

Prova 16 Femin., 400m Livres Absolutos  
07/02/2026 - 16:20 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: 5:27.07; Inf A: 5:14.09 / TAC Nacional Março Juv B: 4:55.92; Juv A: 4:45.54 / TAC Nacional Julho Juv B: 4:50.73; Juv A: 4:40.35 / TAC Nacional Jun17: 4:35.15; Jun18: 4:29.96; Sub21: 4:27.37; Inf B: 5:14.09; Inf A: 5:06.30 / TAC Nacional Sen. Sen: 4:24.77 / TAC Nacional Abs. Sen: 4:19.58

Pontos: AQUA 2025

Lugar	Ano		Tempo final						Pts	
<b>Infantis B, 13 anos</b>										
1.	SILVA, Lara Martins	13	CD Sao Roque	<b>5:37.66</b>						317
	50m: 40.33 40.33	150m: 2:06.51	43.18	250m: 3:31.74	42.64	350m: 4:56.21	42.30			
	100m: 1:23.33 43.00	200m: 2:49.10	42.59	300m: 4:13.91	42.17	400m: 5:37.66	41.45			
2.	TEIXEIRA, Maria Castro	13	Naval do Funchal	<b>5:40.65</b>						308
	50m: 40.36 40.36	150m: 2:07.28	43.71	250m: 3:33.44	43.20	350m: 4:59.04	42.38			
	100m: 1:23.57 43.21	200m: 2:50.24	42.96	300m: 4:16.66	43.22	400m: 5:40.65	41.61			
3.	LUIS, Clara Abreu	13	Escola O Liceu	<b>5:44.86</b>						297
	50m: 40.61 40.61	150m: 2:07.63	43.22	250m: 3:35.33	44.32	350m: 5:03.17	44.10			
	100m: 1:24.41 43.80	200m: 2:51.01	43.38	300m: 4:19.07	43.74	400m: 5:44.86	41.69			

**Infantis A, 14 anos**

1.	GONCALVES, Maria Clara	12	Escola O Liceu	<b>5:07.60</b>						419
	<i>TAC Zonal - Ponte de Sôr, 20 a 22 Fevereiro 2026</i>									
	50m: 34.01 34.01	150m: 1:51.96	39.82	250m: 3:11.86	40.15	350m: 4:30.82	38.88			
	100m: 1:12.14 38.13	200m: 2:31.71	39.75	300m: 3:51.94	40.08	400m: 5:07.60	36.78			
2.	MACHADO, Sarah Camila	12	Naval do Funchal	<b>5:20.90</b>						369
	50m: 36.37 36.37	150m: 1:55.78	40.02	250m: 3:18.01	41.15	350m: 4:40.65	40.66			
	100m: 1:15.76 39.39	200m: 2:36.86	41.08	300m: 3:59.99	41.98	400m: 5:20.90	40.25			
3.	QUINTAL, Margarida Silva	12	Juventude Atlantico	<b>5:25.15</b>						355
	50m: 36.20 36.20	150m: 1:58.32	41.15	250m: 3:21.61	41.39	350m: 4:45.66	42.16			
	100m: 1:17.17 40.97	200m: 2:40.22	41.90	300m: 4:03.50	41.89	400m: 5:25.15	39.49			
4.	GOUVEIA, Sofia Isabel	12	Juventude Atlantico	<b>6:15.82</b>						229
	50m: 44.39 44.39	150m: 2:19.16	48.13	250m: 3:55.53	48.10	350m: 5:29.90	46.89			
	100m: 1:31.03 46.64	200m: 3:07.43	48.27	300m: 4:43.01	47.48	400m: 6:15.82	45.92			

**Juvenis B, 15 anos**

1.	JESUS, Vera Franca	11	Naval do Funchal	<b>4:36.07</b>						580
	<i>TAC Nacional - Coimbra, 20 a 22 Março 2026, TAC Nacional - Jamor, 23 a 26 Julho 2026</i>									
	50m: 32.26 32.26	150m: 1:42.10	34.93	250m: 2:52.28	35.22	350m: 4:02.01	34.70			
	100m: 1:07.17 34.91	200m: 2:17.06	34.96	300m: 3:27.31	35.03	400m: 4:36.07	34.06			
2.	VIEIRA, Matilde Sofia	11	Desportivo Nacional	<b>5:57.03</b>						268
	50m: 39.68 39.68	150m: 2:11.01	45.89	250m: 3:43.25	46.15	350m: 5:13.24	44.92			
	100m: 1:25.12 45.44	200m: 2:57.10	46.09	300m: 4:28.32	45.07	400m: 5:57.03	43.79			

