

Prova 26 Femin., 400m Livres Absolutos  
23/11/2024 - 17:00 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 / ZONAL Juv. B Fem. Juv B: 5:07.37 /  
ZONAL Juv. A Fem. Juv A: 4:59.94 / 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 / Júnior 1º Ano Fem. Jun16: 4:39.91 / Júnior 2º e 3º Ano Fem. 17 - 18: 4:38.55 /  
Sénior 1º Fem. Sen19: 4:33.12 / Sénior 2º Fem. 20+: 4:31.76

Pontos: AQUA 2024

Lugar	Ano	Tempo final	Pts
<b>Infantil B - 12 anos</b>			
1. FARIA, Beatriz Cunha	13 Desportivo Sao Roque	<b>5:30.38</b>	343
<i>TAC ZONAL INFANTIS - Pinhal Novo, 21-23 Março 2025</i>			
50m: 35.37 35.37	150m: 1:59.00 42.53	250m: 3:25.24 42.44	350m: 4:50.17 42.40
100m: 1:16.47 41.10	200m: 2:42.80 43.80	300m: 4:07.77 42.53	400m: 5:30.38 40.21
2. ANICETO, Leonor Telo	13 Naval do Funchal	<b>5:37.28</b>	322
50m: 37.89 37.89	150m: 2:05.60 44.81	250m: 3:32.91 43.20	350m: 4:59.53 43.14
100m: 1:20.79 42.90	200m: 2:49.71 44.11	300m: 4:16.39 43.48	400m: 5:37.28 37.75
3. TEIXEIRA, Maria Castro	13 Naval do Funchal	<b>6:23.92</b>	218
50m: 45.29 45.29	150m: 2:19.82 47.58	250m: 3:56.99 49.48	350m: 5:36.85 48.82
100m: 1:32.24 46.95	200m: 3:07.51 47.69	300m: 4:48.03 51.04	400m: 6:23.92 47.07
4. TEMTEM, Maria Clara	13 Desportivo Nacional	<b>6:31.26</b>	206
50m: 43.86 43.86	150m: 2:23.11 49.69	250m: 4:03.10 50.09	350m: 5:43.72 50.18
100m: 1:33.42 49.56	200m: 3:13.01 49.90	300m: 4:53.54 50.44	400m: 6:31.26 47.54
5. SILVA, Lara Martins	13 Desportivo Sao Roque	<b>6:48.36</b>	181
50m: 46.92 46.92	150m: 2:32.19 52.35	250m: 4:16.42 51.83	350m: 5:59.67 51.73
100m: 1:39.84 52.92	200m: 3:24.59 52.40	300m: 5:07.94 51.52	400m: 6:48.36 48.69
6. VIEIRA, Sara Rodrigues	13 Naval do Funchal	<b>6:51.02</b>	178
50m: 48.07 48.07	150m: 2:32.31 52.28	250m: 4:16.53 51.62	350m: 6:02.32 53.42
100m: 1:40.03 51.96	200m: 3:24.91 52.60	300m: 5:08.90 52.37	400m: 6:51.02 48.70
7. VIEIRA, Madalena Rodrigues	13 Desportivo Nacional	<b>7:21.39</b>	143
50m: 50.28 50.28	150m: 2:40.86 55.70	250m: 4:34.51 56.94	350m: 6:27.69 57.24
100m: 1:45.16 54.88	200m: 3:37.57 56.71	300m: 5:30.45 55.94	400m: 7:21.39 53.70

**Infantil A - 13 anos**

1. FERRO, Maria Franco	12 Naval do Funchal	<b>5:08.39</b>	421
<i>TAC ZONAL INFANTIS - Pinhal Novo, 21-23 Março 2025, TAC NACIONAL - Loulé, 18-20 Julho 2025</i>			
50m: 33.94 33.94	150m: 1:51.73 39.45	250m: 3:12.06 40.42	350m: 4:30.57 38.56
100m: 1:12.28 38.34	200m: 2:31.64 39.91	300m: 3:52.01 39.95	400m: 5:08.39 37.82
2. MACHADO, Sarah Camila	12 Naval do Funchal	<b>5:37.57</b>	321
50m: 36.28 36.28	150m: 1:59.91 42.89	250m: 3:26.19 43.27	350m: 4:54.85 44.87
100m: 1:17.02 40.74	200m: 2:42.92 43.01	300m: 4:09.98 43.79	400m: 5:37.57 42.72
3. JARDIM, Maria Velosa	12 Naval do Funchal	<b>5:46.38</b>	297
50m: 38.53 38.53	150m: 2:03.73 42.93	250m: 3:32.08 44.51	350m: 5:01.64 44.98
100m: 1:20.80 42.27	200m: 2:47.57 43.84	300m: 4:16.66 44.58	400m: 5:46.38 44.74
4. AMORIM, Beatriz Pereira	12 Desportivo Sao Roque	<b>5:47.94</b>	293
50m: 38.40 38.40	150m: 2:06.04 45.18	250m: 3:36.05 45.51	350m: 5:05.20 43.98
100m: 1:20.86 42.46	200m: 2:50.54 44.50	300m: 4:21.22 45.17	400m: 5:47.94 42.74

