

Prova 11 Femin., 400m Livres Absoluto
04/03/2023 - 9:39 Resultados

Recorde Regional Absoluto	4:35.73	ANDRADE, Rubina Amaro	CDN	Greve (DEN)	23/01/1994
Recorde Regional Sen	4:41.19	ANDRADE, Rubina Amaro	CDN	Restelo	21/12/1996
Recorde Regional Jun17	4:38.89	ANDRADE, Rubina Amaro	CDN	Famalicao	02/08/1996
Recorde Regional Jun16	4:38.61	ANDRADE, Rubina Amaro	CDN		04/08/1995
Recorde Regional Juv A	4:35.73	ANDRADE, Rubina Amaro	CDN	Greve (DEN)	23/01/1994
Recorde Regional Juv B	4:40.61	ANDRADE, Rubina Amaro	CDN		01/01/1993
Recorde Regional Inf A	4:49.56	ANDRADE, Rubina Amaro	CDN	Matur	21/07/1992
Recorde Regional Inf B	5:04.39	LOPES, Joana Cristina	CNF	Olivais	22/06/1992

ZONAL Inf. B Fem. Inf B: 6:07.80 / ZONAL Inf. A Fem. Inf A: 5:48.23 / Infantil B Fem. Inf B: 5:52.16 /
Infantil A Fem. Inf A: 5:32.78 / Juv. B Fem. Juv B: 5:02.08 / Juv. A Fem. Juv A: 4:55.08 / Júnior 1º Ano Fem. Jun16: 4:48.09 /
Júnior 2º Ano Fem. Jun17: 4:46.69 / Sénior 1.º Fem. Sen18: 4:41.10 / Sénior 2.º Fem. 19+: 4:39.70 /
OPEN Juvenis Fem. Juv: 4:59.28 / OPEN Júnior Fem. Jun: 4:46.69 / OPEN Sénior Fem. Sen: 4:39.70

Pontos: FINA 2023

Lugar	Ano		Tempo final				Pts
Infantil B - 12 anos							
1.	SARGO, Leonor Lourenco	11	Desportivo Sao Roque				6:27.77 226
	50m: 39.75 39.75	150m: 2:15.34	49.59	250m: 3:58.13	52.97	350m: 5:41.02	51.52
	100m: 1:25.75 46.00	200m: 3:05.16	49.82	300m: 4:49.50	51.37	400m: 6:27.77	46.75
2.	VIEIRA, Matilde Sofia	11	Desportivo Nacional				6:27.83 226
	50m: 41.22 41.22	150m: 2:21.80	50.45	250m: 4:02.16	51.02	350m: 5:42.60	49.23
	100m: 1:31.35 50.13	200m: 3:11.14	49.34	300m: 4:53.37	51.21	400m: 6:27.83	45.23
3.	BAPTISTA, Valentina Hermida	11	Juventude Atlantico				6:57.43 181
	50m: 41.07 41.07	150m: 2:30.37	55.63	250m: 4:18.92	54.29	350m: 6:07.04	53.17
	100m: 1:34.74 53.67	200m: 3:24.63	54.26	300m: 5:13.87	54.95	400m: 6:57.43	50.39
4.	FREITAS, Sara Margarida	11	Juventude Atlantico				7:33.49 141
	50m: 47.30 47.30	150m: 2:39.22	57.03	250m: 4:33.20	56.49	350m: 6:30.93	58.27
	100m: 1:42.19 54.89	200m: 3:36.71	57.49	300m: 5:32.66	59.46	400m: 7:33.49	1:02.56

Infantil A - 13 anos

1.	TEIXEIRA, Maria Leonor	10	Naval do Funchal				5:36.31 347
	<i>TAC ZONAL - Lagos, 24 a 26 Março 2023</i>						
	50m: 35.91 35.91	150m: 1:59.36	42.92	250m: 3:27.34	44.23	350m: 4:56.55	44.85
	100m: 1:16.44 40.53	200m: 2:43.11	43.75	300m: 4:11.70	44.36	400m: 5:36.31	39.76
2.	LEITAO, Isabel Gouveia	10	Naval do Funchal				5:40.83 333
	<i>TAC ZONAL - Lagos, 24 a 26 Março 2023</i>						
	50m: 38.51 38.51	150m: 2:04.07	43.03	250m: 3:31.31	43.94	350m: 4:59.02	44.24
	100m: 1:21.04 42.53	200m: 2:47.37	43.30	300m: 4:14.78	43.47	400m: 5:40.83	41.81
3.	ROSA, Clara Sofia	10	Desportivo Nacional				5:47.26 315
	<i>TAC ZONAL - Lagos, 24 a 26 Março 2023</i>						
	50m: 38.50 38.50	150m: 2:06.13	44.07	250m: 3:35.26	44.35	350m: 5:04.82	43.96
	100m: 1:22.06 43.56	200m: 2:50.91	44.78	300m: 4:20.86	45.60	400m: 5:47.26	42.44

