

Prova 1
17/07/2026 - 16:00

Femin., 400m Estilos

Infantis
Resultados

RN 50m Open	4:40.11	KAMINSKAYA, Victoria	POR	Pontevedra (ESP)	09/04/2017
RN 50m INF A	5:01.00	ROCHA, Ines Neto	CAP	Coimbra	24/07/2015
RN 50m INF B	5:11.29	ROCHA, Diana Ramos	EDV	Faro	20/07/2007

Pontos: AQUA 2026

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
Infantis B						
1.	DUARTE, Maria Luis	13	Galitos / Bresimar	5:25.66	+0,85	530
	50m: 34.57 34.57	150m: 1:58.69 42.32	250m: 3:26.76 46.23	350m: 4:49.85 37.39		
	100m: 1:16.37 41.80	200m: 2:40.53 41.84	300m: 4:12.46 45.70	400m: 5:25.66 35.81		
2.	TEIXEIRA, Ana Lia	13	Foca Quinta da Lixa CNF	5:35.58	+0,90	484
	50m: 32.55 32.55	150m: 1:53.50 42.75	250m: 3:26.71 49.97	350m: 4:57.09 39.20		
	100m: 1:10.75 38.20	200m: 2:36.74 43.24	300m: 4:17.89 51.18	400m: 5:35.58 38.49		
3.	SILVA, Ines Martins	13	Sporting	5:42.83	+0,85	454
	50m: 33.33 33.33	150m: 1:56.74 44.36	250m: 3:30.77 50.42	350m: 5:03.23 40.65		
	100m: 1:12.38 39.05	200m: 2:40.35 43.61	300m: 4:22.58 51.81	400m: 5:42.83 39.60		
4.	LIMA, Iris Soares	13	Porto	5:43.93	+0,99	450
	50m: 36.24 36.24	150m: 2:02.88 44.00	250m: 3:36.15 51.48	350m: 5:06.73 38.38		
	100m: 1:18.88 42.64	200m: 2:44.67 41.79	300m: 4:28.35 52.20	400m: 5:43.93 37.20		
5.	AZEVEDO, Sara Soares	13	Colegio Efanor	5:46.41		440
	50m: 37.39 37.39	150m: 2:04.19 42.20	250m: 3:38.61 53.06	350m: 5:08.62 38.23		
	100m: 1:21.99 44.60	200m: 2:45.55 41.36	300m: 4:30.39 51.78	400m: 5:46.41 37.79		
6.	MAIA, Luiza Marchette	13	Louletano / Loule Aqui e Agora	5:47.90	+0,76	435
	50m: 35.12 35.12	150m: 2:02.25 46.46	250m: 3:36.99 50.15	350m: 5:08.06 41.38		
	100m: 1:15.79 40.67	200m: 2:46.84 44.59	300m: 4:26.68 49.69	400m: 5:47.90 39.84		
7.	OLIVEIRA, Maria Ribeiro	13	Famalicão	5:49.15	+0,94	430
	50m: 37.66 37.66	150m: 2:10.80 47.79	250m: 3:42.19 46.94	350m: 5:10.72 40.88		
	100m: 1:23.01 45.35	200m: 2:55.25 44.45	300m: 4:29.84 47.65	400m: 5:49.15 38.43		
8.	ROSA, Beatriz Matos	13	Lagoa Academico Clube	5:49.84	+0,77	428
	50m: 35.30 35.30	150m: 2:03.79 45.64	250m: 3:37.50 49.48	350m: 5:09.92 41.34		
	100m: 1:18.15 42.85	200m: 2:48.02 44.23	300m: 4:28.58 51.08	400m: 5:49.84 39.92		
9.	CARVALHO, Teresa Vale	13	Sporting	5:50.54	+0,99	425
	50m: 36.62 36.62	150m: 2:04.13 45.36	250m: 3:40.17 52.11	350m: 5:11.79 39.64		
	100m: 1:18.77 42.15	200m: 2:48.06 43.93	300m: 4:32.15 51.98	400m: 5:50.54 38.75		
10.	CASTRO, Joana Soares	13	Natação Clube de Fafe	5:51.40	+0,84	422
	50m: 36.30 36.30	150m: 2:08.95 49.22	250m: 3:43.75 48.04	350m: 5:10.97 39.42		
	100m: 1:19.73 43.43	200m: 2:55.71 46.76	300m: 4:31.55 47.80	400m: 5:51.40 40.43		
11.	PEREIRA, Salome Ferreira	13	Famalicão	5:55.81	+0,93	406
	50m: 36.43 36.43	150m: 2:06.54 47.01	250m: 3:43.41 51.20	350m: 5:16.66 41.26		
	100m: 1:19.53 43.10	200m: 2:52.21 45.67	300m: 4:35.40 51.99	400m: 5:55.81 39.15		
12.	OLIVEIRA, Carolina Costa	13	Porto	5:56.52	+0,95	404
	50m: 35.49 35.49	150m: 2:03.51 45.53	250m: 3:41.53 53.36	350m: 5:16.22 40.60		
	100m: 1:17.98 42.49	200m: 2:48.17 44.66	300m: 4:35.62 54.09	400m: 5:56.52 40.30		
13.	CARVALHO, Eva Pinho	13	Braga	5:58.10	+0,99	399
	50m: 35.51 35.51	150m: 2:07.94 49.16	250m: 3:48.16 52.82	350m: 5:20.83 39.82		
	100m: 1:18.78 43.27	200m: 2:55.34 47.40	300m: 4:41.01 52.85	400m: 5:58.10 37.27		
14.	MARTINS, Miriam Neto	13	Natacao da Maia	6:05.46	+0,95	375
	50m: 37.15 37.15	150m: 2:12.97 48.39	250m: 3:52.84 53.79	350m: 5:27.25 41.92		
	100m: 1:24.58 47.43	200m: 2:59.05 46.08	300m: 4:45.33 52.49	400m: 6:05.46 38.21		

