

1 - Jornada Única - 1.ª Sessão | FEMININOS

31/10/2020 - 9:00

Prova 1	Femin., 800m Livres				Absolutos
31/10/2020 - 9:00					Resultados
Recorde Regional Absoluto	9:12.66	ANDRADE, Rubina Amaro	CDN	Alges	17/03/1995
Recorde Regional Sen	9:21.09	ANDRADE, Rubina Amaro	CDN	Estoril	07/03/1997
Recorde Regional Jun17	9:13.81	ANDRADE, Rubina Amaro	CDN	Funchal	13/07/1996
Recorde Regional Jun16	9:12.66	ANDRADE, Rubina Amaro	CDN	Alges	17/03/1995
Recorde Regional Juv A	9:14.78	ANDRADE, Rubina Amaro	CDN	Braga	04/03/1994
Recorde Regional Juv B	9:15.96	ANDRADE, Rubina Amaro	CDN	Alges	16/02/1993
Recorde Regional Inf A	9:40.30	ANDRADE, Rubina Amaro	CDN	Funchal	15/02/1992
Recorde Regional Inf B	10:13.00	ANDRADE, Rubina Amaro	CDN	Funchal	29/06/1991

TAC Zonais Juv B: 10:27.05; Juv A: 10:09.47; Jun16: 9:53.10; Jun17: 9:40.74; 18: 9:37.85; 19+: 9:20.44

Pontos: FINA 2020

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	SOUSA, Joana Francisca	04	130520	CD Sao Roque	9:28.98	+0,75	597	25,0-
	<i>Mínimos Torneio Zonal JUN & SEN - Leiria</i>							
	50m: 32.50	32.50	250m: 2:54.43	35.57	450m: 5:18.04	36.04	650m: 7:42.52	36.21
	100m: 1:07.33	34.83	300m: 3:30.35	35.92	500m: 5:53.84	35.80	700m: 8:18.54	36.02
	150m: 1:43.21	35.88	350m: 4:06.14	35.79	550m: 6:29.97	36.13	750m: 8:54.00	35.46
	200m: 2:18.86	35.65	400m: 4:42.00	35.86	600m: 7:06.31	36.34	800m: 9:28.98	34.98
2.	FRANCA, Ines Matos	07	204303	Juventude Atlantico Clube	10:43.26	+0,62	413	23,0-
	50m: 35.10	35.10	250m: 3:17.17	40.05	450m: 6:00.93	40.53	650m: 8:44.74	40.05
	100m: 1:15.01	39.91	300m: 3:57.94	40.77	500m: 6:42.38	41.45	700m: 9:25.59	40.85
	150m: 1:55.57	40.56	350m: 4:38.61	40.67	550m: 7:24.12	41.74	750m: 10:05.77	40.18
	200m: 2:37.12	41.55	400m: 5:20.40	41.79	600m: 8:04.69	40.57	800m: 10:43.26	37.49
EXH	HOLUB, Tamila Hryhorivna	99	116887	Selecao de Portugal	8:41.06	+0,75	778	-
	<i>Mínimos Torneio Zonal JUN & SEN - Leiria</i>							
	50m: 30.28	30.28	250m: 2:39.77	32.68	450m: 4:51.11	32.83	650m: 7:02.89	32.90
	100m: 1:02.34	32.06	300m: 3:12.55	32.78	500m: 5:24.08	32.97	700m: 7:35.81	32.92
	150m: 1:34.66	32.32	350m: 3:45.36	32.81	550m: 5:57.06	32.98	750m: 8:08.84	33.03
	200m: 2:07.09	32.43	400m: 4:18.28	32.92	600m: 6:29.99	32.93	800m: 8:41.06	32.22
EXH	MARTINS, Francisca Soares	03	126504	Selecao de Portugal	8:54.03	+0,65	723	-
	<i>Mínimos Torneio Zonal JUN & SEN - Leiria</i>							
	50m: 30.63	30.63	250m: 2:43.66	33.44	450m: 4:58.55	33.65	650m: 7:13.99	33.82
	100m: 1:03.27	32.64	300m: 3:17.31	33.65	500m: 5:32.09	33.54	700m: 7:47.87	33.88
	150m: 1:36.61	33.34	350m: 3:51.17	33.86	550m: 6:06.11	34.02	750m: 8:21.58	33.71
	200m: 2:10.22	33.61	400m: 4:24.90	33.73	600m: 6:40.17	34.06	800m: 8:54.03	32.45
EXH	ARAUJO, Maria Clara	05	133482	Naval do Funchal	10:17.16	+0,65	468	-
	50m: 32.57	32.57	250m: 3:02.40	38.33	450m: 5:37.48	39.14	650m: 8:18.04	40.40
	100m: 1:09.18	36.61	300m: 3:41.36	38.96	500m: 6:17.36	39.88	700m: 8:58.38	40.34
	150m: 1:46.46	37.28	350m: 4:19.81	38.45	550m: 6:56.90	39.54	750m: 9:38.50	40.12
	200m: 2:24.07	37.61	400m: 4:58.34	38.53	600m: 7:37.64	40.74	800m: 10:17.16	38.66
EXH	FREITAS, Margarida Ramos	06	131345	CD Nacional	10:24.81	+0,77	451	-
	50m: 34.31	34.31	250m: 3:09.62	38.77	450m: 5:48.34	39.80	650m: 8:28.12	40.10
	100m: 1:12.29	37.98	300m: 3:49.10	39.48	500m: 6:28.20	39.86	700m: 9:07.71	39.59
	150m: 1:51.43	39.14	350m: 4:28.99	39.89	550m: 7:08.27	40.07	750m: 9:47.43	39.72
	200m: 2:30.85	39.42	400m: 5:08.54	39.55	600m: 7:48.02	39.75	800m: 10:24.81	37.38
EXH	BELO, Bruna Raquel	05	128332	CD Nacional	10:55.52	+0,68	390	-
	50m: 34.99	34.99	250m: 3:15.21	41.12	450m: 6:01.92	42.31	650m: 8:51.67	42.15
	100m: 1:14.07	39.08	300m: 3:56.40	41.19	500m: 6:44.52	42.60	700m: 9:34.20	42.53
	150m: 1:53.79	39.72	350m: 4:37.91	41.51	550m: 7:27.24	42.72	750m: 10:15.69	41.49
	200m: 2:34.09	40.30	400m: 5:19.61	41.70	600m: 8:09.52	42.28	800m: 10:55.52	39.83
EXH	ALVES, Juliana Rodrigues	08	202188	CD Nacional	12:07.82	+0,79	285	-
	50m: 37.77	37.77	250m: 3:40.61	46.66	450m: 6:47.01	46.74	650m: 9:52.85	46.46
	100m: 1:23.12	45.35	300m: 4:26.51	45.90	500m: 7:33.44	46.43	700m: 10:39.59	46.74
	150m: 2:08.78	45.66	350m: 5:13.61	47.10	550m: 8:20.13	46.69	750m: 11:25.13	45.54
	200m: 2:53.95	45.17	400m: 6:00.27	46.66	600m: 9:06.39	46.26	800m: 12:07.82	42.69

