

Prova 14 Femin., 400m Livres Absolutos
08/03/2025 - 16:24 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

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: 4:54.80 / Juv. A Fem. Juv A: 4:48.90 / Júnior 1º Ano Fem. Jun16: 4:42.03 /
Júnior 2º e 3º Ano Fem. 17 - 18: 4:39.57 / Sénior 1.º Fem. Sen19: 4:34.16 / Sénior 2.º Fem. 20 +: 4:32.44

Pontos: AQUA 2024

Lugar			Ano							Tempo final	Pts	
Infantis B, 12 anos												
1.	FARIA, Beatriz Cunha		13	Desportivo Sao Roque						5:25.89	357	
<i>TAC ZONAL - Pinhal Novo, 21 a 23 de marçO de 2025</i>												
	50m:	35.66	35.66	150m:	1:59.75	42.72	250m:	3:24.78	42.14	350m:	4:48.56	40.68
	100m:	1:17.03	41.37	200m:	2:42.64	42.89	300m:	4:07.88	43.10	400m:	5:25.89	37.33
2.	SILVA, Lara Martins		13	Desportivo Sao Roque						6:10.43	243	
	50m:	44.90	44.90	150m:	2:17.87	45.93	250m:	3:52.68	47.62	350m:	5:25.86	46.09
	100m:	1:31.94	47.04	200m:	3:05.06	47.19	300m:	4:39.77	47.09	400m:	6:10.43	44.57
3.	TEMTEM, Maria Clara		13	Desportivo Nacional						6:11.92	240	
	50m:	44.40	44.40	150m:	2:18.23	46.62	250m:	3:53.32	47.64	350m:	5:26.24	45.70
	100m:	1:31.61	47.21	200m:	3:05.68	47.45	300m:	4:40.54	47.22	400m:	6:11.92	45.68
4.	TEIXEIRA, Maria Castro		13	Naval do Funchal						6:21.76	222	
	50m:	43.11	43.11	150m:	2:18.95	47.66	250m:	3:57.07	49.03	350m:	5:35.44	48.99
	100m:	1:31.29	48.18	200m:	3:08.04	49.09	300m:	4:46.45	49.38	400m:	6:21.76	46.32
5.	LUIS, Clara Abreu		13	Escola O Liceu						6:33.57	202	
	50m:	42.01	42.01	150m:	2:21.84	52.73	250m:	4:03.45	50.73	350m:	5:46.84	52.01
	100m:	1:29.11	47.10	200m:	3:12.72	50.88	300m:	4:54.83	51.38	400m:	6:33.57	46.73
6.	ANDRADE, Nuria Gouveia		13	Desportiva da Camacha						6:33.82	202	
	50m:	45.14	45.14	150m:	2:24.51	50.00	250m:	4:08.45	51.51	350m:	5:49.93	50.55
	100m:	1:34.51	49.37	200m:	3:16.94	52.43	300m:	4:59.38	50.93	400m:	6:33.82	43.89

Infantis A, 13 anos

1.	QUINTAL, Margarida Silva		12	Juventude Atlantico						5:35.35	328	
	50m:	38.01	38.01	150m:	2:03.74	43.41	250m:	3:29.81	43.00	350m:	4:55.74	42.90
	100m:	1:20.33	42.32	200m:	2:46.81	43.07	300m:	4:12.84	43.03	400m:	5:35.35	39.61
2.	OJKIC, Vera Jose		12	Juventude Atlantico						5:41.35	311	
	50m:	38.16	38.16	150m:	2:05.34	44.41	250m:	3:33.85	44.16	350m:	5:00.19	42.62
	100m:	1:20.93	42.77	200m:	2:49.69	44.35	300m:	4:17.57	43.72	400m:	5:41.35	41.16
3.	GONCALVES, Maria Clara		12	Escola O Liceu						5:47.07	295	
	50m:	38.02	38.02	150m:	2:05.21	44.14	250m:	3:35.57	45.45	350m:	5:05.17	44.67
	100m:	1:21.07	43.05	200m:	2:50.12	44.91	300m:	4:20.50	44.93	400m:	5:47.07	41.90
4.	AMORIM, Beatriz Pereira		12	Desportivo Sao Roque						5:59.16	267	
	50m:	37.76	37.76	150m:	2:07.71	46.00	250m:	3:41.31	47.28	350m:	5:14.66	46.76
	100m:	1:21.71	43.95	200m:	2:54.03	46.32	300m:	4:27.90	46.59	400m:	5:59.16	44.50
5.	FREITAS, Maria Silva		12	Naval do Funchal						6:03.34	257	
	50m:	41.09	41.09	150m:	2:14.11	46.74	250m:	3:48.54	47.47	350m:	5:20.91	45.50
	100m:	1:27.37	46.28	200m:	3:01.07	46.96	300m:	4:35.41	46.87	400m:	6:03.34	42.43
6.	COSTA, Juliana Sofia		12	Desportivo Nacional						6:29.73	209	
	50m:	44.35	44.35	150m:	2:20.69	48.49	250m:	3:59.99	50.53	350m:	5:41.55	51.07
	100m:	1:32.20	47.85	200m:	3:09.46	48.77	300m:	4:50.48	50.49	400m:	6:29.73	48.18

