Prova 23 — Femin., 400m Livres — Absolutos
24/10/2026 - 17:50 — Resultados

Recorde Regional Open	4:31.74	ANDRADE Rubina Amaro	CDN	Braga	05/03/1994
Recorde Regional Sen	4:35.73	MARGARIDO Ines Tomas	CNF	Funchal	09/07/2016
Recorde Regional Jun18	4:35.08	MELIM Claudia Ramos	CDN	Funchal	06/07/2002
Recorde Regional Jun17	4:32.13	ANDRADE Rubina Amaro	CDN	Felgueiras	13/07/1996
Recorde Regional Juv A	4:31.80	ANDRADE Rubina Amaro	CDN	Funchal	14/07/1995
Recorde Regional Juv B	4:31.74	ANDRADE Rubina Amaro	CDN	Braga	05/03/1994
Recorde Regional Inf A	4:35.00	ANDRADE Rubina Amaro	CDN	Funchal	29/05/1993
Recorde Regional Inf B	4:37.30	ANDRADE Rubina Amaro	CDN	Funchal	17/07/1992

TAC Zonal Inf B: 5:29.92; Inf A: 5:16.83; Juv B: 5:04.50; Juv A: 4:53.82 / TAC Nacional Inf B: 5:20.02; Inf A: 5:07.33; Jun17: 4:36.72; Jun18: 4:31.50; Sub21: 4:28.89 / TAC Nacional Março Juv B: 5:01.49; Juv A: 4:50.91 / TAC Nacional Julho Juv B: 4:55.58; Juv A: 4:45.20 / TAC Nacional Sen. Sen: 4:26.28 / TAC Nacional Abs. Sen: 4:19.58

Pontos: AQUA 2026 — resultados provisórios

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
DNS	SA Lara Matilde	13	219307	Desportivo Nacional				-
EXH	GONCALVES Vera Andrade	09	204429	Juventude Atlantico	**4:38.11**	+0,67	567	-
	50m: 31.14 31.14 150m: 1:41.45 35.40 250m: 2:53.43 36.17 350m: 4:05.53 35.84							
	100m: 1:06.05 34.91 200m: 2:17.26 35.81 300m: 3:29.69 36.26 400m: 4:38.11 32.58							
EXH	MARGARIDO Paula Aguiar	09	204386	Juventude Atlantico	**4:52.32**	+0,75	488	-
	50m: 31.59 31.59 150m: 1:42.96 36.34 250m: 2:58.14 37.95 350m: 4:15.56 38.75							
	100m: 1:06.62 35.03 200m: 2:20.19 37.23 300m: 3:36.81 38.67 400m: 4:52.32 36.76							
EXH	FERREIRA Ana Pereira	10	215312	Juventude Atlantico	**4:52.82**	+0,67	486	-
	50m: 33.40 33.40 150m: 1:48.12 37.23 250m: 3:04.00 38.30 350m: 4:18.51 36.68							
	100m: 1:10.89 37.49 200m: 2:25.70 37.58 300m: 3:41.83 37.83 400m: 4:52.82 34.31							
EXH	ANDRADE Nuria Gouveia	13	219306	Desportivo Nacional	**5:01.81**	+0,70	444	-
	TAC ZONAL: Sines, 26 a 18 Fevereiro 2027, TAC NACIONAL: R. Monsaraz, 23 a 25 Julho 2027							
	50m: 34.24 34.24 150m: 1:49.95 38.70 250m: 3:07.97 39.20 350m: 4:25.85 39.06							
	100m: 1:11.25 37.01 200m: 2:28.77 38.82 300m: 3:46.79 38.82 400m: 5:01.81 35.96							
EXH	ANICETO Leonor Telo	13	217739	Naval do Funchal	**5:03.51**	+0,66	436	-
	TAC ZONAL: Sines, 26 a 18 Fevereiro 2027, TAC NACIONAL: R. Monsaraz, 23 a 25 Julho 2027							
	50m: 33.19 33.19 150m: 1:51.05 39.71 250m: 3:09.35 39.41 350m: 4:26.95 38.35							
	100m: 1:11.34 38.15 200m: 2:29.94 38.89 300m: 3:48.60 39.25 400m: 5:03.51 36.56							
EXH	ROSA Clara Sofia	10	210050	Desportivo Nacional	**5:04.84**	+0,76	430	-
	50m: 34.12 34.12 150m: 1:50.70 38.89 250m: 3:08.90 39.09 350m: 4:27.48 39.37							
	100m: 1:11.81 37.69 200m: 2:29.81 39.11 300m: 3:48.11 39.21 400m: 5:04.84 37.36							
EXH	LUIZ Margarida Maria	08	211814	Desportivo Nacional	**5:05.67**	+0,73	427	-
	50m: 34.33 34.33 150m: 1:50.56 38.63 250m: 3:08.57 39.16 350m: 4:26.68 39.26							
	100m: 1:11.93 37.60 200m: 2:29.41 38.85 300m: 3:47.42 38.85 400m: 5:05.67 38.99							
EXH	MACHADO Sarah Camila	12	219983	Naval do Funchal	**5:10.85**	+0,56	406	-
	50m: 34.37 34.37 150m: 1:52.24 39.26 250m: 3:11.25 39.53 350m: 4:30.95 39.58							
	100m: 1:12.98 38.61 200m: 2:31.72 39.48 300m: 3:51.37 40.12 400m: 5:10.85 39.90							
EXH	OJKIC Vera Jose	12	215311	Naval do Funchal	**5:11.61**	+0,68	403	-
	50m: 34.53 34.53 150m: 1:53.72 40.00 250m: 3:14.46 40.49 350m: 4:34.73 39.92							
	100m: 1:13.72 39.19 200m: 2:33.97 40.25 300m: 3:54.81 40.35 400m: 5:11.61 36.88							
EXH	JARDIM Maria Velosa	12	215950	Naval do Funchal	**5:18.88**	+0,73	376	-
	50m: 35.42 35.42 150m: 1:54.78 40.01 250m: 3:15.63 40.68 350m: 4:37.91 41.38							
	100m: 1:14.77 39.35 200m: 2:34.95 40.17 300m: 3:56.53 40.90 400m: 5:18.88 40.97							
EXH	FREITAS Maria Silva	12	217743	Naval do Funchal	**5:25.24**	+0,71	354	-
	50m: 36.25 36.25 150m: 1:58.74 42.05 250m: 3:22.68 42.45 350m: 4:46.61 41.89							
	100m: 1:16.69 40.44 200m: 2:40.23 41.49 300m: 4:04.72 42.04 400m: 5:25.24 38.63							
EXH	TEMTEM Maria Clara	13	213379	Desportivo Nacional	**5:25.41**	+0,67	354	-
	50m: 36.24 36.24 150m: 1:56.42 40.87 250m: 3:19.89 41.84 350m: 4:44.13 41.76							
	100m: 1:15.55 39.31 200m: 2:38.05 41.63 300m: 4:02.37 42.48 400m: 5:25.41 41.28							
EXH	TEIXEIRA Maria Castro	13	217742	Naval do Funchal	**5:30.91**	+0,84	336	-
	50m: 38.88 38.88 150m: 2:03.25 42.85 250m: 3:28.57 42.99 350m: 4:52.09 40.92							
	100m: 1:20.40 41.52 200m: 2:45.58 42.33 300m: 4:11.17 42.60 400m: 5:30.91 38.82							
EXH	SILVA Lara Martins	13	220747	Desportivo Sao Roque	**5:36.66**	+0,73	319	-
	50m: 38.47 38.47 150m: 2:04.30 43.21 250m: 3:31.10 43.20 350m: 4:56.34 42.22							
	100m: 1:21.09 42.62 200m: 2:47.90 43.60 300m: 4:14.12 43.02 400m: 5:36.66 40.32							