Prova 26, Femin., 400m Livres, Infantil A - 13 anos

Lugar	Ano	Tempo final	Pts
5. OJKIC, Vera Jose	12 Juventude Atlantico	<b>5:54.25</b>	278
50m: 39.06 39.06	150m: 2:10.16 46.25	250m: 3:42.07 45.91	350m: 5:13.07 44.76
100m: 1:23.91 44.85	200m: 2:56.16 46.00	300m: 4:28.31 46.24	400m: 5:54.25 41.18
6. COSTA, Juliana Sofia	12 Desportivo Nacional	<b>6:57.29</b>	170
50m: 46.49 46.49	150m: 2:32.47 52.91	250m: 4:18.77 53.13	350m: 6:06.55 54.11
100m: 1:39.56 53.07	200m: 3:25.64 53.17	300m: 5:12.44 53.67	400m: 6:57.29 50.74

Juvenil B - 14 anos

1. JESUS, Vera Franca	11 Naval do Funchal	<b>4:47.87</b>	518
<i>TAC ZONAL JUVENIS - Abrantes, 6-8 Dezembro 2024, TAC's - 21 a 23 Mar. + 24 a 27 Jul.</i>			
50m: 33.03 33.03	150m: 1:46.37 37.05	250m: 3:00.63 37.06	350m: 4:13.70 36.31
100m: 1:09.32 36.29	200m: 2:23.57 37.20	300m: 3:37.39 36.76	400m: 4:47.87 34.17
2. OLIVEIRA, Mariana Lopes	11 Naval do Funchal	<b>5:21.36</b>	372
50m: 34.19 34.19	150m: 1:53.03 40.75	250m: 3:16.94 42.33	350m: 4:41.12 42.30
100m: 1:12.28 38.09	200m: 2:34.61 41.58	300m: 3:58.82 41.88	400m: 5:21.36 40.24
3. MATA, Valeria Isabel	11 Naval do Funchal	<b>5:27.36</b>	352
50m: 34.41 34.41	150m: 1:54.39 41.03	250m: 3:19.45 42.88	350m: 4:46.01 43.48
100m: 1:13.36 38.95	200m: 2:36.57 42.18	300m: 4:02.53 43.08	400m: 5:27.36 41.35
4. VIEIRA, Matilde Sofia	11 Desportivo Nacional	<b>5:30.16</b>	343
50m: 37.25 37.25	150m: 2:02.15 42.83	250m: 3:27.93 43.04	350m: 4:52.62 41.92
100m: 1:19.32 42.07	200m: 2:44.89 42.74	300m: 4:10.70 42.77	400m: 5:30.16 37.54
5. BAPTISTA, Valentina Hermida	11 Juventude Atlantico	<b>5:30.94</b>	341
50m: 34.34 34.34	150m: 1:57.26 42.84	250m: 3:23.44 43.35	350m: 4:50.33 43.41
100m: 1:14.42 40.08	200m: 2:40.09 42.83	300m: 4:06.92 43.48	400m: 5:30.94 40.61
6. SILVA, Ana Matilde	11 Desportivo Nacional	<b>5:52.95</b>	281
50m: 41.33 41.33	150m: 2:10.70 45.54	250m: 3:40.59 44.74	350m: 5:09.86 44.23
100m: 1:25.16 43.83	200m: 2:55.85 45.15	300m: 4:25.63 45.04	400m: 5:52.95 43.09
7. SILVA, Matilde Fernandes	11 Desportivo Nacional	<b>5:59.70</b>	265
50m: 41.40 41.40	150m: 2:11.00 45.43	250m: 3:44.17 46.82	350m: 5:16.36 45.67
100m: 1:25.57 44.17	200m: 2:57.35 46.35	300m: 4:30.69 46.52	400m: 5:59.70 43.34

Juvenil A - 15 anos

1. FERREIRA, Ana Pereira	10 Juventude Atlantico	<b>5:03.80</b>	441
50m: 34.36 34.36	150m: 1:51.93 39.23	250m: 3:11.17 39.14	350m: 4:27.66 37.41
100m: 1:12.70 38.34	200m: 2:32.03 40.10	300m: 3:50.25 39.08	400m: 5:03.80 36.14
2. NASCIMENTO, Leonor Silva	10 Naval do Funchal	<b>5:37.60</b>	321
50m: 37.57 37.57	150m: 2:02.28 43.16	250m: 3:28.62 42.92	350m: 4:54.65 43.31
100m: 1:19.12 41.55	200m: 2:45.70 43.42	300m: 4:11.34 42.72	400m: 5:37.60 42.95

Juniores - 16, 17 e 18 anos

1. CARVALHO, Laura Jardim	09 Juventude Atlantico	<b>6:01.86</b>	261
50m: 41.69 41.69	150m: 2:11.36 44.88	250m: 3:44.57 47.29	350m: 5:17.94 46.35
100m: 1:26.48 44.79	200m: 2:57.28 45.92	300m: 4:31.59 47.02	400m: 6:01.86 43.92