Prova 12 | Femin., 400m Estilos | Absolutos
10/10/2026 - 10:47 | JUNTO COM A PROVA N.º 11 - 400EST MASCULINOS | Startlist

Recorde Regional Open	5:00.24	QUINTAL, Fabiana Maria	CDN	Funchal	19/02/2009
Recorde Regional Sen	5:00.24	QUINTAL, Fabiana Maria	CDN	Funchal	19/02/2009
Recorde Regional Jun18	5:08.44	RODRIGUES, Laura Sofia	JACL	S. Antonio Cavaleiros	01/12/2024
Recorde Regional Jun17	5:13.39	RODRIGUES, Laura Sofia	JACL	Funchal	04/05/2024
Recorde Regional Juv A	5:13.99	CAMARA, Ines Cruz	CDN	Funchal	08/07/2023
Recorde Regional Juv B	5:17.32	GONCALVES, Vera Andrade	JACL	Funchal	04/05/2024
Recorde Regional Inf A	5:19.42	CAMARA, Ines Cruz	CDN	Funchal	11/07/2021
Recorde Regional Inf B	5:18.10	CAIRES, Joana Costa	CNF	Sines	11/03/2011

TAC Zonal Inf B: 6:13.32; Inf A: 5:58.50; Juv B: 5:44.55; Juv A: 5:32.46 / TAC Nacional Inf B: 6:02.12; Inf A: 5:47.75; Jun17: 5:17.26; Jun18: 5:11.28; Sub21: 5:08.28 / TAC Nacional Março Juv B: 5:41.14; Juv A: 5:29.17 / TAC Nacional Julho Juv B: 5:36.10; Juv A: 5:24.31 / TAC Nacional Sen. Sen: 5:05.29 / TAC Nacional Abs. Sen: 4:58.69

Ano

Série 1 de 1, 10:47

1	QUINTAL, Margarida Silva	12	Juventude Atlantico	6:27.21