

Prova 23 Femin., 400m Livres Absoluto
08/10/2022 - 18:08 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: 6:00.26 / ZONAL Inf. A Fem. Inf A: 5:41.20 / ZONAL Juv. B Fem. Juv B: 5:05.93 /
ZONAL Juv. A Fem. Juv A: 4:57.35 / Infantil B Fem. Inf B: 5:48.30 / Infantil A Fem. Inf A: 5:29.20 / Juvenil B Fem. Juv B: 4:53.50 /
Juvenil A Fem. Juv A: 4:46.71 / Júnior 1º Ano Fem. Jun16: 4:39.91 / Júnior 2º Ano Fem. Jun17: 4:38.55 /
Sénior 1.º Fem. Sen18: 4:33.12 / Sénior 2.º Fem. 19 +: 4:31.76 / OPEN Juvenis Fem. Juv: 4:46.71 / OPEN Júnior Fem. Jun: 4:38.55 /
OPEN Sénior Fem. Sen: 4:31.76

Pontos: FINA 2021

Lugar	Ano	Tempo final	Pts
Infantil B - 12 anos			
1. SARGO, Leonor Lourenco	11	7:05.52	166
50m: 42.78 42.78 150m: 2:29.39 55.60 250m: 4:22.26 56.95 350m: 6:15.85 55.92			
100m: 1:33.79 51.01 200m: 3:25.31 55.92 300m: 5:19.93 57.67 400m: 7:05.52 49.67			
2. FREITAS, Sara Margarida	11	7:36.14	134
50m: 50.62 50.62 150m: 2:45.84 58.03 250m: 4:42.57 59.15 350m: 6:39.21 58.49			
100m: 1:47.81 57.19 200m: 3:43.42 57.58 300m: 5:40.72 58.15 400m: 7:36.14 56.93			
Infantil A - 13 anos			
1. JARDIM, Eva Santos	10	6:48.23	188
50m: 43.80 43.80 150m: 2:28.53 53.43 250m: 4:14.56 53.39 350m: 6:00.25 52.47			
100m: 1:35.10 51.30 200m: 3:21.17 52.64 300m: 5:07.78 53.22 400m: 6:48.23 47.98			
Juvenil B - 14 anos			
1. GONCALVES, Vera Andrade	09	4:56.96	488
<i>TAC Zonal Juvenis, Guarda (dezembro)</i>			
50m: 33.15 33.15 150m: 1:47.85 37.87 250m: 3:04.36 38.18 350m: 4:22.38 39.50			
100m: 1:09.98 36.83 200m: 2:26.18 38.33 300m: 3:42.88 38.52 400m: 4:56.96 34.58			
2. MELIM, Sara Beatriz	09	5:12.13	420
50m: 35.90 35.90 150m: 1:55.67 40.31 250m: 3:15.59 39.80 350m: 4:34.48 39.26			
100m: 1:15.36 39.46 200m: 2:35.79 40.12 300m: 3:55.22 39.63 400m: 5:12.13 37.65			
3. MARGARIDO, Paula Aguiar	09	5:20.34	389
50m: 37.58 37.58 150m: 1:59.53 40.96 250m: 3:20.17 40.29 350m: 4:41.94 41.02			
100m: 1:18.57 40.99 200m: 2:39.88 40.35 300m: 4:00.92 40.75 400m: 5:20.34 38.40			
4. TEMTEM, Madalena Barbosa	09	6:02.93	267
50m: 41.37 41.37 150m: 2:15.34 46.96 250m: 3:48.45 46.39 350m: 5:20.03 45.40			
100m: 1:28.38 47.01 200m: 3:02.06 46.72 300m: 4:34.63 46.18 400m: 6:02.93 42.90			
Juvenil A - 15 anos			
1. ALVES, Juliana Rodrigues	08	5:10.31	428
50m: 34.72 34.72 150m: 1:53.24 39.81 250m: 3:13.53 40.58 350m: 4:32.34 38.73			
100m: 1:13.43 38.71 200m: 2:32.95 39.71 300m: 3:53.61 40.08 400m: 5:10.31 37.97			
2. NOBREGA, Sara Francisca	08	5:48.69	301
50m: 39.13 39.13 150m: 2:06.92 44.00 250m: 3:35.31 44.50 350m: 5:04.57 44.23			
100m: 1:22.92 43.79 200m: 2:50.81 43.89 300m: 4:20.34 45.03 400m: 5:48.69 44.12			
3. MARQUES, Bruna Francisca	08	5:55.05	285
50m: 38.47 38.47 150m: 2:06.53 44.88 250m: 3:39.00 46.74 350m: 5:11.24 46.09			
100m: 1:21.65 43.18 200m: 2:52.26 45.73 300m: 4:25.15 46.15 400m: 5:55.05 43.81			

Prova 23, Femin., 400m Livres

Juniores - 16, 17 anos

1.	SILVA, Silvana Suamade	06	Desportivo Sao Roque					5:06.53	444			
	50m:	34.09	34.09	150m:	1:50.90	38.83	250m:	3:09.33	39.19	350m:	4:28.17	39.47
	100m:	1:12.07	37.98	200m:	2:30.14	39.24	300m:	3:48.70	39.37	400m:	5:06.53	38.36

Seniores - 18 e mais velhos

1.	LUIS, Catarina Fernandes	97	Desportivo Sao Roque					5:20.36	389			
	50m:	35.15	35.15	150m:	1:56.00	40.88	250m:	3:18.90	41.51	350m:	4:41.57	40.67
	100m:	1:15.12	39.97	200m:	2:37.39	41.39	300m:	4:00.90	42.00	400m:	5:20.36	38.79