

Prova 12 Femin., 400m Estilos Absoluto
08/10/2022 - 11:13 Resultados

Recorde Regional Absoluto	5:00.24	QUINTAL, Fabiana Maria	CDN	Funchal	19/02/2009
Recorde Regional Sen	5:00.24	QUINTAL, Fabiana Maria	CDN	Funchal	19/02/2009
Recorde Regional Jun17	5:19.30	FERREIRA, Maria Leonor	CDN	Funchal	11/07/2021
Recorde Regional Jun16	5:14.13	FERNANDES, Isabel Catarina	CNF	Funchal	17/06/2006
Recorde Regional Juv A	5:20.04	FERREIRA, Maria Leonor	CDN	Funchal	13/07/2019
Recorde Regional Juv B	5:19.42	CAMARA, Ines Cruz	CDN	Funchal	11/07/2021
Recorde Regional Inf A	5:18.10	CAIRES, Joana Costa	CNF	Sines	11/03/2011
Recorde Regional Inf B	5:36.11	FERNANDES, Catarina Isabel	CNF	Funchal	05/07/2002

ZONAL Juv. B Fem. Juv B: 5:47.14 / ZONAL Juv. A Fem. Juv A: 5:37.41 / Juvenil B Fem. Juv B: 5:37.05 / Juvenil A Fem. Juv A: 5:29.24 / Júnior 1º Ano Fem. Jun16: 5:21.44 / Júnior 2º Ano Fem. Jun17: 5:19.88 / Sénior 1.º Fem. Sen18: 5:13.64 / Sénior 2.º Fem. 19 +: 5:12.08 / OPEN Juvenis Fem. Juv: 5:29.24 / OPEN Júnior Fem. Jun: 5:19.88 / OPEN Sénior Fem. Sen: 5:12.08

Pontos: FINA 2021

Lugar Ano Tempo final Pts
Juvenil B - 14 anos

1.	GONCALVES, Vera Andrade	09	Juventude Atlantico	5:41.94	434
<i>TAC Zonal Juvenis, Guarda (dezembro)</i>					
	50m: 38.28 38.28	150m: 2:04.91 41.93	250m: 3:36.83 50.54	350m: 5:05.59 37.54	
	100m: 1:22.98 44.70	200m: 2:46.29 41.38	300m: 4:28.05 51.22	400m: 5:41.94 36.35	
2.	MATEUS, Eleine Vieira	09	Desportivo Nacional	5:45.11	422
<i>TAC Zonal Juvenis, Guarda (dezembro)</i>					
	50m: 34.95 34.95	150m: 2:02.88 46.02	250m: 3:35.49 49.83	350m: 5:05.41 39.56	
	100m: 1:16.86 41.91	200m: 2:45.66 42.78	300m: 4:25.85 50.36	400m: 5:45.11 39.70	

Juvenil A - 15 anos

1.	ALVES, Juliana Rodrigues	08	Desportivo Nacional	5:41.57	435
	50m: 34.55 34.55	150m: 1:58.33 43.94	250m: 3:33.00 50.57	350m: 5:03.61 40.37	
	100m: 1:14.39 39.84	200m: 2:42.43 44.10	300m: 4:23.24 50.24	400m: 5:41.57 37.96	

Juniores - 16, 17 anos

1.	CAMARA, Ines Cruz	07	Desportivo Nacional	5:27.08	496
	50m: 33.23 33.23	150m: 1:55.36 43.41	250m: 3:24.47 46.98	350m: 4:50.12 38.06	
	100m: 1:11.95 38.72	200m: 2:37.49 42.13	300m: 4:12.06 47.59	400m: 5:27.08 36.96	
2.	CARICHAS, Joana Medeiros	06	Juventude Atlantico	5:46.00	419
	50m: 38.02 38.02	150m: 2:04.30 41.68	250m: 3:38.20 51.73	350m: 5:09.60 40.24	
	100m: 1:22.62 44.60	200m: 2:46.47 42.17	300m: 4:29.36 51.16	400m: 5:46.00 36.40	