

Prova 23 Femin., 400m Livres Absolutos
01/11/2023 - 17:35 Resultados

Recordes Regional Open	4:31.74	ANDRADE Rubina Amaro	CDN	Braga	05/03/1994
Recordes Regional Sen	4:35.08	MELIM Claudia Ramos	CDN	Funchal	06/07/2002
Recordes Regional Jun17	4:32.13	ANDRADE Rubina Amaro	CDN	Felgueiras	13/07/1996
Recordes Regional Jun16	4:31.80	ANDRADE Rubina Amaro	CDN	Funchal	14/07/1995
Recordes Regional Juv A	4:31.74	ANDRADE Rubina Amaro	CDN	Braga	05/03/1994
Recordes Regional Juv B	4:35.00	ANDRADE Rubina Amaro	CDN	Funchal	29/05/1993
Recordes Regional Inf A	4:37.30	ANDRADE Rubina Amaro	CDN	Funchal	17/07/1992
Recordes 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 / ZONAL Juv. B Fem. Juv B: 5:07.37 /
ZONAL Juv. A Fem. Juv A: 4:59.94 / 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. 18: 4:33.12 /
Sénior 2.º Fem. 19 +: 4:31.76

Pontos: FINA 2023

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	VIEIRA Catarina Leonor	07	131550	Desportiva de Machico	6:11.70	+0,94	240	25,0(-)
	50m: 41.25 41.25	150m: 2:13.30	47.16	250m: 3:49.52	47.86	350m: 5:25.22	48.24	
	100m: 1:26.14 44.89	200m: 3:01.66	48.36	300m: 4:36.98	47.46	400m: 6:11.70	46.48	
DSQ	OLIVEIRA Ana Lopes	12	213297	Naval do Funchal				-
	<i>403 - Falsa partida - SW 4.4</i>							
DNS	ALVES Juliana Rodrigues	08	202188	Desportivo Nacional				-
EXH	GONCALVES Vera Andrade	09	204429	Juventude Atlantico	4:40.79	+0,69	558	-
	<i>Tor. Zonal Juvenis - ANALEN, 15 a 17 Dezembro, TAC OPEN DE PORTUGAL: 4 a 7 Abril + 12 a 14 Julho</i>							
	50m: 31.29 31.29	150m: 1:42.31	35.93	250m: 2:55.33	36.62	350m: 4:07.43	36.35	
	100m: 1:06.38 35.09	200m: 2:18.71	36.40	300m: 3:31.08	35.75	400m: 4:40.79	33.36	
EXH	CAMARA Ines Cruz	07	131346	Desportivo Nacional	4:46.31	+0,69	527	-
	50m: 32.40 32.40	150m: 1:44.08	36.11	250m: 2:57.36	36.59	350m: 4:10.59	36.67	
	100m: 1:07.97 35.57	200m: 2:20.77	36.69	300m: 3:33.92	36.56	400m: 4:46.31	35.72	
EXH	RODRIGUES Laura Sofia	07	148425	Juventude Atlantico	4:50.53	+0,74	504	-
	50m: 32.23 32.23	150m: 1:43.64	36.24	250m: 2:57.68	37.37	350m: 4:13.01	37.81	
