

Prova 23 Femin., 400m Livres Absolutos
18/10/2025 - 17:45 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 Juv A	4:31.80	ANDRADE, Rubina Amaro	CDN	Funchal	14/07/1995
Recordes Regionais Juv B	4:31.74	ANDRADE, Rubina Amaro	CDN	Braga	05/03/1994
Recordes Regionais Inf A	4:35.00	ANDRADE, Rubina Amaro	CDN	Funchal	29/05/1993
Recordes Regionais Inf B	4:37.30	ANDRADE, Rubina Amaro	CDN	Funchal	17/07/1992

TAC Zonal Inf B: 5:11.50; Inf A: 5:01.11; Juv B: 4:53.33; Juv A: 4:45.54 / TAC Nacional Inf A: 4:55.92; Inf B: 5:03.71; Jun17: 4:32.56; Jun18: 4:29.96; Sub21: 4:27.37; Sen: 4:24.77; Abs: 4:19.58 / TAC Nacional Março Juv B: 4:50.73; Juv A: 4:40.35 / TAC Nacional Julho Juv B: 4:45.54; Juv A: 4:35.15

Pontos: AQUA 2025

Lugar Ano Tempo final Pts

Infantil B - 13 anos

1. TEIXEIRA, Maria Castro	13	Naval do Funchal	5:54.33	274
50m: 40.96 40.96	150m: 2:11.56 45.86	250m: 3:43.76 46.35	350m: 5:12.61 43.11	
100m: 1:25.70 44.74	200m: 2:57.41 45.85	300m: 4:29.50 45.74	400m: 5:54.33 41.72	

Infantil A - 14 anos

1. OJKIC, Vera Jose	12	Naval do Funchal	5:24.23	358
50m: 35.33 35.33	150m: 1:55.08 40.42	250m: 3:18.74 42.51	350m: 4:44.05 42.08	
100m: 1:14.66 39.33	200m: 2:36.23 41.15	300m: 4:01.97 43.23	400m: 5:24.23 40.18	
2. JARDIM, Maria Velosa	12	Naval do Funchal	5:34.15	327
50m: 37.28 37.28	150m: 2:00.60 42.15	250m: 3:25.83 42.59	350m: 4:52.65 43.64	
100m: 1:18.45 41.17	200m: 2:43.24 42.64	300m: 4:09.01 43.18	400m: 5:34.15 41.50	
3. FREITAS, Maria Silva	12	Naval do Funchal	5:43.61	300
50m: 38.12 38.12	150m: 2:05.41 44.12	250m: 3:34.16 44.08	350m: 5:02.78 44.54	
100m: 1:21.29 43.17	200m: 2:50.08 44.67	300m: 4:18.24 44.08	400m: 5:43.61 40.83	
4. GOUVEIA, Sofia Isabel	12	Juventude Atlantico	6:18.63	224
50m: 42.36 42.36	150m: 2:18.24 48.15	250m: 3:55.86 48.70	350m: 5:32.90 48.27	
100m: 1:30.09 47.73	200m: 3:07.16 48.92	300m: 4:44.63 48.77	400m: 6:18.63 45.73	

Juvenil B - 15 anos

1. FREITAS, Sara Margarida	11	Juventude Atlantico	5:21.38	367
50m: 34.87 34.87	150m: 1:55.78 40.69	250m: 3:18.62 41.55	350m: 4:41.43 41.10	
100m: 1:15.09 40.22	200m: 2:37.07 41.29	300m: 4:00.33 41.71	400m: 5:21.38 39.95	
2. BAPTISTA, Valentina Hermida	11	Juventude Atlantico	5:25.35	354
50m: 35.15 35.15	150m: 1:56.77 41.52	250m: 3:21.85 42.89	350m: 4:46.40 42.24	
100m: 1:15.25 40.10	200m: 2:38.96 42.19	300m: 4:04.16 42.31	400m: 5:25.35 38.95	
3. MARQUES, Margarida Paixao	11	Naval do Funchal	5:28.79	343
50m: 36.35 36.35	150m: 1:59.20 41.80	250m: 3:23.22 42.41	350m: 4:47.61 42.19	
100m: 1:17.40 41.05	200m: 2:40.81 41.61	300m: 4:05.42 42.20	400m: 5:28.79 41.18	
4. VIEIRA, Matilde Sofia	11	Desportivo Nacional	5:31.15	336
50m: 37.54 37.54	150m: 2:02.79 42.86	250m: 3:28.97 43.14	350m: 4:52.23 41.05	
100m: 1:19.93 42.39	200m: 2:45.83 43.04	300m: 4:11.18 42.21	400m: 5:31.15 38.92	
5. SILVA, Bruna Jasmins	11	Naval do Funchal	5:57.90	266
50m: 40.10 40.10	150m: 2:10.95 46.01	250m: 3:43.06 46.00	350m: 5:14.93 46.20	
100m: 1:24.94 44.84	200m: 2:57.06 46.11	300m: 4:28.73 45.67	400m: 5:57.90 42.97	
6. SILVA, Ana Matilde	11	Desportivo Nacional	6:02.73	255
50m: 41.49 41.49	150m: 2:11.56 45.96	250m: 3:44.70 46.45	350m: 5:17.53 46.29	
100m: 1:25.60 44.11	200m: 2:58.25 46.69	300m: 4:31.24 46.54	400m: 6:02.73 45.20	

Prova 23, Femin., 400m Livres

Juvenil A - 16 anos

1.	FERREIRA, Ana Pereira	10	Juventude Atlantico					5:07.68	419
	50m: 35.45 35.45	150m: 1:53.79	39.40	250m: 3:12.74	39.53	350m: 4:31.29	39.26		
	100m: 1:14.39 38.94	200m: 2:33.21	39.42	300m: 3:52.03	39.29	400m: 5:07.68	36.39		

Juniores - 17 e 18 anos

1.	MATEUS, Eleine Vieira	09	Desportivo Nacional					4:55.31	473
	50m: 33.84 33.84	150m: 1:48.39	37.38	250m: 3:04.26	38.05	350m: 4:19.35	37.03		
	100m: 1:11.01 37.17	200m: 2:26.21	37.82	300m: 3:42.32	38.06	400m: 4:55.31	35.96		
2.	TEMTEM, Madalena Barbosa	09	Desportivo Nacional					5:32.51	332
	50m: 36.67 36.67	150m: 2:00.56	42.48	250m: 3:26.15	42.60	350m: 4:51.18	41.98		
	100m: 1:18.08 41.41	200m: 2:43.55	42.99	300m: 4:09.20	43.05	400m: 5:32.51	41.33		
3.	CARVALHO, Laura Jardim	09	Juventude Atlantico					5:58.70	264
	50m: 39.13 39.13	150m: 2:08.23	45.43	250m: 3:41.92	46.81	350m: 5:14.38	45.94		
	100m: 1:22.80 43.67	200m: 2:55.11	46.88	300m: 4:28.44	46.52	400m: 5:58.70	44.32		