

Event 29 Women, 400m Freestyle Absoluto
05/03/2022 - 17:27 Race 29: 400m Freestyle (Female) Results

Recorde Regional Open	4:35.73	ANDRADE, Rubina Amaro	CDN	Greve (DEN)	23/01/1994
Recorde Regional Sen	4:41.19	ANDRADE, Rubina Amaro	CDN	Restelo	21/12/1996
Recorde Regional Jun17	4:38.89	ANDRADE, Rubina Amaro	CDN	Famalicao	02/08/1996
Recorde Regional Jun16	4:38.61	ANDRADE, Rubina Amaro	CDN		04/08/1995
Recorde Regional Juv A	4:35.73	ANDRADE, Rubina Amaro	CDN	Greve (DEN)	23/01/1994
Recorde Regional Juv B	4:40.61	ANDRADE, Rubina Amaro	CDN		01/01/1993
Recorde Regional Inf A	4:49.56	ANDRADE, Rubina Amaro	CDN	Matur	21/07/1992
Recorde Regional Inf B	5:04.39	LOPES, Joana Cristina	CNF	Olivais	22/06/1992

TAC Zonais Inf B: 6:06.47; Inf A: 5:44.82 / TAC Nacional - PL (Março) Juv B: 5:06.77; Juv A: 4:49.75; Jun16: 4:45.76; Jun17: 4:38.61; Sen: 4:33.31 / TAC Nacional Inf B: 5:58.47; Inf A: 5:36.82; Juv B: 5:06.77; Juv A: 4:52.31; Jun16: 4:45.76; Jun17: 4:43.04; Sen18: 4:37.41; 19+: 4:36.03

Points: FINA 2021

Rank	YB	Time	Pts
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Infantis B, 12 anos

1. TEIXEIRA, Maria Leonor	10	Naval do Funchal	5:59.93	283
<i>TAC Zonal - Infantis - Março (Manique)</i>				
50m: 39.67 39.67	150m: 2:10.19 46.13	250m: 3:43.68 46.41	350m: 5:17.80 45.87	
100m: 1:24.06 44.39	200m: 2:57.27 47.08	300m: 4:31.93 48.25	400m: 5:59.93 42.13	
2. ALVES, Ana Carolina	10	Desportivo Nacional	6:25.00	231
50m: 41.80 41.80	150m: 2:21.87 50.42	250m: 3:59.46 48.62	350m: 5:38.90 48.99	
100m: 1:31.45 49.65	200m: 3:10.84 48.97	300m: 4:49.91 50.45	400m: 6:25.00 46.10	
3. BRITO, Madalena Pinto	10	Naval do Funchal	6:27.40	227
50m: 42.07 42.07	150m: 2:20.79 49.10	250m: 4:01.49 49.89	350m: 5:43.77 50.85	
100m: 1:31.69 49.62	200m: 3:11.60 50.81	300m: 4:52.92 51.43	400m: 6:27.40 43.63	

Infantis A, 13 anos

1. SILVA, Maria Korina	09	Desportivo Nacional	6:02.81	276
50m: 41.16 41.16	150m: 2:14.14 46.37	250m: 3:47.80 46.57	350m: 5:20.48 46.05	
100m: 1:27.77 46.61	200m: 3:01.23 47.09	300m: 4:34.43 46.63	400m: 6:02.81 42.33	
2. FREITAS, Francisca Leonor	09	Naval do Funchal	6:17.53	245
50m: 41.80 41.80	150m: 2:17.67 48.55	250m: 3:55.07 48.89	350m: 5:30.90 47.32	
100m: 1:29.12 47.32	200m: 3:06.18 48.51	300m: 4:43.58 48.51	400m: 6:17.53 46.63	

Juvenis B, 14 anos

1. GOMES, Sofia Vega	08	Naval do Funchal	5:16.26	417
50m: 34.31 34.31	150m: 1:53.50 39.90	250m: 3:15.89 40.96	350m: 4:37.44 39.59	
100m: 1:13.60 39.29	200m: 2:34.93 41.43	300m: 3:57.85 41.96	400m: 5:16.26 38.82	
2. NOBREGA, Sara Francisca	08	Desportivo Sao Roque	5:45.97	319
50m: 38.78 38.78	150m: 2:07.21 44.57	250m: 3:36.19 44.24	350m: 5:03.58 43.63	
100m: 1:22.64 43.86	200m: 2:51.95 44.74	300m: 4:19.95 43.76	400m: 5:45.97 42.39	
3. PEREIRA, Maria Clara	08	Juventude Atlantico	5:52.07	302
50m: 39.05 39.05	150m: 2:10.29 46.36	250m: 3:42.80 46.93	350m: 5:14.10 45.64	
100m: 1:23.93 44.88	200m: 2:55.87 45.58	300m: 4:28.46 45.66	400m: 5:52.07 37.97	
4. SOARES, Leonor Silva	08	Desportivo Nacional	5:55.48	294
50m: 38.61 38.61	150m: 2:07.62 45.13	250m: 3:39.70 46.24	350m: 5:11.39 45.87	
100m: 1:22.49 43.88	200m: 2:53.46 45.84	300m: 4:25.52 45.82	400m: 5:55.48 44.09	