Prova 2 Femin., 200m Mariposa Absolutos
31/10/2020 - 9:13 Resultados

Recorde Regional Absoluto	2:21.15	ROSA, Beatriz Jong	CDN	Porto	10/12/2017
Recorde Regional Sen	2:21.15	ROSA, Beatriz Jong	CDN	Porto	10/12/2017
Recorde Regional Jun17	2:25.69	ROSA, Beatriz Jong	CDWT	Torres Novas	21/01/2017
Recorde Regional Jun16	2:25.16	ROSA, Beatriz Jong	CDN	Porto	11/12/2015
Recorde Regional Juv A	2:25.61	ROSA, Beatriz Jong	CDN	Funchal	12/07/2015
Recorde Regional Juv B	2:29.28	CERDAS, Sara Rodrigues	CNF	Braga	22/03/2003
Recorde Regional Inf A	2:32.56	CERDAS, Sara Rodrigues	CNF	Rio Maior	06/07/2002
Recorde Regional Inf B	2:45.26	VICTOR, Joana Isabel	CDN	Funchal	12/07/2003

TAC Zonais Juv B: 2:49.48; Juv A: 2:42.48; Jun16: 2:37.62; Jun17: 2:32.18; 18: 2:31.42; 19+: 2:25.60

Pontos: FINA 2020

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	PEREIRA, Joana Marques	06	131193	Juventude Atlantico Clube	2:57.27	+0,72	307	25,0(-
	50m: 37.82 37.82		100m: 1:23.27 45.45	150m: 2:10.33 47.06		200m: 2:57.27 46.94		
2.	SILVA, Silvana Suamade	06	131322	CD Sao Roque	2:59.87	+0,71	294	23,0(-
	50m: 37.15 37.15		100m: 1:22.51 45.36	150m: 2:11.81 49.30		200m: 2:59.87 48.06		
EXH	DIAS, Julia Alves	06	133479	CD Nacional	2:41.84	+0,80	403	-
	<i>Mínimos Torneio Zonal JUV. - Leiria</i>							
	50m: 34.50 34.50		100m: 1:15.53 41.03	150m: 1:58.58 43.05		200m: 2:41.84 43.26		
EXH	CAMARA, Ines Cruz	07	131346	CD Nacional	2:47.85	+0,82	361	-
	<i>Mínimos Torneio Zonal JUV. - Leiria</i>							
	50m: 35.08 35.08		100m: 1:17.30 42.22	150m: 2:02.90 45.60		200m: 2:47.85 44.95		
EXH	TEMBE, Ines Afonso	06	207504	CD Nacional	2:49.63	+0,86	350	-
	50m: 36.29 36.29		100m: 1:18.73 42.44	150m: 2:03.51 44.78		200m: 2:49.63 46.12		
EXH	SOUSA, Ivana Valentina	06	206590	CD Nacional	2:55.08	+0,66	318	-
	50m: 37.17 37.17		100m: 1:21.85 44.68	150m: 2:08.44 46.59		200m: 2:55.08 46.64		
EXH	FARIA, Laura Pereira	06	202151	Juventude Atlantico Clube	3:17.79	+0,66	221	-
	50m: 39.73 39.73		100m: 1:31.00 51.27	150m: 2:24.81 53.81		200m: 3:17.79 52.98		
EXH	GONCALVES, Vera Andrade	09	204429	Juventude Atlantico Clube	3:19.19	+0,73	216	-
	50m: 42.33 42.33		100m: 1:36.22 53.89	150m: 2:29.65 53.43		200m: 3:19.19 49.54		
EXH	BAPTISTA, Ines Sande	08	201589	CD Nacional	3:20.14		213	-
	50m: 43.50 43.50		100m: 1:32.77 49.27	150m: 2:26.18 53.41		200m: 3:20.14 53.96		
EXH	SOARES, Leonor Silva	08	200533	CD Nacional	3:46.16	+0,56	147	-
	50m: 45.36 45.36		100m: 1:42.28 56.92	150m: 2:44.18 1:01.90		200m: 3:46.16 1:01.98		
EXH	SOUSA, Leonor Rocha	09	204305	Juventude Atlantico Clube	4:01.55	+0,50	121	-
	50m: 50.99 50.99		100m: 1:54.88 1:03.89	150m: 2:59.17 1:04.29		200m: 4:01.55 1:02.38		

Prova 3

Femin., 200m Bruços

Absolutos

31/10/2020 - 9:22

Resultados

Recorde Regional Absoluto	2:32.35	QUINTAL, Fabiana Maria	CDN	Guimaraes	06/12/2008
Recorde Regional Sen	2:32.35	QUINTAL, Fabiana Maria	CDN	Guimaraes	06/12/2008
Recorde Regional Jun17	2:40.38	MARQUES, Mariana Sousa	CNF	Funchal	16/07/2005
Recorde Regional Jun16	2:38.79	ABREU, Laura Catarina	CDN	Funchal	08/07/2016
Recorde Regional Juv A	2:41.54	ABREU, Laura Catarina	CDN	Funchal	11/07/2015
Recorde Regional Juv B	2:43.10	ABREU, Laura Catarina	CDN	Tomar	14/12/2013
Recorde Regional Inf A	2:47.89	ABREU, Laura Catarina	CDN	Funchal	06/04/2003
Recorde Regional Inf B	2:56.77	RODRIGUES, Laura Sofia	JACL	Funchal	08/06/2019

TAC Zonais Juv B: 3:02.55; Juv A: 2:59.14; Jun16: 2:54.45; Jun17: 2:49.43; 18: 2:48.59; 19 +: 2:42.69

