

| Prova 21               | Femin., 400m Livres                |                       |     |             | Absoluto   |
|------------------------|------------------------------------|-----------------------|-----|-------------|------------|
| 01/07/2023 - 17:00     | Categorias (Inf. Juv. Jun. e Abs.) |                       |     |             | Resultados |
| Recorde Regional Open  | 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 | Famalicão   | 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 |

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

Pontos: FINA 2022

| Lugar                      | Ano   |                     | Tempo final         |                     | Pts |
|----------------------------|---|---------------------|---------------------|---------------------|-----|
| <b>Infantis B, 12 anos</b> |   |                     |                     |                     |     |
| 1.                         | JESUS, Vera Franca  | 11                  | Naval do Funchal    | <b>5:16.53</b>      | 416 |
|                            | <i>TAC Nacional - Famalicão, 21 a 23 de julho de 2023</i> |                     |                     |                     |     |
|                            | 50m: 37.18 37.18  | 150m: 1:56.89 40.02 | 250m: 3:17.68 40.24 | 350m: 4:38.20 39.76 |     |
|                            | 100m: 1:16.87 39.69                                       | 200m: 2:37.44 40.55 | 300m: 3:58.44 40.76 | 400m: 5:16.53 38.33 |     |
| 2.                         | OLIVEIRA, Mariana Lopes                                   | 11                  | Naval do Funchal    | <b>5:40.42</b>      | 335 |
|                            | <i>TAC Nacional - Famalicão, 21 a 23 de julho de 2023</i> |                     |                     |                     |     |
|                            | 50m: 38.43 38.43  | 150m: 2:06.13 44.71 | 250m: 3:32.92 43.15 | 350m: 4:59.25 42.92 |     |
|                            | 100m: 1:21.42 42.99                                       | 200m: 2:49.77 43.64 | 300m: 4:16.33 43.41 | 400m: 5:40.42 41.17 |     |
| 3.                         | SARGO, Leonor Lourenco                                    | 11                  | Naval do Funchal    | <b>5:55.89</b>      | 293 |
|                            | 50m: 40.12 40.12  | 150m: 2:08.55 45.37 | 250m: 3:40.65 46.24 | 350m: 5:13.48 46.76 |     |
|                            | 100m: 1:23.18 43.06                                       | 200m: 2:54.41 45.86 | 300m: 4:26.72 46.07 | 400m: 5:55.89 42.41 |     |
| 4.                         | PEREIRA, Ana Matilde                                      | 11                  | Naval do Funchal    | <b>6:04.94</b>      | 272 |
|                            | 50m: 41.23 41.23  | 150m: 2:15.01 47.58 | 250m: 3:48.76 46.76 | 350m: 5:22.59 45.72 |     |
|                            | 100m: 1:27.43 46.20                                       | 200m: 3:02.00 46.99 | 300m: 4:36.87 48.11 | 400m: 6:04.94 42.35 |     |
| 5.                         | MATA, Valeria Isabel                                      | 11                  | Naval do Funchal    | <b>6:05.47</b>      | 270 |
|                            | 50m: 41.07 41.07  | 150m: 2:13.86 47.31 | 250m: 3:49.32 48.87 | 350m: 5:22.72 46.76 |     |
|                            | 100m: 1:26.55 45.48                                       | 200m: 3:00.45 46.59 | 300m: 4:35.96 46.64 | 400m: 6:05.47 42.75 |     |
| 6.                         | VIEIRA, Matilde Sofia                                     | 11                  | Desportivo Nacional | <b>6:23.23</b>      | 234 |
|                            | 50m: 44.05 44.05  | 150m: 2:21.97 49.00 | 250m: 4:00.44 49.58 | 350m: 5:39.12 49.62 |     |
|                            | 100m: 1:32.97 48.92                                       | 200m: 3:10.86 48.89 | 300m: 4:49.50 49.06 | 400m: 6:23.23 44.11 |     |
| 7.                         | SILVA, Matilde Fernandes                                  | 11                  | Desportivo Nacional | <b>6:43.73</b>      | 200 |
|                            | 50m: 42.95 42.95  | 150m: 2:22.30 49.43 | 250m: 4:05.81 51.89 | 350m: 5:52.79 53.43 |     |
|                            | 100m: 1:32.87 49.92                                       | 200m: 3:13.92 51.62 | 300m: 4:59.36 53.55 | 400m: 6:43.73 50.94 |     |