Juvenil B - 14 anos

1.	MELIM, Sara Beatriz	09	Desportivo Nacional				5:09.63 445
	50m: 35.19 35.19	150m: 1:53.61	39.31	250m: 3:12.38	39.05	350m: 4:31.73	39.79
	100m: 1:14.30 39.11	200m: 2:33.33	39.72	300m: 3:51.94	39.56	400m: 5:09.63	37.90
2.	PEREIRA, Eduarda Ribeiro	09	Naval do Funchal				5:14.63 424
	50m: 33.86 33.86	150m: 1:52.37	39.82	250m: 3:13.27	39.94	350m: 4:34.56	40.75
	100m: 1:12.55 38.69	200m: 2:33.33	40.96	300m: 3:53.81	40.54	400m: 5:14.63	40.07
3.	MARGARIDO, Paula Aguiar	09	Juventude Atlantico				5:16.32 417
	50m: 34.09 34.09	150m: 1:52.31	39.55	250m: 3:14.20	41.14	350m: 4:36.47	41.33
	100m: 1:12.76 38.67	200m: 2:33.06	40.75	300m: 3:55.14	40.94	400m: 5:16.32	39.85

Prova 11, Femin., 400m Livres, Juvenil B - 14 anos

Lugar	Nome		Ano	Clube	Tempo final				Pts
4.	FERREIRA, Natacha Camacho		09	Juventude Atlantico	6:00.99				280
	50m:	41.01 41.01	150m:	2:14.17 45.94	250m:	3:45.45 44.99	350m:	5:17.92 44.14	
	100m:	1:28.23 47.22	200m:	3:00.46 46.29	300m:	4:33.78 48.33	400m:	6:00.99 43.07	
5.	CARVALHO, Laura Jardim		09	Juventude Atlantico	7:59.06				120
	50m:	53.20 53.20	150m:	2:52.67 1:00.36	250m:	4:56.43 1:01.65	350m:	7:00.70 1:00.51	
	100m:	1:52.31 59.11	200m:	3:54.78 1:02.11	300m:	6:00.19 1:03.76	400m:	7:59.06 58.36	

Juvenil A - 15 anos

1.	GOMES, Sofia Vega		08	Naval do Funchal	5:02.82				475
	50m:	33.28 33.28	150m:	1:48.90 38.08	250m:	3:06.93 38.96	350m:	4:24.84 38.37	
	100m:	1:10.82 37.54	200m:	2:27.97 39.07	300m:	3:46.47 39.54	400m:	5:02.82 37.98	
2.	NOBREGA, Sara Francisca		08	Desportivo Sao Roque	5:39.62				337
	50m:	38.27 38.27	150m:	2:03.60 43.18	250m:	3:30.42 43.17	350m:	4:57.43 43.26	
	100m:	1:20.42 42.15	200m:	2:47.25 43.65	300m:	4:14.17 43.75	400m:	5:39.62 42.19	

