

Prova 15 Femin., 400m Livres Absoluto
13/11/2021 - 9:20 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 - 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 Zonais Inf B: 6:03.32; Inf A: 5:41.89; Juv B: 5:05.93; Juv A: 4:57.35 / 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	
Infantil B - 12 anos											
1.	TEIXEIRA, Maria Leonor	10	Naval do Funchal							6:10.92	250
	50m: 39.85 39.85	150m: 2:13.44	46.18	250m: 3:48.49	47.76	350m: 5:26.33	50.32				
	100m: 1:27.26 47.41	200m: 3:00.73	47.29	300m: 4:36.01	47.52	400m: 6:10.92	44.59				
2.	RIBEIRO, Guida Drumond	10	Naval do Funchal							6:24.11	225
	50m: 41.87 41.87	150m: 2:19.84	49.46	250m: 3:58.79	50.01	350m: 5:40.55	50.34				
	100m: 1:30.38 48.51	200m: 3:08.78	48.94	300m: 4:50.21	51.42	400m: 6:24.11	43.56				
3.	LEITAO, Isabel Gouveia	10	Naval do Funchal							6:34.60	208
	50m: 43.85 43.85	150m: 2:23.26	50.86	250m: 4:04.06	50.25	350m: 5:45.80	50.69				
	100m: 1:32.40 48.55	200m: 3:13.81	50.55	300m: 4:55.11	51.05	400m: 6:34.60	48.80				
4.	BRITO, Madalena Pinto	10	Naval do Funchal							6:45.75	191
	50m: 44.45 44.45	150m: 2:26.42	51.53	250m: 4:11.18	52.21	350m: 5:58.08	53.55				
	100m: 1:34.89 50.44	200m: 3:18.97	52.55	300m: 5:04.53	53.35	400m: 6:45.75	47.67				
5.	MEDEIROS, Constanca Sousa	10	Naval do Funchal							7:49.04	124
	50m: 51.66 51.66	150m: 2:50.34	59.51	250m: 4:50.16	1:00.27	350m: 6:47.28	57.82				
	100m: 1:50.83 59.17	200m: 3:49.89	59.55	300m: 5:49.46	59.30	400m: 7:49.04	1:01.76				

Infantil A - 13 anos

1.	MARGARIDO, Paula Aguiar	09	Juventude AC							5:33.90	343
	<i>Mínimos Zonal - A definir local (25/03 a 27/03)</i>										
	50m: 36.33 36.33	150m: 1:59.65	42.18	250m: 3:25.53	43.03	350m: 4:52.61	43.65				
	100m: 1:17.47 41.14	200m: 2:42.50	42.85	300m: 4:08.96	43.43	400m: 5:33.90	41.29				
2.	MELIM, Sara Beatriz	09	CD Nacional							5:48.69	301
	50m: 39.07 39.07	150m: 2:07.37	45.15	250m: 3:37.73	44.86	350m: 5:07.08	44.39				
	100m: 1:22.22 43.15	200m: 2:52.87	45.50	300m: 4:22.69	44.96	400m: 5:48.69	41.61				
3.	MATEUS, Eleine Vieira	09	CD Nacional							5:51.41	294
	50m: 40.04 40.04	150m: 2:10.89	45.75	250m: 3:40.76	45.09	350m: 5:09.38	44.40				
	100m: 1:25.14 45.10	200m: 2:55.67	44.78	300m: 4:24.98	44.22	400m: 5:51.41	42.03				
4.	SA, Vanessa Fernandes	09	Naval do Funchal							5:51.58	294
	50m: 39.42 39.42	150m: 2:08.84	45.44	250m: 3:40.48	46.02	350m: 5:09.81	44.37				
	100m: 1:23.40 43.98	200m: 2:54.46	45.62	300m: 4:25.44	44.96	400m: 5:51.58	41.77				
5.	FREITAS, Francisca Leonor	09	Naval do Funchal							6:02.26	269
	50m: 40.18 40.18	150m: 2:11.58	47.15	250m: 3:45.69	47.09	350m: 5:19.20	46.98				
	100m: 1:24.43 44.25	200m: 2:58.60	47.02	300m: 4:32.22	46.53	400m: 6:02.26	43.06				
6.	ROMAO, Laura Beatriz	09	Naval do Funchal							7:16.36	154
	50m: 46.99 46.99	150m: 2:38.18	57.12	250m: 4:30.02	55.44	350m: 6:22.70	56.89				
	100m: 1:41.06 54.07	200m: 3:34.58	56.40	300m: 5:25.81	55.79	400m: 7:16.36	53.66				

