



Prova 14 Femin., 400m Livres Absoluto
09/07/2022 - 9:15 Mónica Freitas 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 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
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Infantis B, 12 anos

1. ROSA, Clara Sofia	10	Desportivo Nacional	6:11.60	249
50m: 40.50 40.50	150m: 2:16.35 47.79	250m: 3:52.38 47.93	350m: 5:28.72 47.72	
100m: 1:28.56 48.06	200m: 3:04.45 48.10	300m: 4:41.00 48.62	400m: 6:11.60 42.88	
2. SOUSA, Susana Conceicao	10	Desportivo Nacional	7:12.10	158
50m: 45.84 45.84	150m: 2:33.38 54.53	250m: 4:25.06 56.14	350m: 6:17.63 56.02	
100m: 1:38.85 53.01	200m: 3:28.92 55.54	300m: 5:21.61 56.55	400m: 7:12.10 54.47	

Infantis A, 13 anos

1. MARGARIDO, Paula Aguiar	09	Juventude AC	5:23.05	379
<i>TAC Infantis 22 a 24 Julho 2022</i>				
50m: 36.96 36.96	150m: 1:59.95 41.62	250m: 3:23.18 41.78	350m: 4:45.44 41.26	
100m: 1:18.33 41.37	200m: 2:41.40 41.45	300m: 4:04.18 41.00	400m: 5:23.05 37.61	

Juniores, 16 e 17 anos

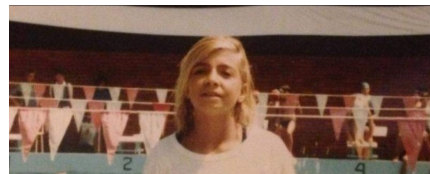
1. DIAS, Monica Fernandes	06	CD São Roque	5:32.09	349
50m: 36.12 36.12	150m: 1:59.50 41.87	250m: 3:24.17 42.31	350m: 4:50.18 43.13	
100m: 1:17.63 41.51	200m: 2:41.86 42.36	300m: 4:07.05 42.88	400m: 5:32.09 41.91	

Seniores, 18 e mais velhas

1. BLANDY, Mischa Blue	04	Desportivo Nacional	6:37.83	203
50m: 43.47 43.47	150m: 2:22.85 50.38	250m: 4:05.63 51.60	350m: 5:49.43 51.76	
100m: 1:32.47 49.00	200m: 3:14.03 51.18	300m: 4:57.67 52.04	400m: 6:37.83 48.40	

Absolutos, 12 anos e mais velhas

1. MARGARIDO, Paula Aguiar	09	Juventude AC	5:23.05	379
<i>TAC Infantis 22 a 24 Julho 2022</i>				
50m: 36.96 36.96	150m: 1:59.95 41.62	250m: 3:23.18 41.78	350m: 4:45.44 41.26	
100m: 1:18.33 41.37	200m: 2:41.40 41.45	300m: 4:04.18 41.00	400m: 5:23.05 37.61	
2. DIAS, Monica Fernandes	06	CD São Roque	5:32.09	349
50m: 36.12 36.12	150m: 1:59.50 41.87	250m: 3:24.17 42.31	350m: 4:50.18 43.13	
100m: 1:17.63 41.51	200m: 2:41.86 42.36	300m: 4:07.05 42.88	400m: 5:32.09 41.91	
3. ROSA, Clara Sofia	10	Desportivo Nacional	6:11.60	249
50m: 40.50 40.50	150m: 2:16.35 47.79	250m: 3:52.38 47.93	350m: 5:28.72 47.72	
100m: 1:28.56 48.06	200m: 3:04.45 48.10	300m: 4:41.00 48.62	400m: 6:11.60 42.88	
4. BLANDY, Mischa Blue	04	Desportivo Nacional	6:37.83	203
50m: 43.47 43.47	150m: 2:22.85 50.38	250m: 4:05.63 51.60	350m: 5:49.43 51.76	
100m: 1:32.47 49.00	200m: 3:14.03 51.18	300m: 4:57.67 52.04	400m: 6:37.83 48.40	



Prova 14, Femin., 400m Livres, Absolutos, 12 anos e mais velhas

Lugar	Ano								Tempo final		Pts		
5.	SOUSA, Susana Conceicao								10		Desportivo Nacional	7:12.10	158
	50m:	45.84	45.84	150m:	2:33.38	54.53	250m:	4:25.06	56.14	350m:	6:17.63	56.02	
	100m:	1:38.85	53.01	200m:	3:28.92	55.54	300m:	5:21.61	56.55	400m:	7:12.10	54.47	