



Prova 16 Femin., 400m Livres Absoluto  
02/03/2024 - 16:43 Resultados

Recorde Regional Open	4:31.74	ANDRADE, Rubina Amaro	CDN	Braga	05/03/1994
Recorde Regional Sen	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 / 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 Ano Fem. Jun17: 4:38.55 / Sénior 1.º Fem. Sen18: 4:33.12 / Sénior 2.º Fem. 19+: 4:31.76

Pontos: FINA 2023

Lugar	Ano	Tempo final	Pts
<b>Infantis B, 12 anos</b>			
1. MACHADO, Sarah Camila	12	Naval do Funchal	<b>5:59.52</b> 266
50m: 37.92 37.92	150m: 2:06.45 45.43	250m: 3:38.17 46.22	350m: 5:11.49 47.19
100m: 1:21.02 43.10	200m: 2:51.95 45.50	300m: 4:24.30 46.13	400m: 5:59.52 48.03
2. OLIVEIRA, Ana Lopes	12	Naval do Funchal	<b>6:03.51</b> 257
50m: 39.67 39.67	150m: 2:08.55 44.61	250m: 3:42.98 47.39	350m: 5:17.66 46.95
100m: 1:23.94 44.27	200m: 2:55.59 47.04	300m: 4:30.71 47.73	400m: 6:03.51 45.85
3. AMORIM, Beatriz Pereira	12	Desportivo Sao Roque	<b>6:18.04</b> 229
50m: 40.89 40.89	150m: 2:15.39 48.57	250m: 3:52.42 49.49	350m: 5:28.95 48.63
100m: 1:26.82 45.93	200m: 3:02.93 47.54	300m: 4:40.32 47.90	400m: 6:18.04 49.09
4. FREITAS, Maria Silva	12	Naval do Funchal	<b>7:30.45</b> 135
50m: 47.76 47.76	150m: 2:40.32 57.29	250m: 4:37.90 59.46	350m: 6:35.92 59.20
100m: 1:43.03 55.27	200m: 3:38.44 58.12	300m: 5:36.72 58.82	400m: 7:30.45 54.53

**Infantis A, 13 anos**

1. JESUS, Vera Franca	11	Naval do Funchal	<b>4:55.12</b> 481
<i>TAC Zonal Infantis - Leiria, 15 a 17 Março, TAC Nacional Infantis - Manteigadas, 19 a 21 Julho</i>			
50m: 33.41 33.41	150m: 1:47.20 37.38	250m: 3:03.03 38.16	350m: 4:18.64 37.54
100m: 1:09.82 36.41	200m: 2:24.87 37.67	300m: 3:41.10 38.07	400m: 4:55.12 36.48
2. MATA, Valeria Isabel	11	Naval do Funchal	<b>5:42.61</b> 307
50m: 35.90 35.90	150m: 2:00.59 43.57	250m: 3:29.36 44.24	350m: 4:59.52 45.30
100m: 1:17.02 41.12	200m: 2:45.12 44.53	300m: 4:14.22 44.86	400m: 5:42.61 43.09
3. BAPTISTA, Valentina Hermida	11	Juventude Atlantico	<b>6:08.06</b> 248
50m: 37.27 37.27	150m: 2:08.54 47.66	250m: 3:44.14 48.06	350m: 5:19.39 48.17
100m: 1:20.88 43.61	200m: 2:56.08 47.54	300m: 4:31.22 47.08	400m: 6:08.06 48.67
4. SILVA, Bruna Jasmins	11	Naval do Funchal	<b>6:47.10</b> 183
50m: 44.43 44.43	150m: 2:26.42 50.37	250m: 4:08.61 52.05	350m: 5:54.77 53.29
100m: 1:36.05 51.62	200m: 3:16.56 50.14	300m: 5:01.48 52.87	400m: 6:47.10 52.33