Prova 1, Femin., 400m Estilos, Infantis B

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
15.	LOPES, Lara Raquel	13	Foca Quinta da Lixa CNF	6:06.57	+0,79	372
	50m: 37.17 37.17	150m: 2:08.96 47.38	250m: 3:48.59 53.68	350m: 5:25.60 42.22		
	100m: 1:21.58 44.41	200m: 2:54.91 45.95	300m: 4:43.38 54.79	400m: 6:06.57 40.97		
16.	BARRETO, Catarina Sousa	13	Sporting	6:08.02	+0,87	367
	50m: 39.56 39.56	150m: 2:18.98 50.06	250m: 3:55.97 49.76	350m: 5:29.07 41.23		
	100m: 1:28.92 49.36	200m: 3:06.21 47.23	300m: 4:47.84 51.87	400m: 6:08.02 38.95		
17.	RIBAS, Maria Beatriz	13	Viana Natacao	6:09.74	+0,45	362
	50m: 38.34 38.34	150m: 2:12.88 47.45	250m: 3:49.89 52.04	350m: 5:26.37 44.02		
	100m: 1:25.43 47.09	200m: 2:57.85 44.97	300m: 4:42.35 52.46	400m: 6:09.74 43.37		
18.	DAMASCENO, Lara Gil	13	Clube Desportivo Escolar de Ag	6:10.40	+0,79	360
	50m: 38.85 38.85	150m: 2:16.53 49.83	250m: 3:56.86 52.31	350m: 5:29.92 41.24		
	100m: 1:26.70 47.85	200m: 3:04.55 48.02	300m: 4:48.68 51.82	400m: 6:10.40 40.48		
19.	SERRAO, Mariana Vale	13	Palmela Desporto	6:18.93		336
	50m: 39.32 39.32	150m: 2:21.24 51.08	250m: 4:00.61 50.48	350m: 5:36.85 43.87		
	100m: 1:30.16 50.84	200m: 3:10.13 48.89	300m: 4:52.98 52.37	400m: 6:18.93 42.08		
20.	COSTA, Leticia Saldanha	13	O Crasto	6:19.10	+0,95	336
	50m: 41.47 41.47	150m: 2:19.04 44.34	250m: 3:58.49 51.96	350m: 5:35.92 43.68		
	100m: 1:34.70 53.23	200m: 3:06.53 47.49	300m: 4:52.24 53.75	400m: 6:19.10 43.18		
21.	REIS, Clara Damasceno	13	Sporting	6:20.09	+0,85	333
	50m: 40.79 40.79	150m: 2:24.51 53.12	250m: 4:04.68 50.60	350m: 5:38.00 42.77		
	100m: 1:31.39 50.60	200m: 3:14.08 49.57	300m: 4:55.23 50.55	400m: 6:20.09 42.09		

DSQ AMARO, Maria Paco 13 Benfica
7.7 - O(a) atleta tocou com uma mao na parede na viragem dos 300 metros

