

Prova 15 Femin., 400m Livres Absoluto
18/12/2021 - 16:30 Resultados

Recordes Regionais Absoluto	4:31.74	ANDRADE, Rubina Amaro	CDN	Braga	05/03/1994
Recordes Regionais Sen	4:35.08	MELIM, Claudia Ramos	CDN	Funchal	06/07/2002
Recordes Regionais Jun17	4:32.13	ANDRADE, Rubina Amaro	CDN	Felgueiras	13/07/1996
Recordes Regionais Jun16	4:31.80	ANDRADE, Rubina Amaro	CDN	Funchal	14/07/1995
Recordes Regionais Juv A	4:31.74	ANDRADE, Rubina Amaro	CDN	Braga	05/03/1994
Recordes Regionais Juv B	4:35.00	ANDRADE, Rubina Amaro	CDN	Funchal	29/05/1993
Recordes Regionais Inf A	4:37.30	ANDRADE, Rubina Amaro	CDN	Funchal	17/07/1992
Recordes Regionais Inf B	4:56.70	ANDRADE, Rubina Amaro	CDN	Funchal	04/05/1991

TAC Zonais Inf B: 6:03.32; Inf A: 5:41.89 / 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 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.	ALVES, Ana Carolina		10	Desportivo Nacional						6:11.87	248	
	50m:	41.76	41.76	150m:	2:15.52	47.23	250m:	3:51.16	47.85	350m:	5:26.82	46.92
	100m:	1:28.29	46.53	200m:	3:03.31	47.79	300m:	4:39.90	48.74	400m:	6:11.87	45.05
2.	ROSA, Clara Sofia		10	Desportivo Nacional						6:35.12	207	
	50m:	44.35	44.35	150m:	2:22.71	49.78	250m:	4:03.38	50.27	350m:	5:46.28	51.09
	100m:	1:32.93	48.58	200m:	3:13.11	50.40	300m:	4:55.19	51.81	400m:	6:35.12	48.84
3.	NOBREGA, Madalena Chulata		10	Desportiva de Machico						7:31.29	139	
	50m:	48.30	48.30	150m:	2:41.11	58.44	250m:	4:36.01	57.28	350m:	6:36.72	1:02.06
	100m:	1:42.67	54.37	200m:	3:38.73	57.62	300m:	5:34.66	58.65	400m:	7:31.29	54.57

Infantil A - 13 anos

1.	MATEUS, Eleine Vieira		09	Desportivo Nacional						5:37.65	332	
	<i>Minimos Zonais (Março) - A definir (local)</i>											
	50m:	38.99	38.99	150m:	2:06.22	44.19	250m:	3:32.75	42.99	350m:	4:58.84	42.88
	100m:	1:22.03	43.04	200m:	2:49.76	43.54	300m:	4:15.96	43.21	400m:	5:37.65	38.81
2.	SA, Vanessa Fernandes		09	Naval do Funchal						5:42.58	318	
	50m:	37.85	37.85	150m:	2:05.40	44.15	250m:	3:32.93	43.24	350m:	5:01.62	44.93
	100m:	1:21.25	43.40	200m:	2:49.69	44.29	300m:	4:16.69	43.76	400m:	5:42.58	40.96
3.	SILVA, Maria Korina		09	Desportivo Nacional						6:03.52	266	
	50m:	41.06	41.06	150m:	2:12.76	45.73	250m:	3:46.20	47.57	350m:	5:19.82	47.30
	100m:	1:27.03	45.97	200m:	2:58.63	45.87	300m:	4:32.52	46.32	400m:	6:03.52	43.70
4.	TEMTEM, Madalena Barbosa		09	Desportivo Nacional						6:12.03	248	
	50m:	42.39	42.39	150m:	2:18.27	48.20	250m:	3:54.08	47.68	350m:	5:27.77	46.19
	100m:	1:30.07	47.68	200m:	3:06.40	48.13	300m:	4:41.58	47.50	400m:	6:12.03	44.26
5.	SANTOS, Alexandra Mendes		09	Desportiva de Machico						6:51.91	183	
	50m:	44.34	44.34	150m:	2:26.48	52.98	250m:	4:13.21	53.52	350m:	6:00.95	54.41
	100m:	1:33.50	49.16	200m:	3:19.69	53.21	300m:	5:06.54	53.33	400m:	6:51.91	50.96
6.	FREITAS, Filipa Carolina		09	Desportiva de Machico						7:05.05	166	
	50m:	42.52	42.52	150m:	2:29.49	56.82	250m:	4:19.77	54.85	350m:	6:09.72	55.50
	100m:	1:32.67	50.15	200m:	3:24.92	55.43	300m:	5:14.22	54.45	400m:	7:05.05	55.33
7.	CARVALHO, Beatriz Xavier		09	Desportiva de Machico						7:08.99	162	
	50m:	40.75	40.75	150m:	2:25.84	53.85	250m:	4:18.29	56.77	350m:	6:13.51	57.00
	100m:	1:31.99	51.24	200m:	3:21.52	55.68	300m:	5:16.51	58.22	400m:	7:08.99	55.48

