

Prova 2 Femin., 400m Livres
01/03/2025 - 9:39 Race 2: 400m Freestyle Female Absolutos
Resultados

Recorde Mundial	3:55.38	TITMUS, Ariarne	AUS	Fukuoka (JPN)	23/07/2023
Recorde OPEN LICEU	4:17.22	DURAES, Diana Margarida	POR	Funchal	17/02/2024

ZONAL Inf. B Fem. Inf B: 5:42.64 / ZONAL Inf. A Fem. Inf A: 5:25.83 / Infantil B Fem. Inf B: 5:25.80 /
Infantil A Fem. Inf A: 5:14.58 / Juv. B Fem. Juv B: 5:00.00 / Juv. A Fem. Juv A: 4:54.00 / Júnior 1º Ano Fem. Jun16: 4:47.00 /
Júnior 2º e 3.º Ano Fem. 17 - 18: 4:44.50 / Sénior 1.º Fem. Sen19: 4:39.00 / Sénior 2.º Fem. 20 +: 4:37.25

Pontos: AQUA 2025

Place	Name	Birth	Club	Time	Points	INFO
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Infantil B, 12 anos

1.	ANICETO, Leonor Telo	13	Naval do Funchal	5:35.11	346	
<i>TAC ZONAL - Pinhal Novo, 21 a 23 Março 2025</i>						
	50m: 37.60	37.60	150m: 2:03.15	43.56	250m: 3:30.03	43.13
	100m: 1:19.59	41.99	200m: 2:46.90	43.75	300m: 4:13.41	43.38
	350m: 4:56.51	43.10	400m: 5:35.11	38.60		
2.	TEIXEIRA, Maria Castro	13	Naval do Funchal	6:06.10	265	
	50m: 42.29	42.29	150m: 2:18.09	48.00	250m: 3:52.04	46.24
	100m: 1:30.09	47.80	200m: 3:05.80	47.71	300m: 4:35.90	43.86
	350m: 5:22.74	46.84	400m: 6:06.10	43.36		
3.	SILVA, Lara Martins	13	Desportivo Sao Roque	6:32.18	216	
	50m: 44.18	44.18	150m: 2:23.64	49.50	250m: 4:05.51	50.93
	100m: 1:34.14	49.96	200m: 3:14.58	50.94	300m: 4:55.91	50.40
	350m: 5:45.07	49.16	400m: 6:32.18	47.11		

Infantil A, 13 anos

1.	FERRO, Maria Franco	12	Naval do Funchal	5:09.27	440	
<i>TAC ZONAL - Pinhal Novo, 21 a 23 Março 2025, TAC NACIONAL - Loulé, 18 a 20 Julho 2025</i>						
	50m: 34.09	34.09	150m: 1:51.31	39.21	250m: 3:11.76	40.59
	100m: 1:12.10	38.01	200m: 2:31.17	39.86	300m: 3:52.53	40.77
	350m: 4:31.80	39.27	400m: 5:09.27	37.47		
2.	MACHADO, Sarah Camila	12	Naval do Funchal	5:49.18	306	
	50m: 37.86	37.86	150m: 2:03.19	44.15	250m: 3:33.28	45.67
	100m: 1:19.04	41.18	200m: 2:47.61	44.42	300m: 4:18.69	45.41
	350m: 5:03.95	45.26	400m: 5:49.18	45.23		
3.	JARDIM, Maria Velosa	12	Naval do Funchal	5:49.30	305	
	50m: 38.65	38.65	150m: 2:05.75	44.23	250m: 3:35.56	44.91
	100m: 1:21.52	42.87	200m: 2:50.65	44.90	300m: 4:21.16	45.60
	350m: 5:06.97	45.81	400m: 5:49.30	42.33		
4.	QUINTAL, Margarida Silva	12	Juventude Atlantico	5:51.63	299	
	50m: 39.48	39.48	150m: 2:09.33	45.29	250m: 3:39.56	45.15
	100m: 1:24.04	44.56	200m: 2:54.41	45.08	300m: 4:25.04	45.48
	350m: 5:09.95	44.91	400m: 5:51.63	41.68		
5.	OJKIC, Vera Jose	12	Juventude Atlantico	6:02.18	274	
	50m: 39.53	39.53	150m: 2:09.21	44.76	250m: 3:42.73	47.33
	100m: 1:24.45	44.92	200m: 2:55.40	46.19	300m: 4:30.79	48.06
	350m: 5:18.17	47.38	400m: 6:02.18	44.01		
6.	AMORIM, Beatriz Pereira	12	Desportivo Sao Roque	6:03.86	270	
	50m: 38.42	38.42	150m: 2:09.13	46.25	250m: 3:43.31	47.42
	100m: 1:22.88	44.46	200m: 2:55.89	46.76	300m: 4:32.77	49.46
	350m: 5:20.03	47.26	400m: 6:03.86	43.83		

Juvenil B, 14 anos

1.	JESUS, Vera Franca	11	Naval do Funchal	4:55.20	506	
<i>TAC OPEN PORTUGAL - Jamor, 3 a 6 Abril 2025</i>						
	50m: 32.69	32.69	150m: 1:46.05	36.88	250m: 3:01.69	37.92
	100m: 1:09.17	36.48	200m: 2:23.77	37.72	300m: 3:40.79	39.10
	350m: 4:18.73	37.94	400m: 4:55.20	36.47		
2.	BAPTISTA, Valentina Hermida	11	Juventude Atlantico	5:47.17	311	
	50m: 34.37	34.37	150m: 1:59.60	43.90	250m: 3:32.01	45.76
	100m: 1:15.70	41.33	200m: 2:46.25	46.65	300m: 4:18.55	46.54
	350m: 5:03.56	45.01	400m: 5:47.17	43.61		
3.	VIEIRA, Matilde Sofia	11	Desportivo Nacional	5:53.66	294	
	50m: 40.08	40.08	150m: 2:10.16	45.33	250m: 3:41.90	46.28
	100m: 1:24.83	44.75	200m: 2:55.62	45.46	300m: 4:27.20	45.30
	350m: 5:12.29	45.09	400m: 5:53.66	41.37		

