

Prova 26 Femin., 400m Livres Absoluto
18/11/2023 - 10:03 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 / 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 2023

Lugar	Ano		Tempo final						Pts
Infantil B - 12 anos									
1.	FERRO, Maria Franco		12	Naval do Funchal			5:38.69	318	
	50m:	36.77 36.77	150m:	2:03.53 44.14	250m:	3:32.10 44.40	350m:	4:58.21 41.57	
	100m:	1:19.39 42.62	200m:	2:47.70 44.17	300m:	4:16.64 44.54	400m:	5:38.69 40.48	
2.	JARDIM, Maria Velosa		12	Naval do Funchal			6:10.45	243	
	50m:	39.41 39.41	150m:	2:14.24 48.27	250m:	3:50.03 48.38	350m:	5:26.36 47.74	
	100m:	1:25.97 46.56	200m:	3:01.65 47.41	300m:	4:38.62 48.59	400m:	6:10.45 44.09	
3.	MACHADO, Sarah Camila		12	Naval do Funchal			6:14.08	236	
	50m:	40.48 40.48	150m:	2:11.94 46.06	250m:	3:47.35 47.30	350m:	5:25.21 48.86	
	100m:	1:25.88 45.40	200m:	3:00.05 48.11	300m:	4:36.35 49.00	400m:	6:14.08 48.87	
4.	OLIVEIRA, Ana Lopes		12	Naval do Funchal			6:23.90	218	
	50m:	41.03 41.03	150m:	2:18.65 49.01	250m:	3:56.84 49.48	350m:	5:36.64 49.86	
	100m:	1:29.64 48.61	200m:	3:07.36 48.71	300m:	4:46.78 49.94	400m:	6:23.90 47.26	
5.	AMORIM, Beatriz Pereira		12	Desportivo Sao Roque			6:41.96	190	
	50m:	42.39 42.39	150m:	2:22.31 50.93	250m:	4:06.51 52.57	350m:	5:51.45 52.45	
	100m:	1:31.38 48.99	200m:	3:13.94 51.63	300m:	4:59.00 52.49	400m:	6:41.96 50.51	

Infantil A - 13 anos

1.	JESUS, Vera Franca		11	Naval do Funchal			5:12.63	404
	<i>Torneio Zonal Infantis: Leiria, 15 a 17 Março</i>							
	50m:	33.78 33.78	150m:	1:52.02 40.12	250m:	3:13.13 40.42	350m:	4:33.69 40.09
	100m:	1:11.90 38.12	200m:	2:32.71 40.69	300m:	3:53.60 40.47	400m:	5:12.63 38.94
2.	OLIVEIRA, Mariana Lopes		11	Naval do Funchal			5:38.25	319
	50m:	36.60 36.60	150m:	2:01.52 43.33	250m:	3:28.95 43.74	350m:	4:56.84 43.53
	100m:	1:18.19 41.59	200m:	2:45.21 43.69	300m:	4:13.31 44.36	400m:	5:38.25 41.41
3.	MATA, Valeria Isabel		11	Naval do Funchal			5:54.01	278
	50m:	37.61 37.61	150m:	2:04.30 44.56	250m:	3:36.13 46.00	350m:	5:08.84 46.78
	100m:	1:19.74 42.13	200m:	2:50.13 45.83	300m:	4:22.06 45.93	400m:	5:54.01 45.17
4.	COSTA, Rafaela Tome		11	Naval do Funchal			5:55.57	275
	50m:	38.46 38.46	150m:	2:08.22 46.48	250m:	3:41.34 46.70	350m:	5:13.70 46.14
	100m:	1:21.74 43.28	200m:	2:54.64 46.42	300m:	4:27.56 46.22	400m:	5:55.57 41.87
5.	PEREIRA, Ana Matilde		11	Naval do Funchal			5:58.18	269
	50m:	39.83 39.83	150m:	2:10.49 45.77	250m:	3:43.18 46.15	350m:	5:15.14 45.50
	100m:	1:24.72 44.89	200m:	2:57.03 46.54	300m:	4:29.64 46.46	400m:	5:58.18 43.04
6.	SARGO, Leonor Lourenco		11	Naval do Funchal			6:06.60	251
	50m:	37.53 37.53	150m:		250m:		350m:	
	100m:	1:21.74 44.21	200m:		300m:		400m:	6:06.60
7.	BAPTISTA, Valentina Hermida		11	Juventude Atlantico			6:10.59	243
	50m:	38.44 38.44	150m:	2:12.71 48.24	250m:	3:49.97 48.85	350m:	5:26.47 48.38
	100m:	1:24.47 46.03	200m:	3:01.12 48.41	300m:	4:38.09 48.12	400m:	6:10.59 44.12

