

Prova 4	Femin., 400m Estilos				Absolutos
01/07/2022 - 9:42	Absoluto (Juvenis, Juniores e Seniores)				Startlist
Recorde Regional Absoluto	5:07.00	QUINTAL, Fabiana Maria	CDN	Coimbra	31/05/2009
Recorde Regional Sen	5:07.00	QUINTAL, Fabiana Maria	CDN	Coimbra	31/05/2009
Recorde Regional Jun17	5:30.47	ROSA, Beatriz Jong	CDWT	Funchal	18/03/2017
Recorde Regional Jun16	5:25.48	CERDAS, Sara Rodrigues	CNF	Funchal	07/07/2005
Recorde Regional Juv A	5:28.09	FERREIRA, Maria Leonor	CDN	Coimbra	06/04/2019
Recorde Regional Juv B	5:24.54	SOUSA, Susana Margarida	CFU	Olivais	08/08/1991

TAC Nacional Juv B: 5:48.18; Juv A: 5:40.83; Jun16: 5:29.02; Jun17: 5:27.38; Sen18: 5:18.16; 19 +: 5:16.57

Ano

Série 1 de 1, 9:42

2 CARICHAS, Joana Medeiros	06	Juventude Atlantico Clube	7:08.49
3 TIAGO, Andreia Borges	08	Bombeiros de Ponta Delgada	6:03.08
4 CAMARA, Ines Cruz	07	Desportivo Nacional	5:30.09
5 SILVA, Silvana Suamade	06	CD São Roque	5:35.00
6 ALVES, Juliana Rodrigues	08	Desportivo Nacional	6:32.54