

Prova 16 Femin., 400m Estilos Absolutos
05/07/2025 - 9:52 Resultados

Recorde Regional Open	5:00.24	QUINTAL, Fabiana Maria	CDN	Funchal	19/02/2009
Recorde Regional Sen	5:00.24	QUINTAL, Fabiana Maria	CDN	Funchal	19/02/2009
Recorde Regional Jun18	5:08.44	RODRIGUES, Laura Sofia	JACL	S. Antonio Cavaleiros	01/12/2024
Recorde Regional Jun17	5:13.39	RODRIGUES, Laura Sofia	JACL	Funchal	04/05/2024
Recorde Regional Jun16	5:13.99	CAMARA, Ines Cruz	CDN	Funchal	08/07/2023
Recorde Regional Juv A	5:17.32	GONCALVES, Vera Andrade	JACL	Funchal	04/05/2024
Recorde Regional Juv B	5:19.42	CAMARA, Ines Cruz	CDN	Funchal	11/07/2021
Recorde Regional Inf A	5:18.10	CAIRES, Joana Costa	CNF	Sines	11/03/2011
Recorde Regional Inf B	5:36.11	FERNANDES, Catarina Isabel	CNF	Funchal	05/07/2002

Juv. B Fem. Juv B: 5:35.03 / Juv. A Fem. Juv A: 5:28.22 / J nior 1.  Ano Fem. Jun16: 5:21.40 / J nior 2.  e 3.  Ano Fem. 17 - 18: 5:15.55 / S nior 1.  Fem. Sen19: 5:11.17 / S nior 2.  Fem. 20 +: 5:06.79

Pontos: AQUA 2024

Lugar	Ano	Tempo final	Pts
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Juniores - 16 a 18 anos

1.	MARGARIDO, Paula Aguiar	09	Juventude Atlantico		5:34.60	463
	50m: 35.55 35.55	150m: 1:57.90	39.65 250m: 3:27.56	49.27	350m: 4:56.52	38.66
	100m: 1:18.25 42.70	200m: 2:38.29	40.39 300m: 4:17.86	50.30	400m: 5:34.60	38.08

Absolutos - 12 anos e mais velhas

1.	MARGARIDO, Paula Aguiar	09	Juventude Atlantico		5:34.60	463
	50m: 35.55 35.55	150m: 1:57.90	39.65 250m: 3:27.56	49.27	350m: 4:56.52	38.66
	100m: 1:18.25 42.70	200m: 2:38.29	40.39 300m: 4:17.86	50.30	400m: 5:34.60	38.08