



Prova 15 Femin., 400m Livres Absoluto
11/03/2023 - 16:30 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

ZONAL Inf. B Fem. Inf B: 6:03.86 / ZONAL Inf. A Fem. Inf A: 5:44.61 / Infantil B Fem. Inf B: 5:48.30 /
Infantil A Fem. Inf A: 5:29.20 / Juv. B Fem. Juv B: 4:53.50 / Juv. A Fem. Juv A: 4:46.71 / J nior 1  Ano Fem. Jun16: 4:39.91 /
J nior 2  Ano Fem. Jun17: 4:38.55 / S nior 1.  Fem. Sen18: 4:33.12 / S nior 2.  Fem. 19+: 4:31.76 /
OPEN Juvenis Fem. Juv: 4:50.78 / OPEN J nior Fem. Jun: 4:38.55 / OPEN S nior Fem. Sen: 4:31.76

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
-------	-----	-------------	-----

Infantis B, 12 anos

1. SARGO, Leonor Lourenco	11	Desportivo Sao Roque	5:50.72	296							
<i>TAC Zonal - Lagos, 24 a 26 de mar�o</i>											
50m:	40.16	40.16	150m:	2:07.35	43.71	250m:	3:36.33	44.50	350m:	5:06.39	44.88
100m:	1:23.64	43.48	200m:	2:51.83	44.48	300m:	4:21.51	45.18	400m:	5:50.72	44.33
2. GONCALVES, Mafalda Beatriz	11	Desportivo Nacional	5:59.02	276							
<i>TAC Zonal - Lagos, 24 a 26 de mar�o</i>											
50m:	41.28	41.28	150m:	2:12.85	45.86	250m:	3:44.42	45.65	350m:	5:15.73	45.97
100m:	1:26.99	45.71	200m:	2:58.77	45.92	300m:	4:29.76	45.34	400m:	5:59.02	43.29
3. SILVA, Ana Matilde	11	Desportivo Nacional	6:48.09	188							
50m:	44.71	44.71	150m:	2:24.47	50.33	250m:	4:08.02	52.10	350m:	5:54.19	53.40
100m:	1:34.14	49.43	200m:	3:15.92	51.45	300m:	5:00.79	52.77	400m:	6:48.09	53.90
4. VELOSA, Ana Matilde	11	Juventude Atlantico	7:03.84	168							
50m:	46.06	46.06	150m:	2:32.38	53.25	250m:	4:21.91	54.12	350m:	6:10.84	54.39
100m:	1:39.13	53.07	200m:	3:27.79	55.41	300m:	5:16.45	54.54	400m:	7:03.84	53.00
5. FREITAS, Sara Margarida	11	Juventude Atlantico	7:11.43	159							
50m:	48.23	48.23	150m:	2:37.86	54.92	250m:	4:30.27	55.62	350m:	6:19.47	53.87
100m:	1:42.94	54.71	200m:	3:34.65	56.79	300m:	5:25.60	55.33	400m:	7:11.43	51.96

Infantis A, 13 anos

1. ROSA, Clara Sofia	10	Desportivo Nacional	5:46.18	308							
50m:	39.59	39.59	150m:	2:08.15	44.30	250m:	3:35.62	43.85	350m:	5:04.79	44.52
100m:	1:23.85	44.26	200m:	2:51.77	43.62	300m:	4:20.27	44.65	400m:	5:46.18	41.39
2. FERREIRA, Ana Pereira	10	Juventude Atlantico	6:52.48	182							
50m:	49.38	49.38	150m:	2:35.95	53.21	250m:	4:22.42	52.32	350m:	6:06.69	51.41
100m:	1:42.74	53.36	200m:	3:30.10	54.15	300m:	5:15.28	52.86	400m:	6:52.48	45.79

Juvenis B, 14 anos

1. PEREIRA, Eduarda Ribeiro	09	Naval do Funchal	4:57.96	483							
50m:	32.70	32.70	150m:	1:46.70	37.81	250m:	3:03.50	37.97	350m:	4:20.80	38.14
100m:	1:08.89	36.19	200m:	2:25.53	38.83	300m:	3:42.66	39.16	400m:	4:57.96	37.16
2. MELIM, Sara Beatriz	09	Desportivo Nacional	5:00.43	472							
50m:	35.14	35.14	150m:	1:51.37	38.31	250m:	3:08.46	38.61	350m:	4:24.27	37.87
100m:	1:13.06	37.92	200m:	2:29.85	38.48	300m:	3:46.40	37.94	400m:	5:00.43	36.16



Prova 15, Femin., 400m Livres

Juvenis A, 15 anos

1.	GOMES, Sofia Vega	08	Naval do Funchal	4:50.62	521
	<i>TAC OPEN DE PORTUGAL - Funchal, 30 a 2 de abril</i>				
	50m: 32.47 32.47	150m: 1:44.60 36.44	250m: 2:59.52 37.40	350m: 4:14.11 37.29	
	100m: 1:08.16 35.69	200m: 2:22.12 37.52	300m: 3:36.82 37.30	400m: 4:50.62 36.51	
2.	NOBREGA, Sara Francisca	08	Desportivo Sao Roque	5:26.43	367
	50m: 37.79 37.79	150m: 2:00.06 41.05	250m: 3:23.03 41.22	350m: 4:45.84 40.93	
	100m: 1:19.01 41.22	200m: 2:41.81 41.75	300m: 4:04.91 41.88	400m: 5:26.43 40.59	