**Seniores, 19 e mais velhas**

1.	RODRIGUES, Laura Sofia	07	Juventude Atlantico	<b>4:42.13</b>						543
	50m: 32.54 32.54	150m: 1:42.62	35.21	250m: 2:53.95	35.78	350m: 4:06.51	36.40			
	100m: 1:07.41 34.87	200m: 2:18.17	35.55	300m: 3:30.11	36.16	400m: 4:42.13	35.62			

Prova 16, Femin., 400m Livres

Absolutos, 13 anos e mais velhas

1.	JESUS, Vera Franca	11	Naval do Funchal	<b>4:36.07</b>	580
	<i>TAC Nacional - Coimbra, 20 a 22 Março 2026, TAC Nacional - Jamor, 23 a 26 Julho 2026</i>				
	50m: 32.26 32.26	150m: 1:42.10	34.93	250m: 2:52.28	35.22
	100m: 1:07.17 34.91	200m: 2:17.06	34.96	300m: 3:27.31	35.03
				350m: 4:02.01	34.70
				400m: 4:36.07	34.06
2.	RODRIGUES, Laura Sofia	07	Juventude Atlantico	<b>4:42.13</b>	543
	50m: 32.54 32.54	150m: 1:42.62	35.21	250m: 2:53.95	35.78
	100m: 1:07.41 34.87	200m: 2:18.17	35.55	300m: 3:30.11	36.16
				350m: 4:06.51	36.40
				400m: 4:42.13	35.62
3.	GONCALVES, Maria Clara	12	Escola O Liceu	<b>5:07.60</b>	419
	<i>TAC Zonal - Ponte de Sôr, 20 a 22 Fevereiro 2026</i>				
	50m: 34.01 34.01	150m: 1:51.96	39.82	250m: 3:11.86	40.15
	100m: 1:12.14 38.13	200m: 2:31.71	39.75	300m: 3:51.94	40.08
				350m: 4:30.82	38.88
				400m: 5:07.60	36.78
4.	MACHADO, Sarah Camila	12	Naval do Funchal	<b>5:20.90</b>	369
	50m: 36.37 36.37	150m: 1:55.78	40.02	250m: 3:18.01	41.15
	100m: 1:15.76 39.39	200m: 2:36.86	41.08	300m: 3:59.99	41.98
				350m: 4:40.65	40.66
				400m: 5:20.90	40.25
5.	QUINTAL, Margarida Silva	12	Juventude Atlantico	<b>5:25.15</b>	355
	50m: 36.20 36.20	150m: 1:58.32	41.15	250m: 3:21.61	41.39
	100m: 1:17.17 40.97	200m: 2:40.22	41.90	300m: 4:03.50	41.89
				350m: 4:45.66	42.16
				400m: 5:25.15	39.49
6.	SILVA, Lara Martins	13	CD Sao Roque	<b>5:37.66</b>	317
	50m: 40.33 40.33	150m: 2:06.51	43.18	250m: 3:31.74	42.64
	100m: 1:23.33 43.00	200m: 2:49.10	42.59	300m: 4:13.91	42.17
				350m: 4:56.21	42.30
				400m: 5:37.66	41.45
7.	TEIXEIRA, Maria Castro	13	Naval do Funchal	<b>5:40.65</b>	308
	50m: 40.36 40.36	150m: 2:07.28	43.71	250m: 3:33.44	43.20
	100m: 1:23.57 43.21	200m: 2:50.24	42.96	300m: 4:16.66	43.22
				350m: 4:59.04	42.38
				400m: 5:40.65	41.61
8.	LUIS, Clara Abreu	13	Escola O Liceu	<b>5:44.86</b>	297
	50m: 40.61 40.61	150m: 2:07.63	43.22	250m: 3:35.33	44.32
	100m: 1:24.41 43.80	200m: 2:51.01	43.38	300m: 4:19.07	43.74
				350m: 5:03.17	44.10
				400m: 5:44.86	41.69
9.	VIEIRA, Matilde Sofia	11	Desportivo Nacional	<b>5:57.03</b>	268
	50m: 39.68 39.68	150m: 2:11.01	45.89	250m: 3:43.25	46.15
	100m: 1:25.12 45.44	200m: 2:57.10	46.09	300m: 4:28.32	45.07
				350m: 5:13.24	44.92
				400m: 5:57.03	43.79
10.	GOUVEIA, Sofia Isabel	12	Juventude Atlantico	<b>6:15.82</b>	229
	50m: 44.39 44.39	150m: 2:19.16	48.13	250m: 3:55.53	48.10
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				350m: 5:29.90	46.89
				400m: 6:15.82	45.92