Juvenis A, 15 anos

1. FRANCA, Ines Matos	07	Juventude Atlantico	5:28.12	374
50m: 36.24 36.24	150m: 1:59.42 42.15	250m: 3:24.35 43.02	350m: 4:48.74 42.46	
100m: 1:17.27 41.03	200m: 2:41.33 41.91	300m: 4:06.28 41.93	400m: 5:28.12 39.38	

Event 29, Women, 400m Freestyle

Juniores, 16 e 17 anos

1.	COSTA, Maria Jardim	06	Desportivo Nacional	4:57.12	504
	50m: 32.95 32.95	150m: 1:47.34	37.94 250m: 3:03.69	37.89	350m: 4:20.81
	100m: 1:09.40 36.45	200m: 2:25.80	38.46 300m: 3:42.43	38.74	400m: 4:57.12
					38.38
					36.31
2.	FREITAS, Beatriz Rodrigues	06	Naval do Funchal	5:13.35	429
	50m: 34.30 34.30	150m: 1:52.48	39.63 250m: 3:13.17	40.30	350m: 4:34.44
	100m: 1:12.85 38.55	200m: 2:32.87	40.39 300m: 3:53.70	40.53	400m: 5:13.35
					40.74
					38.91
3.	CARICHAS, Joana Medeiros	06	Juventude Atlantico	5:22.26	395
	50m: 34.51 34.51	150m: 1:56.60	42.82 250m: 3:21.08	41.77	350m: 4:44.35
	100m: 1:13.78 39.27	200m: 2:39.31	42.71 300m: 4:03.78	42.70	400m: 5:22.26
					40.57
					37.91
4.	CARDOSO, Isabel Maria	05	Club Sport Maritimo	6:15.56	249
	50m: 42.66 42.66	150m: 2:17.47	46.84 250m: 3:53.38	47.80	350m: 5:30.00
	100m: 1:30.63 47.97	200m: 3:05.58	48.11 300m: 4:42.10	48.72	400m: 6:15.56
					47.90
					45.56
5.	NOBREGA, Maria Trindade	05	Desportivo Nacional	6:52.56	188
	50m: 44.44 44.44	150m: 2:28.06	52.94 250m: 4:17.20	54.68	350m: 6:02.67
	100m: 1:35.12 50.68	200m: 3:22.52	54.46 300m: 5:11.16	53.96	400m: 6:52.56
					51.51
					49.89
6.	JESUS, Veronica Martins	06	Desportivo Sao Roque	6:56.41	183
	50m: 43.24 43.24	150m: 2:24.61	51.39 250m: 4:12.71	54.44	350m: 6:05.35
	100m: 1:33.22 49.98	200m: 3:18.27	53.66 300m: 5:08.90	56.19	400m: 6:56.41
					56.45
					51.06

