

Prova 23 Femin., 400m Livres Absolutos
02/11/2024 - 17:25 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 3.º Ano Fem. 17 - 18: 4:38.55 /
Sénior 1.º Fem. Sen19: 4:33.12 / Sénior 2.º Fem. 20+: 4:31.76

Pontos: AQUA 2024

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	GONCALVES Maria Clara	12	218950	Escola O Liceu	5:55.53	+0,72	275	25,0(-)
	50m: 37.87 37.87	150m: 2:07.18	45.76	250m: 3:42.15	46.95	350m: 5:13.85	45.31	
	100m: 1:21.42 43.55	200m: 2:55.20	48.02	300m: 4:28.54	46.39	400m: 5:55.53	41.68	
EXH	JESUS Vera Franca	11	211346	Naval do Funchal	4:45.14	+0,72	533	-
	<i>Tor. Zonal Juvenis - Abrantes, 6 a 8 Dezembro, TAC's - 21 a 23 Março + 24 a 27 Julho</i>							
	50m: 32.86 32.86	150m: 1:45.23	36.30	250m: 2:57.46	36.15	350m: 4:10.41	36.42	
	100m: 1:08.93 36.07	200m: 2:21.31	36.08	300m: 3:33.99	36.53	400m: 4:45.14	34.73	
EXH	MATEUS Eleine Vieira	09	206350	Desportivo Nacional	4:46.68	+0,75	525	-
	50m: 32.89 32.89	150m: 1:45.98	36.85	250m: 2:59.17	36.17	350m: 4:11.73	36.24	
	100m: 1:09.13 36.24	200m: 2:23.00	37.02	300m: 3:35.49	36.32	400m: 4:46.68	34.95	
EXH	MARGARIDO Paula Aguiar	09	204386	Juventude Atlantico	4:54.86	+0,73	482	-
	50m: 33.12 33.12	150m: 1:45.67	36.45	250m: 3:00.00	37.63	350m: 4:17.62	39.08	
	100m: 1:09.22 36.10	200m: 2:22.37	36.70	300m: 3:38.54	38.54	400m: 4:54.86	37.24	
EXH	MELIM Sara Beatriz	09	206793	Desportivo Nacional	5:05.07	+0,71	435	-
	50m: 35.64 35.64	150m: 1:53.22	38.88	250m: 3:10.16	38.44	350m: 4:27.89	38.88	
	100m: 1:14.34 38.70	200m: 2:31.72	38.50	300m: 3:49.01	38.85	400m: 5:05.07	37.18	
EXH	ROSA Clara Sofia	10	210050	Desportivo Nacional	5:08.14		422	-
	50m: 35.68 35.68	150m: 1:53.44	38.81	250m: 3:12.76	39.82	350m: 4:31.44	39.04	
	100m: 1:14.63 38.95	200m: 2:32.94	39.50	300m: 3:52.40	39.64	400m: 5:08.14	36.70	
EXH	FERRO Maria Franco	12	212641	Naval do Funchal	5:10.00	+0,72	415	-
	<i>Tor. Zonal Infantis - Pinhal Novo, 21 a 23 Março</i>							
	50m: 34.74 34.74	150m: 1:52.40	38.80	250m: 3:12.69	40.05	350m: 4:32.24	39.72	
	100m: 1:13.60 38.86	200m: 2:32.64	40.24	300m: 3:52.52	39.83	400m: 5:10.00	37.76	
EXH	OLIVEIRA Mariana Lopes	11	213395	Naval do Funchal	5:19.55	+0,81	379	-
	50m: 34.72 34.72	150m: 1:53.91	40.03	250m: 3:16.35	41.54	350m: 4:39.67	41.91	
	100m: 1:13.88 39.16	200m: 2:34.81	40.90	300m: 3:57.76	41.41	400m: 5:19.55	39.88	
EXH	MATA Valeria Isabel	11	211345	Naval do Funchal	5:22.27	+0,54	369	-
	50m: 34.89 34.89	150m: 1:55.61	41.16	250m: 3:17.41	40.92	350m: 4:42.06	41.75	
	100m: 1:14.45 39.56	200m: 2:36.49	40.88	300m: 4:00.31	42.90	400m: 5:22.27	40.21	
EXH	BAPTISTA Valentina Hermida	11	213377	Juventude Atlantico	5:31.41	+0,91	339	-
	50m: 35.98 35.98	150m: 2:00.10	43.00	250m: 3:26.33	43.35	350m: 4:51.92	42.55	
	100m: 1:17.10 41.12	200m: 2:42.98	42.88	300m: 4:09.37	43.04	400m: 5:31.41	39.49	
EXH	MACHADO Sarah Camila	12	219983	Naval do Funchal	5:36.88	+0,89	323	-
	50m: 39.37 39.37	150m: 2:04.62	43.04	250m: 3:30.05	42.50	350m: 4:55.34	43.12	
	100m: 1:21.58 42.21	200m: 2:47.55	42.93	300m: 4:12.22	42.17	400m: 5:36.88	41.54	
EXH	MARQUES Margarida Paixao	11	214904	Naval do Funchal	5:38.22	+0,79	319	-
	50m: 36.63 36.63	150m: 2:01.68	43.48	250m: 3:29.70	44.26	350m: 4:57.36	44.06	
	100m: 1:18.20 41.57	200m: 2:45.44	43.76	300m: 4:13.30	43.60	400m: 5:38.22	40.86	
EXH	SOUSA Susana Conceicao	10	214416	Desportivo Nacional	5:45.07		301	-
	50m: 40.52 40.52	150m: 2:08.13	44.02	250m: 3:35.83	43.81	350m: 5:02.77	43.51	
	100m: 1:24.11 43.59	200m: 2:52.02	43.89	300m: 4:19.26	43.43	400m: 5:45.07	42.30	
EXH	ANICETO Leonor Telo	13	217739	Naval do Funchal	5:48.39	+0,58	292	-
	50m: 39.03 39.03	150m: 2:07.85	44.92	250m: 3:34.02	39.18	350m: 5:03.80	44.63	
	100m: 1:22.93 43.90	200m: 2:54.84	46.99	300m: 4:19.17	45.15	400m: 5:48.39	44.59	

