



Prova 21 Femin., 400m Livres  
08/07/2023 - 16:49 Com o apoio da Junta de Freguesia de Santo António Absoluto  
Resultados

Recorde Regional Open	4:31.74	ANDRADE, Rubina Amaro	CDN	Braga	05/03/1994
Recorde Regional Sen	4:35.08	MELIM, Claudia Ramos	CDN	Funchal	06/07/2002
Recorde Regional Jun17	4:32.13	ANDRADE, Rubina Amaro	CDN	Felgueiras	13/07/1996
Recorde Regional Jun16	4:31.80	ANDRADE, Rubina Amaro	CDN	Funchal	14/07/1995
Recorde Regional Juv A	4:31.74	ANDRADE, Rubina Amaro	CDN	Braga	05/03/1994
Recorde Regional Juv B	4:35.00	ANDRADE, Rubina Amaro	CDN	Funchal	29/05/1993
Recorde Regional Inf A	4:37.30	ANDRADE, Rubina Amaro	CDN	Funchal	17/07/1992
Recorde Regional Inf B	4:56.70	ANDRADE, Rubina Amaro	CDN	Funchal	04/05/1991

Infantil B Fem. Inf B: 5:48.30 / Infantil A Fem. Inf A: 5:29.20 / Juv. B Fem. Juv B: 4:53.50 / Juv. A Fem. Juv A: 4:46.71 /  
Júnior 1º Ano Fem. Jun16: 4:39.91 / Júnior 2º Ano Fem. Jun17: 4:38.55 / Sénior 1.º Fem. Sen18: 4:33.12 /  
Sénior 2.º Fem. 19 +: 4:31.76

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
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Infantis B, 12 anos

1. GONCALVES, Mafalda Beatriz	11	Desportivo Nacional	<b>5:59.77</b>	274
50m: 39.40 39.40	150m: 2:11.49	45.83 250m: 3:43.38	45.94 350m: 5:15.67	46.20
100m: 1:25.66 46.26	200m: 2:57.44	45.95 300m: 4:29.47	46.09 400m: 5:59.77	44.10
2. VELOSA, Ana Matilde	11	Juventude Atlantico	<b>6:20.68</b>	232
50m: 40.32 40.32	150m: 2:19.70	49.87 250m: 3:57.56	48.13 350m: 5:33.91	46.31
100m: 1:29.83 49.51	200m: 3:09.43	49.73 300m: 4:47.60	50.04 400m: 6:20.68	46.77

Infantis A, 13 anos

1. LEITAO, Isabel Gouveia	10	Naval do Funchal	<b>5:19.20</b>	393
<i>TAC Nacional - Famalicão, 21 a 23 de julho de 2023</i>				
50m: 34.56 34.56	150m: 1:55.84	41.06 250m: 3:17.93	41.71 350m: 4:39.96	40.77
100m: 1:14.78 40.22	200m: 2:36.22	40.38 300m: 3:59.19	41.26 400m: 5:19.20	39.24

Juvenis B, 14 anos

1. GONCALVES, Vera Andrade	09	Juventude Atlantico	<b>4:39.44</b>	586
<i>TAC Nacional - Coimbra, 28 a 30 de julho de 2023</i>				
50m: 30.88 30.88	150m: 1:41.40	35.76 250m: 2:53.73	36.24 350m: 4:06.47	36.36
100m: 1:05.64 34.76	200m: 2:17.49	36.09 300m: 3:30.11	36.38 400m: 4:39.44	32.97
2. MARGARIDO, Paula Aguiar	09	Juventude Atlantico	<b>4:53.78</b>	504
50m: 32.02 32.02	150m: 1:45.29	37.55 250m: 3:01.80	38.46 350m: 4:17.79	37.58
100m: 1:07.74 35.72	200m: 2:23.34	38.05 300m: 3:40.21	38.41 400m: 4:53.78	35.99
3. PEREIRA, Eduarda Ribeiro	09	Naval do Funchal	<b>4:54.40</b>	501
50m: 32.17 32.17	150m: 1:45.65	37.01 250m: 3:01.18	37.76 350m: 4:17.00	37.76
100m: 1:08.64 36.47	200m: 2:23.42	37.77 300m: 3:39.24	38.06 400m: 4:54.40	37.40
4. CARVALHO, Laura Jardim	09	Juventude Atlantico	<b>6:43.89</b>	194
50m: 46.45 46.45	150m: 2:27.16	50.90 250m: 4:10.38	51.46 350m: 5:54.90	52.62
100m: 1:36.26 49.81	200m: 3:18.92	51.76 300m: 5:02.28	51.90 400m: 6:43.89	48.99

Juvenis A, 15 anos

1. GOMES, Sofia Vega	08	Naval do Funchal	<b>5:02.58</b>	462
50m: 32.28 32.28	150m: 1:45.96	37.46 250m: 3:04.32	39.98 350m: 4:23.89	39.38
100m: 1:08.50 36.22	200m: 2:24.34	38.38 300m: 3:44.51	40.19 400m: 5:02.58	38.69

Juniores, 16 e 17 anos

1. CAMARA, Ines Cruz	07	Desportivo Nacional	<b>4:39.35</b>	587
<i>TAC Nacional - Coimbra, 28 a 30 de julho de 2023</i>				
50m: 31.55 31.55	150m: 1:40.99	34.74 250m: 2:52.42	35.88 350m: 4:04.87	36.19
100m: 1:06.25 34.70	200m: 2:16.54	35.55 300m: 3:28.68	36.26 400m: 4:39.35	34.48



