

Prova 29 Femin., 400m Livres Absolutos
22/11/2025 - 17:03 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: 5:11.50; Inf A: 5:01.11; Juv B: 4:53.33; Juv A: 4:45.54 / TAC Nacional Inf B: 5:03.71; Inf A: 4:55.92; Jun17: 4:32.56; Jun18: 4:29.96; Sub21: 4:27.37 / TAC Nacional Março Juv B: 4:50.73; Juv A: 4:40.35 / TAC Nacional Julho Juv B: 4:45.54; Juv A: 4:35.15 / TAC Nacional Sen. Sen: 4:24.77 / TAC Nacional Abs. Sen: 4:19.58

Pontos: AQUA 2025

Lugar	Ano	Tempo final	Pts
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Infantil B - 13 anos

1. ANICETO, Leonor Telo	13	Naval do Funchal	5:09.25	412							
<i>TAC Zonal - Ponte de Sôr, 20 a 22 Fevereiro 2026</i>											
50m:	34.60	34.60	150m:	1:53.23	39.50	250m:	3:13.15	39.66	350m:	4:31.79	38.77
100m:	1:13.73	39.13	200m:	2:33.49	40.26	300m:	3:53.02	39.87	400m:	5:09.25	37.46
2. ANDRADE, Nuria Gouveia	13	Desportivo Nacional	5:37.56	317							
50m:	36.45	36.45	150m:	1:58.63	42.05	250m:	3:26.68	44.76	350m:	4:55.80	44.75
100m:	1:16.58	40.13	200m:	2:41.92	43.29	300m:	4:11.05	44.37	400m:	5:37.56	41.76
3. TEIXEIRA, Maria Castro	13	Naval do Funchal	5:45.78	295							
50m:	38.62	38.62	150m:	2:04.74	43.46	250m:	3:35.02	45.69	350m:	5:03.36	43.68
100m:	1:21.28	42.66	200m:	2:49.33	44.59	300m:	4:19.68	44.66	400m:	5:45.78	42.42

Infantil A - 14 anos

1. MACHADO, Sarah Camila	12	Naval do Funchal	5:29.49	341							
50m:	35.99	35.99	150m:	1:57.49	41.32	250m:	3:21.41	42.05	350m:	4:46.97	43.26
100m:	1:16.17	40.18	200m:	2:39.36	41.87	300m:	4:03.71	42.30	400m:	5:29.49	42.52

Juvenil B - 15 anos

1. JESUS, Vera Franca	11	Naval do Funchal	4:45.32	525							
<i>TAC Zonal - Albufeira, 6 a 8 Dezembro 2025, TAC Nacional - Coimbra, 20 a 22 Março 2026, TAC Nacional - Jamor, 23 a 26 Julho 2026</i>											
50m:	32.63	32.63	150m:	1:45.55	36.90	250m:	2:58.81	36.29	350m:	4:10.93	36.11
100m:	1:08.65	36.02	200m:	2:22.52	36.97	300m:	3:34.82	36.01	400m:	4:45.32	34.39

Juniores - 17, 18 anos

1. MELIM, Sara Beatriz	09	Desportivo Nacional	5:08.67	415							
50m:	36.67	36.67	150m:	1:55.67	39.95	250m:	3:13.67	38.23	350m:	4:31.17	38.98
100m:	1:15.72	39.05	200m:	2:35.44	39.77	300m:	3:52.19	38.52	400m:	5:08.67	37.50
2. TEMTEM, Madalena Barbosa	09	Desportivo Nacional	5:18.90	376							
50m:	34.28	34.28	150m:	1:53.19	40.27	250m:	3:14.08	40.31	350m:	4:36.91	41.66
100m:	1:12.92	38.64	200m:	2:33.77	40.58	300m:	3:55.25	41.17	400m:	5:18.90	41.99