

Prova 23 Femin., 400m Livres Absolutos
08/11/2025 - 17:10 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	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
EXH	RODRIGUES Laura Sofia	07	148425	Juventude Atlantico	4:42.41	+0,82	541	-
	50m: 32.49 32.49	150m: 1:42.55	35.39	250m: 2:54.12	35.94	350m: 4:06.88	36.51	
	100m: 1:07.16 34.67	200m: 2:18.18	35.63	300m: 3:30.37	36.25	400m: 4:42.41	35.53	
EXH	JESUS Vera Franca	11	211346	Naval do Funchal	4:46.60	+0,61	518	-
	<i>TAC ZONAL - Albufeira, 6 a 8 Dezembro 2025, TAC NACIONAL - Coimbra, 20 a 22 Março 2026</i>							
	50m: 32.38 32.38	150m: 1:42.98	35.43	250m: 2:56.60	37.02	350m: 4:11.23	37.31	
	100m: 1:07.55 35.17	200m: 2:19.58	36.60	300m: 3:33.92	37.32	400m: 4:46.60	35.37	
EXH	ROSA Clara Sofia	10	210050	Desportivo Nacional	5:06.09	+0,73	425	-
	50m: 34.26 34.26	150m: 1:51.49	39.15	250m: 3:09.68	39.44	350m: 4:28.14	39.01	
	100m: 1:12.34 38.08	200m: 2:30.24	38.75	300m: 3:49.13	39.45	400m: 5:06.09	37.95	
EXH	FERREIRA Ana Pereira	10	215312	Juventude Atlantico	5:10.18	+0,74	409	-
	50m: 36.09 36.09	150m: 1:55.71	40.73	250m: 3:15.83	39.99	350m: 4:34.85	38.98	
	100m: 1:14.98 38.89	200m: 2:35.84	40.13	300m: 3:55.87	40.04	400m: 5:10.18	35.33	
EXH	MELIM Sara Beatriz	09	206793	Desportivo Nacional	5:13.16	+0,75	397	-
	50m: 36.11 36.11	150m: 1:55.41	39.75	250m: 3:15.23	39.94	350m: 4:34.92	39.83	
	100m: 1:15.66 39.55	200m: 2:35.29	39.88	300m: 3:55.09	39.86	400m: 5:13.16	38.24	
EXH	TEMTEM Madalena Barbosa	09	203454	Desportivo Nacional	5:19.47	+0,70	374	-
	50m: 34.83 34.83	150m: 1:55.13	40.54	250m: 3:17.23	41.07	350m: 4:39.66	41.35	
	100m: 1:14.59 39.76	200m: 2:36.16	41.03	300m: 3:58.31	41.08	400m: 5:19.47	39.81	
EXH	MACHADO Sarah Camila	12	219983	Naval do Funchal	5:19.52	+0,76	374	-
	50m: 36.32 36.32	150m: 1:55.72	40.32	250m: 3:17.26	40.29	350m: 4:38.75	39.73	
	100m: 1:15.40 39.08	200m: 2:36.97	41.25	300m: 3:59.02	41.76	400m: 5:19.52	40.77	
EXH	GONCALVES Maria Clara	12	218950	Escola O Liceu	5:19.66	+0,77	373	-
	50m: 36.13 36.13	150m: 1:55.42	40.70	250m: 3:17.51	41.40	350m: 4:40.46	40.70	
	100m: 1:14.72 38.59	200m: 2:36.11	40.69	300m: 3:59.76	42.25	400m: 5:19.66	39.20	
EXH	BAPTISTA Valentina Hermida	11	213377	Juventude Atlantico	5:24.36	+0,84	357	-
	50m: 35.41 35.41	150m: 1:57.32	41.87	250m: 3:21.22	42.31	350m: 4:46.02	42.58	
	100m: 1:15.45 40.04	200m: 2:38.91	41.59	300m: 4:03.44	42.22	400m: 5:24.36	38.34	
EXH	JARDIM Eva Santos	10	211350	Juventude Atlantico	5:24.50	+0,86	357	-
	50m: 36.50 36.50	150m: 1:58.16	41.10	250m: 3:21.19	41.66	350m: 4:44.70	41.51	
	100m: 1:17.06 40.56	200m: 2:39.53	41.37	300m: 4:03.19	42.00	400m: 5:24.50	39.80	
EXH	VIEIRA Matilde Sofia	11	209483	Desportivo Nacional	5:29.15	+0,81	342	-
	50m: 36.23 36.23	150m: 2:00.73	42.28	250m: 3:26.62	42.66	350m: 4:50.14	41.05	
	100m: 1:18.45 42.22	200m: 2:43.96	43.23	300m: 4:09.09	42.47	400m: 5:29.15	39.01	
EXH	MACIEL Constanca Maria	13	220498	Escola O Liceu	5:57.10	+0,87	268	-
	50m: 41.23 41.23	150m: 2:15.22	47.15	250m: 3:47.11	45.18	350m: 5:15.72	43.64	
	100m: 1:28.07 46.84	200m: 3:01.93	46.71	300m: 4:32.08	44.97	400m: 5:57.10	41.38	
EXH	LUIS Clara Abreu	13	217953	Escola O Liceu	6:15.56		230	-
	50m: 40.22 40.22	150m: 2:16.20	47.75	250m: 3:53.03	48.41	350m: 5:30.86	48.74	
	100m: 1:28.45 48.23	200m: 3:04.62	48.42	300m: 4:42.12	49.09	400m: 6:15.56	44.70	