Prova 14, Femin., 400m Livres, Infantis A, 13 anos

Lugar	Ano	Tempo final	Pts
7. GOUVEIA, Sofia Isabel	12 Juventude Atlantico	6:35.26	200
50m: 46.48 46.48	150m: 2:27.50 51.65	250m: 4:08.07 50.00	350m: 5:48.52 48.33
100m: 1:35.85 49.37	200m: 3:18.07 50.57	300m: 5:00.19 52.12	400m: 6:35.26 46.74

Juvenis B, 14 anos

1. VELOSA, Ana Matilde	11 Juventude Atlantico	5:00.18	457
50m: 32.41 32.41	150m: 1:48.08 38.73	250m: 3:06.03 39.14	350m: 4:24.41 39.04
100m: 1:09.35 36.94	200m: 2:26.89 38.81	300m: 3:45.37 39.34	400m: 5:00.18 35.77
2. VIEIRA, Matilde Sofia	11 Desportivo Nacional	5:35.22	328
50m: 37.94 37.94	150m: 2:03.86 43.25	250m: 3:30.02 43.16	350m: 4:55.40 42.11
100m: 1:20.61 42.67	200m: 2:46.86 43.00	300m: 4:13.29 43.27	400m: 5:35.22 39.82
3. SILVA, Ana Matilde	11 Desportivo Nacional	5:53.64	279
50m: 40.49 40.49	150m: 2:09.27 44.68	250m: 3:39.66 45.35	350m: 5:09.78 44.74
100m: 1:24.59 44.10	200m: 2:54.31 45.04	300m: 4:25.04 45.38	400m: 5:53.64 43.86
4. SILVA, Matilde Fernandes	11 Desportivo Nacional	6:03.54	257
50m: 40.01 40.01	150m: 2:10.24 45.86	250m: 3:43.99 46.71	350m: 5:17.90 47.29
100m: 1:24.38 44.37	200m: 2:57.28 47.04	300m: 4:30.61 46.62	400m: 6:03.54 45.64
5. FREITAS, Sofia Spinola	11 Desportivo Sao Roque	6:05.71	252
50m: 39.68 39.68	150m: 2:10.73 46.26	250m: 3:45.07 46.68	350m: 5:19.37 46.61
100m: 1:24.47 44.79	200m: 2:58.39 47.66	300m: 4:32.76 47.69	400m: 6:05.71 46.34

Juvenis A, 15 anos

1. ROSA, Clara Sofia	10 Desportivo Nacional	5:08.04	423
50m: 35.81 35.81	150m: 1:53.78 39.34	250m: 3:12.44 39.35	350m: 4:30.52 38.50
100m: 1:14.44 38.63	200m: 2:33.09 39.31	300m: 3:52.02 39.58	400m: 5:08.04 37.52
2. NASCIMENTO, Leonor Silva	10 Naval do Funchal	5:45.75	299
50m: 37.70 37.70	150m: 2:03.31 43.96	250m: 3:31.41 44.07	350m: 5:00.65 44.42
100m: 1:19.35 41.65	200m: 2:47.34 44.03	300m: 4:16.23 44.82	400m: 5:45.75 45.10

Juniores, 16 aos 18 anos

1. RODRIGUES, Laura Sofia	07 Juventude Atlantico	4:45.35	532
50m: 31.29 31.29	150m: 1:41.67 35.54	250m: 2:54.72 36.76	350m: 4:08.80 37.14
100m: 1:06.13 34.84	200m: 2:17.96 36.29	300m: 3:31.66 36.94	400m: 4:45.35 36.55
2. CARVALHO, Laura Jardim	09 Juventude Atlantico	5:54.39	278
50m: 39.59 39.59	150m: 2:07.93 44.63	250m: 3:38.99 45.48	350m: 5:10.96 46.00
100m: 1:23.30 43.71	200m: 2:53.51 45.58	300m: 4:24.96 45.97	400m: 5:54.39 43.43

Seniores, 19 e mais velhas

1. NOBREGA, Claudia Patricia	75 Juventude Atlantico	5:43.13	306
50m: 38.48 38.48	150m: 2:05.76 44.14	250m: 3:33.19 43.53	350m: 5:00.34 42.78
100m: 1:21.62 43.14	200m: 2:49.66 43.90	300m: 4:17.56 44.37	400m: 5:43.13 42.79

