

Prova 1 Femin., 400m Livres Absoluto
23/07/2024 - 19:15 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

Pontos: FINA 2023

Lugar	Ano	Tempo final	Pts
Infantis B, 12 anos			
1. GONCALVES, Maria Clara	12	Escola O Liceu	5:54.22 278
50m: 39.05 39.05	150m: 2:10.71 46.76	250m: 3:40.92 45.37	350m: 5:11.72 45.30
100m: 1:23.95 44.90	200m: 2:55.55 44.84	300m: 4:26.42 45.50	400m: 5:54.22 42.50
2. OJKIC, Vera Jose	12	Juventude Atlantico	6:30.35 208
50m: 42.86 42.86	150m: 2:21.68 49.47	250m: 4:03.76 51.49	350m: 5:44.98 49.53
100m: 1:32.21 49.35	200m: 3:12.27 50.59	300m: 4:55.45 51.69	400m: 6:30.35 45.37
Infantis A, 13 anos			
1. SILVA, Ana Matilde	11	Desportivo Nacional	6:05.94 252
50m: 42.04 42.04	150m: 2:14.19 46.45	250m: 3:48.79 47.54	350m: 5:21.86 46.24
100m: 1:27.74 45.70	200m: 3:01.25 47.06	300m: 4:35.62 46.83	400m: 6:05.94 44.08
Juvenis B, 14 anos			
1. BARRETO, Maria Clara	10	Escola O Liceu	6:20.86 223
50m: 42.45 42.45	150m: 2:17.99 48.73	250m: 3:57.32 49.67	350m: 5:35.34 49.06
100m: 1:29.26 46.81	200m: 3:07.65 49.66	300m: 4:46.28 48.96	400m: 6:20.86 45.52
Juvenis A, 15 anos			
1. MELIM, Sara Beatriz	09	Desportivo Nacional	4:56.52 474
50m: 34.89 34.89	150m: 1:49.59 37.40	250m: 3:04.46 37.63	350m: 4:19.78 37.75
100m: 1:12.19 37.30	200m: 2:26.83 37.24	300m: 3:42.03 37.57	400m: 4:56.52 36.74
Seniores, 18 anos e mais velhas			
1. CARICHAS, Joana Medeiros	06	Juventude Atlantico	5:02.14 448
50m: 33.55 33.55	150m: 1:49.09 38.14	250m: 3:07.54 39.62	350m: 4:26.28 38.66
100m: 1:10.95 37.40	200m: 2:27.92 38.83	300m: 3:47.62 40.08	400m: 5:02.14 35.86
OPEN, 12 anos e mais velhas			
1. MELIM, Sara Beatriz	09	Desportivo Nacional	4:56.52 474
50m: 34.89 34.89	150m: 1:49.59 37.40	250m: 3:04.46 37.63	350m: 4:19.78 37.75
100m: 1:12.19 37.30	200m: 2:26.83 37.24	300m: 3:42.03 37.57	400m: 4:56.52 36.74
2. CARICHAS, Joana Medeiros	06	Juventude Atlantico	5:02.14 448
50m: 33.55 33.55	150m: 1:49.09 38.14	250m: 3:07.54 39.62	350m: 4:26.28 38.66
100m: 1:10.95 37.40	200m: 2:27.92 38.83	300m: 3:47.62 40.08	400m: 5:02.14 35.86
3. GONCALVES, Maria Clara	12	Escola O Liceu	5:54.22 278
50m: 39.05 39.05	150m: 2:10.71 46.76	250m: 3:40.92 45.37	350m: 5:11.72 45.30
100m: 1:23.95 44.90	200m: 2:55.55 44.84	300m: 4:26.42 45.50	400m: 5:54.22 42.50
4. SILVA, Ana Matilde	11	Desportivo Nacional	6:05.94 252
50m: 42.04 42.04	150m: 2:14.19 46.45	250m: 3:48.79 47.54	350m: 5:21.86 46.24
100m: 1:27.74 45.70	200m: 3:01.25 47.06	300m: 4:35.62 46.83	400m: 6:05.94 44.08

Prova 1, Femin., 400m Livres, OPEN, 12 anos e mais velhas

Lugar	Ano								Tempo final	Pts
5. BARRETO, Maria Clara	10 Escola O Liceu								6:20.86	223
50m:	42.45	42.45	150m:	2:17.99	48.73	250m:	3:57.32	49.67	350m:	5:35.34 49.06
100m:	1:29.26	46.81	200m:	3:07.65	49.66	300m:	4:46.28	48.96	400m:	6:20.86 45.52
6. OJKIC, Vera Jose	12 Juventude Atlantico								6:30.35	208
50m:	42.86	42.86	150m:	2:21.68	49.47	250m:	4:03.76	51.49	350m:	5:44.98 49.53
100m:	1:32.21	49.35	200m:	3:12.27	50.59	300m:	4:55.45	51.69	400m:	6:30.35 45.37