

Prova 2	Femin., 400m Livres				Categorias
17/02/2024 - 9:46	Race 2: 400m Freestyle Female				Resultados
Recorde do Mundo	3:55.38	TITMUS, Ariame	AUS	Fukuoka (JPN)	23/07/2023
Recorde da Europa	3:59.15	PELLEGRINI, Federica	ITA	Rome (ITA)	26/07/2009
Recorde de Portugal Open	4:08.77	MARTINS, Francisca Soares	POR	Canet-en-Roussillon (FRA)	14/05/2023
Recorde de Portugal Sen	4:08.77	MARTINS, Francisca Soares	POR	Canet-en-Roussillon (FRA)	14/05/2023
Recorde de Portugal Jun17	4:14.67	HOLUB, Tamila Hryhorivna	POR	Oeiras	23/07/2016
Recorde de Portugal Jun16	4:20.37	FERREIRA, Marta Andreia	POR	Berlim (GER)	04/08/2002
Recorde de Portugal Juv A	4:20.78	HOLUB, Tamila Hryhorivna	POR	Porto	07/06/2014
Recorde de Portugal Juv B	4:26.20	CABRAL, Maria Francisca	POR	Oeiras	26/07/2014
Recorde de Portugal Inf A	4:31.53	SILVA, Alexandra Maria	POR	Skovde (SWE)	08/08/1980
Recorde de Portugal Inf B	4:43.70	SILVA, Alexandra Maria	POR	Funchal	27/07/1979
Recorde do Evento	4:42.68	NUNES, Rita Sofia	CNCE	Funchal	18/02/2023

ZONAL Inf. B Fem. Inf B: 5:42.64 / ZONAL Inf. A Fem. Inf A: 5:25.83 / Infantil B Fem. Inf B: 5:25.80 /
 Infantil A Fem. Inf A: 5:14.58 / Juv. B Fem. Juv B: 5:02.08 / Juv. A Fem. Juv A: 4:55.08 / Júnior 1º Ano Fem. Jun16: 4:48.09 /
 Júnior 2º Ano Fem. Jun17: 4:46.69 / Sénior 1.º Fem. Sen18: 4:41.10 / Sénior 2.º Fem. 19+: 4:39.70

Pontos: FINA 2023

Plane	Name	Birth	Club	Time	Points	INFO
Infantil B, 12 anos						
1.	FERRO, Maria Franco	12	Naval do Funchal	5:39.32	338	
	<i>TAC Zonal Infantis - 15 a 17 Março</i>					
	50m: 37.07 37.07	150m: 2:03.31 44.27	250m: 3:32.82 44.85	350m: 4:58.39 41.61		
	100m: 1:19.04 41.97	200m: 2:47.97 44.66	300m: 4:16.78 43.96	400m: 5:39.32 40.93		
2.	OLIVEIRA, Ana Lopes	12	Naval do Funchal	6:06.56	268	
	50m: 39.59 39.59	150m: 2:12.85 47.71	250m: 3:47.05 46.87	350m: 5:22.27 47.33		
	100m: 1:25.14 45.55	200m: 3:00.18 47.33	300m: 4:34.94 47.89	400m: 6:06.56 44.29		
3.	JARDIM, Maria Velosa	12	Naval do Funchal	6:08.05	264	
	50m: 38.76 38.76	150m: 2:11.04 46.97	250m: 3:46.81 47.50	350m: 5:22.53 47.40		
	100m: 1:24.07 45.31	200m: 2:59.31 48.27	300m: 4:35.13 48.32	400m: 6:08.05 45.52		
4.	QUINTAL, Margarida Silva	12	Juventude Atlantico	6:08.14	264	
	50m: 42.22 42.22	150m: 2:15.83 46.23	250m: 3:49.09 45.52	350m: 5:23.46 45.62		
	100m: 1:29.60 47.38	200m: 3:03.57 47.74	300m: 4:37.84 48.75	400m: 6:08.14 44.68		
5.	AMORIM, Beatriz Pereira	12	Desportivo Sao Roque	6:36.56	211	
	50m: 41.67 41.67	150m: 2:20.09 48.98	250m: 4:02.47 50.66	350m: 5:45.10 50.89		
	100m: 1:31.11 49.44	200m: 3:11.81 51.72	300m: 4:54.21 51.74	400m: 6:36.56 51.46		
6.	OJKIC, Vera Jose	12	Juventude Atlantico	6:41.28	204	
	50m: 41.78 41.78	150m: 2:22.64 51.18	250m: 4:07.64 52.39	350m: 5:54.82 51.78		
	100m: 1:31.46 49.68	200m: 3:15.25 52.61	300m: 5:03.04 55.40	400m: 6:41.28 46.46		
DSQ	MACHADO, Sarah Camila	12	Naval do Funchal			
	<i>102 - Não completou a prova - SW 10.2</i>					

