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

Série 1 de 1, 17:31

		Ano		
1	RODRIGUES, Andreia Carolina	14	Juventude Atlantico	6:21.73
2	SILVA, Lara Martins	13	Desportivo Sao Roque	5:36.18
3	TEMTEM, Madalena Barbosa	09	Desportivo Nacional	5:15.23
4	JESUS, Vera Franca	11	Naval do Funchal	4:36.07
5	JARDIM, Eva Santos	10	Juventude Atlantico	5:11.61
6	ANDRADE, Nuria Gouveia	13	Desportivo Nacional	5:19.99
7	BAPTISTA, Valeria Sofia	14	Juventude Atlantico	6:05.14