Prova 23, Femin., 400m Livres

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
EXH	LUIS Clara Abreu	13	217953	Escola O Liceu	**5:43.81**	+0,80	300	-
	50m: 39.62 39.62	150m: 2:10.02 46.36	250m: 3:37.63 43.41	350m: 5:04.08 42.95				
	100m: 1:23.66 44.04	200m: 2:54.22 44.20	300m: 4:21.13 43.50	400m: 5:43.81 39.73				
EXH	MACIEL Constanca Maria	13	220498	Escola O Liceu	**5:53.82**	+0,77	275	-
	50m: 39.76 39.76	150m: 2:10.06 45.68	250m: 3:40.87 45.25	350m: 5:10.94 44.46				
	100m: 1:24.38 44.62	200m: 2:55.62 45.56	300m: 4:26.48 45.61	400m: 5:53.82 42.88				
EXH	FERNANDES Ema Vasconcelo	14	215765	Desportivo Nacional	**5:55.95**	+0,59	270	-
	50m: 39.51 39.51	150m: 2:09.83 46.13	250m: 3:41.44 46.10	350m: 5:12.25 45.32				
	100m: 1:23.70 44.19	200m: 2:55.34 45.51	300m: 4:26.93 45.49	400m: 5:55.95 43.70				
EXH	SILVA Bruna Jasmins	11	221004	Naval do Funchal	**5:57.83**	+0,82	266	-
	50m: 41.90 41.90	150m: 2:13.41 46.07	250m: 3:44.87 46.53	350m: 5:14.99 44.37				
	100m: 1:27.34 45.44	200m: 2:58.34 44.93	300m: 4:30.62 45.75	400m: 5:57.83 42.84				
EXH	GOUVEIA Maria Mendonca	14	217201	Desportivo Nacional	**6:26.94**	+0,70	210	-
	50m: 41.20 41.20	150m: 2:21.46 51.26	250m: 4:00.05 48.55	350m: 5:39.67 49.89				
	100m: 1:30.20 49.00	200m: 3:11.50 50.04	300m: 4:49.78 49.73	400m: 6:26.94 47.27				