Prova 2, Femin., 400m Livres, Juvenil B, 14 anos

Place	Name	Birth	Club	Time	Points	INFO
4.	SILVA, Bruna Jasmins	11	Naval do Funchal	6:19.84	237	
	50m: 41.76 41.76	150m: 2:18.10	47.76	250m: 3:54.34	49.15	350m: 5:31.85 51.46
	100m: 1:30.34 48.58	200m: 3:05.19	47.09	300m: 4:40.39	46.05	400m: 6:19.84 47.99
5.	GOMES, Laura Beatriz	11	Ludens Machico	6:37.97	206	
	50m: 42.09 42.09	150m: 2:22.57	51.35	250m: 4:06.19	51.66	350m: 5:50.08 52.00
	100m: 1:31.22 49.13	200m: 3:14.53	51.96	300m: 4:58.08	51.89	400m: 6:37.97 47.89

Juvenil A, 15 anos

1.	MARCELO, Camila Duarte	10	Portugal	4:34.58	629	
	<i>TAC OPEN PORTUGAL - Jamor, 3 a 6 Abril 2025</i>					
	50m: 31.90 31.90	150m: 1:40.69	34.34	250m: 2:50.37	34.64	350m: 4:00.75 35.11
	100m: 1:06.35 34.45	200m: 2:15.73	35.04	300m: 3:25.64	35.27	400m: 4:34.58 33.83
2.	CARDEAL, Leonor Nunes	10	Portugal	4:41.90	582	
	<i>TAC OPEN PORTUGAL - Jamor, 3 a 6 Abril 2025</i>					
	50m: 31.96 31.96	150m: 1:42.53	35.59	250m: 2:55.02	36.18	350m: 4:07.22 35.80
	100m: 1:06.94 34.98	200m: 2:18.84	36.31	300m: 3:31.42	36.40	400m: 4:41.90 34.68
3.	COSTA, Sofia Rodrigues	10	Colegio Efanor	5:02.32	471	
	50m: 33.19 33.19	150m: 1:48.28	38.71	250m: 3:05.50	38.98	350m: 4:24.18 39.81
	100m: 1:09.57 36.38	200m: 2:26.52	38.24	300m: 3:44.37	38.87	400m: 5:02.32 38.14
4.	OLIVEIRA, Rita Sousa	10	Colegio Efanor	5:10.06	437	
	50m: 34.47 34.47	200m: 2:32.20	1:19.69	400m: 5:10.06	1:17.83	
	100m: 1:12.51 38.04	300m: 3:52.23	1:20.03			

Juniores, 16 a 18 anos

1.	AMBRUS, Beatriz Alves	09	FC Porto	4:50.76	530	
	50m: 32.77 32.77	150m: 1:45.43	36.97	250m: 2:59.86	37.40	350m: 4:14.55 37.62
	100m: 1:08.46 35.69	200m: 2:22.46	37.03	300m: 3:36.93	37.07	400m: 4:50.76 36.21
2.	MATEUS, Eleine Vieira	09	Desportivo Nacional	5:02.65	470	
	50m: 33.34 33.34	150m: 1:49.15	38.38	250m: 3:07.75	39.02	350m: 4:25.33 38.53
	100m: 1:10.77 37.43	200m: 2:28.73	39.58	300m: 3:46.80	39.05	400m: 5:02.65 37.32
3.	TEMTEM, Madalena Barbosa	09	Desportivo Nacional	5:33.93	350	
	50m: 35.30 35.30	150m: 1:57.89	42.04	250m: 3:24.55	43.42	350m: 4:51.90 43.54
	100m: 1:15.85 40.55	200m: 2:41.13	43.24	300m: 4:08.36	43.81	400m: 5:33.93 42.03
4.	GOIS, Margarida Teles	08	Ludens Machico	6:07.15	263	
	50m: 41.35 41.35	150m: 2:14.39	47.81	250m: 3:50.25	47.59	350m: 5:24.53 46.96
	100m: 1:26.58 45.23	200m: 3:02.66	48.27	300m: 4:37.57	47.32	400m: 6:07.15 42.62

Seniores, 19 anos e mais velhas

1.	LOPES, Daniela Magalhaes	05	FC Porto	4:34.36	631	
	<i>TAC OPEN PORTUGAL - Jamor, 3 a 6 Abril 2025</i>					
	50m: 31.90 31.90	150m: 1:40.59	34.79	250m: 2:50.11	34.90	350m: 4:00.03 34.87
	100m: 1:05.80 33.90	200m: 2:15.21	34.62	300m: 3:25.16	35.05	400m: 4:34.36 34.33
2.	SANTOS, Beatriz Rocha	02	Desportivo de Campinho	5:05.98	455	
	50m: 33.84 33.84	150m: 1:49.47	38.59	250m: 3:08.41	39.82	350m: 4:27.59 39.60
	100m: 1:10.88 37.04	200m: 2:28.59	39.12	300m: 3:47.99	39.58	400m: 5:05.98 38.39
3.	CASTRO, Ana Filipa	97	FC Porto	5:43.70	321	
	50m: 39.91 39.91	150m: 2:07.19	43.73	250m: 3:34.73	43.67	350m: 5:01.97 43.33
	100m: 1:23.46 43.55	200m: 2:51.06	43.87	300m: 4:18.64	43.91	400m: 5:43.70 41.73