

Prova 12 Femin., 400m Livres Absolutos  
22/03/2025 - 9:40 Resultados

Recorde Regional Open	4:35.73	ANDRADE, Rubina Amaro	CDN	Greve (DEN)	23/01/1994
Recorde Regional Sen	4:45.80	MARGARIDO, Ines Tomas	CNF	Oeiras	23/07/2016
Recorde Regional Jun18	4:36.93	MELIM, Claudia Ramos	CDN	Oeiras	11/05/2002
Recorde Regional Jun17	4:38.89	ANDRADE, Rubina Amaro	CDN	Famalicao	02/08/1996
Recorde Regional Jun16	4:38.61	ANDRADE, Rubina Amaro	CDN		04/08/1995
Recorde Regional Juv A	4:35.73	ANDRADE, Rubina Amaro	CDN	Greve (DEN)	23/01/1994
Recorde Regional Juv B	4:40.61	ANDRADE, Rubina Amaro	CDN		01/01/1993
Recorde Regional Inf A	4:49.56	ANDRADE, Rubina Amaro	CDN	Matur	21/07/1992
Recorde Regional Inf B	5:04.39	LOPES, Joana Cristina	CNF	Olivais	22/06/1992

Infantil B Fem. Inf B: 5:25.80 / Infantil A Fem. Inf A: 5:14.58 / Juv. B Fem. Juv B: 5:00.00 / Juv. A Fem. Juv A: 4:54.00 /  
Júnior 1º Ano Fem. Jun16: 4:47.00 / Júnior 2º e 3.º Ano Fem. 17 - 18: 4:44.50 / Sénior 1.º Fem. Sen19: 4:39.00 /  
Sénior 2.º Fem. 20 +: 4:37.25

Pontos: AQUA 2025

Lugar	Ano	Tempo final	Pts
-------	-----	-------------	-----

Infantil B - 12 anos

1. TEIXEIRA, Maria Castro	13	Naval do Funchal	<b>6:24.92</b>	228
50m: 44.27 44.27	150m: 2:24.77	50.42	250m: 4:04.62	49.28
100m: 1:34.35 50.08	200m: 3:15.34	50.57	300m: 4:53.36	48.74
			400m: 6:24.92	44.90

Juvenil B - 14 anos

1. JESUS, Vera Franca	11	Naval do Funchal	<b>4:52.50</b>	521
<i>TAC NACIONAL - Jamor, 3 a 6 de abril de 2025</i>				
50m: 33.31 33.31	150m: 1:47.07	37.23	250m: 3:01.62	37.28
100m: 1:09.84 36.53	200m: 2:24.34	37.27	300m: 3:39.11	37.49
			400m: 4:52.50	36.62
2. SILVA, Ana Matilde	11	Desportivo Nacional	<b>6:13.74</b>	249
50m: 41.96 41.96	150m: 2:18.41	48.63	250m: 3:54.24	48.52
100m: 1:29.78 47.82	200m: 3:05.72	47.31	300m: 4:41.56	47.32
			400m: 6:13.74	44.73
3. SILVA, Matilde Fernandes	11	Desportivo Nacional	<b>6:14.73</b>	247
50m: 39.95 39.95	150m: 2:14.91	49.28	250m: 3:50.55	47.70
100m: 1:25.63 45.68	200m: 3:02.85	47.94	300m: 4:38.20	47.65
			400m: 6:14.73	47.61

Juvenil A - 15 anos

1. FERREIRA, Ana Pereira	10	Juventude Atlantico	<b>5:16.12</b>	412
50m: 35.48 35.48	150m: 1:56.54	40.77	250m: 3:18.00	40.43
100m: 1:15.77 40.29	200m: 2:37.57	41.03	300m: 3:59.61	41.61
			400m: 5:16.12	37.17

Juniores - 16 a 18 anos

1. RODRIGUES, Laura Sofia	07	Juventude Atlantico	<b>4:59.60</b>	484
50m: 32.63 32.63	150m: 1:46.29	37.56	250m: 3:03.17	39.11
100m: 1:08.73 36.10	200m: 2:24.06	37.77	300m: 3:41.82	38.65
			400m: 4:59.60	38.59

Absolutos - 14 anos e mais velhos

1. JESUS, Vera Franca	11	Naval do Funchal	<b>4:52.50</b>	521
<i>TAC NACIONAL - Jamor, 3 a 6 de abril de 2025</i>				
50m: 33.31 33.31	150m: 1:47.07	37.23	250m: 3:01.62	37.28
100m: 1:09.84 36.53	200m: 2:24.34	37.27	300m: 3:39.11	37.49
			400m: 4:52.50	36.62
2. RODRIGUES, Laura Sofia	07	Juventude Atlantico	<b>4:59.60</b>	484
50m: 32.63 32.63	150m: 1:46.29	37.56	250m: 3:03.17	39.11
100m: 1:08.73 36.10	200m: 2:24.06	37.77	300m: 3:41.82	38.65
			400m: 4:59.60	38.59
3. FERREIRA, Ana Pereira	10	Juventude Atlantico	<b>5:16.12</b>	412
50m: 35.48 35.48	150m: 1:56.54	40.77	250m: 3:18.00	40.43
100m: 1:15.77 40.29	200m: 2:37.57	41.03	300m: 3:59.61	41.61
			400m: 5:16.12	37.17

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

Lugar	Ano						Tempo final	Pts			
4. SILVA, Ana Matilde	11 Desportivo Nacional						<b>6:13.74</b>	249			
50m:	41.96	41.96	150m:	2:18.41	48.63	250m:	3:54.24	48.52	350m:	5:29.01	47.45
100m:	1:29.78	47.82	200m:	3:05.72	47.31	300m:	4:41.56	47.32	400m:	6:13.74	44.73
5. SILVA, Matilde Fernandes	11 Desportivo Nacional						<b>6:14.73</b>	247			
50m:	39.95	39.95	150m:	2:14.91	49.28	250m:	3:50.55	47.70	350m:	5:27.12	48.92
100m:	1:25.63	45.68	200m:	3:02.85	47.94	300m:	4:38.20	47.65	400m:	6:14.73	47.61