Prova 15, Femin., 400m Livres

Juvenil B - 14 anos

1.	PEREIRA, Maria Clara	08	Juventude AC	5:40.65	323
	50m: 37.83 37.83	150m: 2:06.06	44.94 250m: 3:35.33	44.48 350m: 5:03.70	42.99
	100m: 1:21.12 43.29	200m: 2:50.85	44.79 300m: 4:20.71	45.38 400m: 5:40.65	36.95
2.	SOARES, Leonor Silva	08	CD Nacional	5:54.79	286
	50m: 38.32 38.32	150m: 2:07.64	45.53 250m: 3:39.03	45.34 350m: 5:10.48	45.64
	100m: 1:22.11 43.79	200m: 2:53.69	46.05 300m: 4:24.84	45.81 400m: 5:54.79	44.31
3.	NOBREGA, Sara Francisca	08	CD Sao Roque	6:00.93	272
	50m: 40.78 40.78	150m: 2:12.02	46.16 250m: 3:46.54	47.24 350m: 5:18.90	45.80
	100m: 1:25.86 45.08	200m: 2:59.30	47.28 300m: 4:33.10	46.56 400m: 6:00.93	42.03

Juvenil A - 15 anos

1.	GONCALVES, Valentina Jose	07	CD Nacional	5:02.39	462
	50m: 32.50 32.50	150m: 1:47.19	38.16 250m: 3:04.54	38.49 350m: 4:23.94	40.04
	100m: 1:09.03 36.53	200m: 2:26.05	38.86 300m: 3:43.90	39.36 400m: 5:02.39	38.45
2.	FRANCA, Ines Matos	07	Juventude AC	5:22.06	383
	50m: 35.30 35.30	150m: 1:55.57	40.58 250m: 3:18.12	41.38 350m: 4:41.85	42.15
	100m: 1:14.99 39.69	200m: 2:36.74	41.17 300m: 3:59.70	41.58 400m: 5:22.06	40.21

Juniores - 16, 17 anos

1.	ARAUJO, Maria Clara	05	Naval do Funchal	4:55.74	494
	50m: 31.93 31.93	150m: 1:43.69	36.57 250m: 3:00.96	39.11 350m: 4:18.77	39.00
	100m: 1:07.12 35.19	200m: 2:21.85	38.16 300m: 3:39.77	38.81 400m: 4:55.74	36.97
2.	FERRO, Maria Leonor	06	Naval do Funchal	4:56.81	489
	50m: 33.19 33.19	150m: 1:49.29	38.67 250m: 3:05.73	38.14 350m: 4:21.26	37.54
	100m: 1:10.62 37.43	200m: 2:27.59	38.30 300m: 3:43.72	37.99 400m: 4:56.81	35.55
3.	SILVA, Silvana Suamade	06	CD Sao Roque	5:04.35	454
	50m: 33.46 33.46	150m: 1:49.96	38.90 250m: 3:08.01	39.02 350m: 4:26.26	38.99
	100m: 1:11.06 37.60	200m: 2:28.99	39.03 300m: 3:47.27	39.26 400m: 5:04.35	38.09
4.	FREITAS, Beatriz Rodrigues	06	Naval do Funchal	5:11.35	424
	50m: 34.07 34.07	150m: 1:51.75	39.40 250m: 3:12.15	40.26 350m: 4:32.61	39.99
	100m: 1:12.35 38.28	200m: 2:31.89	40.14 300m: 3:52.62	40.47 400m: 5:11.35	38.74
5.	FREITAS, Margarida Ramos	06	CD Nacional	5:13.78	414
	50m: 34.42 34.42	150m: 1:52.60	39.85 250m: 3:13.34	40.25 350m: 4:34.68	40.78
	100m: 1:12.75 38.33	200m: 2:33.09	40.49 300m: 3:53.90	40.56 400m: 5:13.78	39.10
6.	PEREIRA, Joana Marques	06	Juventude AC	5:18.67	395
	50m: 34.15 34.15	150m: 1:54.00	40.77 250m: 3:17.40	41.72 350m: 4:40.30	41.02
	100m: 1:13.23 39.08	200m: 2:35.68	41.68 300m: 3:59.28	41.88 400m: 5:18.67	38.37

Seniores - 18 e mais velhos

1.	SOUSA, Joana Francisca	04	Naval do Funchal	4:46.98	541
	50m: 31.69 31.69	150m: 1:42.48	35.96 250m: 2:56.15	36.99 350m: 4:10.29	36.91
	100m: 1:06.52 34.83	200m: 2:19.16	36.68 300m: 3:33.38	37.23 400m: 4:46.98	36.69
2.	MARGARIDO, Ines Tomas	96	Naval do Funchal	5:06.24	445
	50m: 32.58 32.58	150m: 1:47.45	38.15 250m: 3:06.26	39.61 350m: 4:26.53	39.82
	100m: 1:09.30 36.72	200m: 2:26.65	39.20 300m: 3:46.71	40.45 400m: 5:06.24	39.71
3.	LUIS, Jessica Santos	00	CD Sao Roque	5:10.08	429
	50m: 35.25 35.25	150m: 1:53.79	39.77 250m: 3:12.76	39.55 350m: 4:31.63	39.23
	100m: 1:14.02 38.77	200m: 2:33.21	39.42 300m: 3:52.40	39.64 400m: 5:10.08	38.45