Absolutos, 12 anos e mais velhas

1. RODRIGUES, Laura Sofia	07 Juventude Atlantico	4:45.35	532
50m: 31.29 31.29	150m: 1:41.67 35.54	250m: 2:54.72 36.76	350m: 4:08.80 37.14
100m: 1:06.13 34.84	200m: 2:17.96 36.29	300m: 3:31.66 36.94	400m: 4:45.35 36.55
2. VELOSA, Ana Matilde	11 Juventude Atlantico	5:00.18	457
50m: 32.41 32.41	150m: 1:48.08 38.73	250m: 3:06.03 39.14	350m: 4:24.41 39.04
100m: 1:09.35 36.94	200m: 2:26.89 38.81	300m: 3:45.37 39.34	400m: 5:00.18 35.77

Prova 14, Femin., 400m Livres, Absolutos, 12 anos e mais velhas

Lugar			Ano				Tempo final				Pts	
3.	ROSA, Clara Sofia		10				Desportivo Nacional				5:08.04	423
	50m:	35.81 35.81	150m:	1:53.78	39.34	250m:	3:12.44	39.35	350m:	4:30.52	38.50	
	100m:	1:14.44 38.63	200m:	2:33.09	39.31	300m:	3:52.02	39.58	400m:	5:08.04	37.52	
4.	FARIA, Beatriz Cunha		13				Desportivo Sao Roque				5:25.89	357
	<i>TAC ZONAL - Pinhal Novo, 21 a 23 de mar�o de 2025</i>											
	50m:	35.66 35.66	150m:	1:59.75	42.72	250m:	3:24.78	42.14	350m:	4:48.56	40.68	
	100m:	1:17.03 41.37	200m:	2:42.64	42.89	300m:	4:07.88	43.10	400m:	5:25.89	37.33	
5.	VIEIRA, Matilde Sofia		11				Desportivo Nacional				5:35.22	328
	50m:	37.94 37.94	150m:	2:03.86	43.25	250m:	3:30.02	43.16	350m:	4:55.40	42.11	
	100m:	1:20.61 42.67	200m:	2:46.86	43.00	300m:	4:13.29	43.27	400m:	5:35.22	39.82	
6.	QUINTAL, Margarida Silva		12				Juventude Atlantico				5:35.35	328
	50m:	38.01 38.01	150m:	2:03.74	43.41	250m:	3:29.81	43.00	350m:	4:55.74	42.90	
	100m:	1:20.33 42.32	200m:	2:46.81	43.07	300m:	4:12.84	43.03	400m:	5:35.35	39.61	
7.	OJKIC, Vera Jose		12				Juventude Atlantico				5:41.35	311
	50m:	38.16 38.16	150m:	2:05.34	44.41	250m:	3:33.85	44.16	350m:	5:00.19	42.62	
	100m:	1:20.93 42.77	200m:	2:49.69	44.35	300m:	4:17.57	43.72	400m:	5:41.35	41.16	
8.	NOBREGA, Claudia Patricia		75				Juventude Atlantico				5:43.13	306
	50m:	38.48 38.48	150m:	2:05.76	44.14	250m:	3:33.19	43.53	350m:	5:00.34	42.78	
	100m:	1:21.62 43.14	200m:	2:49.66	43.90	300m:	4:17.56	44.37	400m:	5:43.13	42.79	
9.	NASCIMENTO, Leonor Silva		10				Naval do Funchal				5:45.75	299
	50m:	37.70 37.70	150m:	2:03.31	43.96	250m:	3:31.41	44.07	350m:	5:00.65	44.42	
	100m:	1:19.35 41.65	200m:	2:47.34	44.03	300m:	4:16.23	44.82	400m:	5:45.75	45.10	
10.	GONCALVES, Maria Clara		12				Escola O Liceu				5:47.07	295
	50m:	38.02 38.02	150m:	2:05.21	44.14	250m:	3:35.57	45.45	350m:	5:05.17	44.67	
	100m:	1:21.07 43.05	200m:	2:50.12	44.91	300m:	4:20.50	44.93	400m:	5:47.07	41.90	
11.	SILVA, Ana Matilde		11				Desportivo Nacional				5:53.64	279
	50m:	40.49 40.49	150m:	2:09.27	44.68	250m:	3:39.66	45.35	350m:	5:09.78	44.74	
	100m:	1:24.59 44.10	200m:	2:54.31	45.04	300m:	4:25.04	45.38	400m:	5:53.64	43.86	
12.	CARVALHO, Laura Jardim		09				Juventude Atlantico				5:54.39	278
	50m:	39.59 39.59	150m:	2:07.93	44.63	250m:	3:38.99	45.48	350m:	5:10.96	46.00	
	100m:	1:23.30 43.71	200m:	2:53.51	45.58	300m:	4:24.96	45.97	400m:	5:54.39	43.43	
13.	AMORIM, Beatriz Pereira		12				Desportivo Sao Roque				5:59.16	267
	50m:	37.76 37.76	150m:	2:07.71	46.00	250m:	3:41.31	47.28	350m:	5:14.66	46.76	
	100m:	1:21.71 43.95	200m:	2:54.03	46.32	300m:	4:27.90	46.59	400m:	5:59.16	44.50	
14.	FREITAS, Maria Silva		12				Naval do Funchal				6:03.34	257
	50m:	41.09 41.09	150m:	2:14.11	46.74	250m:	3:48.54	47.47	350m:	5:20.91	45.50	
	100m:	1:27.37 46.28	200m:	3:01.07	46.96	300m:	4:35.41	46.87	400m:	6:03.34	42.43	
15.	SILVA, Matilde Fernandes		11				Desportivo Nacional				6:03.54	257
	50m:	40.01 40.01	150m:	2:10.24	45.86	250m:	3:43.99	46.71	350m:	5:17.90	47.29	
	100m:	1:24.38 44.37	200m:	2:57.28	47.04	300m:	4:30.61	46.62	400m:	6:03.54	45.64	
16.	FREITAS, Sofia Spinola		11				Desportivo Sao Roque				6:05.71	252
	50m:	39.68 39.68	150m:	2:10.73	46.26	250m:	3:45.07	46.68	350m:	5:19.37	46.61	
	100m:	1:24.47 44.79	200m:	2:58.39	47.66	300m:	4:32.76	47.69	400m:	6:05.71	46.34	
17.	SILVA, Lara Martins		13				Desportivo Sao Roque				6:10.43	243
	50m:	44.90 44.90	150m:	2:17.87	45.93	250m:	3:52.68	47.62	350m:	5:25.86	46.09	
	100m:	1:31.94 47.04	200m:	3:05.06	47.19	300m:	4:39.77	47.09	400m:	6:10.43	44.57	
18.	TEMTEM, Maria Clara		13				Desportivo Nacional				6:11.92	240
	50m:	44.40 44.40	150m:	2:18.23	46.62	250m:	3:53.32	47.64	350m:	5:26.24	45.70	
	100m:	1:31.61 47.21	200m:	3:05.68	47.45	300m:	4:40.54	47.22	400m:	6:11.92	45.68	
19.	TEIXEIRA, Maria Castro		13				Naval do Funchal				6:21.76	222
	50m:	43.11 43.11	150m:	2:18.95	47.66	250m:	3:57.07	49.03	350m:	5:35.44	48.99	
	100m:	1:31.29 48.18	200m:	3:08.04	49.09	300m:	4:46.45	49.38	400m:	6:21.76	46.32	

