

Prova 11	Femin., 400m Livres				Absoluto
04/03/2023 - 9:39					Startlist
Recorde Regional Absoluto	4:35.73	ANDRADE, Rubina Amaro	CDN	Greve (DEN)	23/01/1994
Recorde Regional Sen	4:41.19	ANDRADE, Rubina Amaro	CDN	Restelo	21/12/1996
Recorde Regional Jun17	4:38.89	ANDRADE, Rubina Amaro	CDN	Famalicao	02/08/1996
Recorde Regional Jun16	4:38.61	ANDRADE, Rubina Amaro	CDN		04/08/1995
Recorde Regional Juv A	4:35.73	ANDRADE, Rubina Amaro	CDN	Greve (DEN)	23/01/1994
Recorde Regional Juv B	4:40.61	ANDRADE, Rubina Amaro	CDN		01/01/1993
Recorde Regional Inf A	4:49.56	ANDRADE, Rubina Amaro	CDN	Matur	21/07/1992
Recorde Regional Inf B	5:04.39	LOPES, Joana Cristina	CNF	Olivais	22/06/1992

ZONAL Inf. B Fem. Inf B: 6:07.80 / ZONAL Inf. A Fem. Inf A: 5:48.23 / Infantil B Fem. Inf B: 5:52.16 /
 Infantil A Fem. Inf A: 5:32.78 / Juv. B Fem. Juv B: 5:02.08 / Juv. A Fem. Juv A: 4:55.08 / J nior 1  Ano Fem. Jun16: 4:48.09 /
 J nior 2  Ano Fem. Jun17: 4:46.69 / S nior 1.  Fem. Sen18: 4:41.10 / S nior 2.  Fem. 19+: 4:39.70 /
 OPEN Juvenis Fem. Juv: 4:59.28 / OPEN J nior Fem. Jun: 4:46.69 / OPEN S nior Fem. Sen: 4:39.70

Ano

S rie 1 de 2

2 CARVALHO, Laura Jardim	09	Juventude Atlantico	8:25.00
3 BAPTISTA, Valentina Hermida	11	Juventude Atlantico	7:25.70
4 VIEIRA, Matilde Sofia	11	Desportivo Nacional	6:40.35
5 BLANDY, Mischa Blue	04	Desportivo Nacional	6:50.10
6 FREITAS, Sara Margarida	11	Juventude Atlantico	7:36.14

S rie 2 de 2

0 ROSA, Clara Sofia	10	Desportivo Nacional	6:15.58
1 LEITAO, Isabel Gouveia	10	Naval do Funchal	5:40.21
2 TEIXEIRA, Maria Leonor	10	Naval do Funchal	5:32.10
3 MARGARIDO, Paula Aguiar	09	Juventude Atlantico	5:10.85
4 GOMES, Sofia Vega	08	Naval do Funchal	5:06.33
5 PEREIRA, Eduarda Ribeiro	09	Naval do Funchal	5:08.56
6 MELIM, Sara Beatriz	09	Desportivo Nacional	5:12.49
7 NOBREGA, Sara Francisca	08	Desportivo Sao Roque	5:32.16
8 SARGO, Leonor Lourenco	11	Desportivo Sao Roque	6:10.43
9 FERREIRA, Natacha Camacho	09	Juventude Atlantico	6:40.00