Juvenil B - 14 anos

1.	NOBREGA, Sara Francisca		08	Desportivo Sao Roque						5:47.24	305	
	50m:	39.23	39.23	150m:	2:08.52	45.50	250m:	3:38.12	44.89	350m:	5:06.94	44.49
	100m:	1:23.02	43.79	200m:	2:53.23	44.71	300m:	4:22.45	44.33	400m:	5:47.24	40.30

Prova 15, Femin., 400m Livres

Juniores - 16, 17 anos

1. VIEIRA, Sara Patricia	05	Maritimo	6:03.89	265	
50m: 41.11 41.11	150m: 2:13.65	46.66 250m: 3:47.11	46.87	350m: 5:20.41	46.62
100m: 1:26.99 45.88	200m: 3:00.24	46.59 300m: 4:33.79	46.68	400m: 6:03.89	43.48
2. JESUS, Veronica Martins	06	Desportivo Sao Roque	7:20.41	149	
50m: 45.18 45.18	150m: 2:35.28	55.91 250m: 4:28.03	56.82	350m: 6:24.81	57.95
100m: 1:39.37 54.19	200m: 3:31.21	55.93 300m: 5:26.86	58.83	400m: 7:20.41	55.60

Seniores - 18 e mais velhos

1. LUIS, Jessica Santos	00	Desportivo Sao Roque	5:06.33	445	
50m: 34.62 34.62	150m: 1:52.90	39.51 250m: 3:11.40	39.27	350m: 4:29.05	38.74
100m: 1:13.39 38.77	200m: 2:32.13	39.23 300m: 3:50.31	38.91	400m: 5:06.33	37.28
2. SILVA, Gabriela Suamade	02	Desportivo Sao Roque	5:56.61	282	
50m: 39.87 39.87	150m: 2:09.10	45.04 250m: 3:39.90	45.40	350m: 5:11.35	45.96
100m: 1:24.06 44.19	200m: 2:54.50	45.40 300m: 4:25.39	45.49	400m: 5:56.61	45.26

