

Prova 18 Femin., 400m Livres Absolutos
30/05/2026 - 16:11 Startlist

Recordes Reg ANCNP 25m Open	4:15.59	Joana Nunes Cardeal	AVFC	Albufeira	12/11/2022
Recordes Reg ANCNP 25m Sen	4:15.59	Joana Nunes Cardeal	AVFC	Albufeira	12/11/2022
Recordes Reg ANCNP 25m Jun 18	4:18.05	Joana Nunes Cardeal	AVFC	Felgueiras	21/12/2019
Recordes Reg ANCNP 25m Jun17	4:19.23	Joana Costa Amador	CGA	Mealhada	16/06/2018
Recordes Reg ANCNP 25m Juv A 16	4:21.32	Joana Nunes Cardeal	AVFC	Mealhada	16/06/2018
Recordes Reg ANCNP 25m Juv B 15	4:25.40	Joana Costa Amador	CGA	Viseu	22/05/2016

TAC-N Jun 17 Jun17: 4:35.15 / TAC-N JUL Juv A Juv A 16: 4:40.35 / TAC-N JUL Juv B Juv B 15: 4:50.73 / TAC-N Jun 18 Jun 18: 4:29.96 / TAC-N Sen 22+ 22 +: 4:24.77 / TAC-N Sen Sub 21 19 - 21: 4:27.37 / TAC-ID Juv A Juv A 16: 5:15.38 / TAC-ID Juv B Juv B 15: 5:22.85 / TAC-ID Jun Jun: 5:07.90 / TAC-ID Sen Sen: 5:00.43 / TFO REGIONAL - SEN Sen: 5:16.58 / TFO REGIONAL - JUN Jun: 5:25.14 / TFO REGIONAL - JUV A Juv A 16: 5:34.71 / TFO REGIONAL - JUV B Juv B 15: 5:45.52

Pista	Nome	Sexo	Licença	Cat	Idade	Clube	Tempo
Série 1 de 1, 16:11							
1	Frederica Vinhas Vieira	F	209964	Juv B 115		Campinho	5:22.77 S
2	Lia Tome Mateus	F	208054	Juv B 115		CN Vagos	5:10.53 S
3	Mariana Pina Macedo	F	212237	Juv A 116		Estamos Juntos	5:05.45 S
4	Gabriela Lopes Fernandes	F	203902	Jun 17		O Crasto	4:56.58 S
5	Francisca Coelho Lucena	F	206673	Juv B 115		O Crasto	5:03.91 S
6	Maria Lino Padua	F	209186	Juv A 116		Sporting de Espinho	5:07.79 S
7	Beatriz Ribeiro Moreira	F	209179	Juv A 116		Sporting de Espinho	5:13.70 S
8	Ines Oliveira Fernandes	F	224933	Juv B 115		Sanjoanense/FEPSA	NT