Pontos: FINA 2020

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts				
1.	RODRIGUES, Laura Sofia	07	148425	Juventude Atlantico Clube	2:46.26	+0,77	530	25,0(-)				
	<i>Mínimos Torneio Zonal JUV. - Leiria</i>											
	50m:	37.39	37.39	100m:	1:19.99	42.60	150m:	2:03.76	43.77	200m:	2:46.26	42.50
2.	LUIS, Jessica Santos	00	111887	CD Sao Roque	3:12.63	+0,72	340	23,0(-)				
	50m:	42.10	42.10	100m:	1:30.95	48.85	150m:	2:21.62	50.67	200m:	3:12.63	51.01
DSQ	SILVA, Maria Korina	09	206766	CD Nacional				-				
	<i>722 - Tocou com uma mão na parede na viragem aos 75 m - SW 7.6</i>											
DSQ	FREITAS, Francisca Leonor	09	208853	Naval do Funchal				-				
	<i>724 - Não tocou com as mãos na parede simultaneamente na viragem aos 150 m - SW 7.6</i>											
EXH	FERREIRA, Maria Leonor	04	130410	CD Nacional	2:51.47	+0,66	483	-				
	50m:	38.31	38.31	100m:	1:21.29	42.98	150m:	2:05.76	44.47	200m:	2:51.47	45.71
EXH	FERNANDES, Ana Catarina	03	128612	Naval do Funchal	2:55.76	+0,63	448	-				
	50m:	39.31	39.31	100m:	1:23.55	44.24	150m:	2:08.90	45.35	200m:	2:55.76	46.86
EXH	MATEUS, Clarisse Vieira	07	202432	CD Nacional	3:13.20	+0,63	337	-				
	50m:	43.99	43.99	100m:	1:33.54	49.55	150m:	2:23.87	50.33	200m:	3:13.20	49.33
EXH	GOMES, Madalena Sousa	05	200542	Naval do Funchal	3:21.20	+0,71	299	-				
	50m:	44.62	44.62	100m:	1:35.86	51.24	150m:	2:28.65	52.79	200m:	3:21.20	52.55
EXH	ROCHA, Vitoria Maria	08	201047	Juventude Atlantico Clube	3:31.16	+0,67	258	-				
	50m:	46.90	46.90	100m:	1:41.18	54.28	150m:	2:36.15	54.97	200m:	3:31.16	55.01
EXH	SA, Vanessa Fernandes	09	209814	Naval do Funchal	3:38.20		234	-				
	50m:	48.92	48.92	100m:	1:44.60	55.68	150m:	2:42.48	57.88	200m:	3:38.20	55.72
EXH	MELIM, Sara Beatriz	09	206793	CD Nacional	3:38.38	+0,71	233	-				
	50m:	49.42	49.42	100m:	1:45.72	56.30	150m:	2:42.28	56.56	200m:	3:38.38	56.10
EXH	NOBREGA, Sara Francisca	08	209056	CD Sao Roque	4:03.84		168	-				
	50m:	53.33	53.33	100m:	1:55.08	1:01.75	150m:	3:00.03	1:04.95	200m:	4:03.84	1:03.81

Prova 4 Femin., 100m Livres Absolutos
31/10/2020 - 9:32 Resultados

Recorde Regional Absoluto	57.97	QUINTAL, Fabiana Maria	CDN	S. Antonio Cavaleiros	20/12/2009
Recorde Regional Sen	57.97	QUINTAL, Fabiana Maria	CDN	S. Antonio Cavaleiros	20/12/2009
Recorde Regional Jun17	59.96	AGUILAR, Vera Ines	CDN	Funchal	09/12/2016
Recorde Regional Jun16	59.93	ABREU, Laura Catarina	CDN	Funchal	19/12/2015
Recorde Regional Juv A	59.90	ABREU, Laura Catarina	CDN	Funchal	10/07/2015
Recorde Regional Juv B	1:01.04	AGUILAR, Vera Ines	CDN	Funchal	12/04/2014
Recorde Regional Inf A	1:02.04	CAIRES, Joana Costa	CNF	Sines	12/03/2011
Recorde Regional Inf B	1:05.20	LOPES, Joana Cristina	CNF	Funchal	10/05/1992

TAC Zonais Juv B: 1:06.98; Juv A: 1:05.10; Jun16: 1:02.41; Jun17: 1:00.73; 18: 1:00.43; 19 +: 59.19

Pontos: FINA 2020

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	OLIVEIRA, Sara Fernandes	04	202386	Juventude Atlantico Clube	1:03.98	+0,73	484	25,0(-)
	50m: 30.72 30.72			100m: 1:03.98 33.26				
2.	JESUS, Filipa Mafalda	03	148582	CD Sao Roque	1:06.69	+0,78	427	23,0(-)
	50m: 32.26 32.26			100m: 1:06.69 34.43				
DNS	JARDIM, Carlota Rodrigues	08	201588	CD Nacional				-
DNS	JARDIM, Teresa Vieira	05	201596	Naval do Funchal				-
EXH	REBELO, Camila Rodrigues	03	122274	Selecao de Portugal	58.29	+0,74	640	-
	<i>Mínimos Torneio Zonal JUN & SEN - Leiria</i>							
	50m: 28.19 28.19			100m: 58.29 30.10				
EXH	REBELO, Maria Carlota	03	119714	Selecao de Portugal	1:00.25	+0,61	580	-
	<i>Mínimos Torneio Zonal JUN & SEN - Leiria</i>							
	50m: 29.28 29.28			100m: 1:00.25 30.97				
EXH	GOMES, Susana Clara	77	119272	Naval do Funchal	1:02.25	+0,67	526	-
	50m: 29.73 29.73			100m: 1:02.25 32.52				
EXH	COSTA, Maria Jardim	06	205248	CD Nacional	1:02.76	+0,75	513	-
	<i>Mínimos Torneio Zonal JUV. - Leiria</i>							
	50m: 30.04 30.04			100m: 1:02.76 32.72				
EXH	LECA, Natasha Maria	03	207831	CD Nacional	1:03.53	+0,61	494	-
	50m: 30.72 30.72			100m: 1:03.53 32.81				
EXH	NASCIMENTO, Sofia Alexandre	05	133484	Naval do Funchal	1:06.14	+0,63	438	-
	50m: 31.30 31.30			100m: 1:06.14 34.84				
EXH	DEUS, Ines Portugal	06	203091	Naval do Funchal	1:06.88	+0,60	424	-
	50m: 32.01 32.01			100m: 1:06.88 34.87				
EXH	FREITAS, Beatriz Rodrigues	06	200543	Naval do Funchal	1:08.79	+0,61	389	-
	50m: 32.94 32.94			100m: 1:08.79 35.85				
EXH	FERRO, Maria Leonor	06	132696	Naval do Funchal	1:08.99	+0,76	386	-
	50m: 33.51 33.51			100m: 1:08.99 35.48				
EXH	BAPTISTA, Constanca Ornelas	06	206799	Naval do Funchal	1:10.02	+0,65	369	-
	50m: 34.13 34.13			100m: 1:10.02 35.89				
EXH	FIGUEIRA, Madalena Leonor	07	206519	Naval do Funchal	1:10.55	+0,69	361	-
	50m: 33.69 33.69			100m: 1:10.55 36.86				
EXH	SILVA, Gabriela Suamade	02	131327	CD Sao Roque	1:13.37	+0,69	321	-
	50m: 34.80 34.80			100m: 1:13.37 38.57				
EXH	TEMTEM, Sara Maria	07	200815	CD Nacional	1:15.98	+0,71	289	-
	50m: 36.67 36.67			100m: 1:15.98 39.31				
EXH	GOMES, Sofia Vega	08	206798	Naval do Funchal	1:16.61	+0,65	282	-
	50m: 36.06 36.06			100m: 1:16.61 40.55				
EXH	FREITAS, Maria Raquel	07	207116	Naval do Funchal	1:17.12	+0,69	276	-
	50m: 36.48 36.48			100m: 1:17.12 40.64				
EXH	SOARES, Ines Silva	04	131827	CD Nacional	1:17.21	+0,77	275	-
	50m: 36.74 36.74			100m: 1:17.21 40.47				
EXH	NOBREGA, Maria Trindade	05	203465	CD Nacional	1:23.43	+0,77	218	-
	50m: 39.08 39.08			100m: 1:23.43 44.35				

