

Prova 3 Femin., 400m Livres Absoluto
09/06/2023 - 19:29 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	Nome	Ano	Clube	Tempo final	Pts	Torneio
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Infantis (12 and 13 years)

1.	JESUS, Vera Franca	11	Naval do Funchal	5:10.03	429	9,00
<i>Vencedor do Escalão [Infantil A e B], TAC Infantis - Famalicão, 21 a 23 julho</i>						
	50m: 36.56	36.56	150m: 2:33.63	250m: 3:52.26	350m: 5:10.03	
	100m: 1:15.70	39.14	200m: 2:33.63	300m: 3:52.26	400m: 5:10.03	
2.	JARDIM, Eva Santos	10	Juventude Atlantico	5:25.78	370	7,00
<i>TAC Infantis - Famalicão, 21 a 23 julho</i>						
	50m: 31.32	31.32	150m: 2:41.32	250m: 4:04.84	350m: 5:25.78	
	100m: 1:18.38	47.06	200m: 2:41.32	300m: 4:04.84	400m: 5:25.78	
3.	RIBEIRO, Guida Drumond	10	Naval do Funchal	5:50.11	298	6,00
	50m: 35.60	35.60	150m: 2:37.05	250m: 4:09.83	350m: 5:50.11	
	100m: 1:13.62	38.02	200m: 2:37.05	300m: 4:09.83	400m: 5:50.11	
4.	SARGO, Leonor Lourenco	11	Desportivo Sao Roque	6:01.01	272	5,00
	50m: 37.52	37.52	150m: 2:58.16	250m: 4:34.10	350m: 6:01.01	
	100m: 1:22.40	44.88	200m: 2:58.16	300m: 4:34.10	400m: 6:01.01	
5.	VELOSA, Ana Matilde	11	Juventude Atlantico	6:44.91	192	4,00
	50m: 42.20	42.20	150m: 3:17.57	250m: 5:05.84	350m: 6:44.91	
	100m: 1:30.29	48.09	200m: 3:17.57	300m: 5:05.84	400m: 6:44.91	

Juvenis (14 and 15 years)

1.	MARGARIDO, Paula Aguiar	09	Juventude Atlantico	4:58.26	482	9,00
<i>Vencedor do Escalão [Juvenil A e B]</i>						
	50m: 33.34	33.34	150m: 2:25.74	250m: 3:42.73	350m: 4:58.26	
	100m: 1:10.24	36.90	200m: 2:25.74	300m: 3:42.73	400m: 4:58.26	
2.	MELIM, Sara Beatriz	09	Desportivo Nacional	5:03.29	458	7,00
	50m: 35.34	35.34	150m: 2:31.03	250m: 3:47.96	350m: 5:03.29	
	100m: 1:13.42	38.08	200m: 2:31.03	300m: 3:47.96	400m: 5:03.29	
3.	PEREIRA, Eduarda Ribeiro	09	Naval do Funchal	5:03.80	456	6,00
	50m: 33.88	33.88	150m: 2:29.84	250m: 3:48.65	350m: 5:03.80	
	100m: 1:11.54	37.66	200m: 2:29.84	300m: 3:48.65	400m: 5:03.80	
4.	ALVES, Juliana Rodrigues	08	Desportivo Nacional	5:09.53	431	5,00
	50m: 35.60	35.60	150m: 2:32.61	250m: 3:51.24	350m: 5:09.53	
	100m: 1:14.10	38.50	200m: 2:32.61	300m: 3:51.24	400m: 5:09.53	
5.	FERREIRA, Natacha Camacho	09	Juventude Atlantico	5:39.31	327	4,00
	50m: 37.99	37.99	150m: 2:40.39	250m: 4:14.67	350m: 5:39.31	
	100m: 1:20.82	42.83	200m: 2:40.39	300m: 4:14.67	400m: 5:39.31	

Prova 3, Femin., 400m Livres

Absolutos (16+ years)

1.	ROJAS, Zara Alejandra	07	Desportivo Nacional	4:43.44	562	9,00
	<i>Vencedor do Escalão [Júnior e Sénior]</i>					
	50m: 31.38 31.38	150m: 2:19.04	250m: 3:34.38	350m: 4:43.44		
	100m: 1:06.60 35.22	200m: 2:19.04	300m: 3:34.38	400m: 4:43.44		
2.	SILVA, Silvana Suamade	06	Desportivo Sao Roque	5:07.41	440	7,00
	50m: 33.40 33.40	150m: 2:29.58	250m: 3:48.41	350m: 5:07.41		
	100m: 1:11.16 37.76	200m: 2:29.58	300m: 3:48.41	400m: 5:07.41		
3.	FRANCA, Ines Matos	07	Juventude Atlantico	5:13.43	415	6,00
	50m: 33.78 33.78	150m: 2:33.05	250m: 3:53.70	350m: 5:13.43		
	100m: 1:12.97 39.19	200m: 2:33.05	300m: 3:53.70	400m: 5:13.43		
EXH	OLIVEIRA, Mariana Lopes	11	Naval do Funchal	5:33.09	346	-
	<i>TAC Infantis - Famalicão, 21 a 23 julho</i>					
	50m: 37.40 37.40	150m: 2:43.25	250m: 4:06.87	350m: 5:33.09		
	100m: 1:19.04 41.64	200m: 2:43.25	300m: 4:06.87	400m: 5:33.09		
EXH	MARQUES, Margarida Paixao	11	Naval do Funchal	6:25.68	223	-
	50m: 39.30 39.30	150m: 3:04.74	250m: 4:46.48	350m: 6:25.68		
	100m: 1:26.66 47.36	200m: 3:04.74	300m: 4:46.48	400m: 6:25.68		