Absolutos - 12 anos e mais velhos

1.	GOMES, Sofia Vega		08	Naval do Funchal	5:02.82				475
	50m:	33.28 33.28	150m:	1:48.90 38.08	250m:	3:06.93 38.96	350m:	4:24.84 38.37	
	100m:	1:10.82 37.54	200m:	2:27.97 39.07	300m:	3:46.47 39.54	400m:	5:02.82 37.98	
2.	MELIM, Sara Beatriz		09	Desportivo Nacional	5:09.63				445
	50m:	35.19 35.19	150m:	1:53.61 39.31	250m:	3:12.38 39.05	350m:	4:31.73 39.79	
	100m:	1:14.30 39.11	200m:	2:33.33 39.72	300m:	3:51.94 39.56	400m:	5:09.63 37.90	
3.	PEREIRA, Eduarda Ribeiro		09	Naval do Funchal	5:14.63				424
	50m:	33.86 33.86	150m:	1:52.37 39.82	250m:	3:13.27 39.94	350m:	4:34.56 40.75	
	100m:	1:12.55 38.69	200m:	2:33.33 40.96	300m:	3:53.81 40.54	400m:	5:14.63 40.07	
4.	MARGARIDO, Paula Aguiar		09	Juventude Atlantico	5:16.32				417
	50m:	34.09 34.09	150m:	1:52.31 39.55	250m:	3:14.20 41.14	350m:	4:36.47 41.33	
	100m:	1:12.76 38.67	200m:	2:33.06 40.75	300m:	3:55.14 40.94	400m:	5:16.32 39.85	
5.	TEIXEIRA, Maria Leonor		10	Naval do Funchal	5:36.31				347
	<i>TAC ZONAL - Lagos, 24 a 26 Março 2023</i>								
	50m:	35.91 35.91	150m:	1:59.36 42.92	250m:	3:27.34 44.23	350m:	4:56.55 44.85	
	100m:	1:16.44 40.53	200m:	2:43.11 43.75	300m:	4:11.70 44.36	400m:	5:36.31 39.76	
6.	NOBREGA, Sara Francisca		08	Desportivo Sao Roque	5:39.62				337
	50m:	38.27 38.27	150m:	2:03.60 43.18	250m:	3:30.42 43.17	350m:	4:57.43 43.26	
	100m:	1:20.42 42.15	200m:	2:47.25 43.65	300m:	4:14.17 43.75	400m:	5:39.62 42.19	
7.	LEITAO, Isabel Gouveia		10	Naval do Funchal	5:40.83				333
	<i>TAC ZONAL - Lagos, 24 a 26 Março 2023</i>								
	50m:	38.51 38.51	150m:	2:04.07 43.03	250m:	3:31.31 43.94	350m:	4:59.02 44.24	
	100m:	1:21.04 42.53	200m:	2:47.37 43.30	300m:	4:14.78 43.47	400m:	5:40.83 41.81	
8.	ROSA, Clara Sofia		10	Desportivo Nacional	5:47.26				315
	<i>TAC ZONAL - Lagos, 24 a 26 Março 2023</i>								
	50m:	38.50 38.50	150m:	2:06.13 44.07	250m:	3:35.26 44.35	350m:	5:04.82 43.96	
	100m:	1:22.06 43.56	200m:	2:50.91 44.78	300m:	4:20.86 45.60	400m:	5:47.26 42.44	
9.	FERREIRA, Natacha Camacho		09	Juventude Atlantico	6:00.99				280
	50m:	41.01 41.01	150m:	2:14.17 45.94	250m:	3:45.45 44.99	350m:	5:17.92 44.14	
	100m:	1:28.23 47.22	200m:	3:00.46 46.29	300m:	4:33.78 48.33	400m:	6:00.99 43.07	
10.	SARGO, Leonor Lourenco		11	Desportivo Sao Roque	6:27.77				226
	50m:	39.75 39.75	150m:	2:15.34 49.59	250m:	3:58.13 52.97	350m:	5:41.02 51.52	
	100m:	1:25.75 46.00	200m:	3:05.16 49.82	300m:	4:49.50 51.37	400m:	6:27.77 46.75	
11.	VIEIRA, Matilde Sofia		11	Desportivo Nacional	6:27.83				226
	50m:	41.22 41.22	150m:	2:21.80 50.45	250m:	4:02.16 51.02	350m:	5:42.60 49.23	
	100m:	1:31.35 50.13	200m:	3:11.14 49.34	300m:	4:53.37 51.21	400m:	6:27.83 45.23	

Prova 11, Femin., 400m Livres, Absolutos - 12 anos e mais velhos

Lugar			Ano				Tempo final		Pts		
12.	BAPTISTA, Valentina Hermida		11	Juventude Atlantico		6:57.43		181			
	50m:	41.07 41.07	150m:	2:30.37	55.63	250m:	4:18.92	54.29	350m:	6:07.04	53.17
	100m:	1:34.74 53.67	200m:	3:24.63	54.26	300m:	5:13.87	54.95	400m:	6:57.43	50.39
13.	BLANDY, Mischa Blue		04	Desportivo Nacional		7:00.65		177			
	50m:	45.02 45.02	150m:	2:30.47	53.27	250m:	4:18.83	53.94	350m:	6:08.08	53.88
	100m:	1:37.20 52.18	200m:	3:24.89	54.42	300m:	5:14.20	55.37	400m:	7:00.65	52.57
14.	FREITAS, Sara Margarida		11	Juventude Atlantico		7:33.49		141			
	50m:	47.30 47.30	150m:	2:39.22	57.03	250m:	4:33.20	56.49	350m:	6:30.93	58.27
	100m:	1:42.19 54.89	200m:	3:36.71	57.49	300m:	5:32.66	59.46	400m:	7:33.49	1:02.56
15.	CARVALHO, Laura Jardim		09	Juventude Atlantico		7:59.06		120			
	50m:	53.20 53.20	150m:	2:52.67	1:00.36	250m:	4:56.43	1:01.65	350m:	7:00.70	1:00.51
	100m:	1:52.31 59.11	200m:	3:54.78	1:02.11	300m:	6:00.19	1:03.76	400m:	7:59.06	58.36