

Prova 33 Femin., 400m Estilos Absolutos
08/03/2026 - 9:15 Resultados

Recorde Regional Open	5:07.00	QUINTAL, Fabiana Maria	CDN	Coimbra	31/05/2009
Recorde Regional Sen	5:07.00	QUINTAL, Fabiana Maria	CDN	Coimbra	31/05/2009
Recorde Regional Jun18	5:28.50	CERDAS, Sara Rodrigues	CDN	Funchal	09/03/2007
Recorde Regional Jun17	5:20.03	RODRIGUES, Laura Sofia	JACL	Oeiras	12/07/2024
Recorde Regional Juv A	5:19.07	CAMARA, Ines Cruz	CDN	Coimbra	28/07/2023
Recorde Regional Juv B	5:28.09	FERREIRA, Maria Leonor	CDN	Coimbra	06/04/2019
Recorde Regional Inf A	5:24.54	SOUSA, Susana Margarida	CFU	Olivais	08/08/1991
Recorde Regional Inf B	5:33.79	CORREIA, Marta Corte	CNF	Famalicao	25/07/1997

TAC Nacional Inf B: 6:13.67; Inf A: 6:04.41; Jun17: 5:27.35; Jun18: 5:21.17; Sub21: 5:18.08 / TAC Nacional Mar o Juv B: 5:52.05; Juv A: 5:39.70 / TAC Nacional Julho Juv B: 5:45.88; Juv A: 5:33.53 / TAC Nacional Sen. Sen: 5:15.00 / TAC Nacional Abs. Sen: 5:08.82

Pontos: AQUA 2025

Lugar Ano Tempo final Pts

Infantil A - 14 anos

1. GOUVEIA, Sofia Isabel	12	Juventude Atlantico	7:30.84	201	
50m: 51.68 51.68	150m: 2:49.38	57.66 250m: 4:50.88	1:05.60	350m: 6:46.73	50.23
100m: 1:51.72 1:00.04	200m: 3:45.28	55.90 300m: 5:56.50	1:05.62	400m: 7:30.84	44.11

Juvenil A - 16 anos

1. JARDIM, Eva Santos	10	Juventude Atlantico	6:17.89	342	
50m: 40.20 40.20	150m: 2:15.48	48.46 250m: 3:58.94	55.67	350m: 5:37.03	40.96
100m: 1:27.02 46.82	200m: 3:03.27	47.79 300m: 4:56.07	57.13	400m: 6:17.89	40.86

Absolutos - 15 anos e mais velhos

1. JARDIM, Eva Santos	10	Juventude Atlantico	6:17.89	342	
50m: 40.20 40.20	150m: 2:15.48	48.46 250m: 3:58.94	55.67	350m: 5:37.03	40.96
100m: 1:27.02 46.82	200m: 3:03.27	47.79 300m: 4:56.07	57.13	400m: 6:17.89	40.86