

Prova 13 Femin., 400m Livres Absolutos
07/03/2026 - 9:38 Resultados

Recorde Regional Open	4:35.73	ANDRADE, Rubina Amaro	CDN	Greve (DEN)	23/01/1994
Recorde Regional Sen	4:45.80	MARGARIDO, Ines Tomas	CNF	Oeiras	23/07/2016
Recorde Regional Jun18	4:36.93	MELIM, Claudia Ramos	CDN	Oeiras	11/05/2002
Recorde Regional Jun17	4:38.89	ANDRADE, Rubina Amaro	CDN	Famalicao	02/08/1996
Recorde Regional Juv A	4:38.61	ANDRADE, Rubina Amaro	CDN		04/08/1995
Recorde Regional Juv B	4:35.73	ANDRADE, Rubina Amaro	CDN	Greve (DEN)	23/01/1994
Recorde Regional Inf A	4:40.61	ANDRADE, Rubina Amaro	CDN		01/01/1993
Recorde Regional Inf B	4:49.56	ANDRADE, Rubina Amaro	CDN	Matur	21/07/1992

TAC Nacional Inf B: 5:25.47; Inf A: 5:17.40; Jun17: 4:45.12; Jun18: 4:39.74; Sub21: 4:37.05 / TAC Nacional Março Juv B: 5:06.64; Juv A: 4:55.88 / TAC Nacional Julho Juv B: 5:01.26; Juv A: 4:50.50 / TAC Nacional Sen. Sen: 4:34.36 / TAC Nacional Abs. Sen: 4:28.98

Pontos: AQUA 2025

Lugar	Ano	Tempo final	Pts
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Infantil B - 13 anos

1. SILVA, Lara Martins	13	Desportivo Sao Roque	5:46.15	314
50m: 39.54 39.54	150m: 2:07.51	44.05 250m: 3:36.61	44.45 350m: 5:04.26	43.15
100m: 1:23.46 43.92	200m: 2:52.16	44.65 300m: 4:21.11	44.50 400m: 5:46.15	41.89

Juvenil B - 15 anos

1. JESUS, Vera Franca	11	Naval do Funchal	4:59.47	485
<i>TAC NACIONAL - Coimbra, 20 a 22 Março, TAC NACIONAL - Jamor, 23 a 26 Julho</i>				
50m: 32.91 32.91	150m: 1:46.59	37.24 250m: 3:02.99	38.45 350m: 4:21.67	39.54
100m: 1:09.35 36.44	200m: 2:24.54	37.95 300m: 3:42.13	39.14 400m: 4:59.47	37.80

Juniores - 17 e 18 anos

1. TEMTEM, Madalena Barbosa	09	Desportivo Nacional	5:23.60	384
50m: 35.39 35.39	150m: 1:56.64	41.35 250m: 3:20.89	42.51 350m: 4:43.87	41.70
100m: 1:15.29 39.90	200m: 2:38.38	41.74 300m: 4:02.17	41.28 400m: 5:23.60	39.73

Absolutos - 15 anos e mais velhos

1. JESUS, Vera Franca	11	Naval do Funchal	4:59.47	485
<i>TAC NACIONAL - Coimbra, 20 a 22 Março, TAC NACIONAL - Jamor, 23 a 26 Julho</i>				
50m: 32.91 32.91	150m: 1:46.59	37.24 250m: 3:02.99	38.45 350m: 4:21.67	39.54
100m: 1:09.35 36.44	200m: 2:24.54	37.95 300m: 3:42.13	39.14 400m: 4:59.47	37.80
2. TEMTEM, Madalena Barbosa	09	Desportivo Nacional	5:23.60	384
50m: 35.39 35.39	150m: 1:56.64	41.35 250m: 3:20.89	42.51 350m: 4:43.87	41.70
100m: 1:15.29 39.90	200m: 2:38.38	41.74 300m: 4:02.17	41.28 400m: 5:23.60	39.73