Prova 23, Femin., 400m Livres

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
EXH	NASCIMENTO Leonor Silva	10	215318	Naval do Funchal	5:49.31	+0,82	290	-
	50m: 40.11 40.11		150m: 2:06.85 43.87	250m: 3:35.55 44.78	350m: 5:05.59 44.63		44.63	
	100m: 1:22.98 42.87		200m: 2:50.77 43.92	300m: 4:20.96 45.41	400m: 5:49.31 43.72		43.72	
EXH	CARVALHO Laura Jardim	09	213538	Juventude Atlantico	6:01.28	+0,77	262	-
	50m: 42.25 42.25		150m: 2:13.39 45.78	250m: 3:45.42 45.89	350m: 5:17.85 46.20		46.20	
	100m: 1:27.61 45.36		200m: 2:59.53 46.14	300m: 4:31.65 46.23	400m: 6:01.28 43.43		43.43	
EXH	SILVA Ana Matilde	11	210214	Desportivo Nacional	6:03.12	+0,91	258	-
	50m: 42.03 42.03		150m: 2:13.17 46.43	250m: 3:45.80 46.49	350m: 5:18.67 46.63		46.63	
	100m: 1:26.74 44.71		200m: 2:59.31 46.14	300m: 4:32.04 46.24	400m: 6:03.12 44.45		44.45	
EXH	SILVA Matilde Fernandes	11	215949	Desportivo Nacional	6:19.53	+0,91	226	-
	50m: 41.84 41.84		150m: 2:16.78 47.81	250m: 3:54.61 48.94	350m: 5:32.06 48.37		48.37	
	100m: 1:28.97 47.13		200m: 3:05.67 48.89	300m: 4:43.69 49.08	400m: 6:19.53 47.47		47.47	
EXH	TEMTEM Maria Clara	13	213379	Desportivo Nacional	6:34.94	+0,65	200	-
	50m: 43.80 43.80		150m: 2:25.09 50.36	250m: 4:05.35 49.01	350m: 5:45.36 49.84		49.84	
	100m: 1:34.73 50.93		200m: 3:16.34 51.25	300m: 4:55.52 50.17	400m: 6:34.94 49.58		49.58	