

Prova 13 Femin., 400m Livres
02/07/2022 - 9:15 Categorias (Inf. Juv. Jun. e Sen.) Absoluto
Resultados

Recorde Regional Absoluto	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	Famalicão	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 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

Pontos: FINA 2021

Lugar	Ano	Tempo final	Pts
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Infantis B, 12 anos

1. BRITO, Madalena Pinto	10	Naval do Funchal	5:56.09	292
<i>TAC Infantis 22 a 24 Julho 2022</i>				
50m: 37.48 37.48	150m: 2:06.33 45.23	250m: 3:37.35 45.38	350m: 5:10.86 46.54	
100m: 1:21.10 43.62	200m: 2:51.97 45.64	300m: 4:24.32 46.97	400m: 5:56.09 45.23	
2. ROSA, Clara Sofia	10	Desportivo Nacional	6:15.58	249
50m: 40.07 40.07	150m: 2:14.47 47.40	250m: 3:50.75 48.83	350m: 5:29.05 49.55	
100m: 1:27.07 47.00	200m: 3:01.92 47.45	300m: 4:39.50 48.75	400m: 6:15.58 46.53	

Infantis A, 13 anos

1. FREITAS, Francisca Leonor	09	Naval do Funchal	6:03.37	275
50m: 39.97 39.97	150m: 2:11.54 46.35	250m: 3:44.46 46.83	350m: 5:18.05 46.22	
100m: 1:25.19 45.22	200m: 2:57.63 46.09	300m: 4:31.83 47.37	400m: 6:03.37 45.32	

Juvenis B, 14 anos

1. ANDRADE, Matilde Sousa	08	Naval do Funchal	5:24.39	387
50m: 35.04 35.04	150m: 1:56.06 41.17	250m: 3:19.68 41.42	350m: 4:43.26 41.29	
100m: 1:14.89 39.85	200m: 2:38.26 42.20	300m: 4:01.97 42.29	400m: 5:24.39 41.13	
2. ALVES, Juliana Rodrigues	08	Desportivo Nacional	5:29.39	369
50m: 35.68 35.68	150m: 1:57.85 41.92	250m: 3:22.15 42.44	350m: 4:47.02 42.31	
100m: 1:15.93 40.25	200m: 2:39.71 41.86	300m: 4:04.71 42.56	400m: 5:29.39 42.37	
3. NOBREGA, Sara Francisca	08	CD São Roque	5:37.40	344
50m: 37.17 37.17	150m: 2:01.38 42.45	250m: 3:27.35 42.97	350m: 4:54.73 43.47	
100m: 1:18.93 41.76	200m: 2:44.38 43.00	300m: 4:11.26 43.91	400m: 5:37.40 42.67	
4. MARQUES, Bruna Francisca	08	CD São Roque	5:54.65	296
50m: 38.53 38.53	150m: 2:07.39 44.91	250m: 3:38.93 46.27	350m: 5:11.76 45.87	
100m: 1:22.48 43.95	200m: 2:52.66 45.27	300m: 4:25.89 46.96	400m: 5:54.65 42.89	
5. GOIS, Margarida Teles	08	Ludens de Machico	6:24.84	231
50m: 41.91 41.91	150m: 2:18.63 49.78	250m: 3:59.11 50.30	350m: 5:38.81 50.31	
100m: 1:28.85 46.94	200m: 3:08.81 50.18	300m: 4:48.50 49.39	400m: 6:24.84 46.03	

Juvenis A, 15 anos

1. CAMARA, Ines Cruz	07	Desportivo Nacional	4:54.72	516
50m: 33.58 33.58	150m: 1:48.13 37.34	250m: 3:03.37 37.49	350m: 4:18.31 37.04	
100m: 1:10.79 37.21	200m: 2:25.88 37.75	300m: 3:41.27 37.90	400m: 4:54.72 36.41	
2. OLIVAL, Matilde Nicolau	07	Ludens de Machico	6:42.68	202
50m: 42.92 42.92	150m: 2:21.29 51.30	250m: 4:06.10 53.54	350m: 5:52.63 54.19	
100m: 1:29.99 47.07	200m: 3:12.56 51.27	300m: 4:58.44 52.34	400m: 6:42.68 50.05	

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Juniores, 16 e 17 anos

1.	SILVA, Silvana Suamade	06	CD São Roque	4:56.95	504
	50m: 33.18 33.18	150m: 1:47.74	37.26 250m: 3:03.20	37.57	350m: 4:19.32 37.76
	100m: 1:10.48 37.30	200m: 2:25.63	37.89 300m: 3:41.56	38.36	400m: 4:56.95 37.63

