

Prova 12 Femin., 400m Livres Absoluto
04/12/2021 - 9:15 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 Inf B: 6:03.32; Inf A: 5:41.89; Juv B: 5:05.93; Juv A: 4:57.35 / TAC Nacional - PL (Março) Juv B: 4:54.81; Juv A: 4:43.53; Jun16: 4:34.44; Jun17: 4:31.36; Sen: 4:26.04 / TAC Nacional Inf B: 5:55.32; Inf A: 5:33.89; Juv B: 4:54.81; Juv A: 4:45.52; Jun16: 4:38.56; Jun17: 4:37.18; Sen18: 4:31.05; 19 +: 4:29.70

Pontos: FINA 2021

Lugar Ano Tempo final Pts

Infantis B, 12 anos

1. NOBREGA, Madalena Chulata	10	AD Machico	7:27.59	142
50m: 47.72 47.72	150m: 2:42.86	1:00.64	250m: 4:38.25	59.03
100m: 1:42.22 54.50	200m: 3:39.22	56.36	300m: 5:36.01	57.76
			350m: 6:36.70	1:00.69
			400m: 7:27.59	50.89

Infantis A, 13 anos

1. GONCALVES, Vera Andrade	09	Juventude AC	5:05.79	447
<i>Mínimos Zonais Sul - A definir (local), Mínimos Camp. Nacional Infantis - Famalição</i>				
50m: 33.69 33.69	150m: 1:52.43	40.06	250m: 3:12.01	40.07
100m: 1:12.37 38.68	200m: 2:31.94	39.51	300m: 3:51.60	39.59
			350m: 4:31.04	39.44
			400m: 5:05.79	34.75
2. FREITAS, Filipa Carolina	09	AD Machico	7:07.25	164
50m: 44.03 44.03	150m: 2:30.86	55.36	250m: 4:24.28	56.48
100m: 1:35.50 51.47	200m: 3:27.80	56.94	300m: 5:20.65	56.37
			350m: 6:15.68	55.03
			400m: 7:07.25	51.57
3. SANTOS, Alexandra Mendes	09	AD Machico	7:11.69	159
50m: 45.11 45.11	150m: 2:33.24	55.64	250m: 4:25.27	57.56
100m: 1:37.60 52.49	200m: 3:27.71	54.47	300m: 5:20.72	55.45
			350m: 6:17.56	56.84
			400m: 7:11.69	54.13
4. CARVALHO, Beatriz Xavier	09	AD Machico	7:12.72	157
50m: 43.39 43.39	150m: 2:31.99	56.20	250m: 4:25.70	57.13
100m: 1:35.79 52.40	200m: 3:28.57	56.58	300m: 5:23.04	57.34
			350m: 6:20.58	57.54
			400m: 7:12.72	52.14

Juvenis B, 14 anos

1. PEREIRA, Maria Clara	08	Juventude AC	5:31.28	352
50m: 36.86 36.86	150m: 2:01.02	43.19	250m: 3:28.40	43.25
100m: 1:17.83 40.97	200m: 2:45.15	44.13	300m: 4:10.27	41.87
			350m: 4:52.58	42.31
			400m: 5:31.28	38.70
2. ALVES, Juliana Rodrigues	08	CD Nacional	5:33.45	345
50m: 35.34 35.34	150m: 1:57.97	42.52	250m: 3:25.07	44.17
100m: 1:15.45 40.11	200m: 2:40.90	42.93	300m: 4:08.05	42.98
			350m: 4:51.50	43.45
			400m: 5:33.45	41.95
3. NOBREGA, Sara Francisca	08	CD Sao Roque	5:50.21	298
50m: 39.35 39.35	150m: 2:07.94	44.76	250m: 3:38.97	45.64
100m: 1:23.18 43.83	200m: 2:53.33	45.39	300m: 4:24.26	45.29
			350m: 5:08.50	44.24
			400m: 5:50.21	41.71

Juniores, 16 e 17 anos

1. SILVA, Silvana Suamade	06	CD Sao Roque	5:00.47	471
50m: 33.78 33.78	150m: 1:49.58	38.30	250m: 3:06.51	38.66
100m: 1:11.28 37.50	200m: 2:27.85	38.27	300m: 3:44.90	38.39
			350m: 4:23.18	38.28
			400m: 5:00.47	37.29
2. CARICHAS, Joana Medeiros	06	Juventude AC	5:05.98	446
50m: 33.44 33.44	150m: 1:50.46	39.56	250m: 3:11.01	39.90
100m: 1:10.90 37.46	200m: 2:31.11	40.65	300m: 3:51.10	40.09
			350m: 4:29.72	38.62
			400m: 5:05.98	36.26

Prova 12, Femin., 400m Livres, Juniores, 16 e 17 anos

Lugar			Ano				Tempo final	Pts				
3.	PEREIRA, Joana Marques		06	Juventude AC			5:27.52	364				
	50m:	34.62	34.62	150m:	1:55.06	41.49	250m:	3:20.09	42.68	350m:	4:45.89	42.88
	100m:	1:13.57	38.95	200m:	2:37.41	42.35	300m:	4:03.01	42.92	400m:	5:27.52	41.63