Prova 21, Femin., 400m Livres, Juniores, 16 e 17 anos

Lugar			Ano					Tempo final	Pts		
2.	CARICHAS, Joana Medeiros		06	Juventude Atlantico				<b>5:10.27</b>	428		
	50m:	33.34 33.34	150m:	1:52.31	40.74	250m:	3:12.89	39.19	350m:	4:33.14	38.47
	100m:	1:11.57 38.23	200m:	2:33.70	41.39	300m:	3:54.67	41.78	400m:	5:10.27	37.13

Seniores, 18 e mais velhas

1.	BLANDY, Mischa Blue		04	Desportivo Nacional				<b>6:26.00</b>	222		
	50m:	43.24 43.24	150m:	2:21.50	49.52	250m:	4:00.27	49.49	350m:	5:38.70	48.92
	100m:	1:31.98 48.74	200m:	3:10.78	49.28	300m:	4:49.78	49.51	400m:	6:26.00	47.30

Classificação Geral

1.	CAMARA, Ines Cruz		07	Desportivo Nacional				<b>4:39.35</b>	587		
	<i>TAC Nacional - Coimbra, 28 a 30 de julho de 2023</i>										
	50m:	31.55 31.55	150m:	1:40.99	34.74	250m:	2:52.42	35.88	350m:	4:04.87	36.19
	100m:	1:06.25 34.70	200m:	2:16.54	35.55	300m:	3:28.68	36.26	400m:	4:39.35	34.48
2.	GONCALVES, Vera Andrade		09	Juventude Atlantico				<b>4:39.44</b>	586		
	<i>TAC Nacional - Coimbra, 28 a 30 de julho de 2023</i>										
	50m:	30.88 30.88	150m:	1:41.40	35.76	250m:	2:53.73	36.24	350m:	4:06.47	36.36
	100m:	1:05.64 34.76	200m:	2:17.49	36.09	300m:	3:30.11	36.38	400m:	4:39.44	32.97
3.	MARGARIDO, Paula Aguiar		09	Juventude Atlantico				<b>4:53.78</b>	504		
	50m:	32.02 32.02	150m:	1:45.29	37.55	250m:	3:01.80	38.46	350m:	4:17.79	37.58
	100m:	1:07.74 35.72	200m:	2:23.34	38.05	300m:	3:40.21	38.41	400m:	4:53.78	35.99
4.	PEREIRA, Eduarda Ribeiro		09	Naval do Funchal				<b>4:54.40</b>	501		
	50m:	32.17 32.17	150m:	1:45.65	37.01	250m:	3:01.18	37.76	350m:	4:17.00	37.76
	100m:	1:08.64 36.47	200m:	2:23.42	37.77	300m:	3:39.24	38.06	400m:	4:54.40	37.40
5.	GOMES, Sofia Vega		08	Naval do Funchal				<b>5:02.58</b>	462		
	50m:	32.28 32.28	150m:	1:45.96	37.46	250m:	3:04.32	39.98	350m:	4:23.89	39.38
	100m:	1:08.50 36.22	200m:	2:24.34	38.38	300m:	3:44.51	40.19	400m:	5:02.58	38.69
6.	CARICHAS, Joana Medeiros		06	Juventude Atlantico				<b>5:10.27</b>	428		
	50m:	33.34 33.34	150m:	1:52.31	40.74	250m:	3:12.89	39.19	350m:	4:33.14	38.47
	100m:	1:11.57 38.23	200m:	2:33.70	41.39	300m:	3:54.67	41.78	400m:	5:10.27	37.13
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	<i>TAC Nacional - Famalicão, 21 a 23 de julho de 2023</i>										
	50m:	34.56 34.56	150m:	1:55.84	41.06	250m:	3:17.93	41.71	350m:	4:39.96	40.77
	100m:	1:14.78 40.22	200m:	2:36.22	40.38	300m:	3:59.19	41.26	400m:	5:19.20	39.24
8.	GONCALVES, Mafalda Beatriz		11	Desportivo Nacional				<b>5:59.77</b>	274		
	50m:	39.40 39.40	150m:	2:11.49	45.83	250m:	3:43.38	45.94	350m:	5:15.67	46.20
	100m:	1:25.66 46.26	200m:	2:57.44	45.95	300m:	4:29.47	46.09	400m:	5:59.77	44.10
9.	VELOSA, Ana Matilde		11	Juventude Atlantico				<b>6:20.68</b>	232		
	50m:	40.32 40.32	150m:	2:19.70	49.87	250m:	3:57.56	48.13	350m:	5:33.91	46.31
	100m:	1:29.83 49.51	200m:	3:09.43	49.73	300m:	4:47.60	50.04	400m:	6:20.68	46.77
10.	BLANDY, Mischa Blue		04	Desportivo Nacional				<b>6:26.00</b>	222		
	50m:	43.24 43.24	150m:	2:21.50	49.52	250m:	4:00.27	49.49	350m:	5:38.70	48.92
	100m:	1:31.98 48.74	200m:	3:10.78	49.28	300m:	4:49.78	49.51	400m:	6:26.00	47.30
11.	CARVALHO, Laura Jardim		09	Juventude Atlantico				<b>6:43.89</b>	194		
	50m:	46.45 46.45	150m:	2:27.16	50.90	250m:	4:10.38	51.46	350m:	5:54.90	52.62
	100m:	1:36.26 49.81	200m:	3:18.92	51.76	300m:	5:02.28	51.90	400m:	6:43.89	48.99