

XXXIII Torneio Cidade de Estremoz
Estremoz, 16/5/2026

Prova 1 Femin., 400m Livres 13 anos e mais velhos
16/05/2026 - 9:30 Resultados

Recordes Regionais Piscina Curta Open	4:13.53	Ana Reis SOUSA	CNLA	Porto	09/12/2017
Recordes Regionais Piscina Curta 18 +	4:45.63	Sofia Oliveira SILVA	CNLA	Sines	25/04/2024
Recordes Regionais Piscina Curta 17	4:43.90	Sofia Cristina GRILO	Ind ANALEP	Ponte de Sôr	15/03/2014
Recordes Regionais Piscina Curta 16	4:13.53	Ana Reis SOUSA	CNLA	Porto	09/12/2017
Recordes Regionais Piscina Curta 15	4:31.62	Ana Reis SOUSA	CNLA	Abrantes	27/11/2016
Recordes Regionais Piscina Curta 14	4:38.31	Ana Reis SOUSA	CNLA	Caldas da Rainha	29/11/2015
Recordes Regionais Piscina Curta 13	4:49.18	Joana ESCARIA	AMINATA	Tomar	11/05/2003

Pontos: AQUA 2026

Lugar	Nome	Idade	Clube	Tempo final	Pontos
Infantis					
1.	Lara Amorim PEREIRA	13	Litoral Alentejano	5:07.31	
	50m: 35.14 35.14	150m: 1:52.56 38.94	250m: 3:10.48 39.16	350m: 4:29.87 39.61	
	100m: 1:13.62 38.48	200m: 2:31.32 38.76	300m: 3:50.26 39.78	400m: 5:07.31 37.44	
2.	Ines Barata HENRIQUE	14	AN Albicastrense	5:20.56	
	50m: 36.96 36.96	150m: 1:57.50 39.65	250m: 3:19.11 41.63	350m: 4:41.40 41.21	
	100m: 1:17.85 40.89	200m: 2:37.48 39.98	300m: 4:00.19 41.08	400m: 5:20.56 39.16	
3.	Rita Vidigal CALDEIRA	13	Elvense	5:34.66	
	50m: 36.20 36.20	150m: 1:58.23 41.84	250m: 3:24.49 43.88	350m: 4:52.32 43.59	
	100m: 1:16.39 40.19	200m: 2:40.61 42.38	300m: 4:08.73 44.24	400m: 5:34.66 42.34	
4.	Daniela Varela SILVA	14	Acmn	5:42.74	
	50m: 36.24 36.24	150m: 2:00.54 42.80	250m: 3:31.45 45.48	350m: 5:01.11 44.04	
	100m: 1:17.74 41.50	200m: 2:45.97 45.43	300m: 4:17.07 45.62	400m: 5:42.74 41.63	
5.	Maria Leonor MAFRA	13	Portalegre	5:43.06	
	50m: 37.81 37.81	150m: 2:03.83 43.68	250m: 3:32.55 43.98	350m: 5:02.19 45.21	
	100m: 1:20.15 42.34	200m: 2:48.57 44.74	300m: 4:16.98 44.43	400m: 5:43.06 40.87	
6.	Diana Domingos SANTOS	14	GSC Grândola Sports Club	6:04.88	
	50m: 38.71 38.71	150m: 2:07.36 45.88	250m: 3:42.55 48.14	350m: 5:19.59 49.49	
	100m: 1:21.48 42.77	200m: 2:54.41 47.05	300m: 4:30.10 47.55	400m: 6:04.88 45.29	
7.	Carolina Carneiro VINAGRE	13	Grupo Desportivo Mora	6:10.91	
	50m: 39.98 39.98	150m: 2:13.34 47.39	250m: 3:47.77 47.35	350m: 5:23.66 47.93	
	100m: 1:25.95 45.97	200m: 3:00.42 47.08	300m: 4:35.73 47.96	400m: 6:10.91 47.25	
8.	Ines Ferreira BRAVO	13	Aminata	6:16.60	
	50m: 44.24 44.24	150m: 2:19.77 48.12	250m: 3:55.23 47.73	350m: 5:31.09 47.61	
	100m: 1:31.65 47.41	200m: 3:07.50 47.73	300m: 4:43.48 48.25	400m: 6:16.60 45.51	
9.	Maria Leonor MARTINS	14	Cnbe	6:33.21	
	50m: 45.43 45.43	150m: 2:26.29 51.49	250m: 4:08.33 50.81	350m: 5:46.63 48.61	
	100m: 1:34.80 49.37	200m: 3:17.52 51.23	300m: 4:58.02 49.69	400m: 6:33.21 46.58	
10.	Alice Amareleja LOBO	14	Estremoz	6:37.92	
	50m: 43.17 43.17	150m: 2:23.22 51.26	250m: 4:07.38 51.97	350m: 5:50.42 50.74	
	100m: 1:31.96 48.79	200m: 3:15.41 52.19	300m: 4:59.68 52.30	400m: 6:37.92 47.50	

