

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

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

Pista	Nome	Ano	Clube	Tempo de Inscri�o
S�rie 1 de 1				
3	ALIKBEROVA, Emiliia	10	Juventude Atlantico	7:10.00
4	RODRIGUES, Laura Sofia	07	Juventude Atlantico	5:20.03
5	ROSA, Clara Sofia	10	Desportivo Nacional	5:47.17
6	GOUVEIA, Sofia Isabel	12	Juventude Atlantico	8:00.00