

Prova 23 Femin., 400m Livres Absolutos
30/10/2022 - 17:34 Resultados

Recorde Regional Absoluto	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

ZONAL Inf. B Fem. Inf B: 6:00.26 / ZONAL Inf. A Fem. Inf A: 5:41.20 / ZONAL Juv. B Fem. Juv B: 5:05.93 /
ZONAL Juv. A Fem. Juv A: 4:57.35 / OPEN Juvenis Fem. Juv: 4:46.71 / OPEN Júnior Fem. Jun: 4:38.55 /
OPEN Sénior Fem. Sen: 4:31.76 / 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. 18: 4:33.12 /
Sénior 2.º Fem. 19+: 4:31.76

Pontos: FINA 2022

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	NOBREGA Sara Francisca	08	209056	Clube Desportivo Sao Roque	5:32.41	+0,54	348	25,0(-)
	50m: 38.29 38.29		150m: 2:02.48	42.21	250m: 3:26.68	42.44	350m: 4:51.13	42.19
	100m: 1:20.27 41.98		200m: 2:44.24	41.76	300m: 4:08.94	42.26	400m: 5:32.41	41.28
DNS	FERREIRA Natacha Camacho	09	206843	Juventude Atlantico Clube				-
DNS	FRANCA Ines Matos	07	204303	Juventude Atlantico Clube				-
DNS	FREITAS Sara Margarida	11	215578	Juventude Atlantico Clube				-
EXH	CAMARA Ines Cruz	07	131346	Desportivo Nacional	4:45.97	+0,78	547	-
	50m: 32.77 32.77		150m: 1:44.51	36.24	250m: 2:57.61	36.55	350m: 4:11.53	37.16
	100m: 1:08.27 35.50		200m: 2:21.06	36.55	300m: 3:34.37	36.76	400m: 4:45.97	34.44
EXH	RODRIGUES Laura Sofia	07	148425	Juventude Atlantico Clube	4:55.07	+0,77	498	-
	50m: 32.93 32.93		150m: 1:45.02	36.41	250m: 2:59.53	37.62	350m: 4:16.91	38.90
	100m: 1:08.61 35.68		200m: 2:21.91	36.89	300m: 3:38.01	38.48	400m: 4:55.07	38.16
EXH	GOMES Sofia Vega	08	206798	Naval do Funchal	4:56.01	+0,72	493	-
	<i>TAC ZONAL - Guarda (dezembro)</i>							
	50m: 33.02 33.02		150m: 1:45.58	36.36	250m: 3:00.21	37.84	350m: 4:18.15	38.71
	100m: 1:09.22 36.20		200m: 2:22.37	36.79	300m: 3:39.44	39.23	400m: 4:56.01	37.86
EXH	ANDRADE Matilde Sousa	08	205152	Naval do Funchal	5:01.03	+0,72	469	-
	50m: 33.48 33.48		150m: 1:47.66	37.50	250m: 3:04.76	38.99	350m: 4:23.18	38.83
	100m: 1:10.16 36.68		200m: 2:25.77	38.11	300m: 3:44.35	39.59	400m: 5:01.03	37.85
EXH	PEREIRA Eduarda Ribeiro	09	207328	Naval do Funchal	5:05.09	+0,70	450	-
	<i>TAC ZONAL - Guarda (dezembro)</i>							
	50m: 33.92 33.92		150m: 1:49.71	38.23	250m: 3:07.49	38.92	350m: 4:26.33	39.58
	100m: 1:11.48 37.56		200m: 2:28.57	38.86	300m: 3:46.75	39.26	400m: 5:05.09	38.76
EXH	CARICHAS Joana Medeiros	06	200965	Juventude Atlantico Clube	5:07.93	+0,74	438	-
	50m: 33.89 33.89		150m: 1:50.89	38.83	250m: 3:10.52	39.30	350m: 4:30.09	38.38
	100m: 1:12.06 38.17		200m: 2:31.22	40.33	300m: 3:51.71	41.19	400m: 5:07.93	37.84
EXH	MELIM Sara Beatriz	09	206793	Desportivo Nacional	5:09.99	+0,68	429	-
	50m: 35.46 35.46		150m: 1:54.23	39.23	250m: 3:14.74	40.36	350m: 4:33.42	38.92
	100m: 1:15.00 39.54		200m: 2:34.38	40.15	300m: 3:54.50	39.76	400m: 5:09.99	36.57
EXH	ALVES Juliana Rodrigues	08	202188	Desportivo Nacional	5:19.98	+0,71	390	-
	50m: 35.24 35.24		150m: 1:56.34	40.76	250m: 3:17.98	40.79	350m: 4:39.96	41.13
	100m: 1:15.58 40.34		200m: 2:37.19	40.85	300m: 3:58.83	40.85	400m: 5:19.98	40.02
EXH	MATEUS Eleine Vieira	09	206350	Desportivo Nacional	5:24.39	+0,69	374	-
	50m: 36.15 36.15		150m: 1:59.41	42.18	250m: 3:21.71	40.80	350m: 4:44.66	41.33
	100m: 1:17.23 41.08		200m: 2:40.91	41.50	300m: 4:03.33	41.62	400m: 5:24.39	39.73
EXH	CANADA Maria Elvira	06	200544	Desportivo Nacional	5:24.92	+0,75	373	-
	50m: 36.63 36.63		150m: 1:58.48	41.47	250m: 3:22.13	41.69	350m: 4:44.72	41.14
	100m: 1:17.01 40.38		200m: 2:40.44	41.96	300m: 4:03.58	41.45	400m: 5:24.92	40.20
EXH	TEMTEM Madalena Barbosa	09	203454	Desportivo Nacional	6:15.44	+0,73	241	-
	50m: 43.23 43.23		150m: 2:20.16	48.84	250m: 3:56.33	47.30	350m: 5:30.15	45.94
	100m: 1:31.32 48.09		200m: 3:09.03	48.87	300m: 4:44.21	47.88	400m: 6:15.44	45.29
EXH	VELOSA Ana Matilde	11	211721	Juventude Atlantico Clube	7:29.18	+0,95	141	-
	50m: 46.44 46.44		150m: 2:41.32	57.58	250m: 4:36.47	58.11	350m: 6:32.92	58.30
	100m: 1:43.74 57.30		200m: 3:38.36	57.04	300m: 5:34.62	58.15	400m: 7:29.18	56.26

Prova 23, Femin., 400m Livres

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
EXH	BAPTISTA Valentina Hermida	11	213377	Juventude Atlantico Clube	7:46.53	+1,00	126	-
	50m: 49.44 49.44	150m: 2:47.79	59.20	250m: 4:49.22	1:00.91	350m: 6:50.51	1:00.48	
	100m: 1:48.59 59.15	200m: 3:48.31	1:00.52	300m: 5:50.03	1:00.81	400m: 7:46.53	56.02	