

Prova 23
19/07/2026 - 11:04

Femin., 400m Livres

Infantis
Resultados

RN 50m Open	4:07.50	MARTINS, Francisca Soares	POR	Berlin (GER)	23/07/2025
RN 50m INF A	4:26.20	CABRAL, Maria Francisca	FCP	Oeiras	26/07/2014
RN 50m INF B	4:31.53	SILVA, Alexandra Maria	POR	Skovde (SWE)	08/08/1980

Pontos: AQUA 2026

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
Infantis B						
1.	DUARTE, Maria Luis	13	Galitos / Bresimar	4:52.02	+0,87	515
	50m: 33.35 33.35	150m: 1:46.85 37.21	250m: 3:02.12 37.85	350m: 4:16.42 37.01		
	100m: 1:09.64 36.29	200m: 2:24.27 37.42	300m: 3:39.41 37.29	400m: 4:52.02 35.60		
2.	MACHADO, Beatriz VilasBoas	13	Braga	4:52.78	+0,94	511
	50m: 32.77 32.77	150m: 1:45.55 37.17	250m: 3:00.89 38.04	350m: 4:17.08 38.02		
	100m: 1:08.38 35.61	200m: 2:22.85 37.30	300m: 3:39.06 38.17	400m: 4:52.78 35.70		
3.	BRITO, Beatriz Simao	13	Sporting	4:54.29	+0,98	503
	50m: 32.94 32.94	150m: 1:47.23 37.90	250m: 3:04.25 38.53	350m: 4:19.07 36.59		
	100m: 1:09.33 36.39	200m: 2:25.72 38.49	300m: 3:42.48 38.23	400m: 4:54.29 35.22		
4.	CARVALHO, Eva Pinho	13	Braga	5:05.52	+0,95	450
	50m: 34.13 34.13	150m: 1:50.49 38.78	250m: 3:08.72 39.11	350m: 4:28.04 39.98		
	100m: 1:11.71 37.58	200m: 2:29.61 39.12	300m: 3:48.06 39.34	400m: 5:05.52 37.48		
5.	JUNIOR, Adelina Beatriz	13	Amigos da Montanha	5:06.66	+0,99	445
	50m: 33.77 33.77	150m: 1:51.02 39.35	250m: 3:10.22 39.69	350m: 4:30.17 40.28		
	100m: 1:11.67 37.90	200m: 2:30.53 39.51	300m: 3:49.89 39.67	400m: 5:06.66 36.49		
6.	AZEVEDO, Sara Soares	13	Colegio Efanor	5:07.49		441
	50m: 34.51 34.51	150m: 1:51.32 38.98	250m: 3:10.41 39.60	350m: 4:29.36 39.48		
	100m: 1:12.34 37.83	200m: 2:30.81 39.49	300m: 3:49.88 39.47	400m: 5:07.49 38.13		
7.	BARRETO, Catarina Sousa	13	Sporting	5:08.93	+0,85	435
	50m: 35.01 35.01	150m: 1:52.65 39.26	250m: 3:12.01 40.07	350m: 4:31.11 39.62		
	100m: 1:13.39 38.38	200m: 2:31.94 39.29	300m: 3:51.49 39.48	400m: 5:08.93 37.82		
8.	ALMEIDA, Emma Neves	13	Natação de Lagos	5:09.50	+0,79	433
	50m: 33.44 33.44	150m: 1:49.87 38.93	250m: 3:09.61 40.51	350m: 4:31.31 40.80		
	100m: 1:10.94 37.50	200m: 2:29.10 39.23	300m: 3:50.51 40.90	400m: 5:09.50 38.19		
9.	ANICETO, Leonor Telo	13	Naval Do Funchal	5:09.92	+0,74	431
	50m: 33.87 33.87	150m: 1:52.52 40.34	250m: 3:12.50 39.88	350m: 4:32.28 39.28		
	100m: 1:12.18 38.31	200m: 2:32.62 40.10	300m: 3:53.00 40.50	400m: 5:09.92 37.64		
10.	GONCALVES, Eva Ferreira	13	Academico Viseu Futebol Clube	5:09.95	+0,99	431
	50m: 35.33 35.33	150m: 1:53.96 39.99	250m: 3:14.27 40.49	350m: 4:33.16 39.14		
	100m: 1:13.97 38.64	200m: 2:33.78 39.82	300m: 3:54.02 39.75	400m: 5:09.95 36.79		
11.	CARVALHO, Teresa Vale	13	Sporting	5:10.00	+0,99	431
	50m: 34.79 34.79	150m: 1:53.43 39.82	250m: 3:12.71 39.82	350m: 4:31.55 39.55		
	100m: 1:13.61 38.82	200m: 2:32.89 39.46	300m: 3:52.00 39.29	400m: 5:10.00 38.45		
12.	PONTE, Matilde Almeida	13	Clube Desportivo Escolar de Ag	5:10.70	+0,79	428
	50m: 34.58 34.58	150m: 1:53.61 40.22	250m: 3:13.95 40.48	350m: 4:34.04 39.89		
	100m: 1:13.39 38.81	200m: 2:33.47 39.86	300m: 3:54.15 40.20	400m: 5:10.70 36.66		
13.	SAMPAIO, Leonor Teixeira	13	Foca Quinta da Lixa CNF	5:11.80	+0,89	423
	50m: 34.49 34.49	150m: 1:52.62 39.75	250m: 3:12.11 39.95	350m: 4:32.28 39.88		
	100m: 1:12.87 38.38	200m: 2:32.16 39.54	300m: 3:52.40 40.29	400m: 5:11.80 39.52		
14.	MARTINS, Madalena Marques	13	União Piedense	5:12.14	+0,97	422
	50m: 34.30 34.30	150m: 1:53.34 39.91	250m: 3:13.90 41.17	350m: 4:33.51 39.95		
	100m: 1:13.43 39.13	200m: 2:32.73 39.39	300m: 3:53.56 39.66	400m: 5:12.14 38.63		

