



Prova 11	Femin., 400m Estilos				Absoluto
08/07/2023 - 9:35	Com o apoio da Junta de Freguesia de Santo António				Resultados
Recorde Regional Open	5:00.24	QUINTAL, Fabiana Maria	CDN	Funchal	19/02/2009
Recorde Regional Sen	5:00.24	QUINTAL, Fabiana Maria	CDN	Funchal	19/02/2009
Recorde Regional Jun17	5:19.30	FERREIRA, Maria Leonor	CDN	Funchal	11/07/2021
Recorde Regional Jun16	5:14.13	FERNANDES, Isabel Catarina	CNF	Funchal	17/06/2006
Recorde Regional Juv A	5:20.04	FERREIRA, Maria Leonor	CDN	Funchal	13/07/2019
Recorde Regional Juv B	5:19.42	CAMARA, Ines Cruz	CDN	Funchal	11/07/2021
Recorde Regional Inf A	5:18.10	CAIRES, Joana Costa	CNF	Sines	11/03/2011
Recorde Regional Inf B	5:36.11	FERNANDES, Catarina Isabel	CNF	Funchal	05/07/2002

Juv. B Fem. Juv B: 5:37.05 / Juv. A Fem. Juv A: 5:29.24 / Júnior 1º Ano Fem. Jun16: 5:21.44 / Júnior 2º Ano Fem. Jun17: 5:19.88 / Sénior 1.º Fem. Sen18: 5:13.64 / Sénior 2.º Fem. 19 +: 5:12.08

Pontos: FINA 2022

Lugar	Ano		Tempo final				Pts
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#### Infantis B, 12 anos

1. VIEIRA, Matilde Sofia	11	Desportivo Nacional	<b>6:43.44</b>				264
50m: 42.87 42.87	150m: 2:27.69 52.76	250m: 4:14.72 55.72	350m: 5:58.25 47.38	100m: 1:34.93 52.06	200m: 3:19.00 51.31	300m: 5:10.87 56.15	400m: 6:43.44 45.19

#### Juvenis B, 14 anos

1. MATEUS, Eleine Vieira	09	Desportivo Nacional	<b>5:37.70</b>				450
50m: 34.65 34.65	150m: 1:59.50 44.24	250m: 3:32.18 49.78	350m: 5:00.61 38.95	100m: 1:15.26 40.61	200m: 2:42.40 42.90	300m: 4:21.66 49.48	400m: 5:37.70 37.09
2. MARGARIDO, Paula Aguiar	09	Juventude Atlantico	<b>5:44.38</b>				425
50m: 36.40 36.40	150m: 2:03.99 41.55	250m: 3:35.98 50.92	350m: 5:06.90 39.50	100m: 1:22.44 46.04	200m: 2:45.06 41.07	300m: 4:27.40 51.42	400m: 5:44.38 37.48

#### Juvenis A, 15 anos

1. ALVES, Juliana Rodrigues	08	Desportivo Nacional	<b>5:43.27</b>				429
50m: 35.51 35.51	150m: 2:02.20 45.07	250m: 3:34.71 47.87	350m: 5:04.10 40.68	100m: 1:17.13 41.62	200m: 2:46.84 44.64	300m: 4:23.42 48.71	400m: 5:43.27 39.17

#### Juniores, 16 e 17 anos

1. CAMARA, Ines Cruz	07	Desportivo Nacional	<b>5:13.99</b>				560
<i>Recorde Regional, TAC Nacional - Coimbra, 28 a 30 de julho de 2023</i>							
50m: 32.33 32.33	150m: 1:50.87 41.13	250m: 3:16.30 45.09	350m: 4:39.72 37.00	100m: 1:09.74 37.41	200m: 2:31.21 40.34	300m: 4:02.72 46.42	400m: 5:13.99 34.27

#### Classificação Geral

1. CAMARA, Ines Cruz	07	Desportivo Nacional	<b>5:13.99</b>				560
<i>Recorde Regional, TAC Nacional - Coimbra, 28 a 30 de julho de 2023</i>							
50m: 32.33 32.33	150m: 1:50.87 41.13	250m: 3:16.30 45.09	350m: 4:39.72 37.00	100m: 1:09.74 37.41	200m: 2:31.21 40.34	300m: 4:02.72 46.42	400m: 5:13.99 34.27
2. MATEUS, Eleine Vieira	09	Desportivo Nacional	<b>5:37.70</b>				450
50m: 34.65 34.65	150m: 1:59.50 44.24	250m: 3:32.18 49.78	350m: 5:00.61 38.95	100m: 1:15.26 40.61	200m: 2:42.40 42.90	300m: 4:21.66 49.48	400m: 5:37.70 37.09
3. ALVES, Juliana Rodrigues	08	Desportivo Nacional	<b>5:43.27</b>				429
50m: 35.51 35.51	150m: 2:02.20 45.07	250m: 3:34.71 47.87	350m: 5:04.10 40.68	100m: 1:17.13 41.62	200m: 2:46.84 44.64	300m: 4:23.42 48.71	400m: 5:43.27 39.17
4. MARGARIDO, Paula Aguiar	09	Juventude Atlantico	<b>5:44.38</b>				425
50m: 36.40 36.40	150m: 2:03.99 41.55	250m: 3:35.98 50.92	350m: 5:06.90 39.50	100m: 1:22.44 46.04	200m: 2:45.06 41.07	300m: 4:27.40 51.42	400m: 5:44.38 37.48

Associação de Natação da Madeira  
Campeonato Natação Madeira - Verão  
Funchal, 1 a 3 de Julho de 2022



Prova 11, Femin., 400m Estilos, Classificação Geral

Lugar			Ano				Tempo final	Pts
5.	VIEIRA, Matilde Sofia		11	Desportivo Nacional			<b>6:43.44</b>	264
	50m:	42.87 42.87	150m:	2:27.69 52.76	250m:	4:14.72 55.72	350m:	5:58.25 47.38
	100m:	1:34.93 52.06	200m:	3:19.00 51.31	300m:	5:10.87 56.15	400m:	6:43.44 45.19