

Prova 17 Femin., 400m Estilos Absoluto
23/03/2024 - 10:35 Resultados

Recorde Regional Open	5:07.00	QUINTAL, Fabiana Maria	CDN	Coimbra	31/05/2009
Recorde Regional Sen	5:07.00	QUINTAL, Fabiana Maria	CDN	Coimbra	31/05/2009
Recorde Regional Jun17	5:30.47	ROSA, Beatriz Jong	CDWT	Funchal	18/03/2017
Recorde Regional Jun16	5:19.07	CAMARA, Ines Cruz	CDN	Coimbra	28/07/2023
Recorde Regional Juv A	5:28.09	FERREIRA, Maria Leonor	CDN	Coimbra	06/04/2019
Recorde Regional Juv B	5:24.54	SOUSA, Susana Margarida	CFU	Olivais	08/08/1991
Recorde Regional Inf A	5:33.79	CORREIA, Marta Corte	CNF	Famalicao	25/07/1997
Recorde Regional Inf B	5:48.91	FERREIRA, Maria Leonor	CDN	Funchal	02/07/2016

Juv. B Fem. Juv B: 5:47.19 / Juv. A Fem. Juv A: 5:39.15 / Júnior 1º Ano Fem. Jun16: 5:31.11 / Júnior 2º Ano Fem. Jun17: 5:29.51 / Sénior 1.º Fem. Sen18: 5:23.08 / Sénior 2.º Fem. 19+ : 5:21.47

Pontos: FINA 2024

Lugar	Ano		Tempo final		Pts
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Infantil B - 12 anos

1. QUINTAL, Margarida Silva	12	Juventude Atlantico	6:39.55	294
50m: 45.53 45.53	150m: 2:36.64 51.43	250m: 4:17.62 50.13	350m: 5:56.64 44.89	
100m: 1:45.21 59.68	200m: 3:27.49 50.85	300m: 5:11.75 54.13	400m: 6:39.55 42.91	

Infantil A - 13 anos

1. VELOSA, Ana Matilde	11	Juventude Atlantico	6:32.02	311
50m: 40.50 40.50	150m: 2:21.18 46.53	250m: 4:04.66 58.25	350m: 5:47.31 43.35	
100m: 1:34.65 54.15	200m: 3:06.41 45.23	300m: 5:03.96 59.30	400m: 6:32.02 44.71	

Juvenil B - 14 anos

1. ROSA, Clara Sofia	10	Desportivo Nacional	6:03.05	392
50m: 36.05 36.05	150m: 2:07.01 49.20	250m: 3:46.60 51.88	350m: 5:22.43 42.93	
100m: 1:17.81 41.76	200m: 2:54.72 47.71	300m: 4:39.50 52.90	400m: 6:03.05 40.62	

Juvenil A - 15 anos

1. MATEUS, Eleine Vieira	09	Desportivo Nacional	5:33.18	508
<i>TAC OPEN DE PORTUGAL - 4 a 7 Abril + 12 a 14 Julho</i>				
50m: 35.46 35.46	150m: 1:56.53 43.04	250m: 3:29.38 51.85	350m: 4:56.17 38.73	
100m: 1:13.49 38.03	200m: 2:37.53 41.00	300m: 4:17.44 48.06	400m: 5:33.18 37.01	
2. MARGARIDO, Paula Aguiar	09	Juventude Atlantico	5:53.34	426
50m: 37.02 37.02	150m: 2:05.24 43.14	250m: 3:40.18 52.66	350m: 5:13.50 40.46	
100m: 1:22.10 45.08	200m: 2:47.52 42.28	300m: 4:33.04 52.86	400m: 5:53.34 39.84	

Juniores - 16 e 17 anos

1. CAMARA, Ines Cruz	07	Desportivo Nacional	5:31.69	515
50m: 33.38 33.38	150m: 1:57.00 44.42	250m: 3:28.26 47.87	350m: 4:55.36 38.79	
100m: 1:12.58 39.20	200m: 2:40.39 43.39	300m: 4:16.57 48.31	400m: 5:31.69 36.33	

Absolutos - 12 anos e mais velhos

1. CAMARA, Ines Cruz	07	Desportivo Nacional	5:31.69	515
50m: 33.38 33.38	150m: 1:57.00 44.42	250m: 3:28.26 47.87	350m: 4:55.36 38.79	
100m: 1:12.58 39.20	200m: 2:40.39 43.39	300m: 4:16.57 48.31	400m: 5:31.69 36.33	
2. MATEUS, Eleine Vieira	09	Desportivo Nacional	5:33.18	508
<i>TAC OPEN DE PORTUGAL - 4 a 7 Abril + 12 a 14 Julho</i>				
50m: 35.46 35.46	150m: 1:56.53 43.04	250m: 3:29.38 51.85	350m: 4:56.17 38.73	
100m: 1:13.49 38.03	200m: 2:37.53 41.00	300m: 4:17.44 48.06	400m: 5:33.18 37.01	
3. MARGARIDO, Paula Aguiar	09	Juventude Atlantico	5:53.34	426
50m: 37.02 37.02	150m: 2:05.24 43.14	250m: 3:40.18 52.66	350m: 5:13.50 40.46	
100m: 1:22.10 45.08	200m: 2:47.52 42.28	300m: 4:33.04 52.86	400m: 5:53.34 39.84	



Associação de Nataçao de Madeira
Campeonato Nataçao da Madeira - Primavera
Funchal, 22 a 24 de março de 2024



Prova 17, Femin., 400m Estilos, Absolutos - 12 anos e mais velhos

Lugar			Ano				Tempo final		Pts
4.	ROSA, Clara Sofia		10	Desportivo Nacional			6:03.05	392	
	50m:	36.05 36.05	150m:	2:07.01 49.20	250m:	3:46.60 51.88	350m:	5:22.43 42.93	
	100m:	1:17.81 41.76	200m:	2:54.72 47.71	300m:	4:39.50 52.90	400m:	6:03.05 40.62	