Prova 14, Femin., 400m Livres, Absolutos, 12 anos e mais velhas

Lugar			Ano						Tempo final	Pts
20.	COSTA, Juliana Sofia		12		Desportivo Nacional				6:29.73	209
	50m:	44.35 44.35	150m:	2:20.69 48.49	250m:	3:59.99 50.53	350m:	5:41.55 51.07		
	100m:	1:32.20 47.85	200m:	3:09.46 48.77	300m:	4:50.48 50.49	400m:	6:29.73 48.18		
21.	LUIS, Clara Abreu		13		Escola O Liceu				6:33.57	202
	50m:	42.01 42.01	150m:	2:21.84 52.73	250m:	4:03.45 50.73	350m:	5:46.84 52.01		
	100m:	1:29.11 47.10	200m:	3:12.72 50.88	300m:	4:54.83 51.38	400m:	6:33.57 46.73		
22.	ANDRADE, Nuria Gouveia		13		Desportiva da Camacha				6:33.82	202
	50m:	45.14 45.14	150m:	2:24.51 50.00	250m:	4:08.45 51.51	350m:	5:49.93 50.55		
	100m:	1:34.51 49.37	200m:	3:16.94 52.43	300m:	4:59.38 50.93	400m:	6:33.82 43.89		
23.	GOUVEIA, Sofia Isabel		12		Juventude Atlantico				6:35.26	200
	50m:	46.48 46.48	150m:	2:27.50 51.65	250m:	4:08.07 50.00	350m:	5:48.52 48.33		
	100m:	1:35.85 49.37	200m:	3:18.07 50.57	300m:	5:00.19 52.12	400m:	6:35.26 46.74		