Prova 4, Femin., 100m Livres

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
EXH	MARGARIDO, Paula Aguiar 50m: 40.84 40.84	09	204386	Juventude Atlantico Clube 45.06	1:25.90	+0,64	200	-
EXH	ALVES, Francisca Pereira 50m: 40.49 40.49	09	208898	Juventude Atlantico Clube 45.80	1:26.29	+0,84	197	-
EXH	MARQUES, Bruna Francisca 50m: 43.44 43.44	08	212993	CD Sao Roque 49.09	1:32.53	+0,94	160	-
EXH	ROMAO, Laura Beatriz 50m: 49.35 49.35	09	208849	Naval do Funchal 58.04	1:47.39	+0,55	102	-
EXH	SILVA, Mara Goncalves 50m: 52.03 52.03	09	209051	Juventude Atlantico Clube 58.58	1:50.61		93	-
EXH	MENDES, Lidia Pinto 50m: 54.08 54.08	09	209050	Juventude Atlantico Clube 1:04.31	1:58.39		76	-

Prova 5 Femin., 200m Costas Absolutos
31/10/2020 - 10:12 Resultados

Recorde Regional Absoluto	2:21.09	QUINTAL, Fabiana Maria	CDN	Silves	22/12/2007
Recorde Regional Sen	2:21.09	QUINTAL, Fabiana Maria	CDN	Silves	22/12/2007
Recorde Regional Jun17	2:23.46	QUINTAL, Fabiana Maria	CDN	Funchal	03/02/2001
Recorde Regional Jun16	2:24.93	FERREIRA, Maria Leonor	CDN	Funchal	07/03/2020
Recorde Regional Juv A	2:24.92	ROSA, Beatriz Jong	CDN	Funchal	10/07/2015
Recorde Regional Juv B	2:26.17	COSTA, Maria Jardim	CDN	Funchal	07/03/2020
Recorde Regional Inf A	2:33.29	COSTA, Maria Jardim	CDN	Funchal	08/06/2019
Recorde Regional Inf B	2:40.09	REIS, Constantina Isabel	CDN	Funchal	12/07/1996

TAC Zonais Juv B: 2:43.15; Juv A: 2:38.58; Jun16: 2:32.42; Jun17: 2:28.04; 18: 2:27.30; 19+: 2:24.33

Pontos: FINA 2020

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	LUIS, Jessica Santos	00	111887	CD Sao Roque	2:43.06	+0,83	390	25,0(-)
	50m: 37.08 37.08		100m: 1:18.11 41.03	150m: 2:01.13 43.02	200m: 2:43.06 41.93			
2.	CARICHAS, Joana Medeiros	06	200965	Juventude Atlantico Clube	2:49.35	+0,57	348	23,0(-)
	50m: 38.07 38.07		100m: 1:21.36 43.29	150m: 2:06.39 45.03	200m: 2:49.35 42.96			
DNS	JARDIM, Teresa Vieira	05	201596	Naval do Funchal				-
EXH	REBELO, Camila Rodrigues	03	122274	Selecao de Portugal	2:16.40	+0,62	667	-
	<i>Mínimos Torneio Zonal JUN & SEN - Leiria</i>							
	50m: 31.07 31.07		100m: 1:05.54 34.47	150m: 1:41.05 35.51	200m: 2:16.40 35.35			
EXH	CAMACHO, Laura Fernandes	04	147183	Naval do Funchal	2:32.93	+0,71	473	-
	50m: 36.25 36.25		100m: 1:14.71 38.46	150m: 1:54.00 39.29	200m: 2:32.93 38.93			
EXH	JARDIM, Lara Filipa	06	200830	Naval do Funchal	2:36.97	+0,62	438	-
	<i>Mínimos Torneio Zonal JUV. - Leiria</i>							
	50m: 36.15 36.15		100m: 1:16.19 40.04	150m: 1:56.74 40.55	200m: 2:36.97 40.23			
EXH	CANADA, Maria Elvira	06	200544	CD Nacional	2:41.18	+0,93	404	-
	50m: 37.04 37.04		100m: 1:17.80 40.76	150m: 2:00.04 42.24	200m: 2:41.18 41.14			
EXH	NETO, Leonor Rodrigues	07	201962	Naval do Funchal	2:41.49	+0,74	402	-
	<i>Mínimos Torneio Zonal JUV. - Leiria</i>							
	50m: 37.59 37.59		100m: 1:18.33 40.74	150m: 2:00.53 42.20	200m: 2:41.49 40.96			
EXH	GONCALVES, Maria Margarida	04	130411	Naval do Funchal	2:41.51	+0,65	402	-
	50m: 36.39 36.39		100m: 1:16.74 40.35	150m: 1:59.43 42.69	200m: 2:41.51 42.08			
EXH	ANDRADE, Matilde Sousa	08	205152	Naval do Funchal	2:49.25	+0,66	349	-
	50m: 39.34 39.34		100m: 1:21.88 42.54	150m: 2:06.05 44.17	200m: 2:49.25 43.20			
EXH	MATEUS, Eleine Vieira	09	206350	CD Nacional	3:20.08	+0,90	211	-
	50m: 47.47 47.47		100m: 1:38.19 50.72	150m: 2:29.87 51.68	200m: 3:20.08 50.21			
EXH	TEMTEM, Madalena Barbosa	09	203454	CD Nacional	3:30.83	+0,81	180	-
	50m: 50.11 50.11		100m: 1:44.47 54.36	150m: 2:38.55 54.08	200m: 3:30.83 52.28			

Prova 6 Femin., 200m Estilos Absolutos
31/10/2020 - 10:20 Resultados

Recorde Regional Absoluto	2:18.16	QUINTAL, Fabiana Maria	CDN	Tomar	13/12/2008
Recorde Regional Sen	2:18.16	QUINTAL, Fabiana Maria	CDN	Tomar	13/12/2008
Recorde Regional Jun17	2:25.85	ROSA, Beatriz Jong	CDWT	Funchal	06/05/2017
Recorde Regional Jun16	2:26.86	ROSA, Beatriz Jong	CDN	Funchal	13/05/2016
Recorde Regional Juv A	2:28.06	ROSA, Beatriz Jong	CDN	Funchal	09/05/2015
Recorde Regional Juv B	2:30.06	COSTA, Maria Jardim	CDN	Funchal	08/03/2020
Recorde Regional Inf A	2:31.77	CAIRES, Joana Costa	CNF	Sines	12/03/2011
Recorde Regional Inf B	2:38.90	LOPES, Joana Cristina	CNF	Funchal	01/01/1992

