

Prova 12 Femin., 400m Livres Absoluto
Startlist
04/12/2021 - 9:15

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 Inf B: 6:03.32; Inf A: 5:41.89; Juv B: 5:05.93; Juv A: 4:57.35 / TAC Nacional - PL (Março) Juv B: 4:54.81; Juv A: 4:43.53;
Jun16: 4:34.44; Jun17: 4:31.36; Sen: 4:26.04 / TAC Nacional Inf B: 5:55.32; Inf A: 5:33.89; Juv B: 4:54.81; Juv A: 4:45.52;
Jun16: 4:38.56; Jun17: 4:37.18; Sen18: 4:31.05; 19+: 4:29.70

Ano

Série 1 de 2, 9:15

3 SANTOS, Alexandra Mendes	09	AD Machico	7:40.00
4 FREITAS, Filipa Carolina	09	AD Machico	7:29.00
5 NOBREGA, Madalena Chulata	10	AD Machico	7:39.00
6 CARVALHO, Beatriz Xavier	09	AD Machico	7:44.00

Série 2 de 2, 9:23

1 NOBREGA, Sara Francisca	08	CD Sao Roque	6:00.93
2 ALVES, Juliana Rodrigues	08	CD Nacional	5:24.08
3 PEREIRA, Joana Marques	06	Juventude AC	5:14.90
4 SILVA, Silvana Suamade	06	CD Sao Roque	4:59.26
5 GONCALVES, Vera Andrade	09	Juventude AC	5:14.70
6 CARICHAS, Joana Medeiros	06	Juventude AC	5:20.10
7 PEREIRA, Maria Clara	08	Juventude AC	5:40.65
8 MARQUES, Bruna Francisca	08	CD Sao Roque	6:53.42