

Prova 12 Femin., 400m Livres Absolutos  
Startlist  
22/03/2025 - 9:40

Recorde Regional Open	4:35.73	ANDRADE, Rubina Amaro	CDN	Greve (DEN)	23/01/1994
Recorde Regional Sen	4:45.80	MARGARIDO, Ines Tomas	CNF	Oeiras	23/07/2016
Recorde Regional Jun18	4:36.93	MELIM, Claudia Ramos	CDN	Oeiras	11/05/2002
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

Infantil B Fem. Inf B: 5:25.80 / Infantil A Fem. Inf A: 5:14.58 / Juv. B Fem. Juv B: 5:00.00 / Juv. A Fem. Juv A: 4:54.00 /  
J nior 1.  Ano Fem. Jun16: 4:47.00 / J nior 2.  e 3.  Ano Fem. 17 - 18: 4:44.50 / S nior 1.  Fem. Sen19: 4:39.00 /  
S nior 2.  Fem. 20 +: 4:37.25

Pista	Nome	Ano	Clube	Tempo de Inscri�o
<b>S�rie 1 de 1</b>				
1	TEIXEIRA, Maria Castro	13	Naval do Funchal	6:06.10
2	SILVA, Matilde Fernandes	11	Desportivo Nacional	5:59.70
3	PLANCHETTE, Gaella Sylvie	79	Iate Clube SC	5:14.59
4	JESUS, Vera Franca	11	Naval do Funchal	4:52.14
5	RODRIGUES, Laura Sofia	07	Juventude Atlantico	4:56.14
6	FERREIRA, Ana Pereira	10	Juventude Atlantico	5:33.22
7	SILVA, Ana Matilde	11	Desportivo Nacional	6:04.60