

Prova 18	Femin., 400m Estilos				Absolutos
22/11/2025 - 9:54	PROVA N.� 17 JUNTO COM A PROVA N.� 18				Startlist
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
Recorde Regional Juv A	5:13.99	CAMARA, Ines Cruz	CDN	Funchal	08/07/2023
Recorde Regional Juv B	5:17.32	GONCALVES, Vera Andrade	JACL	Funchal	04/05/2024
Recorde Regional Inf A	5:19.42	CAMARA, Ines Cruz	CDN	Funchal	11/07/2021
Recorde Regional Inf B	5:18.10	CAIRES, Joana Costa	CNF	Sines	11/03/2011

TAC Zonal Inf B: 5:58.43; Inf A: 5:46.48; Juv B: 5:37.52; Juv A: 5:28.56 / TAC Nacional Inf B: 5:49.47; Inf A: 5:40.51; Jun17: 5:13.62; Jun18: 5:10.64; Sub21: 5:07.65 / TAC Nacional Mar o Juv B: 5:34.53; Juv A: 5:22.59 / TAC Nacional Julho Juv B: 5:28.56; Juv A: 5:16.61 / TAC Nacional Sen. Sen: 5:04.66 / TAC Nacional Abs. Sen: 4:58.69

Ano

S rie 1 de 1

5 ROSA, Clara Sofia	10	Desportivo Nacional	5:37.00
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