

Prova 13	Femin., 400m Livres				Absolutos
07/03/2026 - 9:38					Startlist
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 Mar o 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

Pista	Nome	Ano	Clube	Tempo de Inscri�o
S�rie 1 de 1				
3	SILVA, Lara Martins	13	Desportivo Sao Roque	6:10.66
4	JESUS, Vera Franca	11	Naval do Funchal	4:51.17
5	TEMTEM, Madalena Barbosa	09	Desportivo Nacional	5:30.83