



LEIRIASWIM Categorias 2026
Leiria, 16/5/2026

Prova 3

Femin., 400m Livres

Grupo B

16/05/2026 - 9:18

Resultados

Rec Nac Open	4:04.57	Francisca Soares, MARTINS	POR	Otopeni (ROU)	10/12/2023
Rec Nac 14	4:23.08	Susana Patricia, MIGUEL	SFUAP	Alhandra	15/05/2004
Rec Nac 13	4:25.30	Alexandra Maria, SILVA	FCP	Porto	19/07/1980

Pontos: AQUA 2026

Lugar			Ano			Tempo final			Pts	
1.	Maria Miguel, LOPES		12	Académico Viseu		4:55.96				
	50m:	33.35 33.35	150m:	1:48.90	38.03	250m:	3:05.70	38.03	350m:	4:21.82 38.04
	100m:	1:10.87 37.52	200m:	2:27.67	38.77	300m:	3:43.78	38.08	400m:	4:55.96 34.14
2.	Luna Francisco, PEREIRA		12	Nucleo de Pombal		4:56.78				
	50m:	33.98 33.98	150m:	1:49.96	38.44	250m:	3:06.91	38.48	350m:	4:22.50 37.59
	100m:	1:11.52 37.54	200m:	2:28.43	38.47	300m:	3:44.91	38.00	400m:	4:56.78 34.28
3.	Julia Pinto, PINHEIRO		12	Pimpoes/Cimai		5:11.25				
	50m:	35.51 35.51	150m:	1:52.52	38.25	250m:	3:11.87	39.91	350m:	4:32.54 40.15
	100m:	1:14.27 38.76	200m:	2:31.96	39.44	300m:	3:52.39	40.52	400m:	5:11.25 38.71
4.	Alicia Ferreira, OLIVEIRA		13	Ba Leiria / Sk Coffee		5:14.34				
	50m:	35.95 35.95	150m:	1:53.86	39.68	250m:	3:15.13	40.55	350m:	4:36.65 41.18
	100m:	1:14.18 38.23	200m:	2:34.58	40.72	300m:	3:55.47	40.34	400m:	5:14.34 37.69
5.	Elisa Rodrigues, SIMOES		13	Benedita		5:27.34				
	50m:	36.85 36.85	150m:	1:59.00	41.44	250m:	3:22.46	41.91	350m:	4:46.70 42.37
	100m:	1:17.56 40.71	200m:	2:40.55	41.55	300m:	4:04.33	41.87	400m:	5:27.34 40.64
6.	Constanca Santos, COUTINHO		12	Naval da Nazaré		5:36.80				
	50m:	35.88 35.88	150m:	1:58.74	42.54	250m:	3:26.39	43.83	350m:	4:54.26 44.03
	100m:	1:16.20 40.32	200m:	2:42.56	43.82	300m:	4:10.23	43.84	400m:	5:36.80 42.54
7.	Miriam Jesus, MANARTE		12	CD Estarreja		5:38.56				
	50m:	37.13 37.13	150m:	2:01.93	42.90	250m:	3:29.42	43.85	350m:	4:56.27 43.50
	100m:	1:19.03 41.90	200m:	2:45.57	43.64	300m:	4:12.77	43.35	400m:	5:38.56 42.29
8.	Rita Alexandra, JORDAO		12	Uniao Juncalense		5:52.34				
	50m:	38.94 38.94	150m:	2:07.51	44.96	250m:	3:38.13	44.99	350m:	5:08.81 45.42
	100m:	1:22.55 43.61	200m:	2:53.14	45.63	300m:	4:23.39	45.26	400m:	5:52.34 43.53
9.	Matilde Mamede, CECILIO		13	Naval de Peniche		5:55.94				
	50m:	40.10 40.10	150m:	2:09.63	46.02	250m:	3:42.33	46.01	350m:	5:14.23 46.40
	100m:	1:23.61 43.51	200m:	2:56.32	46.69	300m:	4:27.83	45.50	400m:	5:55.94 41.71





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Prova 3, Femin., 400m Livres

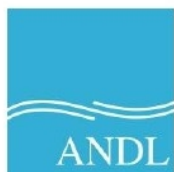
Prova 3 Femin., 400m Livres Grupo C
16/05/2026 - 9:18 Resultados

Rec Nac Open	4:04.57	Francisca Soares, MARTINS	POR	Otopeni (ROU)	10/12/2023
Rec Nac 16	4:13.53	Ana Reis, SOUSA	CNLA	Porto	09/12/2017
Rec Nac 15	4:18.39	Ana Claudia, SANTOS	SFUAP	Cantanhede	20/12/2004

