

Prova 27 Femin., 400m Livres Absoluto
20/05/2023 - 17:51 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	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

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 2023

Lugar	Ano	Tempo final	Pts
Infantil B - 12 anos			
1. SARGO, Leonor Lourenco	11	Desportivo Sao Roque	6:00.65 281
50m: 38.64 38.64	150m: 2:09.85	46.66 250m: 3:42.97	46.68 350m: 5:17.59 47.36
100m: 1:23.19 44.55	200m: 2:56.29	46.44 300m: 4:30.23	47.26 400m: 6:00.65 43.06
2. SILVA, Ana Matilde	11	Desportivo Nacional	6:21.10 238
50m: 43.24 43.24	150m: 2:20.29	49.28 250m: 3:59.49	49.64 350m: 5:35.52 47.05
100m: 1:31.01 47.77	200m: 3:09.85	49.56 300m: 4:48.47	48.98 400m: 6:21.10 45.58
3. BAPTISTA, Valentina Hermida	11	Juventude Atlantico	6:59.52 178
50m: 42.04 42.04	150m: 2:25.50	54.25 250m: 4:14.87	54.34 350m: 6:08.68 57.98
100m: 1:31.25 49.21	200m: 3:20.53	55.03 300m: 5:10.70	55.83 400m: 6:59.52 50.84
4. SILVA, Matilde Fernandes	11	Desportivo Nacional	7:09.26 167
50m: 47.29 47.29	150m: 2:36.96	56.31 250m: 4:29.12	56.58 350m: 6:17.98 52.46
100m: 1:40.65 53.36	200m: 3:32.54	55.58 300m: 5:25.52	56.40 400m: 7:09.26 51.28

Infantil A - 13 anos

1. ROSA, Clara Sofia	10	Desportivo Nacional	5:54.72 295
50m: 40.18 40.18	150m: 2:09.73	45.89 250m: 3:41.21	45.41 350m: 5:12.05 45.28
100m: 1:23.84 43.66	200m: 2:55.80	46.07 300m: 4:26.77	45.56 400m: 5:54.72 42.67

Juvenil B - 14 anos

1. GONCALVES, Vera Andrade	09	Juventude Atlantico	4:54.06 519
<i>TAC Nacional - Coimbra, 28 a 30 de julho</i>			
50m: 31.98 31.98	150m: 1:46.76	38.10 250m: 3:02.89	38.85 350m: 4:19.81 38.64
100m: 1:08.66 36.68	200m: 2:24.04	37.28 300m: 3:41.17	38.28 400m: 4:54.06 34.25
2. MARGARIDO, Paula Aguiar	09	Juventude Atlantico	5:08.22 451
50m: 34.33 34.33	150m: 1:51.90	38.94 250m: 3:10.55	39.62 350m: 4:29.49 39.57
100m: 1:12.96 38.63	200m: 2:30.93	39.03 300m: 3:49.92	39.37 400m: 5:08.22 38.73
3. MELIM, Sara Beatriz	09	Desportivo Nacional	5:14.71 423
50m: 35.98 35.98	150m: 1:56.00	39.93 250m: 3:16.14	40.01 350m: 4:36.55 40.06
100m: 1:16.07 40.09	200m: 2:36.13	40.13 300m: 3:56.49	40.35 400m: 5:14.71 38.16
4. MATEUS, Eleine Vieira	09	Desportivo Nacional	5:17.26 413
50m: 35.46 35.46	150m: 1:56.56	40.75 250m: 3:18.05	40.44 350m: 4:37.79 38.95
100m: 1:15.81 40.35	200m: 2:37.61	41.05 300m: 3:58.84	40.79 400m: 5:17.26 39.47
5. FERREIRA, Natacha Camacho	09	Juventude Atlantico	6:04.24 273
50m: 40.41 40.41	150m: 2:12.94	45.83 250m: 3:46.95	47.26 350m: 5:21.09 46.68
100m: 1:27.11 46.70	200m: 2:59.69	46.75 300m: 4:34.41	47.46 400m: 6:04.24 43.15

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Juvenil A - 15 anos

1.	ALVES, Juliana Rodrigues	08	Desportivo Nacional					5:27.44	376
	50m: 35.45 35.45	150m: 1:56.54	41.17	250m: 3:20.73	42.52	350m: 4:45.48	41.86		
	100m: 1:15.37 39.92	200m: 2:38.21	41.67	300m: 4:03.62	42.89	400m: 5:27.44	41.96		
2.	NOBREGA, Sara Francisca	08	Desportivo Sao Roque					5:34.04	354
	50m: 38.24 38.24	150m: 2:02.21	41.99	250m: 3:27.20	42.82	350m: 4:52.25	42.28		
	100m: 1:20.22 41.98	200m: 2:44.38	42.17	300m: 4:09.97	42.77	400m: 5:34.04	41.79		

Juniores - 16, 17 anos

1.	CAMARA, Ines Cruz	07	Desportivo Nacional					4:49.99	541
	50m: 33.07 33.07	150m: 1:45.60	36.68	250m: 2:59.65	37.20	350m: 4:14.11	37.08		
	100m: 1:08.92 35.85	200m: 2:22.45	36.85	300m: 3:37.03	37.38	400m: 4:49.99	35.88		
2.	SILVA, Silvana Suamade	06	Desportivo Sao Roque					5:09.62	445
	50m: 34.17 34.17	150m: 1:51.36	39.01	250m: 3:10.72	39.61	350m: 4:30.68	39.81		
	100m: 1:12.35 38.18	200m: 2:31.11	39.75	300m: 3:50.87	40.15	400m: 5:09.62	38.94		

Seniores - 18 e mais velhos

1.	CARDOSO, Isabel Maria	05	Desportivo Nacional					6:14.19	252
	50m: 42.41 42.41	150m: 2:19.40	48.36	250m: 3:54.71	46.78	350m: 5:29.06	46.53		
	100m: 1:31.04 48.63	200m: 3:07.93	48.53	300m: 4:42.53	47.82	400m: 6:14.19	45.13		
2.	BLANDY, Mischa Blue	04	Desportivo Nacional					6:46.35	196
	50m: 46.64 46.64	150m: 2:30.84	52.66	250m: 4:13.78	51.19	350m: 5:56.64	51.79		
	100m: 1:38.18 51.54	200m: 3:22.59	51.75	300m: 5:04.85	51.07	400m: 6:46.35	49.71		