Absoluto - 12 e mais velhos

1. LUIS, Jessica Santos	00	Desportivo Sao Roque	5:06.33	445	
50m: 34.62 34.62	150m: 1:52.90	39.51 250m: 3:11.40	39.27	350m: 4:29.05	38.74
100m: 1:13.39 38.77	200m: 2:32.13	39.23 300m: 3:50.31	38.91	400m: 5:06.33	37.28
2. MATEUS, Eleine Vieira	09	Desportivo Nacional	5:37.65	332	
<i>Minimos Zonais (Março) - A definir (local)</i>					
50m: 38.99 38.99	150m: 2:06.22	44.19 250m: 3:32.75	42.99	350m: 4:58.84	42.88
100m: 1:22.03 43.04	200m: 2:49.76	43.54 300m: 4:15.96	43.21	400m: 5:37.65	38.81
3. SA, Vanessa Fernandes	09	Naval do Funchal	5:42.58	318	
50m: 37.85 37.85	150m: 2:05.40	44.15 250m: 3:32.93	43.24	350m: 5:01.62	44.93
100m: 1:21.25 43.40	200m: 2:49.69	44.29 300m: 4:16.69	43.76	400m: 5:42.58	40.96
4. NOBREGA, Sara Francisca	08	Desportivo Sao Roque	5:47.24	305	
50m: 39.23 39.23	150m: 2:08.52	45.50 250m: 3:38.12	44.89	350m: 5:06.94	44.49
100m: 1:23.02 43.79	200m: 2:53.23	44.71 300m: 4:22.45	44.33	400m: 5:47.24	40.30
5. SILVA, Gabriela Suamade	02	Desportivo Sao Roque	5:56.61	282	
50m: 39.87 39.87	150m: 2:09.10	45.04 250m: 3:39.90	45.40	350m: 5:11.35	45.96
100m: 1:24.06 44.19	200m: 2:54.50	45.40 300m: 4:25.39	45.49	400m: 5:56.61	45.26
6. SILVA, Maria Korina	09	Desportivo Nacional	6:03.52	266	
50m: 41.06 41.06	150m: 2:12.76	45.73 250m: 3:46.20	47.57	350m: 5:19.82	47.30
100m: 1:27.03 45.97	200m: 2:58.63	45.87 300m: 4:32.52	46.32	400m: 6:03.52	43.70
7. VIEIRA, Sara Patricia	05	Maritimo	6:03.89	265	
50m: 41.11 41.11	150m: 2:13.65	46.66 250m: 3:47.11	46.87	350m: 5:20.41	46.62
100m: 1:26.99 45.88	200m: 3:00.24	46.59 300m: 4:33.79	46.68	400m: 6:03.89	43.48
8. ALVES, Ana Carolina	10	Desportivo Nacional	6:11.87	248	
50m: 41.76 41.76	150m: 2:15.52	47.23 250m: 3:51.16	47.85	350m: 5:26.82	46.92
100m: 1:28.29 46.53	200m: 3:03.31	47.79 300m: 4:39.90	48.74	400m: 6:11.87	45.05
9. TEMTEM, Madalena Barbosa	09	Desportivo Nacional	6:12.03	248	
50m: 42.39 42.39	150m: 2:18.27	48.20 250m: 3:54.08	47.68	350m: 5:27.77	46.19
100m: 1:30.07 47.68	200m: 3:06.40	48.13 300m: 4:41.58	47.50	400m: 6:12.03	44.26
10. ROSA, Clara Sofia	10	Desportivo Nacional	6:35.12	207	
50m: 44.35 44.35	150m: 2:22.71	49.78 250m: 4:03.38	50.27	350m: 5:46.28	51.09
100m: 1:32.93 48.58	200m: 3:13.11	50.40 300m: 4:55.19	51.81	400m: 6:35.12	48.84
11. SANTOS, Alexandra Mendes	09	Desportiva de Machico	6:51.91	183	
50m: 44.34 44.34	150m: 2:26.48	52.98 250m: 4:13.21	53.52	350m: 6:00.95	54.41
100m: 1:33.50 49.16	200m: 3:19.69	53.21 300m: 5:06.54	53.33	400m: 6:51.91	50.96

Prova 15, Femin., 400m Livres, Absoluto - 12 e mais velhos

Lugar			Ano					Tempo final	Pts			
12.	FREITAS, Filipa Carolina		09	Desportiva de Machico				7:05.05	166			
	50m:	42.52	42.52	150m:	2:29.49	56.82	250m:	4:19.77	54.85	350m:	6:09.72	55.50
	100m:	1:32.67	50.15	200m:	3:24.92	55.43	300m:	5:14.22	54.45	400m:	7:05.05	55.33
13.	CARVALHO, Beatriz Xavier		09	Desportiva de Machico				7:08.99	162			
	50m:	40.75	40.75	150m:	2:25.84	53.85	250m:	4:18.29	56.77	350m:	6:13.51	57.00
	100m:	1:31.99	51.24	200m:	3:21.52	55.68	300m:	5:16.51	58.22	400m:	7:08.99	55.48
14.	JESUS, Veronica Martins		06	Desportivo Sao Roque				7:20.41	149			
	50m:	45.18	45.18	150m:	2:35.28	55.91	250m:	4:28.03	56.82	350m:	6:24.81	57.95
	100m:	1:39.37	54.19	200m:	3:31.21	55.93	300m:	5:26.86	58.83	400m:	7:20.41	55.60
15.	NOBREGA, Madalena Chulata		10	Desportiva de Machico				7:31.29	139			
	50m:	48.30	48.30	150m:	2:41.11	58.44	250m:	4:36.01	57.28	350m:	6:36.72	1:02.06
	100m:	1:42.67	54.37	200m:	3:38.73	57.62	300m:	5:34.66	58.65	400m:	7:31.29	54.57