Prova 26, Femin., 400m Livres, Infantil A - 13 anos

Lugar	Ano	Tempo final	Pts
8. FREITAS, Sofia Spinola	11 Desportivo Sao Roque	6:51.72	177
50m: 46.14 46.14	150m: 2:31.37 52.98	250m: 4:17.65 53.54	350m: 6:03.57 52.81
100m: 1:38.39 52.25	200m: 3:24.11 52.74	300m: 5:10.76 53.11	400m: 6:51.72 48.15

Juvenil B - 14 anos

1. ROSA, Clara Sofia	10 Desportivo Nacional	5:18.24	383
50m: 35.98 35.98	150m: 1:55.72 39.97	250m: 3:17.14 40.60	350m: 4:39.02 40.65
100m: 1:15.75 39.77	200m: 2:36.54 40.82	300m: 3:58.37 41.23	400m: 5:18.24 39.22
2. JARDIM, Eva Santos	10 Juventude Atlantico	5:19.27	380
50m: 33.94 33.94	150m: 1:54.97 41.77	250m: 3:17.11 41.16	350m: 4:40.52 42.00
100m: 1:13.20 39.26	200m: 2:35.95 40.98	300m: 3:58.52 41.41	400m: 5:19.27 38.75
3. FERREIRA, Ana Pereira	10 Juventude Atlantico	5:53.27	280
50m: 38.34 38.34	150m: 2:07.14 44.68	250m: 3:38.66 45.60	350m: 5:10.54 45.64
100m: 1:22.46 44.12	200m: 2:53.06 45.92	300m: 4:24.90 46.24	400m: 5:53.27 42.73
4. NASCIMENTO, Leonor Silva	10 Naval do Funchal	5:57.14	271
50m: 38.96 38.96	150m: 2:09.18 45.86	250m: 3:41.23 46.07	350m: 5:11.47 44.68
100m: 1:23.32 44.36	200m: 2:55.16 45.98	300m: 4:26.79 45.56	400m: 5:57.14 45.67

Juvenil A - 15 anos

1. MATEUS, Eleine Vieira	09 Desportivo Nacional	4:53.47	489
<i>Torneio Zonal Juvenis: Sines, 15 a 17 Dezembro</i>			
50m: 33.01 33.01	150m: 1:47.85 37.81	250m: 3:02.98 37.08	350m: 4:17.35 37.48
100m: 1:10.04 37.03	200m: 2:25.90 38.05	300m: 3:39.87 36.89	400m: 4:53.47 36.12
2. MARGARIDO, Paula Aguiar	09 Juventude Atlantico	5:00.55	455
50m: 32.45 32.45	150m: 1:45.47 37.25	250m: 3:02.61 39.20	350m: 4:21.56 39.79
100m: 1:08.22 35.77	200m: 2:23.41 37.94	300m: 3:41.77 39.16	400m: 5:00.55 38.99
3. PEREIRA, Eduarda Ribeiro	09 Naval do Funchal	5:02.84	445
50m: 32.14 32.14	150m: 1:47.29 39.15	250m: 3:04.13 38.53	350m: 4:23.19 39.51
100m: 1:08.14 36.00	200m: 2:25.60 38.31	300m: 3:43.68 39.55	400m: 5:02.84 39.65

Juniores - 16, 17 anos

1. CAMARA, Ines Cruz	07 Desportivo Nacional	4:46.19	527
50m: 31.90 31.90	150m: 1:43.18 36.22	250m: 2:56.08 36.47	350m: 4:09.74 36.66
100m: 1:06.96 35.06	200m: 2:19.61 36.43	300m: 3:33.08 37.00	400m: 4:46.19 36.45
2. RODRIGUES, Laura Sofia	07 Juventude Atlantico	4:51.19	501
50m: 32.37 32.37	150m: 1:43.52 36.13	250m: 2:57.49 37.25	350m: 4:13.34 38.24
100m: 1:07.39 35.02	200m: 2:20.24 36.72	300m: 3:35.10 37.61	400m: 4:51.19 37.85

Seniores - 18 e mais velhos

1. SILVA, Silvana Suamade	06 Desportivo Sao Roque	5:22.08	370
50m: 35.10 35.10	150m: 1:55.07 40.57	250m: 3:17.53 41.22	350m: 4:41.05 41.77
100m: 1:14.50 39.40	200m: 2:36.31 41.24	300m: 3:59.28 41.75	400m: 5:22.08 41.03