



Prova 14	Femin., 400m Livres				Absoluto
09/07/2022 - 9:15	Mónica Freitas				Startlist
Recordes Regionais Absoluto	4:31.74	ANDRADE, Rubina Amaro	CDN	Braga	05/03/1994
Recordes Regionais Sen	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 Jun16	4:31.80	ANDRADE, Rubina Amaro	CDN	Funchal	14/07/1995
Recordes Regionais Juv A	4:31.74	ANDRADE, Rubina Amaro	CDN	Braga	05/03/1994
Recordes Regionais Juv B	4:35.00	ANDRADE, Rubina Amaro	CDN	Funchal	29/05/1993
Recordes Regionais Inf A	4:37.30	ANDRADE, Rubina Amaro	CDN	Funchal	17/07/1992
Recordes Regionais Inf B	4:56.70	ANDRADE, Rubina Amaro	CDN	Funchal	04/05/1991
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			
<u>Série 1 de 1</u>			
2 SOUSA, Susana Conceicao	10	Desportivo Nacional	8:00.00
3 ROSA, Clara Sofia	10	Desportivo Nacional	6:28.30
4 DIAS, Monica Fernandes	06	CD São Roque	5:23.01
5 MARGARIDO, Paula Aguiar	09	Juventude AC	5:29.66
6 BLANDY, Mischa Blue	04	Desportivo Nacional	7:03.65