

Prova 23 Femin., 400m Livres Absoluto
07/10/2023 - 18:04 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

ZONAL Inf. B Fem. Inf B: 5:35.00 / ZONAL Inf. A Fem. Inf A: 5:19.50 / ZONAL Juv. B Fem. Juv B: 5:07.37 /
ZONAL Juv. A Fem. Juv A: 4:59.94 / Infantil B Fem. Inf B: 5:19.41 / Infantil A Fem. Inf A: 5:08.41 / Juv. B Fem. Juv B: 4:53.50 /
Juv. A Fem. Juv A: 4:46.71 / J nior 1  Ano Fem. Jun16: 4:39.91 / J nior 2  Ano Fem. Jun17: 4:38.55 /
S nior 1.  Fem. Sen18: 4:33.12 / S nior 2.  Fem. 19 +: 4:31.76

Pontos: FINA 2022

Lugar	Ano								Tempo final	Pts		
Juvenil B - 14 anos												
1.	ROSA, Clara Sofia			10	Desportivo Nacional				5:25.78	370		
	50m:	38.53	38.53	150m:	2:01.15	41.79	250m:	3:24.73	41.71	350m:	4:47.28	41.24
	100m:	1:19.36	40.83	200m:	2:43.02	41.87	300m:	4:06.04	41.31	400m:	5:25.78	38.50

Juvenil A - 15 anos

1. MARGARIDO, Paula Aguiar	09	Juventude Atlantico Clube	4:55.88	494	
Tor. Zonal Juvenis - ANALEN, 15 a 17 Dezembro					
50m: 33.36 33.36	150m: 1:47.27 37.33	250m: 3:03.07 37.95	350m: 4:19.27 38.11		
100m: 1:09.94 36.58	200m: 2:25.12 37.85	300m: 3:41.16 38.09	400m: 4:55.88 36.61		
2. MELIM, Sara Beatriz	09	Desportivo Nacional	5:10.80	426	
50m: 36.49 36.49	150m: 1:55.67 39.51	250m: 3:15.02 39.60	350m: 4:33.32 39.24		
100m: 1:16.16 39.67	200m: 2:35.42 39.75	300m: 3:54.08 39.06	400m: 5:10.80 37.48		
3. TEMTEM, Madalena Barbosa	09	Desportivo Nacional	5:28.42	361	
50m: 37.57 37.57	150m: 2:01.57 42.18	250m: 3:25.24 41.70	350m: 4:48.32 41.04		
100m: 1:19.39 41.82	200m: 2:43.54 41.97	300m: 4:07.28 42.04	400m: 5:28.42 40.10		

Seniores - 18 e mais velhos

1. CARICHAS, Joana Medeiros	06	Juventude Atlantico Clube	5:10.98	425	
50m: 33.54 33.54	150m: 1:52.50 40.08	250m: 3:14.01 39.81	350m: 4:33.91 38.89		
100m: 1:12.42 38.88	200m: 2:34.20 41.70	300m: 3:55.02 41.01	400m: 5:10.98 37.07		