Infantis A

1.	CUNHA, Alice Bezerra	12	Vilacondense	5:19.85	+0,94	560
	50m: 33.29 33.29	150m: 1:54.40 41.88	250m: 3:23.84 47.35	350m: 4:45.62 34.24		
	100m: 1:12.52 39.23	200m: 2:36.49 42.09	300m: 4:11.38 47.54	400m: 5:19.85 34.23		
2.	NUNES, Maria Ines	12	Sporting	5:21.51	+0,80	551
	50m: 33.37 33.37	150m: 1:53.38 40.82	250m: 3:22.93 48.90	350m: 4:46.29 35.23		
	100m: 1:12.56 39.19	200m: 2:34.03 40.65	300m: 4:11.06 48.13	400m: 5:21.51 35.22		
3.	JESUS, Mariana Canarias	12	Lagoa Academico Clube	5:23.38	+0,75	541
	50m: 33.09 33.09	150m: 1:52.33 40.13	250m: 3:19.38 46.89	350m: 4:45.95 38.42		
	100m: 1:12.20 39.11	200m: 2:32.49 40.16	300m: 4:07.53 48.15	400m: 5:23.38 37.43		
4.	BIBI, Matilde Casimiro	12	BUZIOS - Coruche	5:31.42	+0,87	503
	50m: 33.65 33.65	150m: 1:58.26 43.05	250m: 3:27.40 48.91	350m: 4:53.31 38.70		
	100m: 1:15.21 41.56	200m: 2:38.49 40.23	300m: 4:14.61 47.21	400m: 5:31.42 38.11		
5.	SOUSA, Leonor Simoes	12	Academica de Coimbra	5:39.12	+0,75	469
	50m: 33.45 33.45	150m: 1:59.27 45.61	250m: 3:32.38 48.42	350m: 5:01.49 39.56		
	100m: 1:13.66 40.21	200m: 2:43.96 44.69	300m: 4:21.93 49.55	400m: 5:39.12 37.63		
6.	GOMES, Leonor Matos	12	Natacao da Maia	5:39.90	+0,88	466
	50m: 33.91 33.91	150m: 2:00.68 46.71	250m: 3:33.64 48.44	350m: 5:01.28 39.20		
	100m: 1:13.97 40.06	200m: 2:45.20 44.52	300m: 4:22.08 48.44	400m: 5:39.90 38.62		
7.	CORREIA, Margarida Paiva	12	Miranda do Corvo	5:43.66	+0,92	451
	50m: 34.26 34.26	150m: 1:59.21 44.21	250m: 3:33.17 50.32	350m: 5:03.05 39.88		
	100m: 1:15.00 40.74	200m: 2:42.85 43.64	300m: 4:23.17 50.00	400m: 5:43.66 40.61		