Pontos: AQUA 2026

Lugar			Ano						Tempo final	Pts	
1.	Vida Sofia, VELEZ		10	Ba Leiria / Sk Coffee					4:48.83		
	50m:	32.69 32.69	150m:	1:43.69	36.32	250m:	2:57.58	37.03	350m:	4:12.62	37.89
	100m:	1:07.37 34.68	200m:	2:20.55	36.86	300m:	3:34.73	37.15	400m:	4:48.83	36.21
2.	Alice Maria, RODRIGUES		11	Académico Viseu					4:49.70		
	50m:	33.24 33.24	150m:	1:46.68	36.84	250m:	3:00.38	36.84	350m:	4:15.25	37.37
	100m:	1:09.84 36.60	200m:	2:23.54	36.86	300m:	3:37.88	37.50	400m:	4:49.70	34.45
3.	Matilde Sofia, PEREIRA		11	Condeixa Aqua Clube					4:53.03		
	50m:	33.92 33.92	150m:	1:46.93	36.74	250m:	3:01.75	37.93	350m:	4:16.84	37.71
	100m:	1:10.19 36.27	200m:	2:23.82	36.89	300m:	3:39.13	37.38	400m:	4:53.03	36.19
4.	Anastasiya, PRYMACHENKO		11	Nucleo de Pombal					4:55.61		
	50m:	32.70 32.70	150m:	1:46.48	37.55	250m:	3:02.26	37.87	350m:	4:18.83	38.39
	100m:	1:08.93 36.23	200m:	2:24.39	37.91	300m:	3:40.44	38.18	400m:	4:55.61	36.78
5.	Debora Silva, INACIO		10	Pimpoes/Cimai					4:57.62		
	50m:	35.24 35.24	150m:	1:50.85	37.95	250m:	3:06.93	37.66	350m:	4:22.24	37.92
	100m:	1:12.90 37.66	200m:	2:29.27	38.42	300m:	3:44.32	37.39	400m:	4:57.62	35.38
6.	Rafaela Santos, AFONSO		10	Naval de Peniche					5:02.01		
	50m:	33.84 33.84	150m:	1:49.58	38.25	250m:	3:07.19	39.12	350m:	4:25.50	40.10
	100m:	1:11.33 37.49	200m:	2:28.07	38.49	300m:	3:45.40	38.21	400m:	5:02.01	36.51
7.	Isabela Lourenco, COSTA		11	Benedita					5:02.09		
	50m:	34.56 34.56	150m:	1:50.63	38.52	250m:	3:07.87	38.70	350m:	4:25.70	38.83
	100m:	1:12.11 37.55	200m:	2:29.17	38.54	300m:	3:46.87	39.00	400m:	5:02.09	36.39
8.	Catarina Ribeiro, FERNANDEZ		11	Gesloures					5:17.84		
	50m:	35.55 35.55	150m:	1:55.02	40.06	250m:	3:16.22	40.54	350m:	4:38.32	41.06
	100m:	1:14.96 39.41	200m:	2:35.68	40.66	300m:	3:57.26	41.04	400m:	5:17.84	39.52
9.	Margarida Lopes, RODRIGUES		11	Uniao Juncalense					5:29.86		
	50m:	36.37 36.37	150m:	1:59.41	42.39	250m:	3:24.78	42.70	350m:	4:49.83	42.36
	100m:	1:17.02 40.65	200m:	2:42.08	42.67	300m:	4:07.47	42.69	400m:	5:29.86	40.03
10.	Ema Alexandra, COURAS		11	CD Estarreja					5:45.33		
	50m:	37.84 37.84	150m:	2:04.64	44.06	250m:	3:33.81	44.59	350m:	5:02.29	44.05
	100m:	1:20.58 42.74	200m:	2:49.22	44.58	300m:	4:18.24	44.43	400m:	5:45.33	43.04





LEIRIASWIM Categorias 2026
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Prova 3, Femin., 400m Livres

Prova 3 Femin., 400m Livres Grupo D
16/05/2026 - 9:18 Resultados

Rec Nac Open	4:04.57	Francisca Soares, MARTINS	POR	Otopeni (ROU)	10/12/2023
Rec Nac 19 +	4:04.57	Francisca Soares, MARTINS	POR	Otopeni (ROU)	10/12/2023
Rec Nac 18	4:11.18	Francisca Soares, MARTINS	FOCA	Mealhada	14/11/2020
Rec Nac 17	4:10.52	Tamila Hryhorivna, HOLUB	SCB	Porto	12/12/2015

