

Prova 1

Femin., 400m Estilos

Juvenis

16/11/2019 - 9:15

Resultados

Recordes Regionais Absoluto	5:00.24	QUINTAL, Fabiana Maria	CDN	Funchal	19/02/2009
Recordes Regionais Juv A	5:20.04	FERREIRA, Maria Leonor	CDN	Funchal	13/07/2019
Recordes Regionais Juv B	5:19.80	SOUSA, Susana Margarida	CFU	Funchal	27/06/1991

TAC Nacionais Juv B: 5:30.74; Juv A: 5:23.44 / TAC Zonais Juv B: 5:47.14; Juv A: 5:37.41

Pontos: FINA 2019

Lugar	Ano	Tempo final	Pts
Juvenil B, 14 anos			
1. COSTA, Maria Jardim	06 Nacional	5:34.66	463
<i>Minimos Campeonato Zonal - Sines</i>			
50m: 34.04 34.04	150m: 1:56.91 42.63	250m: 3:26.62 48.10	350m: 4:55.78 40.73
100m: 1:14.28 40.24	200m: 2:38.52 41.61	300m: 4:15.05 48.43	400m: 5:34.66 38.88
2. DIAS, Julia Alves	06 Nacional	5:36.83	454
<i>Minimos Campeonato Zonal - Sines</i>			
50m: 36.16 36.16	150m: 2:01.25 43.00	250m: 3:31.61 49.01	350m: 4:59.79 39.37
100m: 1:18.25 42.09	200m: 2:42.60 41.35	300m: 4:20.42 48.81	400m: 5:36.83 37.04
3. SILVA, Silvana Suamade	06 Sao Roque	5:38.52	447
<i>Minimos Campeonato Zonal - Sines</i>			
50m: 35.43 35.43	150m: 1:59.50 42.92	250m: 3:31.57 49.70	350m: 5:00.37 38.93
100m: 1:16.58 41.15	200m: 2:41.87 42.37	300m: 4:21.44 49.87	400m: 5:38.52 38.15
4. DEUS, Ines Portugal	06 Naval do Funchal	5:41.48	436
<i>Minimos Campeonato Zonal - Sines</i>			
50m: 37.53 37.53	150m: 2:06.17 44.03	250m: 3:36.54 48.22	350m: 5:03.49 38.46
100m: 1:22.14 44.61	200m: 2:48.32 42.15	300m: 4:25.03 48.49	400m: 5:41.48 37.99
5. SEQUEIRA, Beatriz Meneses	06 Naval do Funchal	5:47.80	412
50m: 36.88 36.88	150m: 2:05.71 43.75	250m: 3:38.20 49.18	350m: 5:07.69 40.55
100m: 1:21.96 45.08	200m: 2:49.02 43.31	300m: 4:27.14 48.94	400m: 5:47.80 40.11
6. FREITAS, Margarida Ramos	06 Nacional	5:49.77	405
50m: 37.55 37.55	150m: 2:06.85 44.09	250m: 3:40.55 50.80	350m: 5:12.39 39.87
100m: 1:22.76 45.21	200m: 2:49.75 42.90	300m: 4:32.52 51.97	400m: 5:49.77 37.38
7. FREITAS, Beatriz Rodrigues	06 Naval do Funchal	5:52.91	395
50m: 38.74 38.74	150m: 2:12.00 46.97	250m: 3:47.43 50.00	350m: 5:15.14 38.09
100m: 1:25.03 46.29	200m: 2:57.43 45.43	300m: 4:37.05 49.62	400m: 5:52.91 37.77
8. JARDIM, Lara Filipa	06 Naval do Funchal	5:53.87	391
50m: 33.98 33.98	150m: 2:02.15 46.84	250m: 3:39.04 52.96	350m: 5:12.90 41.04
100m: 1:15.31 41.33	200m: 2:46.08 43.93	300m: 4:31.86 52.82	400m: 5:53.87 40.97
9. FERRO, Maria Leonor	06 Naval do Funchal	5:54.12	390
50m: 38.34 38.34	150m: 2:08.33 45.86	250m: 3:44.43 51.10	350m: 5:15.73 40.27
100m: 1:22.47 44.13	200m: 2:53.33 45.00	300m: 4:35.46 51.03	400m: 5:54.12 38.39
10. PEREIRA, Joana Marques	06 Nacional	5:59.23	374
50m: 38.16 38.16	150m: 2:11.92 45.69	250m: 3:46.48 48.94	350m: 5:18.29 42.31
100m: 1:26.23 48.07	200m: 2:57.54 45.62	300m: 4:35.98 49.50	400m: 5:59.23 40.94
11. ABREU, Ana Rodrigues	06 Naval do Funchal	6:03.96	360
50m: 40.44 40.44	150m: 2:16.27 46.60	250m: 3:52.37 49.78	350m: 5:23.85 40.58
100m: 1:29.67 49.23	200m: 3:02.59 46.32	300m: 4:43.27 50.90	400m: 6:03.96 40.11
12. SOUSA, Ivana Valentina	06 Nacional	6:07.29	350
50m: 37.09 37.09	150m: 2:08.22 47.18	250m: 3:49.11 54.46	350m: 5:27.67 43.01
100m: 1:21.04 43.95	200m: 2:54.65 46.43	300m: 4:44.66 55.55	400m: 6:07.29 39.62
13. CANADA, Maria Elvira	06 Nacional	6:08.22	347
50m: 39.10 39.10	150m: 2:12.92 45.98	250m: 3:52.28 55.29	350m: 5:28.16 41.13
100m: 1:26.94 47.84	200m: 2:56.99 44.07	300m: 4:47.03 54.75	400m: 6:08.22 40.06
14. CARICHAS, Joana Medeiros	06 Salesianos do Funchal	6:12.92	334
50m: 40.99 40.99	150m: 2:15.92 45.37	250m: 3:55.74 55.43	350m: 5:33.11 42.23
100m: 1:30.55 49.56	200m: 3:00.31 44.39	300m: 4:50.88 55.14	400m: 6:12.92 39.81