**Juvenis B, 14 anos**

1. QUADRADO, Teresa Gomes	10	Desportivo Nacional	<b>5:53.07</b> 281
50m: 37.41 37.41	150m: 2:05.14 44.86	250m: 3:34.81 45.04	350m: 5:06.81 45.97
100m: 1:20.28 42.87	200m: 2:49.77 44.63	300m: 4:20.84 46.03	400m: 5:53.07 46.26

**Juvenis A, 15 anos**

1. GONCALVES, Vera Andrade	09	Juventude Atlantico	<b>4:39.21</b> 568
<i>TAC OPEN Portugal - 4 a 7 Abril + 12 a 14 Julho</i>			
50m: 30.76 30.76	150m: 1:41.82 36.09	250m: 2:53.07 35.52	350m: 4:04.91 35.80
100m: 1:05.73 34.97	200m: 2:17.55 35.73	300m: 3:29.11 36.04	400m: 4:39.21 34.30



Prova 16, Femin., 400m Livres, Juvenis A, 15 anos

Lugar	Nome		Ano	Clube	Tempo final								Pts
2.	PEREIRA, Eduarda Ribeiro		09	Naval do Funchal	<b>5:06.81</b>								428
	50m:	34.76	34.76	150m:	1:51.75	38.77	250m:	3:09.64	39.17	350m:	4:28.15	39.32	
	100m:	1:12.98	38.22	200m:	2:30.47	38.72	300m:	3:48.83	39.19	400m:	5:06.81	38.66	
3.	FERREIRA, Natacha Camacho		09	Juventude Atlantico	<b>5:15.02</b>								395
	50m:	34.78	34.78	150m:	1:52.02	39.50	250m:	3:14.25	41.72	350m:	4:35.91	41.08	
	100m:	1:12.52	37.74	200m:	2:32.53	40.51	300m:	3:54.83	40.58	400m:	5:15.02	39.11	

