

Prova 32 Femin., 400m Estilos Absolutos
23/03/2025 - 9:15 Resultados

Recorde Regional Open	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 Jun18	5:28.50	CERDAS, Sara Rodrigues	CDN	Funchal	09/03/2007
Recorde Regional Jun17	5:20.03	RODRIGUES, Laura Sofia	JACL	Oeiras	12/07/2024
Recorde Regional Jun16	5:19.07	CAMARA, Ines Cruz	CDN	Coimbra	28/07/2023
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
Recorde Regional Inf A	5:33.79	CORREIA, Marta Corte	CNF	Famalicao	25/07/1997
Recorde Regional Inf B	5:48.91	FERREIRA, Maria Leonor	CDN	Funchal	02/07/2016

Juv. B Fem. Juv B: 5:46.00 / Juv. A Fem. Juv A: 5:38.50 / J nior 1.  Ano Fem. Jun16: 5:31.00 / J nior 2.  e 3.  Ano Fem. 17 - 18: 5:27.50 / S nior 1.  Fem. Sen19: 5:22.00 / S nior 2.  Fem. 20 +: 5:20.00

Pontos: AQUA 2025

Lugar Ano Tempo final Pts

Infantil A - 13 anos

1. GOUVEIA, Sofia Isabel	12	Juventude Atlantico	8:01.46	165
50m: 55.40 55.40	150m: 2:57.36 57.70	250m: 5:11.16 1:13.81	350m: 7:15.16 49.55	
100m: 1:59.66 1:04.26	200m: 3:57.35 59.99	300m: 6:25.61 1:14.45	400m: 8:01.46 46.30	

Juvenil A - 15 anos

1. ROSA, Clara Sofia	10	Desportivo Nacional	5:47.56	440
50m: 36.01 36.01	150m: 2:03.75 45.26	250m: 3:37.18 49.85	350m: 5:08.86 40.55	
100m: 1:18.49 42.48	200m: 2:47.33 43.58	300m: 4:28.31 51.13	400m: 5:47.56 38.70	

2. ALIKBEROVA, Emiliia	10	Juventude Atlantico	6:40.05	288
50m: 40.70 40.70	150m: 2:24.91 50.73	250m: 4:12.66 58.48	350m: 5:57.20 46.49	
100m: 1:34.18 53.48	200m: 3:14.18 49.27	300m: 5:10.71 58.05	400m: 6:40.05 42.85	

Absolutos - 14 anos e mais velhos

1. ROSA, Clara Sofia	10	Desportivo Nacional	5:47.56	440
50m: 36.01 36.01	150m: 2:03.75 45.26	250m: 3:37.18 49.85	350m: 5:08.86 40.55	
100m: 1:18.49 42.48	200m: 2:47.33 43.58	300m: 4:28.31 51.13	400m: 5:47.56 38.70	

2. ALIKBEROVA, Emiliia	10	Juventude Atlantico	6:40.05	288
50m: 40.70 40.70	150m: 2:24.91 50.73	250m: 4:12.66 58.48	350m: 5:57.20 46.49	
100m: 1:34.18 53.48	200m: 3:14.18 49.27	300m: 5:10.71 58.05	400m: 6:40.05 42.85	