Prova 1, Femin., 400m Estilos, Infantis A

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
8.	CORREIA, Alice Dantas	12	Atlanticos Ancora	5:44.08	+0,95	449
	50m: 37.09 37.09	150m: 2:05.98 46.74	250m: 3:39.66 48.08	350m: 5:06.60 38.00		
	100m: 1:19.24 42.15	200m: 2:51.58 45.60	300m: 4:28.60 48.94	400m: 5:44.08 37.48		
9.	MARTINS, Ines Pinto	12	Pimpoes/Cimai	5:44.33	+0,98	448
	50m: 36.34 36.34	150m: 2:02.40 44.16	250m: 3:37.07 51.14	350m: 5:05.92 39.37		
	100m: 1:18.24 41.90	200m: 2:45.93 43.53	300m: 4:26.55 49.48	400m: 5:44.33 38.41		
10.	HOMEM, Carolina Melo	12	Galitos / Bresimar	5:44.61	+0,73	447
	50m: 35.89 35.89	150m: 2:03.94 45.85	250m: 3:37.96 50.27	350m: 5:07.88 39.53		
	100m: 1:18.09 42.20	200m: 2:47.69 43.75	300m: 4:28.35 50.39	400m: 5:44.61 36.73		
11.	PEREIRA, Carlota Velada	12	Sporting	5:47.22	+0,98	437
	50m: 36.75 36.75	150m: 2:05.16 45.50	250m: 3:38.42 49.33	350m: 5:08.08 39.85		
	100m: 1:19.66 42.91	200m: 2:49.09 43.93	300m: 4:28.23 49.81	400m: 5:47.22 39.14		
12.	CORTES, Carolina Torres	12	Braga	5:51.97	+0,89	420
	50m: 38.86 38.86	150m: 2:11.84 46.17	250m: 3:43.82 47.61	350m: 5:12.71 40.96		
	100m: 1:25.67 46.81	200m: 2:56.21 44.37	300m: 4:31.75 47.93	400m: 5:51.97 39.26		
13.	CORREIA, Margarida Sanches	12	Alges	5:53.41	+0,82	415
	50m: 37.11 37.11	150m: 2:10.83 47.41	250m: 3:47.03 50.06	350m: 5:15.14 38.35		
	100m: 1:23.42 46.31	200m: 2:56.97 46.14	300m: 4:36.79 49.76	400m: 5:53.41 38.27		
14.	VELOSO, Alice Mendes	12	União Piedense	5:53.45	+0,58	415
	50m: 36.30 36.30	150m: 2:07.88 46.03	250m: 3:43.28 49.00	350m: 5:14.72 39.99		
	100m: 1:21.85 45.55	200m: 2:54.28 46.40	300m: 4:34.73 51.45	400m: 5:53.45 38.73		
15.	CORREIA, Matilde Dantas	12	Atlanticos Ancora	5:55.22	+0,95	408
	50m: 35.69 35.69	150m: 2:03.08 45.67	250m: 3:41.05 51.95	350m: 5:14.56 40.54		
	100m: 1:17.41 41.72	200m: 2:49.10 46.02	300m: 4:34.02 52.97	400m: 5:55.22 40.66		
16.	RAIMUNDO, Maria Chenrim	12	Sporting	5:55.78	+0,91	406
	50m: 38.75 38.75	150m: 2:09.77 46.59	250m: 3:45.95 50.18	350m: 5:16.57 40.16		
	100m: 1:23.18 44.43	200m: 2:55.77 46.00	300m: 4:36.41 50.46	400m: 5:55.78 39.21		
17.	DEEP, Alicia Lopes	12	BUZIOS - Coruche	5:57.88	+0,81	399
	50m: 35.39 35.39	150m: 2:08.89 49.07	250m: 3:46.04 49.07	350m: 5:18.06 41.27		
	100m: 1:19.82 44.43	200m: 2:56.97 48.08	300m: 4:36.79 50.75	400m: 5:57.88 39.82		
18.	DUARTE, Petra Rodrigues	12	Cnol	6:01.39	+0,98	388
	50m: 38.52 38.52	150m: 2:12.55 48.65	250m: 3:49.02 48.45	350m: 5:21.15 42.12		
	100m: 1:23.90 45.38	200m: 3:00.57 48.02	300m: 4:39.03 50.01	400m: 6:01.39 40.24		
19.	ARAGAO, C.	12	Fluvial Portuense	6:01.49	+0,72	387
	50m: 35.35 35.35	150m: 2:08.59 48.80	250m: 3:48.59 51.94	350m: 5:21.75 40.45		
	100m: 1:19.79 44.44	200m: 2:56.65 48.06	300m: 4:41.30 52.71	400m: 6:01.49 39.74		
20.	FERNANDES, Ana Margarida	12	Atlanticos Ancora	6:02.57	+0,95	384
	50m: 38.95 38.95	150m: 2:13.18 47.81	250m: 3:54.17 55.15	350m: 5:26.91 37.90		
	100m: 1:25.37 46.42	200m: 2:59.02 45.84	300m: 4:49.01 54.84	400m: 6:02.57 35.66		
21.	FERREIRA, Sofia Dias	12	Palmela Desporto	6:04.14	+0,97	379
	50m: 36.74 36.74	150m: 2:08.45 47.68	250m: 3:49.52 54.72	350m: 5:24.45 39.60		
	100m: 1:20.77 44.03	200m: 2:54.80 46.35	300m: 4:44.85 55.33	400m: 6:04.14 39.69		
22.	NIZA, Isabella Kondas	12	RIA Aqua Tavira	6:10.09	+0,84	361
	50m: 35.39 35.39	150m: 2:10.37 47.41	250m: 3:49.64 53.55	350m: 5:28.52 43.42		
	100m: 1:22.96 47.57	200m: 2:56.09 45.72	300m: 4:45.10 55.46	400m: 6:10.09 41.57		

Prova 1, Femin., 400m Estilos

EXH BISCAIA, Manuela Souza	13	Porto	6:03.96	+0,93	380
50m: 39.21 39.21	150m: 2:14.48 47.51	250m: 3:51.69 50.99	350m: 5:24.37 39.88		
100m: 1:26.97 47.76	200m: 3:00.70 46.22	300m: 4:44.49 52.80	400m: 6:03.96 39.59		
EXH AMORIM, Laurine Aurore	13	ACSintra	6:04.22	+0,88	379
50m: 37.63 37.63	150m: 2:11.60 47.83	250m: 3:49.49 53.62	350m: 5:23.59 41.37		
100m: 1:23.77 46.14	200m: 2:55.87 44.27	300m: 4:42.22 52.73	400m: 6:04.22 40.63		