Absolutos (Juv/Jun/Sen)

1.	Ines Maria ESCARDUCA	18	Elvense	5:07.37	
	50m: 34.29 34.29	150m: 1:51.05 39.15	250m: 3:09.75 39.59	350m: 4:29.85 40.11	
	100m: 1:11.90 37.61	200m: 2:30.16 39.11	300m: 3:49.74 39.99	400m: 5:07.37 37.52	
2.	Maria Lua PISCO	19	Acmn	5:31.49	
	50m: 36.32 36.32	150m: 1:56.65 40.85	250m: 3:21.42 42.95	350m: 4:48.73 43.72	
	100m: 1:15.80 39.48	200m: 2:38.47 41.82	300m: 4:05.01 43.59	400m: 5:31.49 42.76	
3.	Rita Isabel OLIVEIRA	16	Estremoz	5:33.75	
	50m: 36.06 36.06	150m: 1:57.11 41.55	250m: 3:23.95 43.77	350m: 4:51.73 43.42	
	100m: 1:15.56 39.50	200m: 2:40.18 43.07	300m: 4:08.31 44.36	400m: 5:33.75 42.02	
4.	Matilde Maria RODRIGUES	17	Cnbe	5:51.37	
	50m: 37.34 37.34	150m: 2:02.59 43.72	250m: 3:32.07 44.98	350m: 5:04.74 46.75	
	100m: 1:18.87 41.53	200m: 2:47.09 44.50	300m: 4:17.99 45.92	400m: 5:51.37 46.63	

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Prova 1, Femin., 400m Livres, Absolutos (Juv/Jun/Sen)

Lugar	Nome	Idade	Clube	Tempo final	Pontos		
5.	Vitoria Morao ALMEIDA	17	AN Albicastrense	6:03.15			
	50m: 36.43 36.43	150m: 2:03.24	44.91	250m: 3:38.59	48.37	350m: 5:16.51	48.94
	100m: 1:18.33 41.90	200m: 2:50.22	46.98	300m: 4:27.57	48.98	400m: 6:03.15	46.64
6.	Raquel Trejeira GUERREIRO	15	GSC Grândola Sports Club	6:08.34			
	50m: 40.16 40.16	150m: 2:10.55	45.70	250m: 3:45.11	47.17	350m: 5:19.09	46.45
	100m: 1:24.85 44.69	200m: 2:57.94	47.39	300m: 4:32.64	47.53	400m: 6:08.34	49.25
EXH	Ana Carolina JANEIRO	14	Portalegre	6:07.81			
	50m: 41.85 41.85	150m: 2:14.54	47.07	250m: 3:49.15	47.35	350m: 5:23.94	47.15
	100m: 1:27.47 45.62	200m: 3:01.80	47.26	300m: 4:36.79	47.64	400m: 6:07.81	43.87