TAC Zonais Juv B: 2:43.70; Juv A: 2:39.11; Jun16: 2:32.60; Jun17: 2:28.85; 18: 2:28.11; 19+: 2:24.57

Pontos: FINA 2020

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	SILVA, Silvana Suamade	06	131322	CD Sao Roque	2:45.98	+0,63	395	25,0(-)
	50m: 37.03 37.03		100m: 1:19.84 42.81	150m: 2:07.56 47.72	200m: 2:45.98 38.42			
2.	FRANCA, Ines Matos	07	204303	Juventude Atlantico Clube	2:46.69	+0,67	390	23,0(-)
	50m: 37.31 37.31		100m: 1:19.41 42.10	150m: 2:08.55 49.14	200m: 2:46.69 38.14			
EXH	MARTINS, Francisca Soares	03	126504	Selecao de Portugal	2:20.32	+0,61	654	-
	<i>Mínimos Torneio Zonal JUN & SEN - Leiria</i>		50m: 30.86 30.86	100m: 1:05.74 34.88	150m: 1:48.36 42.62	200m: 2:20.32 31.96		
EXH	REBELO, Maria Carlota	03	119714	Selecao de Portugal	2:24.24	+0,65	603	-
	<i>Mínimos Torneio Zonal JUN & SEN - Leiria</i>		50m: 30.78 30.78	100m: 1:07.79 37.01	150m: 1:49.77 41.98	200m: 2:24.24 34.47		
EXH	SEQUEIRA, Beatriz Meneses	06	132695	Naval do Funchal	2:38.30	+0,63	456	-
	<i>Mínimos Torneio Zonal JUV. - Leiria</i>		50m: 34.30 34.30	100m: 1:15.15 40.85	150m: 2:00.45 45.30	200m: 2:38.30 37.85		
EXH	DEUS, Ines Portugal	06	203091	Naval do Funchal	2:40.52	+0,60	437	-
	50m: 35.64 35.64		100m: 1:18.14 42.50	150m: 2:04.51 46.37	200m: 2:40.52 36.01			
EXH	ALVES, Juliana Rodrigues	08	202188	CD Nacional	3:05.04	+0,82	285	-
	50m: 37.68 37.68		100m: 1:25.83 48.15	150m: 2:19.85 54.02	200m: 3:05.04 45.19			
EXH	SA, Vanessa Fernandes	09	209814	Naval do Funchal	3:21.55	+0,74	221	-
	50m: 46.40 46.40		100m: 1:39.63 53.23	150m: 2:35.14 55.51	200m: 3:21.55 46.41			
EXH	SOUSA, Leonor Rocha	09	204305	Juventude Atlantico Clube	3:21.82	+0,45	220	-
	50m: 48.89 48.89		100m: 1:36.71 47.82	150m: 2:37.64 1:00.93	200m: 3:21.82 44.18			
EXH	FREITAS, Francisca Leonor	09	208853	Naval do Funchal	3:26.13	+0,67	206	-
	50m: 50.62 50.62		100m: 1:42.49 51.87	150m: 2:39.64 57.15	200m: 3:26.13 46.49			
EXH	BLANDY, Mischa Blue	04	207653	Juventude Atlantico Clube	3:44.53	+0,63	159	-
	50m: 48.43 48.43		100m: 1:47.27 58.84	150m: 2:52.16 1:04.89	200m: 3:44.53 52.37			

Prova 7 Femin., 100m Mariposa Absolutos
31/10/2020 - 10:29 Resultados

Recorde Regional Absoluto	1:03.45	OLIM, Carlota Freitas	CNF	S. Antonio Cavaleiros	20/12/2009
Recorde Regional Sen	1:03.70	ROSA, Beatriz Jong	CDN	Porto	09/12/2017
Recorde Regional Jun17	1:03.45	OLIM, Carlota Freitas	CNF	S. Antonio Cavaleiros	20/12/2009
Recorde Regional Jun16	1:04.75	ROSA, Beatriz Jong	CDN	Porto	12/12/2015
Recorde Regional Juv A	1:05.15	ROSA, Beatriz Jong	CDN	Funchal	11/07/2015
Recorde Regional Juv B	1:07.65	ROSA, Beatriz Jong	CDN	Tomar	15/12/2013
Recorde Regional Inf A	1:09.65	ROSA, Beatriz Jong	CDN	Funchal	24/07/2013
Recorde Regional Inf B	1:11.10	LOPES, Joana Cristina	CNF	Funchal	18/07/1992

TAC Zonais Juv B: 1:12.70; Juv A: 1:11.34; Jun16: 1:09.49; Jun17: 1:07.35; 18: 1:07.01; 19 +: 1:05.28

Pontos: FINA 2020

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	SOUSA, Joana Francisca	04	130520	CD Sao Roque	1:09.76	+0,78	479	25,0(-)
	50m: 32.41 32.41			100m: 1:09.76 37.35				
2.	OLIVEIRA, Sara Fernandes	04	202386	Juventude Atlantico Clube	1:12.76	+0,82	422	23,0(-)
	50m: 33.74 33.74			100m: 1:12.76 39.02				
EXH	GOMES, Susana Clara	77	119272	Naval do Funchal	1:08.03	+0,67	517	-
	50m: 31.65 31.65			100m: 1:08.03 36.38				
EXH	OLIM, Carlota Freitas	93	10949	Naval do Funchal	1:08.47	+0,68	507	-
	50m: 31.40 31.40			100m: 1:08.47 37.07				
EXH	TEMBE, Ines Afonso	06	207504	CD Nacional	1:14.47	+0,82	394	-
	50m: 34.25 34.25			100m: 1:14.47 40.22				
EXH	BAPTISTA, Constanca Ornelas	06	206799	Naval do Funchal	1:20.84	+0,66	308	-
	50m: 37.58 37.58			100m: 1:20.84 43.26				
EXH	ALVES, Francisca Pereira	09	208898	Juventude Atlantico Clube	1:51.61	+0,79	117	-
	50m: 45.02 45.02			100m: 1:51.61 1:06.59				

Prova 8 Femin., 100m Bruços Absolutos
31/10/2020 - 10:33 Resultados

Recorde Regional Absoluto	1:10.92	QUINTAL, Fabiana Maria	CDN	Guarda	11/12/2010
Recorde Regional Sen	1:10.92	QUINTAL, Fabiana Maria	CDN	Guarda	11/12/2010
Recorde Regional Jun17	1:14.11	ABREU, Laura Catarina	CDWT	Funchal	09/12/2016
Recorde Regional Jun16	1:14.28	ABREU, Laura Catarina	CDN	Porto	12/12/2015
Recorde Regional Juv A	1:13.75	ABREU, Laura Catarina	CDN	Funchal	09/07/2015
Recorde Regional Juv B	1:13.68	ABREU, Laura Catarina	CDN	Tomar	15/12/2013
Recorde Regional Inf A	1:17.24	ABREU, Laura Catarina	CDN	Funchal	24/07/2013
Recorde Regional Inf B	1:21.89	RODRIGUES, Laura Sofia	JACL	Funchal	12/07/2019

