

Prova 4	Femin., 400m Estilos				Absoluto
04/05/2024 - 9:52	PC - JUNIORES & SENIORES				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	5:17.32	GONCALVES, Vera Andrade	JACL	Funchal	04/05/2024
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 / Júnior 1º Ano Fem. Jun16: 5:21.44 / Júnior 2º Ano Fem. Jun17: 5:19.88 /
Sénior 1.º Fem. Sen18: 5:13.64 / Sénior 2.º Fem. 19+: 5:12.08

Pontos: FINA 2023

Lugar		Ano								Tempo final		Pts
EXH	RODRIGUES, Laura Sofia				07	Juventude Atlantico				5:13.39		564
RECORDE REGIONAL, TAC JUV. JUN. e SEN. OPEN - Jamor, 12 a 14 Julho												
	50m:	34.19	34.19	150m:	1:52.68	38.42	250m:	3:15.78	43.91	350m:	4:36.98	37.99
	100m:	1:14.26	40.07	200m:	2:31.87	39.19	300m:	3:58.99	43.21	400m:	5:13.39	36.41
EXH	ANDRADE, Matilde Sousa				08	Naval do Funchal				5:26.68		498
	50m:	33.28	33.28	150m:	1:53.94	41.83	250m:	3:23.83	49.49	350m:	4:50.82	37.23
	100m:	1:12.11	38.83	200m:	2:34.34	40.40	300m:	4:13.59	49.76	400m:	5:26.68	35.86
EXH	CARICHAS, Joana Medeiros				06	Juventude Atlantico				5:48.63		409
	50m:	35.60	35.60	150m:	2:03.82	44.38	250m:	3:39.01	52.40	350m:	5:11.19	40.04
	100m:	1:19.44	43.84	200m:	2:46.61	42.79	300m:	4:31.15	52.14	400m:	5:48.63	37.44