#### Infantis A, 13 anos

|    |   |                     |                     |                     |     |
|----|---|---------------------|---------------------|---------------------|-----|
| 1. | RIBEIRO, Guida Drumond                                    | 10                  | Naval do Funchal    | <b>5:28.10</b>      | 374 |
|    | <i>TAC Nacional - Famalicão, 21 a 23 de julho de 2023</i> |                     |                     |                     |     |
|    | 50m: 37.83 37.83  | 150m: 2:00.39 41.23 | 250m: 3:27.61 44.16 | 350m: 4:50.55 40.51 |     |
|    | 100m: 1:19.16 41.33                                       | 200m: 2:43.45 43.06 | 300m: 4:10.04 42.43 | 400m: 5:28.10 37.55 |     |
| 2. | TEIXEIRA, Maria Leonor                                    | 10                  | Naval do Funchal    | <b>5:31.62</b>      | 362 |
|    | <i>TAC Nacional - Famalicão, 21 a 23 de julho de 2023</i> |                     |                     |                     |     |
|    | 50m: 38.28 38.28  | 150m: 2:01.05 41.67 | 250m: 3:27.18 43.17 | 350m: 4:51.86 41.95 |     |
|    | 100m: 1:19.38 41.10                                       | 200m: 2:44.01 42.96 | 300m: 4:09.91 42.73 | 400m: 5:31.62 39.76 |     |
| 3. | LEITAO, Isabel Gouveia                                    | 10                  | Naval do Funchal    | <b>5:34.05</b>      | 354 |
|    | 50m: 37.88 37.88  | 150m: 2:01.37 42.08 | 250m: 3:27.27 43.38 | 350m: 4:52.42 42.03 |     |
|    | 100m: 1:19.29 41.41                                       | 200m: 2:43.89 42.52 | 300m: 4:10.39 43.12 | 400m: 5:34.05 41.63 |     |
| 4. | BRITO, Madalena Pinto                                     | 10                  | Naval do Funchal    | <b>5:47.70</b>      | 314 |
|    | 50m: 38.23 38.23  | 150m: 2:06.64 45.02 | 250m: 3:36.50 45.10 | 350m: 5:06.61 44.75 |     |
|    | 100m: 1:21.62 43.39                                       | 200m: 2:51.40 44.76 | 300m: 4:21.86 45.36 | 400m: 5:47.70 41.09 |     |