TAC Zonais Juv B: 1:24.57; Juv A: 1:22.99; Jun16: 1:20.47; Jun17: 1:18.00; 18: 1:17.61; 19+: 1:15.41

Pontos: FINA 2020

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	RODRIGUES, Laura Sofia	07	148425	Juventude Atlantico Clube	1:17.72	+0,79	516	25,0(-)
	<i>Mínimos Torneio Zonal JUV. - Leiria</i>							
	50m:	36.53	36.53	100m:	1:17.72	41.19		
2.	SILVA, Silvana Suamade	06	131322	CD Sao Roque	1:29.72	+0,71	335	23,0(-)
	50m:	42.87	42.87	100m:	1:29.72	46.85		
DNS	JARDIM, Carlota Rodrigues	08	201588	CD Nacional				-
EXH	GONCALVES, Valentina Jose	07	153498	CD Nacional	1:21.36	+0,76	450	-
	<i>Mínimos Torneio Zonal JUV. - Leiria</i>							
	50m:	38.08	38.08	100m:	1:21.36	43.28		
EXH	FERNANDES, Ana Catarina	03	128612	Naval do Funchal	1:23.21	+0,64	420	-
	50m:	39.13	39.13	100m:	1:23.21	44.08		
EXH	FIGUEIRA, Madalena Leonor	07	206519	Naval do Funchal	1:25.66	+0,68	385	-
	50m:	40.23	40.23	100m:	1:25.66	45.43		
EXH	FREITAS, Maria Raquel	07	207116	Naval do Funchal	1:33.57	+0,65	296	-
	50m:	43.43	43.43	100m:	1:33.57	50.14		
EXH	GOMES, Madalena Sousa	05	200542	Naval do Funchal	1:33.97	+0,73	292	-
	50m:	44.06	44.06	100m:	1:33.97	49.91		
EXH	ROCHA, Vitoria Maria	08	201047	Juventude Atlantico Clube	1:39.88	+0,57	243	-
	50m:	47.99	47.99	100m:	1:39.88	51.89		
EXH	SOARES, Leonor Silva	08	200533	CD Nacional	1:40.17	+0,55	241	-
	50m:	47.40	47.40	100m:	1:40.17	52.77		
EXH	GONCALVES, Vera Andrade	09	204429	Juventude Atlantico Clube	1:44.33	+0,72	213	-
	50m:	48.92	48.92	100m:	1:44.33	55.41		
EXH	SOARES, Ines Silva	04	131827	CD Nacional	1:44.56	+0,80	212	-
	50m:	47.97	47.97	100m:	1:44.56	56.59		
EXH	NOBREGA, Maria Trindade	05	203465	CD Nacional	1:52.67	+0,77	169	-
	50m:	52.14	52.14	100m:	1:52.67	1:00.53		
EXH	SILVA, Mara Goncalves	09	209051	Juventude Atlantico Clube	2:04.49		125	-
	50m:	58.57	58.57	100m:	2:04.49	1:05.92		

Prova 9 Femin., 50m Livres Absolutos
31/10/2020 - 11:09 Resultados

Recorde Regional Absoluto	26.39	QUINTAL, Fabiana Maria	CDN	S. Antonio Cavaleiros	20/12/2009
Recorde Regional Sen	26.39	QUINTAL, Fabiana Maria	CDN	S. Antonio Cavaleiros	20/12/2009
Recorde Regional Jun17	27.71	OLIM, Carlota Freitas	CNF	Funchal	21/11/2009
Recorde Regional Jun16	27.57	AGUILAR, Vera Ines	CDN	Porto	12/12/2015
Recorde Regional Juv A	27.55	ABREU, Laura Catarina	CDN	Funchal	09/07/2015
Recorde Regional Juv B	28.33	AGUILAR, Vera Ines	CDN	Funchal	12/04/2014
Recorde Regional Inf A	28.43	AGUILAR, Vera Ines	CDN	Funchal	23/07/2013
Recorde Regional Inf B	29.30	NUNES, Jeanette Vilarejo	CNF	Funchal	23/05/1992

TAC Zonais Jun16: 28.50; Jun17: 28.30; 18: 28.16; 19+: 27.68

Pontos: FINA 2020

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	OLIVEIRA, Sara Fernandes	04	202386	Juventude Atlantico Clube	29.31	+0,73	478	25,0(-)
2.	JESUS, Filipa Mafalda	03	148582	CD Sao Roque	30.60	+0,75	420	23,0(-)
DSQ	NOBREGA, Maria Trindade <i>403 - Falsa partida - SW 4.4</i>	05	203465	CD Nacional				-
DNS	GOMES, Susana Clara	77	119272	Naval do Funchal				-
EXH	MARTINS, Francisca Soares <i>Mínimos Torneio Zonal JUN & SEN - Leiria</i>	03	126504	Selecao de Portugal	27.35	+0,63	589	-
EXH	OLIM, Carlota Freitas	93	10949	Naval do Funchal	28.54	+0,66	518	-
EXH	LECA, Natasha Maria	03	207831	CD Nacional	29.74	+0,66	458	-
EXH	NASCIMENTO, Sofia Alexandre	05	133484	Naval do Funchal	30.49	+0,65	425	-
EXH	FARIA, Laura Pereira	06	202151	Juventude Atlantico Clube	32.57	+0,75	348	-
EXH	SILVA, Gabriela Suamade	02	131327	CD Sao Roque	33.93	+0,68	308	-
EXH	SOARES, Ines Silva	04	131827	CD Nacional	35.56	+0,74	268	-
EXH	MARQUES, Bruna Francisca	08	212993	CD Sao Roque	39.10	+0,76	201	-
EXH	NOBREGA, Sara Francisca	08	209056	CD Sao Roque	41.31		171	-

Prova 10 Femin., 100m Costas Absolutos
31/10/2020 - 11:12 Resultados

Recorde Regional Absoluto	1:05.05	QUINTAL, Fabiana Maria	CDN	Funchal	12/07/2009
Recorde Regional Sen	1:05.05	QUINTAL, Fabiana Maria	CDN	Funchal	12/07/2009
Recorde Regional Jun17	1:06.59	ROSA, Beatriz Jong	CDWT	Funchal	11/12/2016
Recorde Regional Jun16	1:05.65	ROSA, Beatriz Jong	CDN	Funchal	05/03/2016
Recorde Regional Juv A	1:07.64	ROSA, Beatriz Jong	CDN	Funchal	09/05/2015
Recorde Regional Juv A	1:07.64	AGUILAR, Vera Ines	CDN	Funchal	11/07/2015
Recorde Regional Juv B	1:08.35	AGUILAR, Vera Ines	CDN	Funchal	10/04/2014
Recorde Regional Inf A	1:10.41	COSTA, Maria Jardim	CDN	Funchal	08/06/2019
Recorde Regional Inf B	1:13.20	LOPES, Joana Cristina	CNF	Funchal	15/02/1992