	100m: 1:07.40 35.17	200m: 2:20.31	36.67	300m: 3:35.20	37.52	400m: 4:50.53	37.52	
EXH	MARGARIDO Paula Aguiar	09	204386	Juventude Atlantico	4:54.77	+0,71	483	-
	<i>Tor. Zonal Juvenis - ANALEN, 15 a 17 Dezembro</i>							
	50m: 32.35 32.35	150m: 1:44.84	36.94	250m: 3:00.39	38.30	350m: 4:18.26	39.06	
	100m: 1:07.90 35.55	200m: 2:22.09	37.25	300m: 3:39.20	38.81	400m: 4:54.77	36.51	
EXH	GOMES Sofia Vega	08	206798	Naval do Funchal	4:58.56	+0,77	464	-
	50m: 32.80 32.80	150m: 1:47.81	37.64	250m: 3:03.49	38.16	350m: 4:20.79	38.75	
	100m: 1:10.17 37.37	200m: 2:25.33	37.52	300m: 3:42.04	38.55	400m: 4:58.56	37.77	
EXH	ANDRADE Matilde Sousa	08	205152	Naval do Funchal	5:00.57	+0,68	455	-
	50m: 33.67 33.67	150m: 1:48.01	37.76	250m: 3:04.55	38.32	350m: 4:22.76	39.29	
	100m: 1:10.25 36.58	200m: 2:26.23	38.22	300m: 3:43.47	38.92	400m: 5:00.57	37.81	
EXH	PEREIRA Eduarda Ribeiro	09	207328	Naval do Funchal	5:02.94	+0,68	445	-
	50m: 33.35 33.35	150m: 1:49.97	38.56	250m: 3:06.67	38.20	350m: 4:24.91	39.00	
	100m: 1:11.41 38.06	200m: 2:28.47	38.50	300m: 3:45.91	39.24	400m: 5:02.94	38.03	
EXH	MELIM Sara Beatriz	09	206793	Desportivo Nacional	5:04.01	+0,72	440	-
	50m: 35.13 35.13	150m: 1:52.76	39.09	250m: 3:10.72	39.45	350m: 4:27.38	38.24	
	100m: 1:13.67 38.54	200m: 2:31.27	38.51	300m: 3:49.14	38.42	400m: 5:04.01	36.63	
EXH	JESUS Vera Franca	11	211346	Naval do Funchal	5:05.74	+0,72	432	-
	<i>Torneio Zonal Infantis - Leiria, 15 a 17 Março, Camp. Nac. Infantis - Manteigadas, 19 a 21 Julho</i>							
	50m: 33.51 33.51	150m: 1:51.14	39.74	250m: 3:09.28	39.33	350m: 4:28.95	39.98	
	100m: 1:11.40 37.89	200m: 2:29.95	38.81	300m: 3:48.97	39.69	400m: 5:05.74	36.79	
EXH	OLIVEIRA Mariana Lopes	11	213395	Naval do Funchal	5:38.45	+0,79	319	-
	50m: 37.60 37.60	150m: 2:02.63	43.42	250m: 3:30.02	43.74	350m: 4:57.37	44.23	
	100m: 1:19.21 41.61	200m: 2:46.28	43.65	300m: 4:13.14	43.12	400m: 5:38.45	41.08	
EXH	FERRO Maria Franco	12	212641	Naval do Funchal	5:46.43	+0,59	297	-
	50m: 37.85 37.85	150m: 2:05.72	44.30	250m: 3:35.87	45.22	350m: 5:04.09	43.05	
	100m: 1:21.42 43.57	200m: 2:50.65	44.93	300m: 4:21.04	45.17	400m: 5:46.43	42.34	

