

Prova 13 Femin., 400m Livres Absolutos
21/12/2024 - 9:15 Resultados

Recordes Regionais Open	4:31.74	ANDRADE, Rubina Amaro	CDN	Braga	05/03/1994
Recordes Regionais Sen	4:35.73	MARGARIDO, Ines Tomas	CNF	Funchal	09/07/2016
Recordes Regionais Jun18	4:35.08	MELIM, Claudia Ramos	CDN	Funchal	06/07/2002
Recordes Regionais Jun17	4:32.13	ANDRADE, Rubina Amaro	CDN	Felgueiras	13/07/1996
Recordes Regionais Jun16	4:31.80	ANDRADE, Rubina Amaro	CDN	Funchal	14/07/1995
Recordes Regionais Juv A	4:31.74	ANDRADE, Rubina Amaro	CDN	Braga	05/03/1994
Recordes Regionais Juv B	4:35.00	ANDRADE, Rubina Amaro	CDN	Funchal	29/05/1993
Recordes Regionais Inf A	4:37.30	ANDRADE, Rubina Amaro	CDN	Funchal	17/07/1992
Recordes Regionais 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 / J nior 1  Ano Fem. Jun16: 4:39.91 /
J nior 2  e 3.  Ano Fem. 17 - 18: 4:38.55 / S nior 1.  Fem. Sen19: 4:33.12 / S nior 2.  Fem. 20 +: 4:31.76

Pontos: AQUA 2024

Lugar	Ano	Tempo final	Pts
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Infantis B, 12 anos

1. FARIA, Beatriz Cunha	13	Desportivo Sao Roque	5:40.27	314
50m: 36.89 36.89	150m: 2:04.75 44.47	250m: 3:33.37 45.14	350m: 5:00.52 43.40	
100m: 1:20.28 43.39	200m: 2:48.23 43.48	300m: 4:17.12 43.75	400m: 5:40.27 39.75	
2. SILVA, Lara Martins	13	Desportivo Sao Roque	6:38.52	195
50m: 45.43 45.43	150m: 2:27.02 51.55	250m: 4:09.93 51.16	350m: 5:51.81 50.35	
100m: 1:35.47 50.04	200m: 3:18.77 51.75	300m: 5:01.46 51.53	400m: 6:38.52 46.71	

Infantis A, 13 anos

1. GONCALVES, Maria Clara	12	Escola O Liceu	5:48.74	291
50m: 38.60 38.60	150m: 2:07.25 44.87	250m: 3:37.69 45.13	350m: 5:06.78 44.74	
100m: 1:22.38 43.78	200m: 2:52.56 45.31	300m: 4:22.04 44.35	400m: 5:48.74 41.96	
2. AMORIM, Beatriz Pereira	12	Desportivo Sao Roque	6:07.41	249
50m: 39.33 39.33	150m: 2:11.47 47.10	250m: 3:46.59 47.74	350m: 5:21.33 48.11	
100m: 1:24.37 45.04	200m: 2:58.85 47.38	300m: 4:33.22 46.63	400m: 6:07.41 46.08	

Juvenis B, 14 anos

1. FREITAS, Sofia Spinola	11	Desportivo Sao Roque	6:02.61	259
50m: 39.86 39.86	150m: 2:11.89 45.97	250m: 3:46.11 47.00	350m: 5:18.37 46.14	
100m: 1:25.92 46.06	200m: 2:59.11 47.22	300m: 4:32.23 46.12	400m: 6:02.61 44.24	

Absolutos, 12 anos e mais velhas

1. FARIA, Beatriz Cunha	13	Desportivo Sao Roque	5:40.27	314
50m: 36.89 36.89	150m: 2:04.75 44.47	250m: 3:33.37 45.14	350m: 5:00.52 43.40	
100m: 1:20.28 43.39	200m: 2:48.23 43.48	300m: 4:17.12 43.75	400m: 5:40.27 39.75	
2. GONCALVES, Maria Clara	12	Escola O Liceu	5:48.74	291
50m: 38.60 38.60	150m: 2:07.25 44.87	250m: 3:37.69 45.13	350m: 5:06.78 44.74	
100m: 1:22.38 43.78	200m: 2:52.56 45.31	300m: 4:22.04 44.35	400m: 5:48.74 41.96	
3. FREITAS, Sofia Spinola	11	Desportivo Sao Roque	6:02.61	259
50m: 39.86 39.86	150m: 2:11.89 45.97	250m: 3:46.11 47.00	350m: 5:18.37 46.14	
100m: 1:25.92 46.06	200m: 2:59.11 47.22	300m: 4:32.23 46.12	400m: 6:02.61 44.24	
4. AMORIM, Beatriz Pereira	12	Desportivo Sao Roque	6:07.41	249
50m: 39.33 39.33	150m: 2:11.47 47.10	250m: 3:46.59 47.74	350m: 5:21.33 48.11	
100m: 1:24.37 45.04	200m: 2:58.85 47.38	300m: 4:33.22 46.63	400m: 6:07.41 46.08	
5. SILVA, Lara Martins	13	Desportivo Sao Roque	6:38.52	195
50m: 45.43 45.43	150m: 2:27.02 51.55	250m: 4:09.93 51.16	350m: 5:51.81 50.35	
100m: 1:35.47 50.04	200m: 3:18.77 51.75	300m: 5:01.46 51.53	400m: 6:38.52 46.71	