

Prova 4

Femin., 400m Livres

12 anos e mais velhos

06/07/2018 - 19:44

Resultados

Recorde Regional Absoluto	4:31.74	ANDRADE, Rubina Amaro	CDN	Braga	05/03/1994
Recorde Regional 18 +	4:35.08	MELIM, Cláudia Ramos	CDN	Funchal	06/07/2002
Recorde Regional 17	4:32.13	ANDRADE, Rubina Amaro	CDN	Felgueiras	13/07/1996
Recorde Regional 16	4:31.80	ANDRADE, Rubina Amaro	CDN	Funchal	14/07/1995
Recorde Regional 15	4:31.74	ANDRADE, Rubina Amaro	CDN	Braga	05/03/1994
Recorde Regional 14	4:35.00	ANDRADE, Rubina Amaro	CDN	Funchal	29/05/1993
Recorde Regional 13	4:37.30	ANDRADE, Rubina Amaro	CDN	Funchal	17/07/1992
Recorde Regional 12	4:56.70	ANDRADE, Rubina Amaro	CDN	Funchal	04/05/1991

Mínimos 12: 5:12.17; 13: 4:56.86; 14: 4:49.38; 15: 4:46.98; 16 - 17: 4:38.07; 18 +: 4:31.49

Pontos: FINA 2017

Lugar	Ano	Tempo final	Pts
Infantil B, 12 anos			
1. FREITAS, Beatriz Rodrigues	06	Clube Naval do Funchal	5:13.03 420
50m: 36.72 36.72	150m: 1:55.52 39.68	250m: 3:14.37 39.24	350m: 4:34.09 39.89
100m: 1:15.84 39.12	200m: 2:35.13 39.61	300m: 3:54.20 39.83	400m: 5:13.03 38.94
2. COSTA, Maria Jardim	06	Clube Desportivo Nacional	5:13.95 416
50m: 35.03 35.03	150m: 1:53.81 39.94	250m: 3:13.41 39.98	350m: 4:34.56 40.54
100m: 1:13.87 38.84	200m: 2:33.43 39.62	300m: 3:54.02 40.61	400m: 5:13.95 39.39
3. DEUS, Ines Portugal	06	Clube Naval do Funchal	5:18.16 400
50m: 36.12 36.12	150m: 1:55.38 39.87	250m: 3:15.55 40.17	350m: 4:38.30 41.59
100m: 1:15.51 39.39	200m: 2:35.38 40.00	300m: 3:56.71 41.16	400m: 5:18.16 39.86
SEQUEIRA, Beatriz Meneses	06	Clube Naval do Funchal	5:18.16 400
50m: 35.80 35.80	150m: 1:56.61 41.04	250m: 3:17.82 40.99	350m: 4:39.13 40.50
100m: 1:15.57 39.77	200m: 2:36.83 40.22	300m: 3:58.63 40.81	400m: 5:18.16 39.03
5. JARDIM, Lara Filipa	06	Clube Naval do Funchal	5:42.52 320
50m: 38.67 38.67	150m: 2:48.41	250m: 4:16.20	350m: 5:42.52
100m: 1:20.58 41.91	200m: 2:48.41	300m: 4:16.20	400m: 5:42.52
6. CARICHAS, Joana Medeiros	06	Juventude Atlantico Clube	6:02.14 271
50m: 39.62 39.62	150m: 2:10.23 45.94	250m: 3:43.47 47.15	350m: 5:16.44 46.39
100m: 1:24.29 44.67	200m: 2:56.32 46.09	300m: 4:30.05 46.58	400m: 6:02.14 45.70
DSQ TEMBE, Ines Afonso	06	Clube Desportivo Nacional	
<i>102 - Não completou a prova - SW 10.2</i>			