Absolutos, 12 anos e mais velhas

1.	GOMES, Sofia Vega	08	Naval do Funchal	4:50.62	521
	<i>TAC OPEN DE PORTUGAL - Funchal, 30 a 2 de abril</i>				
	50m: 32.47 32.47	150m: 1:44.60 36.44	250m: 2:59.52 37.40	350m: 4:14.11 37.29	
	100m: 1:08.16 35.69	200m: 2:22.12 37.52	300m: 3:36.82 37.30	400m: 4:50.62 36.51	
2.	SILVA, Silvana Suamade	06	Desportivo Sao Roque	4:55.38	496
	50m: 32.58 32.58	150m: 1:46.69 37.99	250m: 3:02.95 38.09	350m: 4:19.69 38.28	
	100m: 1:08.70 36.12	200m: 2:24.86 38.17	300m: 3:41.41 38.46	400m: 4:55.38 35.69	
3.	PEREIRA, Eduarda Ribeiro	09	Naval do Funchal	4:57.96	483
	50m: 32.70 32.70	150m: 1:46.70 37.81	250m: 3:03.50 37.97	350m: 4:20.80 38.14	
	100m: 1:08.89 36.19	200m: 2:25.53 38.83	300m: 3:42.66 39.16	400m: 4:57.96 37.16	
4.	MELIM, Sara Beatriz	09	Desportivo Nacional	5:00.43	472
	50m: 35.14 35.14	150m: 1:51.37 38.31	250m: 3:08.46 38.61	350m: 4:24.27 37.87	
	100m: 1:13.06 37.92	200m: 2:29.85 38.48	300m: 3:46.40 37.94	400m: 5:00.43 36.16	
5.	NOBREGA, Sara Francisca	08	Desportivo Sao Roque	5:26.43	367
	50m: 37.79 37.79	150m: 2:00.06 41.05	250m: 3:23.03 41.22	350m: 4:45.84 40.93	
	100m: 1:19.01 41.22	200m: 2:41.81 41.75	300m: 4:04.91 41.88	400m: 5:26.43 40.59	
6.	ROSA, Clara Sofia	10	Desportivo Nacional	5:46.18	308
	50m: 39.59 39.59	150m: 2:08.15 44.30	250m: 3:35.62 43.85	350m: 5:04.79 44.52	
	100m: 1:23.85 44.26	200m: 2:51.77 43.62	300m: 4:20.27 44.65	400m: 5:46.18 41.39	
7.	SARGO, Leonor Lourenco	11	Desportivo Sao Roque	5:50.72	296
	<i>TAC Zonal - Lagos, 24 a 26 de março</i>				
	50m: 40.16 40.16	150m: 2:07.35 43.71	250m: 3:36.33 44.50	350m: 5:06.39 44.88	
	100m: 1:23.64 43.48	200m: 2:51.83 44.48	300m: 4:21.51 45.18	400m: 5:50.72 44.33	
8.	CARDOSO, Isabel Maria	05	Desportivo Nacional	5:56.02	283
	50m: 40.74 40.74	150m: 2:10.87 45.22	250m: 3:41.50 44.61	350m: 5:12.37 45.11	
	100m: 1:25.65 44.91	200m: 2:56.89 46.02	300m: 4:27.26 45.76	400m: 5:56.02 43.65	
9.	GONCALVES, Mafalda Beatriz	11	Desportivo Nacional	5:59.02	276
	<i>TAC Zonal - Lagos, 24 a 26 de março</i>				
	50m: 41.28 41.28	150m: 2:12.85 45.86	250m: 3:44.42 45.65	350m: 5:15.73 45.97	
	100m: 1:26.99 45.71	200m: 2:58.77 45.92	300m: 4:29.76 45.34	400m: 5:59.02 43.29	
10.	SILVA, Ana Matilde	11	Desportivo Nacional	6:48.09	188
	50m: 44.71 44.71	150m: 2:24.47 50.33	250m: 4:08.02 52.10	350m: 5:54.19 53.40	
	100m: 1:34.14 49.43	200m: 3:15.92 51.45	300m: 5:00.79 52.77	400m: 6:48.09 53.90	
11.	FERREIRA, Ana Pereira	10	Juventude Atlantico	6:52.48	182
	50m: 49.38 49.38	150m: 2:35.95 53.21	250m: 4:22.42 52.32	350m: 6:06.69 51.41	
	100m: 1:42.74 53.36	200m: 3:30.10 54.15	300m: 5:15.28 52.86	400m: 6:52.48 45.79	
12.	VELOSA, Ana Matilde	11	Juventude Atlantico	7:03.84	168
	50m: 46.06 46.06	150m: 2:32.38 53.25	250m: 4:21.91 54.12	350m: 6:10.84 54.39	
	100m: 1:39.13 53.07	200m: 3:27.79 55.41	300m: 5:16.45 54.54	400m: 7:03.84 53.00	
13.	FREITAS, Sara Margarida	11	Juventude Atlantico	7:11.43	159
	50m: 48.23 48.23	150m: 2:37.86 54.92	250m: 4:30.27 55.62	350m: 6:19.47 53.87	
	100m: 1:42.94 54.71	200m: 3:34.65 56.79	300m: 5:25.60 55.33	400m: 7:11.43 51.96	