

Prova 4

Femin., 400m Livres

12 anos e mais velhos

29/06/2018 - 19:47

Resultados

Recordes Regionais Absoluto	4:38.61	ANDRADE, Rubina Amaro	CDN		04/08/1995
Recordes Regionais 18 +	4:41.19	ANDRADE, Rubina Amaro	CDN	Restelo	21/12/1996
Recordes Regionais 17	4:38.89	ANDRADE, Rubina Amaro	CDN	Famalicao	02/08/1996
Recordes Regionais 16	4:38.61	ANDRADE, Rubina Amaro	CDN		04/08/1995
Recordes Regionais 15	4:35.73	ANDRADE, Rubina Amaro	CDN	Greve (DEN)	23/01/1994
Recordes Regionais 14	4:40.61	ANDRADE, Rubina Amaro	CDN		01/01/1993
Recordes Regionais 13	4:49.56	ANDRADE, Rubina Amaro	CDN	Matur	21/07/1992
Recordes Regionais 12	5:04.39	LOPES, Joana Cristina	CNF	Olivais	22/06/1992

Mínimos 12: 5:17.23; 13: 5:01.68; 14: 4:55.57; 15: 4:52.95; 16 - 17: 4:43.48; 18 +: 4:37.96

Pontos: FINA 2018

Lugar	Ano	Tempo final	Pts	100m	200m	300m	400m
Infantil B, 12 anos							
1. DEUS, Ines Portugal	06	Clube Naval do Funchal	5:21.50 397	1:17.71	1:22.12	1:21.85	1:19.82
50m:		150m:	250m:	350m:			
100m: 1:17.71		200m: 2:39.83	300m: 4:01.68	400m: 5:21.50			
2. FERRO, Maria Leonor	06	Clube Naval do Funchal	5:24.96 385	1:17.79	1:24.85	1:24.47	1:17.85
50m:		150m:	250m:	350m:			
100m: 1:17.79		200m: 2:42.64	300m: 4:07.11	400m: 5:24.96			
3. DIAS, Julia Alves	06	Clube Desportivo Nacional	5:37.00 345	1:19.55	1:27.32	1:26.38	1:23.75
50m:		150m:	250m:	350m:			
100m: 1:19.55		200m: 2:46.87	300m: 4:13.25	400m: 5:37.00			
4. FREITAS, Margarida Ram06		Clube Desportivo Nacional	5:40.17 335	1:21.23	1:27.36	1:26.97	1:24.61
50m:		150m:	250m:	350m:			
100m: 1:21.23		200m: 2:48.59	300m: 4:15.56	400m: 5:40.17			
5. PEREIRA, Joana Marques06		Clube Desportivo Nacional	5:51.76 303	1:22.34	1:30.32	1:31.58	1:27.52
50m:		150m:	250m:	350m:			
100m: 1:22.34		200m: 2:52.66	300m: 4:24.24	400m: 5:51.76			
6. CANADA, Maria Elvira	06	Clube Desportivo Nacional	5:57.70 288	1:24.72	1:32.93	1:32.16	1:27.89
50m:		150m:	250m:	350m:			
100m: 1:24.72		200m: 2:57.65	300m: 4:29.81	400m: 5:57.70			
7. CARICHAS, Joana Medeir06		Juventude Atlantico Clube	6:11.08 258	1:27.12	1:34.61	1:36.71	1:32.64
50m:		150m:	250m:	350m:			
100m: 1:27.12		200m: 3:01.73	300m: 4:38.44	400m: 6:11.08			
8. TEMBE, Ines Afonso	06	Clube Desportivo Nacional	7:24.62 150	1:37.23	1:55.29	1:56.37	1:55.73
50m:		150m:	250m:	350m:			
100m: 1:37.23		200m: 3:32.52	300m: 5:28.89	400m: 7:24.62			
Infantil A, 13 anos							
1. ARAUJO, Maria Clara	05	Clube Naval do Funchal	5:17.72 412	1:16.02	1:21.14	1:21.38	1:19.18
50m:		150m:	250m:	350m:			
100m: 1:16.02		200m: 2:37.16	300m: 3:58.54	400m: 5:17.72			
2. JARDIM, Teresa Vieira	05	Clube Naval do Funchal	5:21.88 396	1:16.46	1:22.66	1:22.47	1:20.29
50m:		150m:	250m:	350m:			
100m: 1:16.46		200m: 2:39.12	300m: 4:01.59	400m: 5:21.88			
3. BARROS, Ana Carolina	05	Juventude Atlantico Clube	6:19.48 241	1:30.81	1:37.09	1:36.81	1:34.77
50m:		150m:	250m:	350m:			
100m: 1:30.81		200m: 3:07.90	300m: 4:44.71	400m: 6:19.48			
4. SOUSA, Maria Beatriz	05	Clube Desportivo Nacional	7:49.98 127	1:50.30	2:01.51	2:02.12	1:56.05
50m:		150m:	250m:	350m:			
100m: 1:50.30		200m: 3:51.81	300m: 5:53.93	400m: 7:49.98			
5. DINIS, Maria Antonia	05	Clube Desportivo Nacional	7:52.44 125	1:49.68	2:02.17	2:02.55	1:58.04
50m:		150m:	250m:	350m:			
100m: 1:49.68		200m: 3:51.85	300m: 5:54.40	400m: 7:52.44			
Juvenil B, 14 anos							
1. RAMOS, Barbara Emerick	04	Juventude Atlantico Clube	5:10.00 443	1:12.77	1:18.85	1:19.53	1:18.85
50m:		150m:	250m:	350m:			
100m: 1:12.77		200m: 2:31.62	300m: 3:51.15	400m: 5:10.00			