Prova 1, Femin., 400m Estilos, Juvenil B, 14 anos

Lugar	Ano		Tempo final		Pts
15. FARIA, Laura Pereira	06	Salesianos do Funchal	6:29.59	293	
50m:	42.03	42.03	150m:	2:24.15	49.87
100m:	1:34.28	52.25	200m:	3:12.68	48.53
			250m:	4:08.08	55.40
			300m:	5:04.49	56.41
			350m:	5:49.92	45.43
			400m:	6:29.59	39.67
16. TEMBE, Ines Afonso	06	Nacional	6:50.63	250	
50m:	38.92	38.92	150m:	2:19.11	54.50
100m:	1:24.61	45.69	200m:	3:09.87	50.76
			250m:	4:12.94	1:03.07
			300m:	5:17.96	1:05.02
			350m:	6:05.84	47.88
			400m:	6:50.63	44.79
17. BAPTISTA, Constanca Ornelas	06	Naval do Funchal	6:54.43	243	
50m:	44.26	44.26	150m:	2:33.65	52.53
100m:	1:41.12	56.86	200m:	3:23.80	50.15
			250m:	4:22.25	58.45
			300m:	5:23.54	1:01.29
			350m:	6:09.98	46.44
			400m:	6:54.43	44.45

Juvenil A, 15 anos

1. LUIS, Mariana Capelo	05	Salesianos do Funchal	6:28.46	296	
50m:	46.80	46.80	150m:	2:32.99	48.57
100m:	1:44.42	57.62	200m:	3:20.90	47.91
			250m:	4:10.81	49.91
			300m:	5:02.63	51.82
			350m:	5:48.28	45.65
			400m:	6:28.46	40.18
2. NOBREGA, Maria Trindade	05	Nacional	7:42.13	175	
50m:	48.47	48.47	150m:	2:46.47	1:00.19
100m:	1:46.28	57.81	200m:	3:45.11	58.64
			250m:	4:48.87	1:03.76
			300m:	5:55.10	1:06.23
			350m:	6:50.54	55.44
			400m:	7:42.13	51.59
3. FERNANDES, Maria Madalena	05	Salesianos do Funchal	7:44.98	172	
50m:	53.16	53.16	150m:	2:58.64	1:01.09
100m:	1:57.55	1:04.39	200m:	3:56.91	58.27
			250m:	4:59.83	1:02.92
			300m:	6:04.33	1:04.50
			350m:	6:57.32	52.99
			400m:	7:44.98	47.66
4. DINIS, Maria Antonia	05	Nacional	8:51.57	115	
50m:	1:01.75	1:01.75	150m:	3:18.49	1:02.34
100m:	2:16.15	1:14.40	200m:	4:18.42	59.93
			250m:	5:39.55	1:21.13
			300m:	7:01.98	1:22.43
			350m:	7:57.45	55.47
			400m:	8:51.57	54.12
dsq total	SILVA, Maria Fabiana	05	Nacional		
dsq total	ARAUJO, Maria Clara	05	Naval do Funchal		
dsq total	AVEIRO, Leonor Sofia	05	Naval do Funchal		