Infantil A, 13 anos

1. NASCIMENTO, Sofia Alexandre	05	Clube Naval do Funchal	5:06.60 447
50m: 34.54 34.54	150m: 1:52.61 39.04	250m: 3:11.31 39.42	350m: 4:29.39 38.90
100m: 1:13.57 39.03	200m: 2:31.89 39.28	300m: 3:50.49 39.18	400m: 5:06.60 37.21
2. ARAUJO, Maria Clara	05	Clube Naval do Funchal	5:08.86 437
50m: 35.32 35.32	150m: 1:52.68 38.93	250m: 3:11.53 39.55	350m: 4:30.15 39.18
100m: 1:13.75 38.43	200m: 2:31.98 39.30	300m: 3:50.97 39.44	400m: 5:08.86 38.71
3. JARDIM, Teresa Vieira	05	Clube Naval do Funchal	5:15.90 409
50m: 35.64 35.64	150m: 1:54.66 40.29	250m: 3:15.91 40.62	350m: 4:37.64 40.91
100m: 1:14.37 38.73	200m: 2:35.29 40.63	300m: 3:56.73 40.82	400m: 5:15.90 38.26
4. LUIS, Mariana Capelo	05	Juventude Atlantico Clube	6:12.79 248
50m: 41.74 41.74	150m: 2:13.87 46.53	250m: 3:49.76 48.10	350m: 5:27.83 49.13
100m: 1:27.34 45.60	200m: 3:01.66 47.79	300m: 4:38.70 48.94	400m: 6:12.79 44.96
5. SILVA, Maria Fabiana	05	Clube Desportivo Nacional	6:38.01 204
50m: 42.73 42.73	150m: 2:20.83 50.60	250m: 4:04.99 51.99	350m: 5:49.27 52.40
100m: 1:30.23 47.50	200m: 3:13.00 52.17	300m: 4:56.87 51.88	400m: 6:38.01 48.74
6. DINIS, Maria Antonia	05	Clube Desportivo Nacional	7:37.93 134
50m: 47.69 47.69	150m: 2:44.05 59.54	250m: 4:42.96 59.26	350m: 6:43.23 59.52
100m: 1:44.51 56.82	200m: 3:43.70 59.65	300m: 5:43.71 1:00.75	400m: 7:37.93 54.70
7. FERNANDES, Maria Madalena	05	Juventude Atlantico Clube	7:42.69 130
50m: 51.93 51.93	150m: 3:45.40	250m: 5:45.23	350m: 7:42.69
100m: 1:48.67 56.74	200m: 3:45.40	300m: 5:45.23	400m: 7:42.69

Prova 4, Femin., 400m Livres

Juvenil B, 14 anos

1.	CAMACHO, Laura Fernandes	04	Clube Naval do Funchal	5:07.98	441
	50m: 35.02 35.02	150m: 1:53.36	39.64 250m: 3:12.97 39.79	350m: 4:31.45	38.84
	100m: 1:13.72 38.70	200m: 2:33.18	39.82 300m: 3:52.61 39.64	400m: 5:07.98	36.53
2.	SOARES, Ines Silva	04	Clube Desportivo Nacional	5:48.48	304
	50m: 38.29 38.29	150m: 2:05.03	44.30 250m: 3:35.17 45.06	350m: 5:05.20	44.90
	100m: 1:20.73 42.44	200m: 2:50.11	45.08 300m: 4:20.30 45.13	400m: 5:48.48	43.28
3.	GOUVEIA, Susana Isabel	04	Juventude Atlantico Clube	6:25.88	224
	50m: 41.91 41.91	150m: 2:16.75	48.19 250m: 3:56.92 51.00	350m: 5:39.27	51.33
	100m: 1:28.56 46.65	200m: 3:05.92	49.17 300m: 4:47.94 51.02	400m: 6:25.88	46.61
4.	GOIS, Vitoria Abreu	04	Clube Desportivo Nacional	7:08.19	164
	50m: 46.20 46.20	150m: 2:31.83	54.21 250m: 4:22.51 55.19	350m: 6:13.51	55.73
	100m: 1:37.62 51.42	200m: 3:27.32	55.49 300m: 5:17.78 55.27	400m: 7:08.19	54.68

Juvenil A, 15 anos

1.	LAMEIRAS, Beatriz Andreia	03	Clube Escola O Liceu	5:36.43	338
	50m: 35.84 35.84	150m: 2:01.07	43.59 250m: 3:29.18 43.80	350m: 4:55.59	42.64
	100m: 1:17.48 41.64	200m: 2:45.38	44.31 300m: 4:12.95 43.77	400m: 5:36.43	40.84
2.	PEREIRA, Luisa Tovela	03	Clube Desportivo Nacional	5:47.68	306
	50m: 37.65 37.65	150m: 2:06.13	44.93 250m: 3:36.73 45.55	350m: 5:06.59	45.32
	100m: 1:21.20 43.55	200m: 2:51.18	45.05 300m: 4:21.27 44.54	400m: 5:47.68	41.09