Prova 4, Femin., 400m Livres, Juvenil B, 14 anos

Lugar	Ano	Tempo final	Pts	100m	200m	300m	400m
2. OLIVEIRA, Sara Fernand	04	Juventude Atlantico Clube	5:26.71 379	1:16.64	1:22.99	1:24.93	1:22.15
50m:		150m:	250m:	350m:			
100m:	1:16.64	200m:	300m:	400m:	5:26.71		
200m:	2:39.63	300m:	4:04.56				
3. SOARES, Ines Silva	04	Clube Desportivo Nacional	6:02.56 277	1:24.43	1:32.96	1:33.95	1:31.22
50m:		150m:	250m:	350m:			
100m:	1:24.43	200m:	300m:	400m:	6:02.56		
200m:	2:57.39	300m:	4:31.34				
4. GOIS, Vitoria Abreu	04	Clube Desportivo Nacional	7:19.62 155	1:41.75	1:53.35	1:55.34	1:49.18
50m:		150m:	250m:	350m:			
100m:	1:41.75	200m:	300m:	400m:	7:19.62		
200m:	3:35.10	300m:	5:30.44				

Juvenil A, 15 anos

1. LAMEIRAS, Beatriz Andrei	03	Clube Escola O Liceu	5:43.66 325	1:17.67	1:29.03	1:30.45	1:26.51
50m:		150m:	250m:	350m:			
100m:	1:17.67	200m:	300m:	400m:	5:43.66		
200m:	2:46.70	300m:	4:17.15				
2. PEREIRA, Luisa Tovela	03	Clube Desportivo Nacional	5:57.79 288	1:21.33	1:31.37	1:34.34	1:30.75
50m:		150m:	250m:	350m:			
100m:	1:21.33	200m:	300m:	400m:	5:57.79		
200m:	2:52.70	300m:	4:27.04				
3. LECA, Natacha Maria	03	Clube Desportivo Nacional	6:14.74 251	1:29.33	1:38.36	1:37.26	1:29.79
50m:		150m:	250m:	350m:			
100m:	1:29.33	200m:	300m:	400m:	6:14.74		
200m:	3:07.69	300m:	4:44.95				

