Prova 23 — Femin., 400m Livres — Absolutos
10/10/2026 - 17:31 — 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 2025

Lugar		Ano			Tempo final	Pts

Infantil B - 13 anos

1. BAPTISTA, Valeria Sofia — 14 — Juventude Atlantico — **5:51.90** — 280

50m:	38.86	38.86	150m:	2:10.46	46.29	250m:	3:41.80	46.02	350m:	5:11.69	45.56
100m:	1:24.17	45.31	200m:	2:55.78	45.32	300m:	4:26.13	44.33	400m:	5:51.90	40.21

2. RODRIGUES, Andreia Carolina — 14 — Juventude Atlantico — **6:23.72** — 216

50m:	42.90	42.90	150m:	2:20.61	49.29	250m:	3:59.65	49.50	350m:	5:38.72	49.57
100m:	1:31.32	48.42	200m:	3:10.15	49.54	300m:	4:49.15	49.50	400m:	6:23.72	45.00

Infantil A - 14 anos

1. ANDRADE, Nuria Gouveia — 13 — Desportivo Nacional — **4:58.15** — 460

TAC ZONAL - Sines, 26 a 28 Fevereiro. , TAC NACIONAL - Reguengos d'Monsaraz, 23 a 25 Julho

50m:	34.36	34.36	150m:	1:49.78	37.68	250m:	3:05.37	37.89	350m:	4:21.97	38.20
100m:	1:12.10	37.74	200m:	2:27.48	37.70	300m:	3:43.77	38.40	400m:	4:58.15	36.18

2. SILVA, Lara Martins — 13 — Desportivo Sao Roque — **5:37.27** — 318

50m:	38.43	38.43	150m:	2:04.32	43.10	250m:	3:30.96	43.12	350m:	4:56.65	42.78
100m:	1:21.22	42.79	200m:	2:47.84	43.52	300m:	4:13.87	42.91	400m:	5:37.27	40.62

Juvenil A - 16 anos

1. JESUS, Vera Franca — 11 — Naval do Funchal — **4:47.98** — 511

TAC ZONAL - Leiria, 4 a 6 Dezembro. , TAC NACIONAL - Coimbra, 8 a 11 Abril.

50m:	32.71	32.71	150m:	1:45.25	36.68	250m:	2:59.27	37.24	350m:	4:13.02	36.48
100m:	1:08.57	35.86	200m:	2:22.03	36.78	300m:	3:36.54	37.27	400m:	4:47.98	34.96

Juniores - 17 e 18 anos

1. JARDIM, Eva Santos — 10 — Juventude Atlantico — **5:11.50** — 403

50m:	34.91	34.91	150m:	1:52.72	39.42	250m:	3:13.07	39.93	350m:	4:33.32	39.75
100m:	1:13.30	38.39	200m:	2:33.14	40.42	300m:	3:53.57	40.50	400m:	5:11.50	38.18

2. TEMTEM, Madalena Barbosa — 09 — Desportivo Nacional — **5:22.45** — 364

50m:	36.24	36.24	150m:	1:58.00	41.44	250m:	3:20.57	41.27	350m:	4:42.52	40.78
100m:	1:16.56	40.32	200m:	2:39.30	41.30	300m:	4:01.74	41.17	400m:	5:22.45	39.93