

Prova 15	Femin., 400m Livres				Absoluto
13/11/2021 - 9:20					Startlist
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 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 Zonais Inf B: 6:03.32; Inf A: 5:41.89; Juv B: 5:05.93; Juv A: 4:57.35 / 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

S rie 1 de 3

2 MARGARIDO, Ines Tomas	96	Naval do Funchal	NT
3 ROMAO, Laura Beatriz	09	Naval do Funchal	7:45.00
4 LEITAO, Isabel Gouveia	10	Naval do Funchal	7:30.00
5 RIBEIRO, Guida Drumond	10	Naval do Funchal	7:30.00
6 MEDEIROS, Constanca Sousa	10	Naval do Funchal	8:00.00

S rie 2 de 3

0 TEIXEIRA, Maria Leonor	10	Naval do Funchal	7:00.00
1 SA, Vanessa Fernandes	09	Naval do Funchal	6:12.43
2 MATEUS, Eleine Vieira	09	CD Nacional	5:58.02
3 MELIM, Sara Beatriz	09	CD Nacional	5:47.98
4 MARGARIDO, Paula Aguiar	09	Juventude AC	5:44.78
5 PEREIRA, Joana Marques	06	Juventude AC	5:45.00
6 SOARES, Leonor Silva	08	CD Nacional	5:49.46
7 NOBREGA, Sara Francisca	08	CD Sao Roque	6:08.82
8 FREITAS, Francisca Leonor	09	Naval do Funchal	6:19.63
9 BRITO, Madalena Pinto	10	Naval do Funchal	7:30.00

S rie 3 de 3

0 FRANCA, Ines Matos	07	Juventude AC	5:33.24
1 SILVA, Silvana Suamade	06	CD Sao Roque	4:59.26
2 FREITAS, Margarida Ramos	06	CD Nacional	4:57.42
3 FERRO, Maria Leonor	06	Naval do Funchal	4:53.96
4 SOUSA, Joana Francisca	04	Naval do Funchal	4:42.00
5 ARAUJO, Maria Clara	05	Naval do Funchal	4:44.77
6 LUIS, Jessica Santos	00	CD Sao Roque	4:57.13
7 FREITAS, Beatriz Rodrigues	06	Naval do Funchal	4:59.02
8 GONCALVES, Valentina Jose	07	CD Nacional	4:59.65
9 PEREIRA, Maria Clara	08	Juventude AC	5:40.00