TAC Zonais Juv B: 1:15.93; Juv A: 1:13.80; Jun16: 1:10.08; Jun17: 1:08.45; 18: 1:08.11; 19 +: 1:06.45

Pontos: FINA 2020

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	RODRIGUES, Laura Sofia	07	148425	Juventude Atlantico Clube	1:12.47	+0,76	434	25,0(-)
	<i>Mínimos Torneio Zonal JUV. - Leiria</i>							
	50m: 35.33 35.33	100m: 1:12.47 37.14						
2.	LUIS, Jessica Santos	00	111887	CD Sao Roque	1:15.34	+0,79	386	23,0(-)
	50m: 35.76 35.76	100m: 1:15.34 39.58						
DNS	JARDIM, Teresa Vieira	05	201596	Naval do Funchal				-
EXH	FERREIRA, Maria Leonor	04	130410	CD Nacional	1:09.43	+0,62	494	-
	50m: 33.49 33.49	100m: 1:09.43 35.94						
EXH	DIAS, Julia Alves	06	133479	CD Nacional	1:12.57	+0,76	432	-
	<i>Mínimos Torneio Zonal JUV. - Leiria</i>							
	50m: 34.99 34.99	100m: 1:12.57 37.58						
EXH	JARDIM, Lara Filipa	06	200830	Naval do Funchal	1:12.62	+0,66	431	-
	<i>Mínimos Torneio Zonal JUV. - Leiria</i>							
	50m: 34.65 34.65	100m: 1:12.62 37.97						
EXH	CAMACHO, Laura Fernandes	04	147183	Naval do Funchal	1:13.50	+0,66	416	-
	50m: 35.60 35.60	100m: 1:13.50 37.90						
EXH	NETO, Leonor Rodrigues	07	201962	Naval do Funchal	1:15.06	+0,74	391	-
	<i>Mínimos Torneio Zonal JUV. - Leiria</i>							
	50m: 36.80 36.80	100m: 1:15.06 38.26						
EXH	GONCALVES, Maria Margarida	04	130411	Naval do Funchal	1:15.27	+0,64	387	-
	50m: 35.85 35.85	100m: 1:15.27 39.42						
EXH	CANADA, Maria Elvira	06	200544	CD Nacional	1:17.14	+0,93	360	-
	50m: 37.73 37.73	100m: 1:17.14 39.41						
EXH	MATEUS, Clarisse Vieira	07	202432	CD Nacional	1:23.51	+0,78	283	-
	50m: 41.24 41.24	100m: 1:23.51 42.27						
EXH	SOUSA, Ivana Valentina	06	206590	CD Nacional	1:26.23	+0,79	257	-
	50m: 42.04 42.04	100m: 1:26.23 44.19						
EXH	TEMTEM, Sara Maria	07	200815	CD Nacional	1:28.52	+0,88	238	-
	50m: 43.54 43.54	100m: 1:28.52 44.98						
EXH	BLANDY, Mischa Blue	04	207653	Juventude Atlantico Clube	1:45.60	+0,80	140	-
	50m: 50.53 50.53	100m: 1:45.60 55.07						
EXH	MENDES, Lidia Pinto	09	209050	Juventude Atlantico Clube	1:52.40	+0,86	116	-
	50m: 55.21 55.21	100m: 1:52.40 57.19						
EXH	ROMAO, Laura Beatriz	09	208849	Naval do Funchal	1:55.05	+0,85	108	-
	50m: 55.48 55.48	100m: 1:55.05 59.57						

Prova 11 Femin., 400m Livres Absolutos
31/10/2020 - 11:21 Resultados

Recorde Regional Absoluto	4:31.74	ANDRADE, Rubina Amaro	CDN	Braga	05/03/1994
Recorde Regional Sen	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 Jun16	4:31.80	ANDRADE, Rubina Amaro	CDN	Funchal	14/07/1995
Recorde Regional Juv A	4:31.74	ANDRADE, Rubina Amaro	CDN	Braga	05/03/1994
Recorde Regional Juv B	4:35.00	ANDRADE, Rubina Amaro	CDN	Funchal	29/05/1993
Recorde Regional Inf A	4:37.30	ANDRADE, Rubina Amaro	CDN	Funchal	17/07/1992
Recorde Regional Inf B	4:56.70	ANDRADE, Rubina Amaro	CDN	Funchal	04/05/1991

TAC Zonais Juv B: 5:05.93; Juv A: 4:57.35; Jun16: 4:45.52; Jun17: 4:38.56; 18: 4:37.18; 19+: 4:29.70