Infantil A, 13 anos

1.	JESUS, Vera Franca	11	Naval do Funchal	5:12.20	434	
	<i>TAC Zonal Infantis - 15 a 17 Março, TAC Nac. Infantis - 19 a 21 Julho (Manteigadas)</i>					
	50m: 34.46 34.46	150m: 1:52.06 39.28	250m: 3:12.11 39.90	350m: 4:33.49 40.29		
	100m: 1:12.78 38.32	200m: 2:32.21 40.15	300m: 3:53.20 41.09	400m: 5:12.20 38.71		
2.	OLIVEIRA, Mariana Lopes	11	Naval do Funchal	5:41.49	331	
	50m: 36.33 36.33	150m: 2:00.75 43.49	250m: 3:30.25 44.93	350m: 4:59.38 44.05		
	100m: 1:17.26 40.93	200m: 2:45.32 44.57	300m: 4:15.33 45.08	400m: 5:41.49 42.11		
3.	MATA, Valeria Isabel	11	Naval do Funchal	5:50.89	305	
	50m: 37.37 37.37	150m: 2:05.61 44.45	250m: 3:35.91 43.89	350m: 5:07.92 45.51		
	100m: 1:21.16 43.79	200m: 2:52.02 46.41	300m: 4:22.41 46.50	400m: 5:50.89 42.97		
4.	SARGO, Leonor Lourenco	11	Naval do Funchal	5:53.94	297	
	50m: 36.85 36.85	150m: 2:04.32 44.96	250m: 3:37.99 47.23	350m: 5:10.82 45.95		
	100m: 1:19.36 42.51	200m: 2:50.76 46.44	300m: 4:24.87 46.88	400m: 5:53.94 43.12		

Prova 2, Femin., 400m Livres, Infantil A, 13 anos

Plane	Name	Birth	Club	Time	Points	INFO
5.	PEREIRA, Ana Matilde	11	Naval do Funchal	5:59.28	284	
	50m: 39.66 39.66	150m: 2:09.23	44.61	250m: 3:42.11	46.37	350m: 5:15.05 45.70
	100m: 1:24.62 44.96	200m: 2:55.74	46.51	300m: 4:29.35	47.24	400m: 5:59.28 44.23
6.	COSTA, Rafaela Tome	11	Naval do Funchal	6:03.48	275	
	50m: 38.47 38.47	150m: 2:08.07	46.59	250m: 3:42.52	47.09	350m: 5:17.15 46.40
	100m: 1:21.48 43.01	200m: 2:55.43	47.36	300m: 4:30.75	48.23	400m: 6:03.48 46.33
7.	VIEIRA, Matilde Sofia	11	Desportivo Nacional	6:04.16	273	
	50m: 41.06 41.06	150m: 2:14.24	47.16	250m: 3:48.57	47.68	350m: 5:22.34 46.65
	100m: 1:27.08 46.02	200m: 3:00.89	46.65	300m: 4:35.69	47.12	400m: 6:04.16 41.82
8.	SILVA, Ana Matilde	11	Desportivo Nacional	6:07.70	265	
	50m: 41.66 41.66	150m: 2:15.62	47.40	250m: 3:50.44	46.92	350m: 5:23.91 45.55
	100m: 1:28.22 46.56	200m: 3:03.52	47.90	300m: 4:38.36	47.92	400m: 6:07.70 43.79
9.	FREITAS, Sofia Spinola	11	Desportivo Sao Roque	6:35.51	213	
	50m: 43.66 43.66	150m: 2:23.28	49.94	250m: 4:04.01	50.06	350m: 5:47.12 51.55
	100m: 1:33.34 49.68	200m: 3:13.95	50.67	300m: 4:55.57	51.56	400m: 6:35.51 48.39

