



Prova 36 Femin., 400m Estilos Absoluto  
03/03/2024 - 11:01 Resultados

Recorde Regional Open	5:00.24	QUINTAL, Fabiana Maria	CDN	Funchal	19/02/2009
Recorde Regional Sen	5:00.24	QUINTAL, Fabiana Maria	CDN	Funchal	19/02/2009
Recorde Regional Jun17	5:19.30	FERREIRA, Maria Leonor	CDN	Funchal	11/07/2021
Recorde Regional Jun16	5:13.99	CAMARA, Ines Cruz	CDN	Funchal	08/07/2023
Recorde Regional Juv A	5:20.04	FERREIRA, Maria Leonor	CDN	Funchal	13/07/2019
Recorde Regional Juv B	5:19.42	CAMARA, Ines Cruz	CDN	Funchal	11/07/2021
Recorde Regional Inf A	5:18.10	CAIRES, Joana Costa	CNF	Sines	11/03/2011
Recorde Regional Inf B	5:36.11	FERNANDES, Catarina Isabel	CNF	Funchal	05/07/2002

Juv. B Fem. Juv B: 5:37.05 / Juv. A Fem. Juv A: 5:29.24 / J nior 1  Ano Fem. Jun16: 5:21.44 / J nior 2  Ano Fem. Jun17: 5:19.88 / S nior 1.  Fem. Sen18: 5:13.64 / S nior 2.  Fem. 19 +: 5:12.08

Pontos: FINA 2023

Lugar	Ano		Tempo final				Pts	
<b>Juvenis B, 14 anos</b>								
1.	ROSA, Clara Sofia		10	Desportivo Nacional		<b>5:39.33</b>	444	
	50m:	35.47 35.47	150m:	2:01.85 45.28	250m:	3:32.88 47.73	350m:	5:00.82 39.68
	100m:	1:16.57 41.10	200m:	2:45.15 43.30	300m:	4:21.14 48.26	400m:	5:39.33 38.51

<b>Juvenis A, 15 anos</b>								
1.	MATEUS, Eleine Vieira		09	Desportivo Nacional		<b>5:18.63</b>	536	
	<i>RECORDE REGIONAL, TAC OPEN Portugal - 4 a 7 Abril + 12 a 14 Julho</i>							
	50m:	33.62 33.62	150m:	1:52.38 40.09	250m:	3:19.31 47.08	350m:	4:43.49 37.47
	100m:	1:12.29 38.67	200m:	2:32.23 39.85	300m:	4:06.02 46.71	400m:	5:18.63 35.14
2.	MARGARIDO, Paula Aguiar		09	Juventude Atlantico		<b>5:33.62</b>	467	
	50m:	36.14 36.14	150m:	2:00.23 40.65	250m:	3:29.83 49.54	350m:	4:57.03 37.46
	100m:	1:19.58 43.44	200m:	2:40.29 40.06	300m:	4:19.57 49.74	400m:	5:33.62 36.59

<b>Absolutos, 12 anos e mais velhas</b>								
1.	MATEUS, Eleine Vieira		09	Desportivo Nacional		<b>5:18.63</b>	536	
	<i>RECORDE REGIONAL, TAC OPEN Portugal - 4 a 7 Abril + 12 a 14 Julho</i>							
	50m:	33.62 33.62	150m:	1:52.38 40.09	250m:	3:19.31 47.08	350m:	4:43.49 37.47
	100m:	1:12.29 38.67	200m:	2:32.23 39.85	300m:	4:06.02 46.71	400m:	5:18.63 35.14
2.	MARGARIDO, Paula Aguiar		09	Juventude Atlantico		<b>5:33.62</b>	467	
	50m:	36.14 36.14	150m:	2:00.23 40.65	250m:	3:29.83 49.54	350m:	4:57.03 37.46
	100m:	1:19.58 43.44	200m:	2:40.29 40.06	300m:	4:19.57 49.74	400m:	5:33.62 36.59
3.	ROSA, Clara Sofia		10	Desportivo Nacional		<b>5:39.33</b>	444	
	50m:	35.47 35.47	150m:	2:01.85 45.28	250m:	3:32.88 47.73	350m:	5:00.82 39.68
	100m:	1:16.57 41.10	200m:	2:45.15 43.30	300m:	4:21.14 48.26	400m:	5:39.33 38.51