

Prova 3

Femin., 400m Livres

Absolutos

01/05/2026 - 16:07

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 Nacional Inf B: 5:14.09; Inf A: 5:06.30; Jun17: 4:35.15; Jun18 50m: 4:39.74 / TAC Nacional Julho Juv B: 4:50.73; Juv A: 4:40.35 / TAC Nacional Sen. Sen: 4:24.77

Nome Clube Categoria Condição T. Inscrição

Série 1 de 3, 16:07

3 SOUSA, Rita Quadros	2012	CAFB Ponta Delgada	INF-WOMEN	5:46.98
4 BRAS, Carolina Sao	2013	ADRCCI Monte Maior	INF-WOMEN	5:41.31
5 ABRANTES, Ines Freitas	2011	ADRCCI Monte Maior	JUV-WOMEN	5:45.23

Série 2 de 3, 16:13

1 TEIXEIRA, Maria Castro	2013	Naval do Funchal	INF-WOMEN	5:40.65
2 ANDRADE, Nuria Gouveia	2013	Desportivo Nacional	INF-WOMEN	5:37.56
3 VIEIRA, Matilde Sofia	2011	Desportivo Nacional	JUV-WOMEN	5:29.15
4 GONCALVES, Beatriz Santos	2009	Nacional de Natacao	ABS-WOMEN	5:21.28
5 SIMOES, Mariana Chaves	2010	Nacional de Natacao	JUV-WOMEN	5:22.25
6 COIMBRA, Maria Estela	2001	Nacional de Natacao	ABS-WOMEN	5:35.00
7 SILVA, Lara Martins	2013	Desportivo Sao Roque	INF-WOMEN	5:37.66

Série 3 de 3, 16:19

1 TEMTEM, Madalena Barbosa	2009	Desportivo Nacional	ABS-WOMEN	5:15.23
2 ROSA, Clara Sofia	2010	Desportivo Nacional	JUV-WOMEN	5:05.38
3 ANICETO, Leonor Telo	2013	Naval do Funchal	INF-WOMEN	5:00.81
4 MADEIRA, Carolina Marques	2009	Nacional de Natacao	ABS-WOMEN	4:42.75
5 MATEUS, Eleine Vieira	2009	Desportivo Nacional	ABS-WOMEN	4:46.68
6 FERNANDES, Joana Sofia	2009	Nacional de Natacao	ABS-WOMEN	5:01.45
7 LUCAS, Maria Madalena	2011	Nacional de Natacao	JUV-WOMEN	5:07.25
8 MACHADO, Sarah Camila	2012	Naval do Funchal	INF-WOMEN	5:19.52