

| Prova 17                  | Femin., 400m Estilos         |                         |      |         | Absolutos  |
|---------------------------|------------------------------|-------------------------|------|---------|------------|
| 04/03/2023 - 10:43        | ABSOLUTO (JUV., JUN. e SEN.) |                         |      |         | Resultados |
| Recorde Regional Absoluto | 5:07.00                      | QUINTAL, Fabiana Maria  | CDN  | Coimbra | 31/05/2009 |
| Recorde Regional Sen      | 5:07.00                      | QUINTAL, Fabiana Maria  | CDN  | Coimbra | 31/05/2009 |
| Recorde Regional Jun17    | 5:30.47                      | ROSA, Beatriz Jong      | CDWT | Funchal | 18/03/2017 |
| Recorde Regional Jun16    | 5:25.48                      | CERDAS, Sara Rodrigues  | CNF  | Funchal | 07/07/2005 |
| Recorde Regional Juv A    | 5:28.09                      | FERREIRA, Maria Leonor  | CDN  | Coimbra | 06/04/2019 |
| Recorde Regional Juv B    | 5:24.54                      | SOUSA, Susana Margarida | CFU  | Olivais | 08/08/1991 |

Juv. B Fem. Juv B: 5:47.19 / Juv. A Fem. Juv A: 5:39.15 / Júnior 1º Ano Fem. Jun16: 5:31.11 / Júnior 2º Ano Fem. Jun17: 5:29.51 / Sénior 1.º Fem. Sen18: 5:23.08 / Sénior 2.º Fem. 19 +: 5:21.47 / OPEN Juvenis Fem. Juv: 5:43.97 / OPEN Júnior Fem. Jun: 5:29.51 / OPEN Sénior Fem. Sen: 5:21.47

Pontos: FINA 2023

| Lugar  | Ano                     | Tempo final            | Pts                 |
|--|-------------------------|------------------------|---------------------|
| <b>Juvenil B - 14 anos</b>   |                         |                        |                     |
| 1.   | GONCALVES, Vera Andrade | 09 Juventude Atlantico | <b>5:42.83</b> 468  |
| <i>TAC NACIONAL - Coimbra, 28 a 30 Julho 2023, TAC OPEN DE PORTUGAL - Funchal, 30 a 2 Abril 2023</i> |                         |                        |                     |
| 50m:   | 36.62 36.62             | 150m: 2:03.06 42.91    | 250m: 3:37.75 52.43 |
| 100m:  | 1:20.15 43.53           | 200m: 2:45.32 42.26    | 300m: 4:30.79 53.04 |
| 350m:  | 5:07.21 36.42           | 400m:                  | 5:42.83 35.62       |
| DSQ  | MATEUS, Eleine Vieira   | 09 Desportivo Nacional |                     |
| <i>718 - Movimento vertical de pernas durante o percurso - SW 7.5, braços.</i>                       |                         |                        |                     |

#### Juvenil A - 15 anos

|       |                          |                        |                     |
|-------|--------------------------|------------------------|---------------------|
| 1.    | ANDRADE, Matilde Sousa   | 08 Naval do Funchal    | <b>5:44.40</b> 462  |
| 50m:  | 34.18 34.18              | 150m: 1:58.74 43.80    | 250m: 3:33.41 51.42 |
| 100m: | 1:14.94 40.76            | 200m: 2:41.99 43.25    | 300m: 4:24.98 51.57 |
| 350m: | 5:05.40 40.42            | 400m:                  | 5:44.40 39.00       |
| 2.    | ALVES, Juliana Rodrigues | 08 Desportivo Nacional | <b>5:57.42</b> 413  |
| 50m:  | 35.72 35.72              | 150m: 2:04.40 46.84    | 250m: 3:40.92 49.95 |
| 100m: | 1:17.56 41.84            | 200m: 2:50.97 46.57    | 300m: 4:32.83 51.91 |
| 350m: | 5:15.30 42.47            | 400m:                  | 5:57.42 42.12       |

#### Absolutos - 14 anos e mais velhas

|  |                          |                         |                     |
|--|--------------------------|-------------------------|---------------------|
| 1.   | CAMARA, Ines Cruz        | 07 Desportivo Nacional  | <b>5:32.22</b> 515  |
| 50m:   | 32.87 32.87              | 150m: 1:56.13 44.35     | 250m: 3:26.74 47.46 |
| 100m:  | 1:11.78 38.91            | 200m: 2:39.28 43.15     | 300m: 4:14.97 48.23 |
| 350m:  | 4:54.05 39.08            | 400m:                   | 5:32.22 38.17       |
| 2.   | GONCALVES, Vera Andrade  | 09 Juventude Atlantico  | <b>5:42.83</b> 468  |
| <i>TAC NACIONAL - Coimbra, 28 a 30 Julho 2023, TAC OPEN DE PORTUGAL - Funchal, 30 a 2 Abril 2023</i> |                          |                         |                     |
| 50m:   | 36.62 36.62              | 150m: 2:03.06 42.91     | 250m: 3:37.75 52.43 |
| 100m:  | 1:20.15 43.53            | 200m: 2:45.32 42.26     | 300m: 4:30.79 53.04 |
| 350m:  | 5:07.21 36.42            | 400m:                   | 5:42.83 35.62       |
| 3.   | ANDRADE, Matilde Sousa   | 08 Naval do Funchal     | <b>5:44.40</b> 462  |
| 50m:   | 34.18 34.18              | 150m: 1:58.74 43.80     | 250m: 3:33.41 51.42 |
| 100m:  | 1:14.94 40.76            | 200m: 2:41.99 43.25     | 300m: 4:24.98 51.57 |
| 350m:  | 5:05.40 40.42            | 400m:                   | 5:44.40 39.00       |
| 4.   | SILVA, Silvana Suamade   | 06 Desportivo Sao Roque | <b>5:51.64</b> 434  |
| 50m:   | 35.84 35.84              | 150m: 2:05.23 47.14     | 250m: 3:40.16 49.18 |
| 100m:  | 1:18.09 42.25            | 200m: 2:50.98 45.75     | 300m: 4:30.48 50.32 |
| 350m:  | 5:11.60 41.12            | 400m:                   | 5:51.64 40.04       |
| 5.   | ALVES, Juliana Rodrigues | 08 Desportivo Nacional  | <b>5:57.42</b> 413  |
| 50m:   | 35.72 35.72              | 150m: 2:04.40 46.84     | 250m: 3:40.92 49.95 |
| 100m:  | 1:17.56 41.84            | 200m: 2:50.97 46.57     | 300m: 4:32.83 51.91 |
| 350m:  | 5:15.30 42.47            | 400m:                   | 5:57.42 42.12       |
| DSQ  | MATEUS, Eleine Vieira    | 09 Desportivo Nacional  |                     |
| <i>718 - Movimento vertical de pernas durante o percurso - SW 7.5, braços.</i>                       |                          |                         |                     |