Prova 21, Femin., 400m Livres, Infantis A, 13 anos

| Lugar |                           |         |       |       | Ano     |                     |       |         |       | Tempo final    | Pts     |       |
|-------|---------------------------|---------|-------|-------|---------|---------------------|-------|---------|-------|----------------|---------|-------|
| 5.    | ROSA, Clara Sofia         |         |       |       | 10      | Desportivo Nacional |       |         |       | <b>5:47.71</b> | 314     |       |
|       | 50m:                      | 39.39   | 39.39 | 150m: | 2:07.99 | 44.24               | 250m: | 3:37.92 | 44.39 | 350m:          | 5:08.43 | 44.21 |
|       | 100m:                     | 1:23.75 | 44.36 | 200m: | 2:53.53 | 45.54               | 300m: | 4:24.22 | 46.30 | 400m:          | 5:47.71 | 39.28 |
| 6.    | MEDEIROS, Constanca Sousa |         |       |       | 10      | Naval do Funchal    |       |         |       | <b>6:10.17</b> | 260     |       |
|       | 50m:                      | 42.29   | 42.29 | 150m: | 2:15.50 | 47.38               | 250m: | 3:51.54 | 48.03 | 350m:          | 5:27.14 | 47.72 |
|       | 100m:                     | 1:28.12 | 45.83 | 200m: | 3:03.51 | 48.01               | 300m: | 4:39.42 | 47.88 | 400m:          | 6:10.17 | 43.03 |
| 7.    | NASCIMENTO, Leonor Silva  |         |       |       | 10      | Naval do Funchal    |       |         |       | <b>6:37.94</b> | 209     |       |
|       | 50m:                      | 41.88   | 41.88 | 150m: | 2:20.71 | 51.08               | 250m: | 4:02.99 | 51.63 | 350m:          | 5:47.85 | 53.11 |
|       | 100m:                     | 1:29.63 | 47.75 | 200m: | 3:11.36 | 50.65               | 300m: | 4:54.74 | 51.75 | 400m:          | 6:37.94 | 50.09 |

Juvenis B, 14 anos

|    |                          |         |       |       |         |                     |       |         |       |                |         |       |
|----|--------------------------|---------|-------|-------|---------|---------------------|-------|---------|-------|----------------|---------|-------|
| 1. | PEREIRA, Eduarda Ribeiro |         |       |       | 09      | Naval do Funchal    |       |         |       | <b>5:02.25</b> | 478     |       |
|    | 50m:                     | 33.25   | 33.25 | 150m: | 1:50.10 | 38.56               | 250m: | 3:08.64 | 39.13 | 350m:          | 4:26.13 | 38.50 |
|    | 100m:                    | 1:11.54 | 38.29 | 200m: | 2:29.51 | 39.41               | 300m: | 3:47.63 | 38.99 | 400m:          | 5:02.25 | 36.12 |
| 2. | MARGARIDO, Paula Aguiar  |         |       |       | 09      | Juventude Atlantico |       |         |       | <b>5:02.83</b> | 476     |       |
|    | 50m:                     | 33.41   | 33.41 | 150m: | 1:48.77 | 38.38               | 250m: | 3:07.55 | 39.76 | 350m:          | 4:25.91 | 39.15 |
|    | 100m:                    | 1:10.39 | 36.98 | 200m: | 2:27.79 | 39.02               | 300m: | 3:46.76 | 39.21 | 400m:          | 5:02.83 | 36.92 |

Juvenis A, 15 anos

|    |                         |         |       |       |         |                      |       |         |       |                |         |       |
|----|-------------------------|---------|-------|-------|---------|----------------------|-------|---------|-------|----------------|---------|-------|
| 1. | NOBREGA, Sara Francisca |         |       |       | 08      | Desportivo Sao Roque |       |         |       | <b>5:31.16</b> | 364     |       |
|    | 50m:                    | 37.36   | 37.36 | 150m: | 1:58.93 | 40.99                | 250m: | 3:23.75 | 42.66 | 350m:          | 4:49.46 | 42.95 |
|    | 100m:                   | 1:17.94 | 40.58 | 200m: | 2:41.09 | 42.16                | 300m: | 4:06.51 | 42.76 | 400m:          | 5:31.16 | 41.70 |

Juniores, 16 e 17 anos

|    |   |         |       |       |         |                     |       |         |       |                |         |       |
|----|---|---------|-------|-------|---------|---------------------|-------|---------|-------|----------------|---------|-------|
| 1. | CAMARA, Ines Cruz                                       |         |       |       | 07      | Desportivo Nacional |       |         |       | <b>4:46.13</b> | 564     |       |
|    | <i>TAC Nacional - Coimbra, 28 a 30 de julho de 2023</i> |         |       |       |         |                     |       |         |       |                |         |       |
|    | 50m:  | 33.02   | 33.02 | 150m: | 1:45.87 | 36.58               | 250m: | 2:58.71 | 36.49 | 350m:          | 4:11.27 | 35.79 |
|    | 100m:   | 1:09.29 | 36.27 | 200m: | 2:22.22 | 36.35               | 300m: | 3:35.48 | 36.77 | 400m:          | 4:46.13 | 34.86 |