Juvenil B, 14 anos

1.	MARCELO, Camila Duarte	10	Portugal	4:44.47	573	
	<i>TAC OPEN DE PORTUGAL: 4 a 7 Abril + 12 a 14 Julho</i>					
	50m: 32.97 32.97	150m: 1:45.12	35.86	250m: 2:57.28	35.72	350m: 4:09.37 35.68
	100m: 1:09.26 36.29	200m: 2:21.56	36.44	300m: 3:33.69	36.41	400m: 4:44.47 35.10
2.	SANTOS, Rita Lucas	10	Portugal	4:45.88	565	
	<i>TAC OPEN DE PORTUGAL: 4 a 7 Abril + 12 a 14 Julho</i>					
	50m: 32.31 32.31	150m: 1:45.63	36.62	250m: 2:58.67	36.08	350m: 4:12.33 35.67
	100m: 1:09.01 36.70	200m: 2:22.59	36.96	300m: 3:36.66	37.99	400m: 4:45.88 33.55
3.	CARDEAL, Leonor Nunes	10	Portugal	4:52.32	528	
	<i>TAC OPEN DE PORTUGAL: 4 a 7 Abril + 12 a 14 Julho</i>					
	50m: 31.98 31.98	150m: 1:44.87	37.30	250m: 3:01.08	38.30	350m: 4:16.93 37.85
	100m: 1:07.57 35.59	200m: 2:22.78	37.91	300m: 3:39.08	38.00	400m: 4:52.32 35.39
4.	CUNHA, Maria Rita	10	Portugal	4:55.47	512	
	<i>TAC OPEN DE PORTUGAL: 4 a 7 Abril + 12 a 14 Julho</i>					
	50m: 33.61 33.61	150m: 1:48.81	37.70	250m: 3:03.82	37.19	350m: 4:18.71 37.16
	100m: 1:11.11 37.50	200m: 2:26.63	37.82	300m: 3:41.55	37.73	400m: 4:55.47 36.76
5.	NOGUEIRA, Ana Laura	10	Portugal	5:02.55	477	
	50m: 33.55 33.55	150m: 1:49.13	38.15	250m: 3:05.71	38.42	350m: 4:23.75 38.95
	100m: 1:10.98 37.43	200m: 2:27.29	38.16	300m: 3:44.80	39.09	400m: 5:02.55 38.80
6.	ROSA, Clara Sofia	10	Desportivo Nacional	5:14.50	424	
	50m: 36.44 36.44	150m: 1:55.39	40.03	250m: 3:16.28	40.17	350m: 4:36.32 39.74
	100m: 1:15.36 38.92	200m: 2:36.11	40.72	300m: 3:56.58	40.30	400m: 5:14.50 38.18
7.	JARDIM, Eva Santos	10	Juventude Atlantico	5:28.86	371	
	50m: 35.58 35.58	150m: 1:57.66	42.35	250m: 3:22.77	42.90	350m: 4:49.33 42.97
	100m: 1:15.31 39.73	200m: 2:39.87	42.21	300m: 4:06.36	43.59	400m: 5:28.86 39.53
8.	FERREIRA, Ana Pereira	10	Juventude Atlantico	5:33.22	357	
	50m: 37.95 37.95	150m: 2:03.04	43.38	250m: 3:30.67	43.66	350m: 4:54.86 40.40
	100m: 1:19.66 41.71	200m: 2:47.01	43.97	300m: 4:14.46	43.79	400m: 5:33.22 38.36
9.	NASCIMENTO, Leonor Silva	10	Naval do Funchal	5:55.41	294	
	50m: 36.97 36.97	150m: 2:04.16	44.49	250m: 3:36.63	46.33	350m: 5:09.94 46.29
	100m: 1:19.67 42.70	200m: 2:50.30	46.14	300m: 4:23.65	47.02	400m: 5:55.41 45.47
10.	QUADRADO, Teresa Gomes	10	Desportivo Nacional	6:00.81	281	
	50m: 37.53 37.53	150m: 2:07.64	47.10	250m: 3:41.27	47.05	350m: 5:17.29 48.43
	100m: 1:20.54 43.01	200m: 2:54.22	46.58	300m: 4:28.86	47.59	400m: 6:00.81 43.52