Pontos: FINA 2020

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	SOUSA, Joana Francisca	04	130520	CD Sao Roque	4:45.21	+0,73	551	25,0(-)
	50m: 31.58 31.58		150m: 1:42.21 35.93	250m: 2:55.60 36.93	350m: 4:09.08 36.82			
	100m: 1:06.28 34.70		200m: 2:18.67 36.46	300m: 3:32.26 36.66	400m: 4:45.21 36.13			
2.	CARICHAS, Joana Medeiros	06	200965	Juventude Atlantico Clube	5:31.86	+0,70	350	23,0(-)
	50m: 34.99 34.99		150m: 1:59.75 43.59	250m: 3:26.11 42.92	350m: 4:51.80 42.35			
	100m: 1:16.16 41.17		200m: 2:43.19 43.44	300m: 4:09.45 43.34	400m: 5:31.86 40.06			
DNS	GOUVEIA, Susana Isabel	04	207109	Juventude Atlantico Clube				-
EXH	REBELO, Camila Rodrigues	03	122274	Selecao de Portugal	4:24.84	+0,72	689	-
	<i>Mínimos Torneio Zonal JUN & SEN - Leiria</i>							
	50m: 30.65 30.65		150m: 1:37.19 33.51	250m: 2:44.89 33.71	350m: 3:52.12 33.45			
	100m: 1:03.68 33.03		200m: 2:11.18 33.99	300m: 3:18.67 33.78	400m: 4:24.84 32.72			
EXH	REBELO, Maria Carlota	03	119714	Selecao de Portugal	4:30.61	+0,67	645	-
	<i>Mínimos Torneio Zonal JUN & SEN - Leiria</i>							
	50m: 31.01 31.01		150m: 1:38.11 33.84	250m: 2:47.12 34.62	350m: 3:56.93 34.96			
	100m: 1:04.27 33.26		200m: 2:12.50 34.39	300m: 3:21.97 34.85	400m: 4:30.61 33.68			
EXH	COSTA, Maria Jardim	06	205248	CD Nacional	4:47.36	+0,75	539	-
	<i>Mínimos Torneio Zonal JUV. - Leiria</i>							
	50m: 32.18 32.18		150m: 1:43.53 35.88	250m: 2:57.16 37.22	350m: 4:11.71 37.30			
	100m: 1:07.65 35.47		200m: 2:19.94 36.41	300m: 3:34.41 37.25	400m: 4:47.36 35.65			
EXH	MARGARIDO, Ines Tomas	96	107422	Naval do Funchal	4:50.89	+0,72	520	-
	50m: 31.81 31.81		150m: 1:43.18 36.25	250m: 2:57.54 37.35	350m: 4:13.23 37.79			
	100m: 1:06.93 35.12		200m: 2:20.19 37.01	300m: 3:35.44 37.90	400m: 4:50.89 37.66			
EXH	FERRO, Maria Leonor	06	132696	Naval do Funchal	5:00.29	+0,72	472	-
	50m: 34.29 34.29		150m: 1:50.16 38.26	250m: 3:08.03 38.80	350m: 4:24.16 37.28			
	100m: 1:11.90 37.61		200m: 2:29.23 39.07	300m: 3:46.88 38.85	400m: 5:00.29 36.13			
EXH	FREITAS, Margarida Ramos	06	131345	CD Nacional	5:04.55	+0,79	453	-
	50m: 33.28 33.28		150m: 1:50.10 39.14	250m: 3:09.22 39.64	350m: 4:26.97 38.56			
	100m: 1:10.96 37.68		200m: 2:29.58 39.48	300m: 3:48.41 39.19	400m: 5:04.55 37.58			
EXH	ARAUJO, Maria Clara	05	133482	Naval do Funchal	5:05.12	+0,70	450	-
	50m: 32.80 32.80		150m: 1:49.93 39.55	250m: 3:08.71 39.27	350m: 4:27.29 38.70			
	100m: 1:10.38 37.58		200m: 2:29.44 39.51	300m: 3:48.59 39.88	400m: 5:05.12 37.83			
EXH	CAMARA, Ines Cruz	07	131346	CD Nacional	5:09.80	+0,86	430	-
	50m: 34.13 34.13		150m: 1:50.95 39.18	250m: 3:11.17 40.32	350m: 4:31.33 39.81			
	100m: 1:11.77 37.64		200m: 2:30.85 39.90	300m: 3:51.52 40.35	400m: 5:09.80 38.47			
EXH	SEQUEIRA, Beatriz Meneses	06	132695	Naval do Funchal	5:12.42	+0,65	419	-
	50m: 34.79 34.79		150m: 1:52.48 39.44	250m: 3:10.78 39.36	350m: 4:31.78 41.18			
	100m: 1:13.04 38.25		200m: 2:31.42 38.94	300m: 3:50.60 39.82	400m: 5:12.42 40.64			
EXH	FREITAS, Beatriz Rodrigues	06	200543	Naval do Funchal	5:15.71	+0,55	406	-
	50m: 34.51 34.51		150m: 1:51.45 39.02	250m: 3:11.71 40.14	350m: 4:34.95 41.96			
	100m: 1:12.43 37.92		200m: 2:31.57 40.12	300m: 3:52.99 41.28	400m: 5:15.71 40.76			
EXH	GONCALVES, Valentina Jose	07	153498	CD Nacional	5:19.32	+0,77	393	-
	50m: 34.95 34.95		150m: 1:53.62 39.97	250m: 3:16.96 42.21	350m: 4:40.04 41.23			
	100m: 1:13.65 38.70		200m: 2:34.75 41.13	300m: 3:58.81 41.85	400m: 5:19.32 39.28			
EXH	ANDRADE, Matilde Sousa	08	205152	Naval do Funchal	5:30.90	+0,69	353	-
	50m: 37.02 37.02		150m: 2:00.14 42.32	250m: 3:25.24 42.28	350m: 4:50.41 42.53			
	100m: 1:17.82 40.80		200m: 2:42.96 42.82	300m: 4:07.88 42.64	400m: 5:30.90 40.49			

Prova 11, Femin., 400m Livres

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
EXH	GOMES, Sofia Vega	08	206798	Naval do Funchal	6:00.02	+0,70	274	-
	50m: 38.35 38.35		150m: 2:08.62 45.94	250m: 3:39.05 45.27		350m: 5:11.85 44.88		
	100m: 1:22.68 44.33		200m: 2:53.78 45.16	300m: 4:26.97 47.92		400m: 6:00.02 48.17		
EXH	MELIM, Sara Beatriz	09	206793	CD Nacional	6:05.00	+0,58	263	-
	50m: 41.36 41.36		150m: 2:13.79 46.77	250m: 3:47.31 46.76		350m: 5:20.82 46.62		
	100m: 1:27.02 45.66		200m: 3:00.55 46.76	300m: 4:34.20 46.89		400m: 6:05.00 44.18		
EXH	BAPTISTA, Ines Sande	08	201589	CD Nacional	6:10.38		251	-
	50m: 40.61 40.61		150m: 2:15.76 48.39	250m: 3:51.48 48.85		350m: 5:27.94 47.77		
	100m: 1:27.37 46.76		200m: 3:02.63 46.87	300m: 4:40.17 48.69		400m: 6:10.38 42.44		
EXH	MATEUS, Eleine Vieira	09	206350	CD Nacional	6:17.35	+0,56	238	-
	50m: 42.64 42.64		150m: 2:19.16 48.46	250m: 3:56.27 49.60		350m: 5:32.20 48.43		
	100m: 1:30.70 48.06		200m: 3:06.67 47.51	300m: 4:43.77 47.50		400m: 6:17.35 45.15		
EXH	MARGARIDO, Paula Aguiar	09	204386	Juventude Atlantico Clube	6:30.72	+0,66	214	-
	50m: 43.51 43.51		150m: 2:21.71 50.24	250m: 4:01.55 49.94		350m: 5:42.29 50.42		
	100m: 1:31.47 47.96		200m: 3:11.61 49.90	300m: 4:51.87 50.32		400m: 6:30.72 48.43		
EXH	SILVA, Maria Korina	09	206766	CD Nacional	6:52.06	+0,74	182	-
	50m: 45.99 45.99		150m: 2:30.71 51.86	250m: 4:14.97 51.43		350m: 6:01.49 53.65		
	100m: 1:38.85 52.86		200m: 3:23.54 52.83	300m: 5:07.84 52.87		400m: 6:52.06 50.57		
EXH	TEMTEM, Madalena Barbosa	09	203454	CD Nacional	6:58.07	+0,79	175	-
	50m: 47.14 47.14		150m: 2:36.22 54.17	250m: 4:23.86 54.03		350m: 6:06.61 50.07		
	100m: 1:42.05 54.91		200m: 3:29.83 53.61	300m: 5:16.54 52.68		400m: 6:58.07 51.46		