

Prova 29 Femin., 400m Livres Absolutos
22/11/2025 - 17:03 Startlist

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 Mar o 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

Ano

S rie 1 de 1

1	TEIXEIRA, Maria Castro	13	Naval do Funchal	5:45.54
2	MACHADO, Sarah Camila	12	Naval do Funchal	5:19.52
3	FERREIRA, Ana Pereira	10	Juventude Atlantico	5:07.68
4	JESUS, Vera Franca	11	Naval do Funchal	4:45.14
5	MELIM, Sara Beatriz	09	Desportivo Nacional	4:55.83
6	TEMTEM, Madalena Barbosa	09	Desportivo Nacional	5:15.23
7	ANICETO, Leonor Telo	13	Naval do Funchal	5:23.25
8	ANDRADE, Nuria Gouveia	13	Desportivo Nacional	6:33.82