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

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

Pista		Nome	Ano	Licença	Clube	Tempo de Inscrição		T. Realizado
Série 1 de 3, 17:50								
EXH	3	GOUVEIA Maria Mendonca	14	217201	Desportivo Nacional	6:19.31	25m	___:___.___
EXH	4	FERNANDES Ema Vasconcelos	14	215765	Desportivo Nacional	5:59.67	25m	___:___.___
EXH	5	TEMTEM Maria Clara	13	213379	Desportivo Nacional	6:18.69	25m	___:___.___
DNS	6	SA Lara Matilde	13	219307	Desportivo Nacional	7:00.00		___:___.___
Série 2 de 3, 17:57								
EXH	1	MACIEL Constanca Maria	13	220498	Escola O Liceu	5:57.10		___:___.___
EXH	2	FREITAS Maria Silva	12	217743	Naval do Funchal	5:43.61	25m	___:___.___
EXH	3	SILVA Lara Martins	13	220747	Desportivo Sao Roque	5:36.18	25m	___:___.___
EXH	4	OJKIC Vera Jose	12	215311	Naval do Funchal	5:24.23	25m	___:___.___
EXH	5	JARDIM Maria Velosa	12	215950	Naval do Funchal	5:32.18	25m	___:___.___
EXH	6	TEIXEIRA Maria Castro	13	217742	Naval do Funchal	5:40.65	25m	___:___.___
EXH	7	LUIS Clara Abreu	13	217953	Escola O Liceu	5:44.86	25m	___:___.___
EXH	8	SILVA Bruna Jasmins	11	221004	Naval do Funchal	5:57.90	25m	___:___.___
Série 3 de 3, 18:04								
EXH	1	ROSA Clara Sofia	10	210050	Desportivo Nacional	5:06.09	25m	___:___.___
EXH	2	ANICETO Leonor Telo	13	217739	Naval do Funchal	5:00.52	25m	___:___.___
EXH	3	MARGARIDO Paula Aguiar	09	204386	Juventude Atlantico	4:53.73		___:___.___
EXH	4	GONCALVES Vera Andrade	09	204429	Juventude Atlantico	4:39.21		___:___.___
EXH	5	LUIZ Margarida Maria	08	211814	Desportivo Nacional	4:47.19	50m	___:___.___
EXH	6	ANDRADE Nuria Gouveia	13	219306	Desportivo Nacional	4:58.15	25m	___:___.___
EXH	7	FERREIRA Ana Pereira	10	215312	Juventude Atlantico	5:03.78	25m	___:___.___
EXH	8	MACHADO Sarah Camila	12	219983	Naval do Funchal	5:19.40	25m	___:___.___