Juvenil Geral, 14 e 15 anos

1. COSTA, Maria Jardim	06	Nacional	5:34.66	463	
<i>Minimos Campeonato Zonal - Sines</i>					
50m:	34.04	34.04	150m:	1:56.91	42.63
100m:	1:14.28	40.24	200m:	2:38.52	41.61
			250m:	3:26.62	48.10
			300m:	4:15.05	48.43
			350m:	4:55.78	40.73
			400m:	5:34.66	38.88
2. DIAS, Julia Alves	06	Nacional	5:36.83	454	
<i>Minimos Campeonato Zonal - Sines</i>					
50m:	36.16	36.16	150m:	2:01.25	43.00
100m:	1:18.25	42.09	200m:	2:42.60	41.35
			250m:	3:31.61	49.01
			300m:	4:20.42	48.81
			350m:	4:59.79	39.37
			400m:	5:36.83	37.04
3. SILVA, Silvana Suamade	06	Sao Roque	5:38.52	447	
<i>Minimos Campeonato Zonal - Sines</i>					
50m:	35.43	35.43	150m:	1:59.50	42.92
100m:	1:16.58	41.15	200m:	2:41.87	42.37
			250m:	3:31.57	49.70
			300m:	4:21.44	49.87
			350m:	5:00.37	38.93
			400m:	5:38.52	38.15
4. DEUS, Ines Portugal	06	Naval do Funchal	5:41.48	436	
<i>Minimos Campeonato Zonal - Sines</i>					
50m:	37.53	37.53	150m:	2:06.17	44.03
100m:	1:22.14	44.61	200m:	2:48.32	42.15
			250m:	3:36.54	48.22
			300m:	4:25.03	48.49
			350m:	5:03.49	38.46
			400m:	5:41.48	37.99
5. SEQUEIRA, Beatriz Meneses	06	Naval do Funchal	5:47.80	412	
50m:	36.88	36.88	150m:	2:05.71	43.75
100m:	1:21.96	45.08	200m:	2:49.02	43.31
			250m:	3:38.20	49.18
			300m:	4:27.14	48.94
			350m:	5:07.69	40.55
			400m:	5:47.80	40.11
6. FREITAS, Margarida Ramos	06	Nacional	5:49.77	405	
50m:	37.55	37.55	150m:	2:06.85	44.09
100m:	1:22.76	45.21	200m:	2:49.75	42.90
			250m:	3:40.55	50.80
			300m:	4:32.52	51.97
			350m:	5:12.39	39.87
			400m:	5:49.77	37.38
7. FREITAS, Beatriz Rodrigues	06	Naval do Funchal	5:52.91	395	
50m:	38.74	38.74	150m:	2:12.00	46.97
100m:	1:25.03	46.29	200m:	2:57.43	45.43
			250m:	3:47.43	50.00
			300m:	4:37.05	49.62
			350m:	5:15.14	38.09
			400m:	5:52.91	37.77