Absoluto, 14 anos e mais velhas

1.	TELES, Anabela Corte	01	Desportivo Sao Roque	4:57.00	492
	50m: 33.16 33.16	150m: 1:48.03	37.61 250m: 3:03.69 37.82	350m: 4:19.95	38.20
	100m: 1:10.42 37.26	200m: 2:25.87	37.84 300m: 3:41.75 38.06	400m: 4:57.00	37.05
2.	LUIS, Jessica Santos	00	Desportivo Sao Roque	4:58.25	486
	50m: 33.41 33.41	150m: 1:49.08	38.15 250m: 3:05.63 38.39	350m: 4:21.77	37.84
	100m: 1:10.93 37.52	200m: 2:27.24	38.16 300m: 3:43.93 38.30	400m: 4:58.25	36.48
3.	CAMACHO, Laura Fernandes	04	Clube Naval do Funchal	5:07.98	441
	50m: 35.02 35.02	150m: 1:53.36	39.64 250m: 3:12.97 39.79	350m: 4:31.45	38.84
	100m: 1:13.72 38.70	200m: 2:33.18	39.82 300m: 3:52.61 39.64	400m: 5:07.98	36.53
4.	BARROS, Margarida Nunes	02	Juventude Atlantico Clube	5:18.27	400
	50m: 35.38 35.38	150m: 1:56.84	41.31 250m: 3:18.19 40.10	350m: 4:40.00	40.51
	100m: 1:15.53 40.15	200m: 2:38.09	41.25 300m: 3:59.49 41.30	400m: 5:18.27	38.27
5.	LAMEIRAS, Beatriz Andreia	03	Clube Escola O Liceu	5:36.43	338
	50m: 35.84 35.84	150m: 2:01.07	43.59 250m: 3:29.18 43.80	350m: 4:55.59	42.64
	100m: 1:17.48 41.64	200m: 2:45.38	44.31 300m: 4:12.95 43.77	400m: 5:36.43	40.84
6.	PEREIRA, Luisa Tovela	03	Clube Desportivo Nacional	5:47.68	306
	50m: 37.65 37.65	150m: 2:06.13	44.93 250m: 3:36.73 45.55	350m: 5:06.59	45.32
	100m: 1:21.20 43.55	200m: 2:51.18	45.05 300m: 4:21.27 44.54	400m: 5:47.68	41.09
7.	SOARES, Ines Silva	04	Clube Desportivo Nacional	5:48.48	304
	50m: 38.29 38.29	150m: 2:05.03	44.30 250m: 3:35.17 45.06	350m: 5:05.20	44.90
	100m: 1:20.73 42.44	200m: 2:50.11	45.08 300m: 4:20.30 45.13	400m: 5:48.48	43.28
8.	SILVA, Gabriela Suamade	02	Desportivo Sao Roque	5:54.86	288
	50m: 39.69 39.69	150m: 2:09.90	45.37 250m: 3:40.47 45.42	350m: 5:11.24	45.23
	100m: 1:24.53 44.84	200m: 2:55.05	45.15 300m: 4:26.01 45.54	400m: 5:54.86	43.62
9.	GOUVEIA, Susana Isabel	04	Juventude Atlantico Clube	6:25.88	224
	50m: 41.91 41.91	150m: 2:16.75	48.19 250m: 3:56.92 51.00	350m: 5:39.27	51.33
	100m: 1:28.56 46.65	200m: 3:05.92	49.17 300m: 4:47.94 51.02	400m: 6:25.88	46.61
10.	GOIS, Vitoria Abreu	04	Clube Desportivo Nacional	7:08.19	164
	50m: 46.20 46.20	150m: 2:31.83	54.21 250m: 4:22.51 55.19	350m: 6:13.51	55.73
	100m: 1:37.62 51.42	200m: 3:27.32	55.49 300m: 5:17.78 55.27	400m: 7:08.19	54.68