 |
| | 50m: 31.63 31.63 | 150m: | 250m: | 350m: | |
| | 100m: 1:07.18 35.55 | 200m: 2:21.39 | 300m: | 400m: 4:54.21 | |

Seniores - 18 e mais velhos

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| 1. | LECA, Natasha Maria | 03 | Desportivo Nacional | 5:12.37 | 1,7 |
| | 50m: 32.86 32.86 | 150m: | 250m: | 350m: | |
| | 100m: 1:09.15 36.29 | 200m: 2:27.08 | 300m: | 400m: 5:12.37 | |