Absoluto, 14 anos e mais velhas

1. TELES, Anabela Corte	01	CD Sao Roque	5:05.68 462	1:10.91	1:17.93	1:19.30	1:17.54
50m:		150m:	250m:	350m:			
100m:	1:10.91	200m:	300m:	400m:	5:05.68		
200m:	2:28.84	300m:	3:48.14				
2. LUIS, Jessica Santos	00	CD Sao Roque	5:07.26 455	1:11.58	1:19.10	1:18.91	1:17.67
50m:		150m:	250m:	350m:			
100m:	1:11.58	200m:	300m:	400m:	5:07.26		
200m:	2:30.68	300m:	3:49.59				
3. RAMOS, Barbara Emerick	04	Juventude Atlantico Clube	5:10.00 443	1:12.77	1:18.85	1:19.53	1:18.85
50m:		150m:	250m:	350m:			
100m:	1:12.77	200m:	300m:	400m:	5:10.00		
200m:	2:31.62	300m:	3:51.15				
4. OLIVEIRA, Sara Fernand	04	Juventude Atlantico Clube	5:26.71 379	1:16.64	1:22.99	1:24.93	1:22.15
50m:		150m:	250m:	350m:			
100m:	1:16.64	200m:	300m:	400m:	5:26.71		
200m:	2:39.63	300m:	4:04.56				
5. BOULHOSA, Carolina Abr	01	Clube Naval do Funchal	5:28.69 372	1:11.30	1:22.77	1:27.19	1:27.43
50m:		150m:	250m:	350m:			
100m:	1:11.30	200m:	300m:	400m:	5:28.69		
200m:	2:34.07	300m:	4:01.26				
6. LAMEIRAS, Beatriz Andrei	03	Clube Escola O Liceu	5:43.66 325	1:17.67	1:29.03	1:30.45	1:26.51
50m:		150m:	250m:	350m:			
100m:	1:17.67	200m:	300m:	400m:	5:43.66		
200m:	2:46.70	300m:	4:17.15				
7. PEREIRA, Luisa Tovela	03	Clube Desportivo Nacional	5:57.79 288	1:21.33	1:31.37	1:34.34	1:30.75
50m:		150m:	250m:	350m:			
100m:	1:21.33	200m:	300m:	400m:	5:57.79		
200m:	2:52.70	300m:	4:27.04				
8. GONCALVES, Filipa Isabe	02	Clube Desportivo Nacional	6:01.27 280	1:21.01	1:33.55	1:35.45	1:31.26
50m:		150m:	250m:	350m:			
100m:	1:21.01	200m:	300m:	400m:	6:01.27		
200m:	2:54.56	300m:	4:30.01				
9. SOARES, Ines Silva	04	Clube Desportivo Nacional	6:02.56 277	1:24.43	1:32.96	1:33.95	1:31.22
50m:		150m:	250m:	350m:			
100m:	1:24.43	200m:	300m:	400m:	6:02.56		
200m:	2:57.39	300m:	4:31.34				
10. LECA, Natacha Maria	03	Clube Desportivo Nacional	6:14.74 251	1:29.33	1:38.36	1:37.26	1:29.79
50m:		150m:	250m:	350m:			
100m:	1:29.33	200m:	300m:	400m:	6:14.74		
200m:	3:07.69	300m:	4:44.95				
11. ALVES, Tania Raquel	02	Clube Desportivo Nacional	6:20.32 240	1:24.81	1:39.65	1:39.63	1:36.23
50m:		150m:	250m:	350m:			
100m:	1:24.81	200m:	300m:	400m:	6:20.32		
200m:	3:04.46	300m:	4:44.09				
12. FERNANDES, F.	02	Clube Desportivo Nacional	6:31.21 220	1:25.65	1:39.78	1:43.46	1:42.32
50m:		150m:	250m:	350m:			
100m:	1:25.65	200m:	300m:	400m:	6:31.21		
200m:	3:05.43	300m:	4:48.89				
13. GOIS, Vitoria Abreu	04	Clube Desportivo Nacional	7:19.62 155	1:41.75	1:53.35	1:55.34	1:49.18
50m:		150m:	250m:	350m:			
100m:	1:41.75	200m:	300m:	400m:	7:19.62		
200m:	3:35.10	300m:	5:30.44				