

Prova 3 Femin., 400m Livres Absolutos
01/05/2026 - 16:07 Resultados

Recorde Regional Open	4:31.74	ANDRADE, Rubina Amaro	CDN	Braga	05/03/1994
Recorde Regional Sen	4:35.73	MARGARIDO, Ines Tomas	CNF	Funchal	09/07/2016
Recorde Regional Jun18	4:35.08	MELIM, Claudia Ramos	CDN	Funchal	06/07/2002
Recorde Regional Jun17	4:32.13	ANDRADE, Rubina Amaro	CDN	Felgueiras	13/07/1996
Recorde Regional Juv A	4:31.80	ANDRADE, Rubina Amaro	CDN	Funchal	14/07/1995
Recorde Regional Juv B	4:31.74	ANDRADE, Rubina Amaro	CDN	Braga	05/03/1994
Recorde Regional Inf A	4:35.00	ANDRADE, Rubina Amaro	CDN	Funchal	29/05/1993
Recorde Regional Inf B	4:37.30	ANDRADE, Rubina Amaro	CDN	Funchal	17/07/1992

TAC Nacional Inf B: 5:14.09; Inf A: 5:06.30; Jun17: 4:35.15; Jun18 50m: 4:39.74 / TAC Nacional Julho Juv B: 4:50.73;
Juv A: 4:40.35 / TAC Nacional Sen. Sen: 4:24.77

Pontos: AQUA 2025

Lugar	Nome	Ano	Clube	Tempo final	Pts	Torneio
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Infantis (13 and 14 years)

1.	ANICETO, Leonor Telo	13	Naval do Funchal	5:00.52	449	4,00
<i>Vencedor do Escalão [Infantil A e B], TAC Camp Nac Infantis - Manteigadas, 17 - 19 Julho</i>						
	50m: 32.59 32.59	150m: 1:49.66 39.37	250m: 3:06.87 38.31	350m: 4:24.27 38.01		
	100m: 1:10.29 37.70	200m: 2:28.56 38.90	300m: 3:46.26 39.39	400m: 5:00.52 36.25		
2.	MACHADO, Sarah Camila	12	Naval do Funchal	5:19.40	374	2,00
	50m: 33.92 33.92	150m: 1:53.82 40.71	250m: 3:15.74 41.15	350m: 4:38.64 41.61		
	100m: 1:13.11 39.19	200m: 2:34.59 40.77	300m: 3:57.03 41.29	400m: 5:19.40 40.76		
3.	ANDRADE, Nuria Gouveia	13	Desportivo Nacional	5:19.99	372	1,00
	50m: 36.21 36.21	150m: 1:54.08 39.07	250m: 3:17.39 41.43	350m: 4:39.47 41.23		
	100m: 1:15.01 38.80	200m: 2:35.96 41.88	300m: 3:58.24 40.85	400m: 5:19.99 40.52		
4.	BRAS, Carolina Sao	13	ADRCCI Monte Maior	5:34.27	326	-
	50m: 38.22 38.22	150m: 2:02.79 42.63	250m: 3:28.14 42.17	350m: 4:53.58 41.87		
	100m: 1:20.16 41.94	200m: 2:45.97 43.18	300m: 4:11.71 43.57	400m: 5:34.27 40.69		
5.	SILVA, Lara Martins	13	Desportivo Sao Roque	5:36.18	321	-
	50m: 38.14 38.14	150m: 2:02.02 42.46	250m: 3:27.65 42.48	350m: 4:53.65 42.78		
	100m: 1:19.56 41.42	200m: 2:45.17 43.15	300m: 4:10.87 43.22	400m: 5:36.18 42.53		
6.	SOUSA, Rita Quadros	12	CAFB Ponta Delgada	5:43.54	301	-
	50m: 39.74 39.74	150m: 2:05.84 43.50	250m: 3:33.80 44.14	350m: 5:00.70 42.98		
	100m: 1:22.34 42.60	200m: 2:49.66 43.82	300m: 4:17.72 43.92	400m: 5:43.54 42.84		
7.	TEIXEIRA, Maria Castro	13	Naval do Funchal	5:49.74	285	-
	50m: 40.50 40.50	150m: 2:09.25 44.37	250m: 3:38.60	350m: 5:06.59 44.01		
	100m: 1:24.88 44.38	200m:	300m: 4:22.58 43.98	400m: 5:49.74 43.15		

Juvenis (15 and 16 years)