Absolutos, 14 anos e mais velhas

1.	COSTA, Maria Jardim	06	Desportivo Nacional	4:57.12	504
	50m: 32.95 32.95	150m: 1:47.34	37.94 250m: 3:03.69	37.89	350m: 4:20.81
	100m: 1:09.40 36.45	200m: 2:25.80	38.46 300m: 3:42.43	38.74	400m: 4:57.12
					38.38
					36.31
2.	FREITAS, Beatriz Rodrigues	06	Naval do Funchal	5:13.35	429
	50m: 34.30 34.30	150m: 1:52.48	39.63 250m: 3:13.17	40.30	350m: 4:34.44
	100m: 1:12.85 38.55	200m: 2:32.87	40.39 300m: 3:53.70	40.53	400m: 5:13.35
					40.74
					38.91
3.	GOMES, Sofia Vega	08	Naval do Funchal	5:16.26	417
	50m: 34.31 34.31	150m: 1:53.50	39.90 250m: 3:15.89	40.96	350m: 4:37.44
	100m: 1:13.60 39.29	200m: 2:34.93	41.43 300m: 3:57.85	41.96	400m: 5:16.26
					39.59
					38.82
4.	CARICHAS, Joana Medeiros	06	Juventude Atlantico	5:22.26	395
	50m: 34.51 34.51	150m: 1:56.60	42.82 250m: 3:21.08	41.77	350m: 4:44.35
	100m: 1:13.78 39.27	200m: 2:39.31	42.71 300m: 4:03.78	42.70	400m: 5:22.26
					40.57
					37.91
5.	LUIS, Jessica Santos	00	Desportivo Sao Roque	5:23.05	392
	50m: 35.89 35.89	150m: 1:57.67	41.46 250m: 3:20.75	41.48	350m: 4:43.46
	100m: 1:16.21 40.32	200m: 2:39.27	41.60 300m: 4:02.30	41.55	400m: 5:23.05
					41.16
					39.59
6.	FRANCA, Ines Matos	07	Juventude Atlantico	5:28.12	374
	50m: 36.24 36.24	150m: 1:59.42	42.15 250m: 3:24.35	43.02	350m: 4:48.74
	100m: 1:17.27 41.03	200m: 2:41.33	41.91 300m: 4:06.28	41.93	400m: 5:28.12
					42.46
					39.38
7.	NOBREGA, Sara Francisca	08	Desportivo Sao Roque	5:45.97	319
	50m: 38.78 38.78	150m: 2:07.21	44.57 250m: 3:36.19	44.24	350m: 5:03.58
	100m: 1:22.64 43.86	200m: 2:51.95	44.74 300m: 4:19.95	43.76	400m: 5:45.97
					43.63
					42.39
8.	PEREIRA, Maria Clara	08	Juventude Atlantico	5:52.07	302
	50m: 39.05 39.05	150m: 2:10.29	46.36 250m: 3:42.80	46.93	350m: 5:14.10
	100m: 1:23.93 44.88	200m: 2:55.87	45.58 300m: 4:28.46	45.66	400m: 5:52.07
					45.64
					37.97
9.	SOARES, Leonor Silva	08	Desportivo Nacional	5:55.48	294
	50m: 38.61 38.61	150m: 2:07.62	45.13 250m: 3:39.70	46.24	350m: 5:11.39
	100m: 1:22.49 43.88	200m: 2:53.46	45.84 300m: 4:25.52	45.82	400m: 5:55.48
					45.87
					44.09
10.	SILVA, Gabriela Suamade	02	Desportivo Sao Roque	6:04.06	274
	50m: 40.22 40.22	150m: 2:13.11	47.19 250m: 3:47.49	47.27	350m: 5:19.91
	100m: 1:25.92 45.70	200m: 3:00.22	47.11 300m: 4:33.84	46.35	400m: 6:04.06
					46.07
					44.15
11.	CARDOSO, Isabel Maria	05	Club Sport Maritimo	6:15.56	249
	50m: 42.66 42.66	150m: 2:17.47	46.84 250m: 3:53.38	47.80	350m: 5:30.00
	100m: 1:30.63 47.97	200m: 3:05.58	48.11 300m: 4:42.10	48.72	400m: 6:15.56
					47.90
					45.56

Event 29, Women, 400m Freestyle, Absolutos, 14 anos e mais velhas

Rank			YB					Time	Pts			
12.	BLANDY, Mischa Blue		04	Desportivo Nacional				6:50.10	191			
	50m:	43.86	43.86	150m:	2:26.93	52.17	250m:	4:14.08	53.63	350m:	6:00.09	52.38
	100m:	1:34.76	50.90	200m:	3:20.45	53.52	300m:	5:07.71	53.63	400m:	6:50.10	50.01
13.	NOBREGA, Maria Trindade		05	Desportivo Nacional				6:52.56	188			
	50m:	44.44	44.44	150m:	2:28.06	52.94	250m:	4:17.20	54.68	350m:	6:02.67	51.51
	100m:	1:35.12	50.68	200m:	3:22.52	54.46	300m:	5:11.16	53.96	400m:	6:52.56	49.89
14.	JESUS, Veronica Martins		06	Desportivo Sao Roque				6:56.41	183			
	50m:	43.24	43.24	150m:	2:24.61	51.39	250m:	4:12.71	54.44	350m:	6:05.35	56.45
	100m:	1:33.22	49.98	200m:	3:18.27	53.66	300m:	5:08.90	56.19	400m:	6:56.41	51.06
EXH	POGORELOVA, Diana		02	Selecao da Ucrania				5:21.82	396			
	50m:	36.02	36.02	150m:	1:57.07	40.87	250m:	3:21.19	42.44	350m:	4:44.16	40.93
	100m:	1:16.20	40.18	200m:	2:38.75	41.68	300m:	4:03.23	42.04	400m:	5:21.82	37.66