

Prova 3  
15/11/2025 - 9:37

Femin., 400m Estilos  
PC - JUNIORES & SENIORES

Juniores e Seniores  
Resultados

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

TAC Nacional Jun17: 5:13.62; Jun18: 5:10.64; Sub21: 5:07.65 / TAC Nacional Sen. Sen: 5:04.66 / TAC Nacional Abs. Sen: 4:58.69

Pontos: AQUA 2025

Lugar	Ano	Tempo final	Pts
-------	-----	-------------	-----

Seniores, 19 anos e mais velhas

1. CHRISTOPHE, Lucie	06	Naval do Funchal	<b>5:03.11</b>	598
50m: 32.49 32.49	150m: 1:47.57 39.59	250m: 3:10.35 43.14	350m: 4:29.04 35.29	
100m: 1:07.98 35.49	200m: 2:27.21 39.64	300m: 3:53.75 43.40	400m: 5:03.11 34.07	