1.	LUCAS, Maria Madalena	11	Nacional de Natacao	4:59.32	455	4,00
<i>Vencedor do Escalão [Juvenil A e B]</i>						
	50m: 32.64 32.64	150m: 1:46.47 37.01	250m: 3:03.31 38.73	350m: 4:21.04 38.63		
	100m: 1:09.46 36.82	200m: 2:24.58 38.11	300m: 3:42.41 39.10	400m: 4:59.32 38.28		
2.	SIMOES, Mariana Chaves	10	Nacional de Natacao	5:03.60	436	2,00
	50m: 34.40 34.40	150m: 1:50.96 38.42	250m: 3:08.52 38.25	350m: 4:26.10 39.36		
	100m: 1:12.54 38.14	200m: 2:30.27 39.31	300m: 3:46.74 38.22	400m: 5:03.60 37.50		
3.	ABRANTES, Ines Freitas	11	ADRCCI Monte Maior	5:05.00	430	1,00
	50m: 34.67 34.67	150m: 1:51.01 38.36	250m: 3:08.39 38.99	350m: 4:26.20 39.19		
	100m: 1:12.65 37.98	200m: 2:29.40 38.39	300m: 3:47.01 38.62	400m: 5:05.00 38.80		

Prova 3, Femin., 400m Livres, Juvenis (15 and 16 years)

Lugar	Nome	Ano	Clube	Tempo final	Pts	Torneio	
4.	ROSA, Clara Sofia	10	Desportivo Nacional	5:10.19	408	-	
	50m: 33.89 33.89	150m: 1:51.63	39.37	250m: 3:11.16	40.13	350m: 4:31.80	40.40
	100m: 1:12.26 38.37	200m: 2:31.03	39.40	300m: 3:51.40	40.24	400m: 5:10.19	38.39
5.	VIEIRA, Matilde Sofia	11	Desportivo Nacional	5:16.62	384	-	
	50m: 35.74 35.74	150m: 1:55.66	39.96	250m: 3:17.63	41.03	350m: 4:38.86	40.27
	100m: 1:15.70 39.96	200m: 2:36.60	40.94	300m: 3:58.59	40.96	400m: 5:16.62	37.76

Absolutos (17+ years)

1.	MADEIRA, Carolina Marques	09	Nacional de Natacao	4:41.16	549	4,00	
	<i>Vencedor do Escalão [Júnior e Sénior]</i>						
	50m: 32.66 32.66	150m: 1:44.02	35.86	250m: 2:55.63	35.74	350m: 4:06.48	35.21
	100m: 1:08.16 35.50	200m: 2:19.89	35.87	300m: 3:31.27	35.64	400m: 4:41.16	34.68
2.	MATEUS, Eleine Vieira	09	Desportivo Nacional	4:50.62	497	2,00	
	50m: 32.90 32.90	150m: 1:45.94	36.75	250m: 2:59.73	37.07	350m: 4:14.27	37.35
	100m: 1:09.19 36.29	200m: 2:22.66	36.72	300m: 3:36.92	37.19	400m: 4:50.62	36.35
3.	FERNANDES, Joana Sofia	09	Nacional de Natacao	5:01.87	443	1,00	
	50m: 32.98 32.98	150m: 1:46.59	37.31	250m: 3:04.18	39.24	350m: 4:22.90	39.40
	100m: 1:09.28 36.30	200m: 2:24.94	38.35	300m: 3:43.50	39.32	400m: 5:01.87	38.97
4.	GONCALVES, Beatriz Santos	09	Nacional de Natacao	5:04.67	431	-	
	50m: 34.37 34.37	150m: 1:49.54	38.26	250m: 3:07.49	39.09	350m: 4:25.64	39.27
	100m: 1:11.28 36.91	200m: 2:28.40	38.86	300m: 3:46.37	38.88	400m: 5:04.67	39.03
5.	TEMTEM, Madalena Barbosa	09	Desportivo Nacional	5:19.13	375	-	
	50m: 34.52 34.52	150m: 1:55.19	40.57	250m: 3:17.21	41.18	350m: 4:39.61	41.09
	100m: 1:14.62 40.10	200m: 2:36.03	40.84	300m: 3:58.52	41.31	400m: 5:19.13	39.52
6.	COIMBRA, Maria Estela	01	Nacional de Natacao	5:36.73	319	-	
	50m: 37.76 37.76	150m: 2:01.81	42.43	250m: 3:28.10	43.01	350m: 4:54.77	43.13
	100m: 1:19.38 41.62	200m: 2:45.09	43.28	300m: 4:11.64	43.54	400m: 5:36.73	41.96