

Prova 5 Femin., 400m Estilos 16 anos e mais velhos
27/05/2023 - 9:51 JUNIORES & SENIORES 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

Júnior 1.º Ano Fem. Jun16: 5:21.44 / Júnior 2.º 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		
EXH	CAMARA, Ines Cruz		07	Desportivo Nacional				5:16.65	546		
	<i>TAC Nacional - Coimbra, 28 a 30 de julho</i>										
	50m:	32.71 32.71	150m:	1:52.48	41.20	250m:	3:18.38	45.84	350m:	4:41.34	36.65
	100m:	1:11.28 38.57	200m:	2:32.54	40.06	300m:	4:04.69	46.31	400m:	5:16.65	35.31
EXH	SILVA, Silvana Suamade		06	Desportivo Sao Roque				5:39.07	445		
	50m:	34.58 34.58	150m:	1:58.78	44.11	250m:	3:31.74	49.11	350m:	5:00.95	39.40
	100m:	1:14.67 40.09	200m:	2:42.63	43.85	300m:	4:21.55	49.81	400m:	5:39.07	38.12
EXH	CARICHAS, Joana Medeiros		06	Juventude Atlantico				5:47.80	412		
	50m:	38.09 38.09	150m:	2:06.34	43.17	250m:	3:39.57	50.73	350m:	5:11.39	39.44
	100m:	1:23.17 45.08	200m:	2:48.84	42.50	300m:	4:31.95	52.38	400m:	5:47.80	36.41
EXH	ROJAS, Zara Alejandra		07	Desportivo Nacional				5:48.42	410		
	50m:	31.30 31.30	150m:	1:57.11	48.27	250m:	3:32.73	51.61	350m:	5:11.07	37.73
	100m:	1:08.84 37.54	200m:	2:41.12	44.01	300m:	4:33.34	1:00.61	400m:	5:48.42	37.35
EXH	MATEUS, Clarisse Vieira		07	Desportivo Nacional				6:01.73	366		
	50m:	38.26 38.26	150m:	2:10.27	45.33	250m:	3:46.56	50.74	350m:	5:20.36	43.85
	100m:	1:24.94 46.68	200m:	2:55.82	45.55	300m:	4:36.51	49.95	400m:	6:01.73	41.37