Pontos: AQUA 2026

Lugar	Ano		Tempo final		Pts
1. Carolina Mendes, NUNES	08	CD Estarreja	4:42.83		
50m: 31.86 31.86	150m: 1:42.05 35.58	250m: 2:54.64 36.21	350m: 4:07.38	35.97	
100m: 1:06.47 34.61	200m: 2:18.43 36.38	300m: 3:31.41 36.77	400m: 4:42.83	35.45	
2. Francisca Ramos, NUNES	09	Naval de Peniche	4:43.80		
50m: 32.02 32.02	150m: 1:44.13 36.57	250m: 2:57.70 36.90	350m: 4:09.75	35.68	
100m: 1:07.56 35.54	200m: 2:20.80 36.67	300m: 3:34.07 36.37	400m: 4:43.80	34.05	
3. Teresa Maria, LOPES	09	Benedita	4:56.82		
50m: 33.36 33.36	150m: 1:45.95 36.53	250m: 3:01.46 38.01	350m: 4:18.39	38.70	
100m: 1:09.42 36.06	200m: 2:23.45 37.50	300m: 3:39.69 38.23	400m: 4:56.82	38.43	
4. Ana Margarida, MARQUES	09	Ba Leiria / Sk Coffee	5:07.82		
50m: 34.34 34.34	150m: 1:50.97 38.72	250m: 3:09.88 39.67	350m: 4:28.95	39.90	
100m: 1:12.25 37.91	200m: 2:30.21 39.24	300m: 3:49.05 39.17	400m: 5:07.82	38.87	
5. Matilde Monteiro, NEVES	08	Nucleo de Pombal	5:35.84		
50m: 36.53 36.53	150m: 2:01.05 43.00	250m: 3:26.48 42.85	350m: 4:53.55	43.67	
100m: 1:18.05 41.52	200m: 2:43.63 42.58	300m: 4:09.88 43.40	400m: 5:35.84	42.29	
6. Rita Barroja, RAFAEL	08	Siderurgia Nacional	6:09.90		
50m: 39.33 39.33	150m: 2:10.56 46.20	250m: 3:45.83 48.25	350m: 5:20.20	46.45	
100m: 1:24.36 45.03	200m: 2:57.58 47.02	300m: 4:33.75 47.92	400m: 6:09.90	49.70	
EXH Carlota Sa, SANTOS	11	Nucleo de Pombal	5:03.16		
50m: 33.97 33.97	150m: 1:48.17 37.58	250m: 3:04.78 38.88	350m: 4:23.66	39.92	
100m: 1:10.59 36.62	200m: 2:25.90 37.73	300m: 3:43.74 38.96	400m: 5:03.16	39.50	
EXH Francisca Vieira, SILVA	13	Nucleo de Pombal	5:26.14		
50m: 36.89 36.89	150m: 1:59.52 41.92	250m: 3:23.44 41.89	350m: 4:47.86	42.15	
100m: 1:17.60 40.71	200m: 2:41.55 42.03	300m: 4:05.71 42.27	400m: 5:26.14	38.28	
EXH Matilde Soares, FERNANDES	12	Académico Viseu	5:30.07		
50m: 37.74 37.74	150m: 2:02.05 42.84	250m: 3:26.13 41.72	350m: 4:51.02	42.63	
100m: 1:19.21 41.47	200m: 2:44.41 42.36	300m: 4:08.39 42.26	400m: 5:30.07	39.05	
EXH Laura Silva, MARTINS	13	Ba Leiria / Sk Coffee	5:38.18		
50m: 37.04 37.04	150m: 2:02.18 43.07	250m: 3:29.44 43.47	350m: 4:58.06	44.09	
100m: 1:19.11 42.07	200m: 2:45.97 43.79	300m: 4:13.97 44.53	400m: 5:38.18	40.12	
EXH Violeta Neves, SILVA	13	Nucleo de Pombal	5:44.04		
50m: 38.76 38.76	150m: 2:06.99 44.20	250m: 3:35.01 43.71	350m: 5:02.99	43.84	
100m: 1:22.79 44.03	200m: 2:51.30 44.31	300m: 4:19.15 44.14	400m: 5:44.04	41.05	





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Leiria, 16/5/2026

Prova 3, Femin., 400m Livres

Lugar	Ano	Tempo final	Pts
EXH Erica Maria, FORTUNATO	13 Ba Leiria / Sk Coffee	6:03.93	
50m: 40.43 40.43	150m: 2:12.36 46.57	250m: 3:46.52 47.16	350m: 5:19.56 46.85
100m: 1:25.79 45.36	200m: 2:59.36 47.00	300m: 4:32.71 46.19	400m: 6:03.93 44.37
EXH Mariana Silva, CONCEICAO	11 Uniao Juncalense	6:27.92	
50m: 41.64 41.64	150m: 2:18.43 49.18	250m: 3:59.36 50.75	350m: 5:39.79 49.96
100m: 1:29.25 47.61	200m: 3:08.61 50.18	300m: 4:49.83 50.47	400m: 6:27.92 48.13

