

Prova 13	Femin., 400m Estilos				Absolutos
27/06/2026 - 9:47	JUNTO COM A PROVA N.º 12 - 400EST MASC.				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 Juv A	5:19.07	CAMARA, Ines Cruz	CDN	Coimbra	28/07/2023
Recorde Regional Juv B	5:28.09	FERREIRA, Maria Leonor	CDN	Coimbra	06/04/2019
Recorde Regional Inf A	5:24.54	SOUSA, Susana Margarida	CFU	Olivais	08/08/1991
Recorde Regional Inf B	5:33.79	CORREIA, Marta Corte	CNF	Famalicão	25/07/1997

TAC Nacional Inf B: 6:13.67; Inf A: 6:04.41; Jun17: 5:27.35; Jun18: 5:21.17 / TAC Nacional Julho Juv B: 5:45.88; Juv A: 5:33.53 / TAC Nacional Sen. Sen: 5:15.00

Pontos: AQUA 2025

Lugar	Ano										Tempo final	Pts
Infantil B - 13 anos												
1.	DAMASCENO, Lara Gil				13	Água de Pau				6:25.04	323	
	50m:	41.50	41.50	150m:	2:22.99	51.96	250m:	4:03.77	50.05	350m:	5:40.11	43.88
	100m:	1:31.03	49.53	200m:	3:13.72	50.73	300m:	4:56.23	52.46	400m:	6:25.04	44.93

Juvenis - 15 e 16 anos

1. ARROJADO, Maria Abreu	11	Seleção dos Açores			5:48.16	437
50m: 33.92 33.92	150m: 2:00.99	45.05	250m: 3:35.76	48.91	350m: 5:07.07	39.50
100m: 1:15.94 42.02	200m: 2:46.85	45.86	300m: 4:27.57	51.81	400m: 5:48.16	41.09