Absolutos, 14 anos e mais velhas

|    |   |         |       |       |         |                      |       |         |       |                |         |       |
|----|---|---------|-------|-------|---------|----------------------|-------|---------|-------|----------------|---------|-------|
| 1. | CAMARA, Ines Cruz                                       |         |       |       | 07      | Desportivo Nacional  |       |         |       | <b>4:46.13</b> | 564     |       |
|    | <i>TAC Nacional - Coimbra, 28 a 30 de julho de 2023</i> |         |       |       |         |                      |       |         |       |                |         |       |
|    | 50m:  | 33.02   | 33.02 | 150m: | 1:45.87 | 36.58                | 250m: | 2:58.71 | 36.49 | 350m:          | 4:11.27 | 35.79 |
|    | 100m:   | 1:09.29 | 36.27 | 200m: | 2:22.22 | 36.35                | 300m: | 3:35.48 | 36.77 | 400m:          | 4:46.13 | 34.86 |
| 2. | PEREIRA, Eduarda Ribeiro                                |         |       |       | 09      | Naval do Funchal     |       |         |       | <b>5:02.25</b> | 478     |       |
|    | 50m:  | 33.25   | 33.25 | 150m: | 1:50.10 | 38.56                | 250m: | 3:08.64 | 39.13 | 350m:          | 4:26.13 | 38.50 |
|    | 100m:   | 1:11.54 | 38.29 | 200m: | 2:29.51 | 39.41                | 300m: | 3:47.63 | 38.99 | 400m:          | 5:02.25 | 36.12 |
| 3. | MARGARIDO, Paula Aguiar                                 |         |       |       | 09      | Juventude Atlantico  |       |         |       | <b>5:02.83</b> | 476     |       |
|    | 50m:  | 33.41   | 33.41 | 150m: | 1:48.77 | 38.38                | 250m: | 3:07.55 | 39.76 | 350m:          | 4:25.91 | 39.15 |
|    | 100m:   | 1:10.39 | 36.98 | 200m: | 2:27.79 | 39.02                | 300m: | 3:46.76 | 39.21 | 400m:          | 5:02.83 | 36.92 |
| 4. | NOBREGA, Sara Francisca                                 |         |       |       | 08      | Desportivo Sao Roque |       |         |       | <b>5:31.16</b> | 364     |       |
|    | 50m:  | 37.36   | 37.36 | 150m: | 1:58.93 | 40.99                | 250m: | 3:23.75 | 42.66 | 350m:          | 4:49.46 | 42.95 |
|    | 100m:   | 1:17.94 | 40.58 | 200m: | 2:41.09 | 42.16                | 300m: | 4:06.51 | 42.76 | 400m:          | 5:31.16 | 41.70 |
| 5. | BLANDY, Mischa Blue                                     |         |       |       | 04      | Desportivo Nacional  |       |         |       | <b>6:36.04</b> | 212     |       |
|    | 50m:  | 43.88   | 43.88 | 150m: | 2:21.66 | 49.05                | 250m: | 4:03.38 | 50.70 | 350m:          | 5:46.89 | 51.31 |
|    | 100m:   | 1:32.61 | 48.73 | 200m: | 3:12.68 | 51.02                | 300m: | 4:55.58 | 52.20 | 400m:          | 6:36.04 | 49.15 |