Prova 23, Femin., 400m Livres, Infantis B

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
15.	PASSOS, Eva Maria	13	RIA Aqua Tavira	5:12.45	+0,91	421
	50m: 36.30 36.30	150m: 1:55.34 39.38	250m: 3:14.79 38.81	350m: 4:33.82 39.58		
	100m: 1:15.96 39.66	200m: 2:35.98 40.64	300m: 3:54.24 39.45	400m: 5:12.45 38.63		
16.	OLIVEIRA, Maria Ribeiro	13	Famalicão	5:12.99	+0,86	418
	50m: 34.68 34.68	150m: 1:54.18 40.30	250m: 3:15.56 40.41	350m: 4:35.32 39.37		
	100m: 1:13.88 39.20	200m: 2:35.15 40.97	300m: 3:55.95 40.39	400m: 5:12.99 37.67		
17.	GOMES, Laura Margarida	13	Leixões Sport Clube	5:13.10	+0,88	418
	50m: 33.84 33.84	150m: 1:50.79 39.26	250m: 3:11.71 40.97	350m: 4:34.02 40.35		
	100m: 1:11.53 37.69	200m: 2:30.74 39.95	300m: 3:53.67 41.96	400m: 5:13.10 39.08		
18.	CASAL, Margarida Sousa	13	Lousada Séc.XXI	5:13.51	+0,82	416
	50m: 34.24 34.24	150m: 1:52.52 39.93	250m: 3:13.74 41.02	350m: 4:36.12 41.02		
	100m: 1:12.59 38.35	200m: 2:32.72 40.20	300m: 3:55.10 41.36	400m: 5:13.51 37.39		
19.	MOREIRA, Sofia Cioga	13	Condeixa Aqua Clube	5:13.90	+0,98	415
	50m: 36.19 36.19	150m: 1:54.77 39.94	250m: 3:15.28 40.52	350m: 4:36.06 40.54		
	100m: 1:14.83 38.64	200m: 2:34.76 39.99	300m: 3:55.52 40.24	400m: 5:13.90 37.84		
20.	CANDEIAS, Maria Miranda	13	Fluvial Portuense	5:14.02	+0,99	414
	50m: 34.37 34.37	150m: 1:53.08 39.72	250m: 3:13.84 40.50	350m: 4:35.16 40.32		
	100m: 1:13.36 38.99	200m: 2:33.34 40.26	300m: 3:54.84 41.00	400m: 5:14.02 38.86		
21.	PORTELA, Luisa Borges	13	Fluvial Portuense	5:14.69	+0,95	412
	50m: 35.33 35.33	150m: 1:56.21 41.47	250m: 3:17.88 41.00	350m: 4:37.63 39.77		
	100m: 1:14.74 39.41	200m: 2:36.88 40.67	300m: 3:57.86 39.98	400m: 5:14.69 37.06		
22.	MENDES, Mafalda Rocha	13	Fluvial Portuense	5:14.93	+0,99	411
	50m: 35.13 35.13	150m: 1:55.89 41.18	250m: 3:17.39 40.71	350m: 4:37.37 39.90		