Prova 23, Femin., 400m Livres

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
EXH	MATA Valeria Isabel	11	211345	Naval do Funchal	5:47.73	+0,85	294	-
	50m: 38.80 38.80		150m: 2:07.12	44.46	250m: 3:36.71	44.60	350m: 5:05.87	44.44
	100m: 1:22.66 43.86		200m: 2:52.11	44.99	300m: 4:21.43	44.72	400m: 5:47.73	41.86
EXH	PEREIRA Ana Matilde	11	211342	Naval do Funchal	5:56.47	+0,61	273	-
	50m: 40.51 40.51		150m: 2:12.22	47.11	250m: 3:43.41	45.88	350m: 5:12.74	44.40
	100m: 1:25.11 44.60		200m: 2:57.53	45.31	300m: 4:28.34	44.93	400m: 5:56.47	43.73
EXH	COSTA Rafaela Tome	11	216268	Naval do Funchal	5:59.05	+0,82	267	-
	50m: 40.83 40.83		150m: 2:12.99	46.38	250m: 3:46.76	46.91	350m: 5:18.37	46.22
	100m: 1:26.61 45.78		200m: 2:59.85	46.86	300m: 4:32.15	45.39	400m: 5:59.05	40.68
EXH	VELOSA Ana Matilde	11	211721	Juventude Atlantico	6:00.70	+0,87	263	-
	50m: 37.88 37.88		150m: 2:10.35	47.32	250m: 3:42.20	47.66	350m: 5:16.86	46.70
	100m: 1:23.03 45.15		200m: 2:54.54	44.19	300m: 4:30.16	47.96	400m: 6:00.70	43.84
EXH	MACHADO Sarah Camila	12	219983	Naval do Funchal	6:02.91	+0,83	258	-
	50m: 41.51 41.51		150m: 2:13.18	46.57	250m: 3:46.92	47.21	350m: 5:18.99	46.13
	100m: 1:26.61 45.10		200m: 2:59.71	46.53	300m: 4:32.86	45.94	400m: 6:02.91	43.92
EXH	SARGO Leonor Lourenco	11	214839	Naval do Funchal	6:06.32	+0,67	251	-
	50m: 39.05 39.05		150m: 2:11.92	47.18	250m: 3:48.30	48.77	350m: 5:24.43	47.06
	100m: 1:24.74 45.69		200m: 2:59.53	47.61	300m: 4:37.37	49.07	400m: 6:06.32	41.89
EXH	MARQUES Margarida Paixao	11	214904	Naval do Funchal	6:09.79	+0,75	244	-
	50m: 39.57 39.57		150m: 2:12.96	47.62	250m: 3:49.65	48.87	350m: 5:25.38	47.25
	100m: 1:25.34 45.77		200m: 3:00.78	47.82	300m: 4:38.13	48.48	400m: 6:09.79	44.41
EXH	JARDIM Maria Velosa	12	215950	Naval do Funchal	6:11.08	+0,77	242	-
	50m: 38.53 38.53		150m: 2:11.65	47.29	250m: 3:48.87	49.14	350m: 5:25.26	47.88
	100m: 1:24.36 45.83		200m: 2:59.73	48.08	300m: 4:37.38	48.51	400m: 6:11.08	45.82
EXH	MARQUES Bruna Francisca	08	212993	Desportivo Nacional	6:15.22	+0,71	234	-
	50m: 39.16 39.16		150m: 2:11.89	47.18	250m: 3:50.06	49.06	350m: 5:28.80	49.91
	100m: 1:24.71 45.55		200m: 3:01.00	49.11	300m: 4:38.89	48.83	400m: 6:15.22	46.42
EXH	BAPTISTA Valentina Hermida	11	213377	Juventude Atlantico	6:17.79	+0,87	229	-
	50m: 39.48 39.48		150m: 2:15.92	49.71	250m: 3:53.25	48.71	350m: 5:30.39	48.04
	100m: 1:26.21 46.73		200m: 3:04.54	48.62	300m: 4:42.35	49.10	400m: 6:17.79	47.40
EXH	QUINTAL Margarida Silva	12	213374	Juventude Atlantico	6:18.44	+0,89	228	-
	50m: 41.28 41.28		150m: 2:19.82	49.39	250m: 3:57.00	48.10	350m: 5:33.96	47.82
	100m: 1:30.43 49.15		200m: 3:08.90	49.08	300m: 4:46.14	49.14	400m: 6:18.44	44.48
EXH	FREITAS Sara Margarida	11	215578	Juventude Atlantico	6:29.69	+0,76	209	-
	50m: 42.42 42.42		150m: 2:22.45	50.65	250m: 4:03.83	51.09	350m: 5:43.83	49.64
	100m: 1:31.80 49.38		200m: 3:12.74	50.29	300m: 4:54.19	50.36	400m: 6:29.69	45.86
EXH	SILVA Maria Ines	12	214715	Juventude Atlantico	7:15.47		149	-
	50m: 47.26 47.26		150m: 2:39.95	57.25	250m: 4:33.01	55.27	350m: 6:24.64	57.17
	100m: 1:42.70 55.44		200m: 3:37.74	57.79	300m: 5:27.47	54.46	400m: 7:15.47	50.83