Absolutos, 14 anos e mais velhas

1.	CAMARA, Ines Cruz	07	Desportivo Nacional	4:54.72	516
	50m: 33.58 33.58	150m: 1:48.13	37.34 250m: 3:03.37	37.49	350m: 4:18.31 37.04
	100m: 1:10.79 37.21	200m: 2:25.88	37.75 300m: 3:41.27	37.90	400m: 4:54.72 36.41
2.	SILVA, Silvana Suamade	06	CD São Roque	4:56.95	504
	50m: 33.18 33.18	150m: 1:47.74	37.26 250m: 3:03.20	37.57	350m: 4:19.32 37.76
	100m: 1:10.48 37.30	200m: 2:25.63	37.89 300m: 3:41.56	38.36	400m: 4:56.95 37.63
3.	LUIS, Catarina Fernandes	97	CD São Roque	5:20.93	399
	50m: 34.92 34.92	150m: 1:54.99	40.96 250m: 3:18.26	41.65	350m: 4:41.44 40.90
	100m: 1:14.03 39.11	200m: 2:36.61	41.62 300m: 4:00.54	42.28	400m: 5:20.93 39.49
4.	ANDRADE, Matilde Sousa	08	Naval do Funchal	5:24.39	387
	50m: 35.04 35.04	150m: 1:56.06	41.17 250m: 3:19.68	41.42	350m: 4:43.26 41.29
	100m: 1:14.89 39.85	200m: 2:38.26	42.20 300m: 4:01.97	42.29	400m: 5:24.39 41.13
5.	ALVES, Juliana Rodrigues	08	Desportivo Nacional	5:29.39	369
	50m: 35.68 35.68	150m: 1:57.85	41.92 250m: 3:22.15	42.44	350m: 4:47.02 42.31
	100m: 1:15.93 40.25	200m: 2:39.71	41.86 300m: 4:04.71	42.56	400m: 5:29.39 42.37
6.	NOBREGA, Sara Francisca	08	CD São Roque	5:37.40	344
	50m: 37.17 37.17	150m: 2:01.38	42.45 250m: 3:27.35	42.97	350m: 4:54.73 43.47
	100m: 1:18.93 41.76	200m: 2:44.38	43.00 300m: 4:11.26	43.91	400m: 5:37.40 42.67
7.	MARQUES, Bruna Francisca	08	CD São Roque	5:54.65	296
	50m: 38.53 38.53	150m: 2:07.39	44.91 250m: 3:38.93	46.27	350m: 5:11.76 45.87
	100m: 1:22.48 43.95	200m: 2:52.66	45.27 300m: 4:25.89	46.96	400m: 5:54.65 42.89
8.	GOIS, Margarida Teles	08	Ludens de Machico	6:24.84	231
	50m: 41.91 41.91	150m: 2:18.63	49.78 250m: 3:59.11	50.30	350m: 5:38.81 50.31
	100m: 1:28.85 46.94	200m: 3:08.81	50.18 300m: 4:48.50	49.39	400m: 6:24.84 46.03
9.	OLIVAL, Matilde Nicolau	07	Ludens de Machico	6:42.68	202
	50m: 42.92 42.92	150m: 2:21.29	51.30 250m: 4:06.10	53.54	350m: 5:52.63 54.19
	100m: 1:29.99 47.07	200m: 3:12.56	51.27 300m: 4:58.44	52.34	400m: 6:42.68 50.05
EXH	CARDOSO, Raquel Campos <i>TAC Infantis 22 a 24 Julho 2022</i>	09	Seleção dos Açores	5:09.24	447
	50m: 35.11 35.11	150m: 1:53.10	39.12 250m: 3:11.76	39.04	350m: 4:31.02 39.33
	100m: 1:13.98 38.87	200m: 2:32.72	39.62 300m: 3:51.69	39.93	400m: 5:09.24 38.22
EXH	NETO, Maria Ines <i>TAC Infantis 22 a 24 Julho 2022</i>	09	Seleção dos Açores	5:25.22	384
	50m: 35.93 35.93	150m: 1:58.66	41.92 250m: 3:22.64	41.63	350m: 4:45.59 41.07
	100m: 1:16.74 40.81	200m: 2:41.01	42.35 300m: 4:04.52	41.88	400m: 5:25.22 39.63
EXH	BOTELHO, Maria Correia	08	Bombeiros de Ponta Delgada	5:29.66	369
	50m: 36.53 36.53	150m: 2:00.61	42.54 250m: 3:25.03	42.02	350m: 4:49.98 41.80
	100m: 1:18.07 41.54	200m: 2:43.01	42.40 300m: 4:08.18	43.15	400m: 5:29.66 39.68
EXH	SILVEIRA, Sofia Pereira	05	Bombeiros de Ponta Delgada	5:40.71	334
	50m: 37.41 37.41	150m: 2:02.46	43.06 250m: 3:30.16	44.02	350m: 4:57.32 43.51
	100m: 1:19.40 41.99	200m: 2:46.14	43.68 300m: 4:13.81	43.65	400m: 5:40.71 43.39
EXH	CABRAL, Laura Vieira	09	Seleção dos Açores	5:49.85	308
	50m: 37.81 37.81	150m: 2:06.75	45.02 250m: 3:37.21	45.45	350m: 5:07.91 45.23
	100m: 1:21.73 43.92	200m: 2:51.76	45.01 300m: 4:22.68	45.47	400m: 5:49.85 41.94

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Lugar			Ano					Tempo final	Pts			
EXH	ROSA, Isabel Silva		10	Seleção dos Açores				5:50.53	306			
	<i>TAC Infantis 22 a 24 Julho 2022</i>											
	50m:	39.87	39.87	150m:	2:07.54	44.13	250m:	3:35.93	44.28	350m:	5:06.85	45.90
	100m:	1:23.41	43.54	200m:	2:51.65	44.11	300m:	4:20.95	45.02	400m:	5:50.53	43.68
EXH	SOUSA, Clara Tonel		09	Seleção dos Açores				5:55.90	293			
	50m:	39.82	39.82	150m:	2:09.83	45.37	250m:	3:41.38	46.26	350m:	5:12.82	45.11
	100m:	1:24.46	44.64	200m:	2:55.12	45.29	300m:	4:27.71	46.33	400m:	5:55.90	43.08
EXH	VIEIRA, Maria Brum		09	Seleção dos Açores				6:02.16	278			
	50m:	40.03	40.03	150m:	2:10.82	45.80	250m:	3:44.35	46.24	350m:	5:17.85	45.88
	100m:	1:25.02	44.99	200m:	2:58.11	47.29	300m:	4:31.97	47.62	400m:	6:02.16	44.31