	100m: 1:14.71 39.58	200m: 2:36.68 40.79	300m: 3:57.47 40.08	400m: 5:14.93 37.56		
23.	BONFIM, Maria Leonor	13	Vilacondense	5:15.34	+0,88	409
	50m: 33.80 33.80	150m: 1:51.54 39.82	250m: 3:13.88 41.61	350m: 4:36.45 41.17		
	100m: 1:11.72 37.92	200m: 2:32.27 40.73	300m: 3:55.28 41.40	400m: 5:15.34 38.89		
24.	CORREIA, Laura Conde	13	Torres Novas	5:17.27	+0,94	402
	50m: 34.98 34.98	150m: 1:54.55 40.60	250m: 3:16.40 41.01	350m: 4:38.37 40.89		
	100m: 1:13.95 38.97	200m: 2:35.39 40.84	300m: 3:57.48 41.08	400m: 5:17.27 38.90		
25.	MAGALHAES, Daniela Lopes	13	Natação Clube de Fafe	5:17.75	+0,83	400
	50m: 35.66 35.66	150m: 1:57.06 41.29	250m: 3:18.28 40.44	350m: 4:39.18 39.99		
	100m: 1:15.77 40.11	200m: 2:37.84 40.78	300m: 3:59.19 40.91	400m: 5:17.75 38.57		
26.	BERNARDO, Maria Joao	13	Algés e Águeda XXI	5:18.20	+0,67	398
	50m: 36.37 36.37	150m: 1:55.75 40.10	250m: 3:16.70 40.51	350m: 4:38.46 40.88		
	100m: 1:15.65 39.28	200m: 2:36.19 40.44	300m: 3:57.58 40.88	400m: 5:18.20 39.74		
27.	FIGUEIREDO, Beatriz Cruz	13	Fisica Torres Vedras	5:18.29	+0,92	398
	50m: 34.40 34.40	150m: 1:55.53 41.01	250m: 3:18.03 41.46	350m: 4:39.41 39.94		
	100m: 1:14.52 40.12	200m: 2:36.57 41.04	300m: 3:59.47 41.44	400m: 5:18.29 38.88		
28.	AMORIM, Ines Barbosa	13	Famalicão	5:18.33	+0,97	398
	50m: 35.37 35.37	150m: 1:55.77 40.70	250m: 3:17.51 41.04	350m: 4:38.93 40.56		
	100m: 1:15.07 39.70	200m: 2:36.47 40.70	300m: 3:58.37 40.86	400m: 5:18.33 39.40		
29.	BRAGANCA, Margarida Peixotc	13	Famalicão	5:18.97	+0,94	395
	50m: 34.62 34.62	150m: 1:55.24 40.94	250m: 3:17.16 41.47	350m: 4:39.32 40.85		
	100m: 1:14.30 39.68	200m: 2:35.69 40.45	300m: 3:58.47 41.31	400m: 5:18.97 39.65		
30.	SERRAO, Mariana Vale	13	Palmela Desporto	5:19.18	+0,97	394
	50m: 35.49 35.49	150m: 1:56.16 41.10	250m: 3:18.30 41.15	350m: 4:40.16 40.23		
	100m: 1:15.06 39.57	200m: 2:37.15 40.99	300m: 3:59.93 41.63	400m: 5:19.18 39.02		

