

Prova 4	Femin., 400m Estilos				Absolutos
01/07/2022 - 9:42	Absoluto (Juvenis, Juniores e Seniores)				Resultados
Recorde Regional Absoluto	5:07.00	QUINTAL, Fabiana Maria	CDN	Coimbra	31/05/2009
Recorde Regional Sen	5:07.00	QUINTAL, Fabiana Maria	CDN	Coimbra	31/05/2009
Recorde Regional Jun17	5:30.47	ROSA, Beatriz Jong	CDWT	Funchal	18/03/2017
Recorde Regional Jun16	5:25.48	CERDAS, Sara Rodrigues	CNF	Funchal	07/07/2005
Recorde Regional Juv A	5:28.09	FERREIRA, Maria Leonor	CDN	Coimbra	06/04/2019
Recorde Regional Juv B	5:24.54	SOUSA, Susana Margarida	CFU	Olivais	08/08/1991

TAC Nacional Juv B: 5:48.18; Juv A: 5:40.83; Jun16: 5:29.02; Jun17: 5:27.38; Sen18: 5:18.16; 19 +: 5:16.57

Pontos: FINA 2021

Lugar	Ano		Tempo final				Pts
<b>Juvenis B, 14 anos</b>							
1.	ALVES, Juliana Rodrigues	08	Desportivo Nacional	<b>5:56.67</b>			416
	50m: 35.34 35.34	150m: 2:03.35	45.80	250m: 3:39.32	50.63	350m: 5:14.32	42.90
	100m: 1:17.55 42.21	200m: 2:48.69	45.34	300m: 4:31.42	52.10	400m: 5:56.67	42.35

<b>Juvenis A, 15 anos</b>							
1.	CAMARA, Ines Cruz	07	Desportivo Nacional	<b>5:33.50</b>			509
	<i>TAC OPEN de Portugal   27 a 30 Julho 2022</i>						
	50m: 32.64 32.64	150m: 1:57.07	45.87	250m: 3:28.56	47.60	350m: 4:55.66	39.10
	100m: 1:11.20 38.56	200m: 2:40.96	43.89	300m: 4:16.56	48.00	400m: 5:33.50	37.84

<b>Juniores, 16 e 17 anos</b>							
1.	SILVA, Silvana Suamade	06	CD São Roque	<b>5:39.36</b>			483
	50m: 34.96 34.96	150m: 2:01.43	44.84	250m: 3:33.90	48.24	350m: 5:01.43	38.68
	100m: 1:16.59 41.63	200m: 2:45.66	44.23	300m: 4:22.75	48.85	400m: 5:39.36	37.93
2.	CARICHAS, Joana Medeiros	06	Juventude Atlantico Clube	<b>6:14.19</b>			360
	50m: 40.86 40.86	150m: 2:14.12	44.73	250m: 3:54.37	55.83	350m: 5:33.45	42.71
	100m: 1:29.39 48.53	200m: 2:58.54	44.42	300m: 4:50.74	56.37	400m: 6:14.19	40.74

<b>Absolutos, 14 anos e mais velhas</b>							
1.	CAMARA, Ines Cruz	07	Desportivo Nacional	<b>5:33.50</b>			509
	<i>TAC OPEN de Portugal   27 a 30 Julho 2022</i>						
	50m: 32.64 32.64	150m: 1:57.07	45.87	250m: 3:28.56	47.60	350m: 4:55.66	39.10
	100m: 1:11.20 38.56	200m: 2:40.96	43.89	300m: 4:16.56	48.00	400m: 5:33.50	37.84
2.	SILVA, Silvana Suamade	06	CD São Roque	<b>5:39.36</b>			483
	50m: 34.96 34.96	150m: 2:01.43	44.84	250m: 3:33.90	48.24	350m: 5:01.43	38.68
	100m: 1:16.59 41.63	200m: 2:45.66	44.23	300m: 4:22.75	48.85	400m: 5:39.36	37.93
3.	ALVES, Juliana Rodrigues	08	Desportivo Nacional	<b>5:56.67</b>			416
	50m: 35.34 35.34	150m: 2:03.35	45.80	250m: 3:39.32	50.63	350m: 5:14.32	42.90
	100m: 1:17.55 42.21	200m: 2:48.69	45.34	300m: 4:31.42	52.10	400m: 5:56.67	42.35
4.	CARICHAS, Joana Medeiros	06	Juventude Atlantico Clube	<b>6:14.19</b>			360
	50m: 40.86 40.86	150m: 2:14.12	44.73	250m: 3:54.37	55.83	350m: 5:33.45	42.71
	100m: 1:29.39 48.53	200m: 2:58.54	44.42	300m: 4:50.74	56.37	400m: 6:14.19	40.74
EXH	TIAGO, Andreia Borges	08	Bombeiros de Ponta Delgada	<b>6:30.91</b>			316
	50m: 38.64 38.64	150m: 2:20.35	53.70	250m: 4:07.79	57.42	350m: 5:48.53	42.98
	100m: 1:26.65 48.01	200m: 3:10.37	50.02	300m: 5:05.55	57.76	400m: 6:30.91	42.38