Prova 2, Femin., 400m Livres

Juvenil A, 15 anos

1. MATEUS, Eleine Vieira	09	Desportivo Nacional	5:01.02	484
50m: 33.19 33.19	150m: 1:49.44	38.31 250m: 3:07.15	38.88	350m: 4:24.36
100m: 1:11.13 37.94	200m: 2:28.27	38.83 300m: 3:46.33	39.18	400m: 5:01.02
36.66				
2. BERNARDO, Gabriela Sousa	09	Colegio Efanor	5:46.49	317
50m: 37.40 37.40	150m: 2:02.76	43.48 250m: 3:31.50	44.66	350m: 5:02.17
100m: 1:19.28 41.88	200m: 2:46.84	44.08 300m: 4:16.23	44.73	400m: 5:46.49
44.32				

Juniores, 16 e 17 anos

1. CAMARA, Ines Cruz	07	Desportivo Nacional	4:51.96	530
50m: 33.28 33.28	150m: 1:46.71	37.07 250m: 3:01.32	37.08	350m: 4:15.78
100m: 1:09.64 36.36	200m: 2:24.24	37.53 300m: 3:38.68	37.36	400m: 4:51.96
36.18				
2. ROJAS, Zara Alejandra	07	Desportivo Nacional	5:05.24	464
50m: 31.65 31.65	150m: 1:45.79	38.01 250m: 3:06.42	40.76	350m: 4:29.23
100m: 1:07.78 36.13	200m: 2:25.66	39.87 300m: 3:47.64	41.22	400m: 5:05.24
36.01				
3. COUTINHO, Rafaela Calvo	08	Desportivo de Campinho	5:16.53	416
50m: 33.48 33.48	150m: 1:51.88	40.55 250m: 3:13.74	41.22	350m: 4:36.38
100m: 1:11.33 37.85	200m: 2:32.52	40.64 300m: 3:54.93	41.19	400m: 5:16.53
40.15				

Seniores, 18 anos e mais velhas

1. DURAES, Diana Margarida	96	SL Benfica	4:17.22	776
<i>RECORDE DO OPEN, TAC OPEN DE PORTUGAL: 4 a 7 Abril + 12 a 14 Julho</i>				
50m: 30.40 30.40	150m: 1:34.92	32.18 250m: 2:39.75	32.19	350m: 3:44.82
100m: 1:02.74 32.34	200m: 2:07.56	32.64 300m: 3:12.31	32.56	400m: 4:17.22
32.51				32.40
2. SANTOS, Beatriz Rocha	02	Desportivo de Campinho	5:04.89	466
50m: 33.36 33.36	150m: 1:50.51	39.55 250m: 3:09.48	39.62	350m: 4:28.14
100m: 1:10.96 37.60	200m: 2:29.86	39.35 300m: 3:48.73	39.25	400m: 5:04.89
36.75				