

Prova 11	Femin., 400m Estilos				Absolutos
01/07/2023 - 9:32	Absoluto (Juvenis, Juniores e Seniores)				Resultados
Recorde Regional Open	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	5:24.02	CAMARA, Ines Cruz	CDN	Funchal	31/03/2023
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					

Pontos: FINA 2022

Lugar	Ano		Tempo final		Pts
<b>Juvenis B, 14 anos</b>					
1.	MATEUS, Eleine Vieira	09	Desportivo Nacional	<b>5:46.20</b>	455
<i>TAC Nacional - Coimbra, 28 a 30 de julho de 2023</i>					
	50m: 34.66	34.66	150m: 2:00.81	46.00	250m: 3:35.56
	100m: 1:14.81	40.15	200m: 2:45.04	44.23	300m: 4:26.46
					50.52
					350m: 5:06.64
					40.18
					400m: 5:46.20
					39.56
2.	MARGARIDO, Paula Aguiar	09	Juventude Atlantico	<b>5:48.79</b>	445
	50m: 36.89	36.89	150m: 2:06.38	43.49	250m: 3:40.99
	100m: 1:22.89	46.00	200m: 2:49.41	43.03	300m: 4:31.62
					51.58
					350m: 5:10.84
					39.22
					400m: 5:48.79
					37.95

**Juvenis A, 15 anos**

1.	ALVES, Juliana Rodrigues	08	Desportivo Nacional	<b>5:51.78</b>	434
	50m: 35.92	35.92	150m: 2:03.26	45.32	250m: 3:37.68
	100m: 1:17.94	42.02	200m: 2:48.55	45.29	300m: 4:29.07
					49.13
					350m: 5:10.19
					41.12
					400m: 5:51.78
					41.59
2.	NOBREGA, Sara Francisca	08	Desportivo Sao Roque	<b>6:36.06</b>	304
	50m: 44.26	44.26	150m: 2:27.90	50.24	250m: 4:12.55
	100m: 1:37.66	53.40	200m: 3:17.26	49.36	300m: 5:09.56
					55.29
					350m: 5:53.10
					43.54
					400m: 6:36.06
					42.96

**Juniores, 16 e 17 anos**

1.	CAMARA, Ines Cruz	07	Desportivo Nacional	<b>5:26.92</b>	540
<i>TAC Nacional - Coimbra, 28 a 30 de julho de 2023</i>					
	50m: 32.63	32.63	150m: 1:54.22	43.28	250m: 3:23.78
	100m: 1:10.94	38.31	200m: 2:36.46	42.24	300m: 4:11.38
					47.32
					350m: 4:49.82
					38.44
					400m: 5:26.92
					37.10
2.	RODRIGUES, Laura Sofia	07	Juventude Atlantico	<b>5:41.39</b>	474
	50m: 36.68	36.68	150m: 2:03.94	43.43	250m: 3:34.31
	100m: 1:20.51	43.83	200m: 2:45.80	41.86	300m: 4:22.18
					48.51
					350m: 5:02.00
					39.82
					400m: 5:41.39
					39.39
3.	CARICHAS, Joana Medeiros	06	Juventude Atlantico	<b>6:11.73</b>	367
	50m: 37.23	37.23	150m: 2:10.85	46.02	250m: 3:52.55
	100m: 1:24.83	47.60	200m: 2:56.10	45.25	300m: 4:50.10
					56.45
					350m: 5:32.12
					42.02
					400m: 6:11.73
					39.61

**Absolutos, 14 anos e mais velhas**

1.	CAMARA, Ines Cruz	07	Desportivo Nacional	<b>5:26.92</b>	540
<i>TAC Nacional - Coimbra, 28 a 30 de julho de 2023</i>					
	50m: 32.63	32.63	150m: 1:54.22	43.28	250m: 3:23.78
	100m: 1:10.94	38.31	200m: 2:36.46	42.24	300m: 4:11.38
					47.32
					350m: 4:49.82
					38.44
					400m: 5:26.92
					37.10
2.	RODRIGUES, Laura Sofia	07	Juventude Atlantico	<b>5:41.39</b>	474
	50m: 36.68	36.68	150m: 2:03.94	43.43	250m: 3:34.31
	100m: 1:20.51	43.83	200m: 2:45.80	41.86	300m: 4:22.18
					48.51
					350m: 5:02.00
					39.82
					400m: 5:41.39
					39.39
3.	MATEUS, Eleine Vieira	09	Desportivo Nacional	<b>5:46.20</b>	455
<i>TAC Nacional - Coimbra, 28 a 30 de julho de 2023</i>					
	50m: 34.66	34.66	150m: 2:00.81	46.00	250m: 3:35.56
	100m: 1:14.81	40.15	200m: 2:45.04	44.23	300m: 4:26.46
					50.52
					350m: 5:06.64
					40.18
					400m: 5:46.20
					39.56

Prova 11, Femin., 400m Estilos, Absolutos, 14 anos e mais velhas

Lugar			Ano					Tempo final	Pts		
4.	MARGARIDO, Paula Aguiar		09	Juventude Atlantico				<b>5:48.79</b>	445		
	50m:	36.89 36.89	150m:	2:06.38	43.49	250m:	3:40.99	51.58	350m:	5:10.84	39.22
	100m:	1:22.89 46.00	200m:	2:49.41	43.03	300m:	4:31.62	50.63	400m:	5:48.79	37.95
5.	ALVES, Juliana Rodrigues		08	Desportivo Nacional				<b>5:51.78</b>	434		
	50m:	35.92 35.92	150m:	2:03.26	45.32	250m:	3:37.68	49.13	350m:	5:10.19	41.12
	100m:	1:17.94 42.02	200m:	2:48.55	45.29	300m:	4:29.07	51.39	400m:	5:51.78	41.59
6.	CARICHAS, Joana Medeiros		06	Juventude Atlantico				<b>6:11.73</b>	367		
	50m:	37.23 37.23	150m:	2:10.85	46.02	250m:	3:52.55	56.45	350m:	5:32.12	42.02
	100m:	1:24.83 47.60	200m:	2:56.10	45.25	300m:	4:50.10	57.55	400m:	6:11.73	39.61
7.	NOBREGA, Sara Francisca		08	Desportivo Sao Roque				<b>6:36.06</b>	304		
	50m:	44.26 44.26	150m:	2:27.90	50.24	250m:	4:12.55	55.29	350m:	5:53.10	43.54
	100m:	1:37.66 53.40	200m:	3:17.26	49.36	300m:	5:09.56	57.01	400m:	6:36.06	42.96
EXH	NETO, Maria Ines		09	Selecao dos Acores				<b>5:57.93</b>	412		
	50m:	35.27 35.27	150m:	2:05.93	48.35	250m:	3:45.54	52.27	350m:	5:18.41	40.61
	100m:	1:17.58 42.31	200m:	2:53.27	47.34	300m:	4:37.80	52.26	400m:	5:57.93	39.52