

Prova 3 Femin., 400m Livres Absoluto
10/06/2022 - 16:11 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 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 (12 and 13 years)

1. SA, Vanessa Fernandes	09	Naval do Funchal	5:28.82	360
<i>Vencedor do Escalão [Infantil A e B], TAC Infantis Famalicão, 22 a 24 Julho</i>				
50m: 37.14	37.14	150m: 250m:	350m:	
100m: 1:19.10	41.96	200m: 300m:	400m: 5:28.82	
2. REIS, Luana Filipe	10	Natacao de Alcobaca	6:11.43	249
50m: 42.29	42.29	150m: 250m:	350m:	
100m: 1:28.87	46.58	200m: 3:02.84	300m: 400m: 6:11.43	
3. OLIVEIRA, Mariana Sousa	10	Natacao de Alcobaca	6:24.59	225
50m: 42.21	42.21	150m: 250m:	350m:	
100m: 1:30.28	48.07	200m: 3:08.47	300m: 400m: 6:24.59	

Juvenis (14 and 15 years)

1. CAMARA, Ines Cruz	07	CD Nacional	4:51.60	516
<i>Vencedor do Escalão [Juvenil A e B]</i>				
50m: 33.29	33.29	150m: 250m:	350m:	
100m: 1:09.42	36.13	200m: 2:22.55	300m: 400m: 4:51.60	
2. GONCALVES, Valentina Jose	07	CD Nacional	5:02.70	461
50m: 34.10	34.10	150m: 250m:	350m:	
100m: 1:10.90	36.80	200m: 2:28.09	300m: 400m: 5:02.70	
3. ALVES, Juliana Rodrigues	08	CD Nacional	5:04.77	452
50m: 34.51	34.51	150m: 250m:	350m:	
100m: 1:11.99	37.48	200m: 2:29.46	300m: 400m: 5:04.77	
4. ANDRADE, Matilde Sousa	08	Naval do Funchal	5:05.60	448
50m: 33.87	33.87	150m: 250m:	350m:	
100m: 1:11.39	37.52	200m: 2:28.56	300m: 400m: 5:05.60	
5. LUIS, Matilde Andre	08	Natacao de Alcobaca	5:08.15	437
50m: 35.00	35.00	150m: 250m:	350m:	
100m: 1:13.19	38.19	200m: 2:32.30	300m: 400m: 5:08.15	
6. NOBREGA, Sara Francisca	08	CD Sao Roque	5:32.78	347
50m: 37.47	37.47	150m: 250m:	350m:	
100m: 1:18.68	41.21	200m: 2:43.55	300m: 400m: 5:32.78	
7. SOARES, Leonor Silva	08	CD Nacional	5:41.49	321
50m: 37.66	37.66	150m: 250m:	350m:	
100m: 1:19.34	41.68	200m: 2:45.87	300m: 400m: 5:41.49	
8. MARQUES, Bruna Francisca	08	CD Sao Roque	5:46.41	307
50m: 38.62	38.62	150m: 250m:	350m:	
100m: 1:20.34	41.72	200m: 2:48.56	300m: 400m: 5:46.41	
9. MELIM, Ana Luisa	08	Juventude AC	5:56.21	283
50m: 40.87	40.87	150m: 250m:	350m:	
100m: 1:24.79	43.92	200m: 300m:	400m: 5:56.21	

Prova 3, Femin., 400m Livres

Absolutos (16+ years)

1.	SILVA, Ana Francisca	06	Natacao de Alcobaca	4:42.25	569
	<i>Vencedor do Escalão [Júnior e Sénior]</i>				
	50m: 32.84	32.84	150m:	250m:	350m:
	100m: 1:08.64	35.80	200m: 2:20.54	300m:	400m: 4:42.25
2.	SILVA, Silvana Suamade	06	CD Sao Roque	4:52.76	510
	50m: 33.18	33.18	150m:	250m:	350m:
	100m: 1:09.68	36.50	200m:	300m:	400m: 4:52.76