



Prova 4 Femin., 400m Estilos Absoluto
08/07/2022 - 19:35 Mónica Freitas Resultados

Recordes Regionais Absoluto	5:00.24	QUINTAL, Fabiana Maria	CDN	Funchal	19/02/2009
Recordes Regionais Sen	5:00.24	QUINTAL, Fabiana Maria	CDN	Funchal	19/02/2009
Recordes Regionais Jun17	5:19.30	FERREIRA, Maria Leonor	CDN	Funchal	11/07/2021
Recordes Regionais Jun16	5:14.13	FERNANDES, Isabel Catarina	CNF	Funchal	17/06/2006
Recordes Regionais Juv A	5:20.04	FERREIRA, Maria Leonor	CDN	Funchal	13/07/2019
Recordes Regionais Juv B	5:19.42	CAMARA, Ines Cruz	CDN	Funchal	11/07/2021
Recordes Regionais Inf A	5:18.10	CAIRES, Joana Costa	CNF	Sines	11/03/2011
Recordes Regionais Inf B	5:36.11	FERNANDES, Catarina Isabel	CNF	Funchal	05/07/2002

TAC Nacional Juv B: 5:31.04; Juv A: 5:23.44; Jun16: 5:17.82; Jun17: 5:16.24; Sen18: 5:07.90; 19 +: 5:06.36

Pontos: FINA 2021

Lugar	Ano	Tempo final	Pts
1. RIBEIRO, Guida Drumond	10 Naval do Funchal	6:03.19	362
50m: 38.26 38.26	150m: 2:12.70 48.28	250m: 3:50.31 50.42	350m: 5:24.15 42.07
100m: 1:24.42 46.16	200m: 2:59.89 47.19	300m: 4:42.08 51.77	400m: 6:03.19 39.04

Infantis A, 13 anos

DSQ MARGARIDO, Paula Aguiar 09 Juventude AC
721 - Na chegada não tocou na parede com as mãos separadas e simultaneamente - SW 7.6

Juvenis B, 14 anos

1. ALVES, Juliana Rodrigues	08 Desportivo Nacional	5:34.12	465
50m: 34.98 34.98	150m: 1:57.49 42.64	250m: 3:27.55 47.51	350m: 4:55.77 39.71
100m: 1:14.85 39.87	200m: 2:40.04 42.55	300m: 4:16.06 48.51	400m: 5:34.12 38.35
2. PEREIRA, Julia Freitas	08 Naval do Funchal	5:44.68	423
50m: 35.53 35.53	150m: 2:01.10 42.43	250m: 3:30.25 47.04	350m: 5:03.96 42.54
100m: 1:18.67 43.14	200m: 2:43.21 42.11	300m: 4:21.42 51.17	400m: 5:44.68 40.72

Juniores, 16 e 17 anos

1. SILVA, Silvana Suamade	06 CD São Roque	5:27.34	494
50m: 34.18 34.18	150m: 1:55.72 41.83	250m: 3:24.51 47.05	350m: 4:50.48 38.04
100m: 1:13.89 39.71	200m: 2:37.46 41.74	300m: 4:12.44 47.93	400m: 5:27.34 36.86

Absolutos, 12 anos e mais velhas

1. SILVA, Silvana Suamade	06 CD São Roque	5:27.34	494
50m: 34.18 34.18	150m: 1:55.72 41.83	250m: 3:24.51 47.05	350m: 4:50.48 38.04
100m: 1:13.89 39.71	200m: 2:37.46 41.74	300m: 4:12.44 47.93	400m: 5:27.34 36.86
2. ALVES, Juliana Rodrigues	08 Desportivo Nacional	5:34.12	465
50m: 34.98 34.98	150m: 1:57.49 42.64	250m: 3:27.55 47.51	350m: 4:55.77 39.71
100m: 1:14.85 39.87	200m: 2:40.04 42.55	300m: 4:16.06 48.51	400m: 5:34.12 38.35
3. PEREIRA, Julia Freitas	08 Naval do Funchal	5:44.68	423
50m: 35.53 35.53	150m: 2:01.10 42.43	250m: 3:30.25 47.04	350m: 5:03.96 42.54
100m: 1:18.67 43.14	200m: 2:43.21 42.11	300m: 4:21.42 51.17	400m: 5:44.68 40.72
4. RIBEIRO, Guida Drumond	10 Naval do Funchal	6:03.19	362
50m: 38.26 38.26	150m: 2:12.70 48.28	250m: 3:50.31 50.42	350m: 5:24.15 42.07
100m: 1:24.42 46.16	200m: 2:59.89 47.19	300m: 4:42.08 51.77	400m: 6:03.19 39.04

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