Prova 1, Femin., 400m Estilos, Juvenil Geral, 14 e 15 anos

Lugar				Ano				Tempo final	Pts
8.	JARDIM, Lara Filipa			06	Naval do Funchal			5:53.87	391
	50m: 33.98	33.98	150m: 2:02.15	46.84	250m: 3:39.04	52.96	350m: 5:12.90	41.04	
	100m: 1:15.31	41.33	200m: 2:46.08	43.93	300m: 4:31.86	52.82	400m: 5:53.87	40.97	
9.	FERRO, Maria Leonor			06	Naval do Funchal			5:54.12	390
	50m: 38.34	38.34	150m: 2:08.33	45.86	250m: 3:44.43	51.10	350m: 5:15.73	40.27	
	100m: 1:22.47	44.13	200m: 2:53.33	45.00	300m: 4:35.46	51.03	400m: 5:54.12	38.39	
10.	PEREIRA, Joana Marques			06	Nacional			5:59.23	374
	50m: 38.16	38.16	150m: 2:11.92	45.69	250m: 3:46.48	48.94	350m: 5:18.29	42.31	
	100m: 1:26.23	48.07	200m: 2:57.54	45.62	300m: 4:35.98	49.50	400m: 5:59.23	40.94	
11.	ABREU, Ana Rodrigues			06	Naval do Funchal			6:03.96	360
	50m: 40.44	40.44	150m: 2:16.27	46.60	250m: 3:52.37	49.78	350m: 5:23.85	40.58	
	100m: 1:29.67	49.23	200m: 3:02.59	46.32	300m: 4:43.27	50.90	400m: 6:03.96	40.11	
12.	SOUSA, Ivana Valentina			06	Nacional			6:07.29	350
	50m: 37.09	37.09	150m: 2:08.22	47.18	250m: 3:49.11	54.46	350m: 5:27.67	43.01	
	100m: 1:21.04	43.95	200m: 2:54.65	46.43	300m: 4:44.66	55.55	400m: 6:07.29	39.62	
13.	CANADA, Maria Elvira			06	Nacional			6:08.22	347
	50m: 39.10	39.10	150m: 2:12.92	45.98	250m: 3:52.28	55.29	350m: 5:28.16	41.13	
	100m: 1:26.94	47.84	200m: 2:56.99	44.07	300m: 4:47.03	54.75	400m: 6:08.22	40.06	
14.	CARICHAS, Joana Medeiros			06	Salesianos do Funchal			6:12.92	334
	50m: 40.99	40.99	150m: 2:15.92	45.37	250m: 3:55.74	55.43	350m: 5:33.11	42.23	
	100m: 1:30.55	49.56	200m: 3:00.31	44.39	300m: 4:50.88	55.14	400m: 6:12.92	39.81	
15.	LUIS, Mariana Capelo			05	Salesianos do Funchal			6:28.46	296
	50m: 46.80	46.80	150m: 2:32.99	48.57	250m: 4:10.81	49.91	350m: 5:48.28	45.65	
	100m: 1:44.42	57.62	200m: 3:20.90	47.91	300m: 5:02.63	51.82	400m: 6:28.46	40.18	
16.	FARIA, Laura Pereira			06	Salesianos do Funchal			6:29.59	293
	50m: 42.03	42.03	150m: 2:24.15	49.87	250m: 4:08.08	55.40	350m: 5:49.92	45.43	
	100m: 1:34.28	52.25	200m: 3:12.68	48.53	300m: 5:04.49	56.41	400m: 6:29.59	39.67	
17.	TEMBE, Ines Afonso			06	Nacional			6:50.63	250
	50m: 38.92	38.92	150m: 2:19.11	54.50	250m: 4:12.94	1:03.07	350m: 6:05.84	47.88	
	100m: 1:24.61	45.69	200m: 3:09.87	50.76	300m: 5:17.96	1:05.02	400m: 6:50.63	44.79	
18.	BAPTISTA, Constanca Ornelas			06	Naval do Funchal			6:54.43	243
	50m: 44.26	44.26	150m: 2:33.65	52.53	250m: 4:22.25	58.45	350m: 6:09.98	46.44	
	100m: 1:41.12	56.86	200m: 3:23.80	50.15	300m: 5:23.54	1:01.29	400m: 6:54.43	44.45	
19.	NOBREGA, Maria Trindade			05	Nacional			7:42.13	175
	50m: 48.47	48.47	150m: 2:46.47	1:00.19	250m: 4:48.87	1:03.76	350m: 6:50.54	55.44	
	100m: 1:46.28	57.81	200m: 3:45.11	58.64	300m: 5:55.10	1:06.23	400m: 7:42.13	51.59	
20.	FERNANDES, Maria Madalena			05	Salesianos do Funchal			7:44.98	172
	50m: 53.16	53.16	150m: 2:58.64	1:01.09	250m: 4:59.83	1:02.92	350m: 6:57.32	52.99	
	100m: 1:57.55	1:04.39	200m: 3:56.91	58.27	300m: 6:04.33	1:04.50	400m: 7:44.98	47.66	
21.	DINIS, Maria Antonia			05	Nacional			8:51.57	115
	50m: 1:01.75	1:01.75	150m: 3:18.49	1:02.34	250m: 5:39.55	1:21.13	350m: 7:57.45	55.47	
	100m: 2:16.15	1:14.40	200m: 4:18.42	59.93	300m: 7:01.98	1:22.43	400m: 8:51.57	54.12	
dsq total	SILVA, Maria Fabiana			05	Nacional				
dsq total	ARAUJO, Maria Clara			05	Naval do Funchal				
dsq total	AVEIRO, Leonor Sofia			05	Naval do Funchal				