



Prova 4	Femin., 400m Estilos				Absoluto
08/07/2022 - 19:35	Mónica Freitas				Startlist
Recordes Regionais Absoluto	5:00.24	QUINTAL, Fabiana Maria	CDN	Funchal	19/02/2009
Recordes Regionais Sen	5:00.24	QUINTAL, Fabiana Maria	CDN	Funchal	19/02/2009
Recordes Regionais Jun17	5:19.30	FERREIRA, Maria Leonor	CDN	Funchal	11/07/2021
Recordes Regionais Jun16	5:14.13	FERNANDES, Isabel Catarina	CNF	Funchal	17/06/2006
Recordes Regionais Juv A	5:20.04	FERREIRA, Maria Leonor	CDN	Funchal	13/07/2019
Recordes Regionais Juv B	5:19.42	CAMARA, Ines Cruz	CDN	Funchal	11/07/2021
Recordes Regionais Inf A	5:18.10	CAIRES, Joana Costa	CNF	Sines	11/03/2011
Recordes Regionais Inf B	5:36.11	FERNANDES, Catarina Isabel	CNF	Funchal	05/07/2002
TAC Nacional Juv B: 5:31.04; Juv A: 5:23.44; Jun16: 5:17.82; Jun17: 5:16.24; Sen18: 5:07.90; 19 +: 5:06.36					

Ano

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2 MARGARIDO, Paula Aguiar	09	Juventude AC	6:16.14
3 ALVES, Juliana Rodrigues	08	Desportivo Nacional	5:51.84
4 SILVA, Silvana Suamade	06	CD São Roque	5:24.18
5 PEREIRA, Julia Freitas	08	Naval do Funchal	5:33.24
6 RIBEIRO, Guida Drumond	10	Naval do Funchal	6:03.84