



Prova 13 Femin., 400m Livres Absoluto
16/12/2023 - 9:15 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

ZONAL Inf. B Fem. Inf B: 5:35.00 / ZONAL Inf. A Fem. Inf A: 5:19.50 / 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 2023

Lugar	Ano	Tempo final	Pts
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Infantis B, 12 anos

1. AMORIM, Beatriz Pereira	12	Desportivo Sao Roque	6:29.16	209	
50m: 41.11 41.11	150m: 2:17.13	49.16 250m: 3:58.39	51.05	350m: 5:39.49	51.05
100m: 1:27.97 46.86	200m: 3:07.34	50.21 300m: 4:48.44	50.05	400m: 6:29.16	49.67

Infantis A, 13 anos

1. GOMES, Laura Beatriz	11	Ludens de Machico	6:57.01	170	
50m: 43.76 43.76	150m: 2:29.23	53.01 250m: 4:17.95	54.16	350m: 6:05.37	54.04
100m: 1:36.22 52.46	200m: 3:23.79	54.56 300m: 5:11.33	53.38	400m: 6:57.01	51.64
2. FREITAS, Sofia Spinola	11	Desportivo Sao Roque	7:02.15	164	
50m: 44.85 44.85	150m: 2:33.31	55.02 250m: 4:23.16	55.46	350m: 6:12.53	54.71
100m: 1:38.29 53.44	200m: 3:27.70	54.39 300m: 5:17.82	54.66	400m: 7:02.15	49.62

Absolutos, 12 anos e mais velhas

1. ROJAS, Zara Alejandra	07	Desportivo Nacional	5:21.09	373	
50m: 30.53 30.53	150m: 1:39.51	34.79 250m: 3:04.95	50.43	350m: 4:36.00	45.31
100m: 1:04.72 34.19	200m: 2:14.52	35.01 300m: 3:50.69	45.74	400m: 5:21.09	45.09
2. GOIS, Margarida Teles	08	Ludens de Machico	6:17.53	229	
50m: 42.07 42.07	150m: 2:16.65	47.87 250m: 3:54.53	48.82	350m: 5:31.57	48.50
100m: 1:28.78 46.71	200m: 3:05.71	49.06 300m: 4:43.07	48.54	400m: 6:17.53	45.96
3. AMORIM, Beatriz Pereira	12	Desportivo Sao Roque	6:29.16	209	
50m: 41.11 41.11	150m: 2:17.13	49.16 250m: 3:58.39	51.05	350m: 5:39.49	51.05
100m: 1:27.97 46.86	200m: 3:07.34	50.21 300m: 4:48.44	50.05	400m: 6:29.16	49.67
4. GOMES, Laura Beatriz	11	Ludens de Machico	6:57.01	170	
50m: 43.76 43.76	150m: 2:29.23	53.01 250m: 4:17.95	54.16	350m: 6:05.37	54.04
100m: 1:36.22 52.46	200m: 3:23.79	54.56 300m: 5:11.33	53.38	400m: 6:57.01	51.64
5. FREITAS, Sofia Spinola	11	Desportivo Sao Roque	7:02.15	164	
50m: 44.85 44.85	150m: 2:33.31	55.02 250m: 4:23.16	55.46	350m: 6:12.53	54.71
100m: 1:38.29 53.44	200m: 3:27.70	54.39 300m: 5:17.82	54.66	400m: 7:02.15	49.62