Absolutos, 12 anos e mais velhas

1.	GONCALVES, Vera Andrade		09	Juventude Atlantico	<b>4:39.21</b>								568
	<i>TAC OPEN Portugal - 4 a 7 Abril + 12 a 14 Julho</i>												
	50m:	30.76	30.76	150m:	1:41.82	36.09	250m:	2:53.07	35.52	350m:	4:04.91	35.80	
	100m:	1:05.73	34.97	200m:	2:17.55	35.73	300m:	3:29.11	36.04	400m:	4:39.21	34.30	
2.	RODRIGUES, Laura Sofia		07	Juventude Atlantico	<b>4:47.78</b>								519
	50m:	32.48	32.48	150m:	1:43.50	35.84	250m:	2:56.40	36.60	350m:	4:10.61	37.31	
	100m:	1:07.66	35.18	200m:	2:19.80	36.30	300m:	3:33.30	36.90	400m:	4:47.78	37.17	
3.	JESUS, Vera Franca		11	Naval do Funchal	<b>4:55.12</b>								481
	<i>TAC Zonal Infantis - Leiria, 15 a 17 Março, TAC Nacional Infantis - Manteigadas, 19 a 21 Julho</i>												
	50m:	33.41	33.41	150m:	1:47.20	37.38	250m:	3:03.03	38.16	350m:	4:18.64	37.54	
	100m:	1:09.82	36.41	200m:	2:24.87	37.67	300m:	3:41.10	38.07	400m:	4:55.12	36.48	
4.	CARICHAS, Joana Medeiros		06	Juventude Atlantico	<b>5:03.00</b>								444
	50m:	34.60	34.60	150m:	1:50.62	37.94	250m:	3:08.83	38.67	350m:	4:26.46	38.09	
	100m:	1:12.68	38.08	200m:	2:30.16	39.54	300m:	3:48.37	39.54	400m:	5:03.00	36.54	
5.	PEREIRA, Eduarda Ribeiro		09	Naval do Funchal	<b>5:06.81</b>								428
	50m:	34.76	34.76	150m:	1:51.75	38.77	250m:	3:09.64	39.17	350m:	4:28.15	39.32	
	100m:	1:12.98	38.22	200m:	2:30.47	38.72	300m:	3:48.83	39.19	400m:	5:06.81	38.66	
6.	FERREIRA, Natacha Camacho		09	Juventude Atlantico	<b>5:15.02</b>								395
	50m:	34.78	34.78	150m:	1:52.02	39.50	250m:	3:14.25	41.72	350m:	4:35.91	41.08	
	100m:	1:12.52	37.74	200m:	2:32.53	40.51	300m:	3:54.83	40.58	400m:	5:15.02	39.11	
7.	MATA, Valeria Isabel		11	Naval do Funchal	<b>5:42.61</b>								307
	50m:	35.90	35.90	150m:	2:00.59	43.57	250m:	3:29.36	44.24	350m:	4:59.52	45.30	
	100m:	1:17.02	41.12	200m:	2:45.12	44.53	300m:	4:14.22	44.86	400m:	5:42.61	43.09	
8.	QUADRADO, Teresa Gomes		10	Desportivo Nacional	<b>5:53.07</b>								281
	50m:	37.41	37.41	150m:	2:05.14	44.86	250m:	3:34.81	45.04	350m:	5:06.81	45.97	
	100m:	1:20.28	42.87	200m:	2:49.77	44.63	300m:	4:20.84	46.03	400m:	5:53.07	46.26	
9.	MACHADO, Sarah Camila		12	Naval do Funchal	<b>5:59.52</b>								266
	50m:	37.92	37.92	150m:	2:06.45	45.43	250m:	3:38.17	46.22	350m:	5:11.49	47.19	
	100m:	1:21.02	43.10	200m:	2:51.95	45.50	300m:	4:24.30	46.13	400m:	5:59.52	48.03	
10.	OLIVEIRA, Ana Lopes		12	Naval do Funchal	<b>6:03.51</b>								257
	50m:	39.67	39.67	150m:	2:08.55	44.61	250m:	3:42.98	47.39	350m:	5:17.66	46.95	
	100m:	1:23.94	44.27	200m:	2:55.59	47.04	300m:	4:30.71	47.73	400m:	6:03.51	45.85	
11.	BAPTISTA, Valentina Hermida		11	Juventude Atlantico	<b>6:08.06</b>								248
	50m:	37.27	37.27	150m:	2:08.54	47.66	250m:	3:44.14	48.06	350m:	5:19.39	48.17	
	100m:	1:20.88	43.61	200m:	2:56.08	47.54	300m:	4:31.22	47.08	400m:	6:08.06	48.67	
12.	AMORIM, Beatriz Pereira		12	Desportivo Sao Roque	<b>6:18.04</b>								229
	50m:	40.89	40.89	150m:	2:15.39	48.57	250m:	3:52.42	49.49	350m:	5:28.95	48.63	
	100m:	1:26.82	45.93	200m:	3:02.93	47.54	300m:	4:40.32	47.90	400m:	6:18.04	49.09	
13.	SILVA, Bruna Jasmins		11	Naval do Funchal	<b>6:47.10</b>								183
	50m:	44.43	44.43	150m:	2:26.42	50.37	250m:	4:08.61	52.05	350m:	5:54.77	53.29	
	100m:	1:36.05	51.62	200m:	3:16.56	50.14	300m:	5:01.48	52.87	400m:	6:47.10	52.33	
14.	FREITAS, Maria Silva		12	Naval do Funchal	<b>7:30.45</b>								135
	50m:	47.76	47.76	150m:	2:40.32	57.29	250m:	4:37.90	59.46	350m:	6:35.92	59.20	
	100m:	1:43.03	55.27	200m:	3:38.44	58.12	300m:	5:36.72	58.82	400m:	7:30.45	54.53	