Prova 21, Femin., 400m Livres

|     |   |         |                    |       |         |       |       |         |                |       |         |       |
|-----|---|---------|--------------------|-------|---------|-------|-------|---------|----------------|-------|---------|-------|
| EXH | ROSA, Isabel Silva  | 10      | Selecao dos Acores |       |         |       |       |         | <b>5:17.89</b> | 411   |         |       |
|     | <i>TAC Nacional - Famalicão, 21 a 23 de julho de 2023</i> |         |                    |       |         |       |       |         |                |       |         |       |
|     | 50m:  | 36.52   | 36.52              | 150m: | 1:56.63 | 39.83 | 250m: | 3:17.86 | 40.80          | 350m: | 4:39.10 | 40.68 |
|     | 100m:   | 1:16.80 | 40.28              | 200m: | 2:37.06 | 40.43 | 300m: | 3:58.42 | 40.56          | 400m: | 5:17.89 | 38.79 |
| EXH | CAPAREIRA, Alice Machado                                  | 11      | Selecao dos Acores |       |         |       |       |         | <b>5:21.28</b> | 398   |         |       |
|     | <i>TAC Nacional - Famalicão, 21 a 23 de julho de 2023</i> |         |                    |       |         |       |       |         |                |       |         |       |
|     | 50m:  | 37.72   | 37.72              | 150m: | 1:59.68 | 41.42 | 250m: | 3:22.30 | 41.47          | 350m: | 4:43.05 | 39.98 |
|     | 100m:   | 1:18.26 | 40.54              | 200m: | 2:40.83 | 41.15 | 300m: | 4:03.07 | 40.77          | 400m: | 5:21.28 | 38.23 |
| EXH | VIEIRA, Sara Goncalves                                    | 10      | Selecao dos Acores |       |         |       |       |         | <b>5:40.06</b> | 336   |         |       |
|     | 50m:  | 38.67   | 38.67              | 150m: | 2:05.11 | 43.17 | 250m: | 3:32.15 | 43.76          | 350m: | 4:58.33 | 42.62 |
|     | 100m:   | 1:21.94 | 43.27              | 200m: | 2:48.39 | 43.28 | 300m: | 4:15.71 | 43.56          | 400m: | 5:40.06 | 41.73 |
| EXH | FERREIRA, Carolina Morao                                  | 11      | Selecao dos Acores |       |         |       |       |         | <b>5:41.65</b> | 331   |         |       |
|     | <i>TAC Nacional - Famalicão, 21 a 23 de julho de 2023</i> |         |                    |       |         |       |       |         |                |       |         |       |
|     | 50m:  | 38.02   | 38.02              | 150m: | 2:04.19 | 43.19 | 250m: | 3:31.88 | 44.25          | 350m: | 4:59.50 | 43.71 |
|     | 100m:   | 1:21.00 | 42.98              | 200m: | 2:47.63 | 43.44 | 300m: | 4:15.79 | 43.91          | 400m: | 5:41.65 | 42.15 |
| EXH | SOARES, Isabella Nascimento                               | 11      | Selecao dos Acores |       |         |       |       |         | <b>6:04.35</b> | 273   |         |       |
|     | 50m:  | 40.30   | 40.30              | 150m: | 2:11.76 | 46.16 | 250m: | 3:45.34 | 46.75          | 350m: | 5:19.39 | 46.15 |
|     | 100m:   | 1:25.60 | 45.30              | 200m: | 2:58.59 | 46.83 | 300m: | 4:33.24 | 47.90          | 400m: | 6:04.35 | 44.96 |
| EXH | ARROJADO, Maria Abreu                                     | 11      | Selecao dos Acores |       |         |       |       |         | <b>6:28.32</b> | 225   |         |       |
|     | 50m:  | 42.16   | 42.16              | 150m: | 2:19.37 | 48.45 | 250m: | 4:00.27 | 51.01          | 350m: | 5:41.11 | 49.53 |
|     | 100m:   | 1:30.92 | 48.76              | 200m: | 3:09.26 | 49.89 | 300m: | 4:51.58 | 51.31          | 400m: | 6:28.32 | 47.21 |