

Prova 39 06/07/2025 - 9:33	Femin., 400m Livres				Absolutos
PROVA Nº 38 (1.ª SERIE) + PROVA Nº 39 (1.ª SERIE)					Resultados
Recorde Regional Open	4:31.74	ANDRADE, Rubina Amaro	CDN	Braga	05/03/1994
Recorde Regional Sen	4:35.73	MARGARIDO, Ines Tomas	CNF	Funchal	09/07/2016
Recorde Regional Jun18	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
Infantil B Fem. Inf B: 5:19.41 / Infantil A Fem. Inf A: 5:08.41 / Juv. B Fem. Juv B: 4:51.36 / Juv. A Fem. Juv A: 4:44.97 / Júnior 1.º Ano Fem. Jun16: 4:39.08 / Júnior 2.º e 3.º Ano Fem. 17 - 18: 4:34.16 / Sénior 1.º Fem. Sen19: 4:29.25 / Sénior 2.º Fem. 20 +: 4:26.30					

Pontos: AQUA 2024

Lugar	Ano		Tempo final				Pts
Infantil B - 12 anos							
1.	TEIXEIRA, Maria Castro	13	Naval do Funchal	5:59.17			267
	50m: 41.35 41.35	150m: 2:14.25 47.06	250m: 3:45.54 45.17	350m: 5:15.57 44.35			
	100m: 1:27.19 45.84	200m: 3:00.37 46.12	300m: 4:31.22 45.68	400m: 5:59.17 43.60			
2.	TEMTEM, Maria Clara	13	Desportivo Nacional	6:33.26			203
	50m: 43.90 43.90	150m: 2:23.65 49.88	250m: 4:04.76 50.50	350m: 5:45.16 49.48			
	100m: 1:33.77 49.87	200m: 3:14.26 50.61	300m: 4:55.68 50.92	400m: 6:33.26 48.10			
Infantil A - 13 anos							
1.	QUINTAL, Margarida Silva	12	Juventude Atlantico	5:30.54			342
	50m: 36.13 36.13	150m: 1:57.84 41.15	250m: 3:23.96 43.47	350m: 4:50.21 43.41			
	100m: 1:16.69 40.56	200m: 2:40.49 42.65	300m: 4:06.80 42.84	400m: 5:30.54 40.33			
2.	GONCALVES, Maria Clara	12	Escola O Liceu	5:39.63			315
	50m: 37.34 37.34	150m: 2:04.37 44.31	250m: 3:31.81 43.90	350m: 4:59.64 43.08			
	100m: 1:20.06 42.72	200m: 2:47.91 43.54	300m: 4:16.56 44.75	400m: 5:39.63 39.99			
3.	GOUVEIA, Sofia Isabel	12	Juventude Atlantico	6:19.48			226
	50m: 43.56 43.56	150m: 2:18.77 48.57	250m: 3:56.85 49.03	350m: 5:34.03 47.47			
	100m: 1:30.20 46.64	200m: 3:07.82 49.05	300m: 4:46.56 49.71	400m: 6:19.48 45.45			
Juvenis - 14 e 15 anos							
1.	BAPTISTA, Valentina Hermida	11	Juventude Atlantico	5:38.72			318
	50m: 34.87 34.87	150m: 1:59.09 43.18	250m: 3:29.25 45.32	350m: 4:58.00 44.10			
	100m: 1:15.91 41.04	200m: 2:43.93 44.84	300m: 4:13.90 44.65	400m: 5:38.72 40.72			
2.	SILVA, Ana Matilde	11	Desportivo Nacional	6:06.72			250
	50m: 39.62 39.62	150m: 2:10.90 46.32	250m: 3:45.69 47.69	350m: 5:20.63 47.76			
	100m: 1:24.58 44.96	200m: 2:58.00 47.10	300m: 4:32.87 47.18	400m: 6:06.72 46.09			
Juniores - 16 a 18 anos							
1.	TEMTEM, Madalena Barbosa	09	Desportivo Nacional	5:15.23			395
	50m: 34.58 34.58	150m: 1:54.10 40.28	250m: 3:15.13 40.48	350m: 4:35.92 40.36			
	100m: 1:13.82 39.24	200m: 2:34.65 40.55	300m: 3:55.56 40.43	400m: 5:15.23 39.31			

Prova 39, Femin., 400m Livres

Absolutos - 12 anos e mais velhas

1.	TEMTEM, Madalena Barbosa	09	Desportivo Nacional	5:15.23	395
	50m: 34.58 34.58	150m: 1:54.10	40.28 250m: 3:15.13	40.48	350m: 4:35.92
	100m: 1:13.82 39.24	200m: 2:34.65	40.55 300m: 3:55.56	40.43	400m: 5:15.23
					39.31
2.	QUINTAL, Margarida Silva	12	Juventude Atlantico	5:30.54	342
	50m: 36.13 36.13	150m: 1:57.84	41.15 250m: 3:23.96	43.47	350m: 4:50.21
	100m: 1:16.69 40.56	200m: 2:40.49	42.65 300m: 4:06.80	42.84	400m: 5:30.54
					43.41
					40.33
3.	BAPTISTA, Valentina Hermida	11	Juventude Atlantico	5:38.72	318
	50m: 34.87 34.87	150m: 1:59.09	43.18 250m: 3:29.25	45.32	350m: 4:58.00
	100m: 1:15.91 41.04	200m: 2:43.93	44.84 300m: 4:13.90	44.65	400m: 5:38.72
					44.10
					40.72
4.	GONCALVES, Maria Clara	12	Escola O Liceu	5:39.63	315
	50m: 37.34 37.34	150m: 2:04.37	44.31 250m: 3:31.81	43.90	350m: 4:59.64
	100m: 1:20.06 42.72	200m: 2:47.91	43.54 300m: 4:16.56	44.75	400m: 5:39.63
					43.08
					39.99
5.	TEIXEIRA, Maria Castro	13	Naval do Funchal	5:59.17	267
	50m: 41.35 41.35	150m: 2:14.25	47.06 250m: 3:45.54	45.17	350m: 5:15.57
	100m: 1:27.19 45.84	200m: 3:00.37	46.12 300m: 4:31.22	45.68	400m: 5:59.17
					44.35
					43.60
6.	SILVA, Ana Matilde	11	Desportivo Nacional	6:06.72	250
	50m: 39.62 39.62	150m: 2:10.90	46.32 250m: 3:45.69	47.69	350m: 5:20.63
	100m: 1:24.58 44.96	200m: 2:58.00	47.10 300m: 4:32.87	47.18	400m: 6:06.72
					47.76
					46.09
7.	GOUVEIA, Sofia Isabel	12	Juventude Atlantico	6:19.48	226
	50m: 43.56 43.56	150m: 2:18.77	48.57 250m: 3:56.85	49.03	350m: 5:34.03
	100m: 1:30.20 46.64	200m: 3:07.82	49.05 300m: 4:46.56	49.71	400m: 6:19.48
					47.47
					45.45
8.	TEMTEM, Maria Clara	13	Desportivo Nacional	6:33.26	203
	50m: 43.90 43.90	150m: 2:23.65	49.88 250m: 4:04.76	50.50	350m: 5:45.16
	100m: 1:33.77 49.87	200m: 3:14.26	50.61 300m: 4:55.68	50.92	400m: 6:33.26
					49.48
					48.10