Prova 23, Femin., 400m Livres, Infantis B

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
31.	OLIVEIRA, Maria Joao	13	Alcobaca	5:19.90	+0,92	392
	50m: 35.63 35.63	150m: 1:56.99 41.12	250m: 3:18.83 40.77	350m: 4:41.40 40.61		
	100m: 1:15.87 40.24	200m: 2:38.06 41.07	300m: 4:00.79 41.96	400m: 5:19.90 38.50		
32.	MARTINS, Rita Veiga	13	Algés e Águeda XXI	5:19.94	+0,89	392
	50m: 35.76 35.76	150m: 1:56.23 40.45	250m: 3:18.15 40.98	350m: 4:40.36 40.92		
	100m: 1:15.78 40.02	200m: 2:37.17 40.94	300m: 3:59.44 41.29	400m: 5:19.94 39.58		
33.	JESUS, Maria Mar	13	Columbofila Cantanhedense	5:20.05	+0,86	391
	50m: 34.98 34.98	150m: 1:56.25 41.45	250m: 3:19.43 41.57	350m: 4:41.39 40.66		
	100m: 1:14.80 39.82	200m: 2:37.86 41.61	300m: 4:00.73 41.30	400m: 5:20.05 38.66		
34.	MARTINS, Maria Vieira	13	Clube Desportivo Escolar de Ag	5:24.53	+0,83	375
	50m: 35.29 35.29	150m: 1:56.77 41.48	250m: 3:20.62 42.09	350m: 4:44.22 41.73		
	100m: 1:15.29 40.00	200m: 2:38.53 41.76	300m: 4:02.49 41.87	400m: 5:24.53 40.31		
35.	DUARTE, Ines Correia	13	Colegio Efanor	5:25.98	+0,93	370
	50m: 34.85 34.85	150m: 1:56.43 41.74	250m: 3:22.30 42.81	350m: 4:46.47 41.53		
	100m: 1:14.69 39.84	200m: 2:39.49 43.06	300m: 4:04.94 42.64	400m: 5:25.98 39.51		
36.	OLIVEIRA, Alicia Ferreira	13	Ba Leiria / Sk Coffee	5:29.05	+0,98	360
	50m: 35.35 35.35	150m: 1:58.41 41.96	250m: 3:22.73 42.43	350m: 4:47.27 41.87		
	100m: 1:16.45 41.10	200m: 2:40.30 41.89	300m: 4:05.40 42.67	400m: 5:29.05 41.78		
37.	SILVA, Matilde Goncalves	13	Condeixa Aqua Clube	5:32.33	+0,85	349
	50m: 35.65 35.65	150m: 1:58.35 42.42	250m: 3:24.48 43.76	350m: 4:51.00 43.40		
	100m: 1:15.93 40.28	200m: 2:40.72 42.37	300m: 4:07.60 43.12	400m: 5:32.33 41.33		
38.	BRAS, Carolina Sao	13	ADRCCI Monte Maior	5:35.05	+0,94	341
	50m: 36.69 36.69	150m: 2:02.15 43.21	250m: 3:27.63 42.05	350m: 4:53.28 41.94		
	100m: 1:18.94 42.25	200m: 2:45.58 43.43	300m: 4:11.34 43.71	400m: 5:35.05 41.77		

Infantis A

1.	CUNHA, Alice Bezerra	12	Vilacondense	4:41.84	+0,85	573
	50m: 30.59 30.59	150m: 1:41.36 36.48	250m: 2:54.26 36.60	350m: 4:07.03 36.25		
	100m: 1:04.88 34.29	200m: 2:17.66 36.30	300m: 3:30.78 36.52	400m: 4:41.84 34.81		
2.	BORRALHO, Bruna Filipa	12	Lagoa Academico Clube	4:45.36	+0,84	552
	50m: 32.31 32.31	150m: 1:43.35 35.33	250m: 2:55.63 36.08	350m: 4:09.51 36.98		
	100m: 1:08.02 35.71	200m: 2:19.55 36.20	300m: 3:32.53 36.90	400m: 4:45.36 35.85		
3.	NUNES, Maria Ines	12	Sporting	4:45.60	+0,89	551
	50m: 30.84 30.84	150m: 1:41.99 36.61	250m: 2:55.66 36.88	350m: 4:09.15 36.76		
	100m: 1:05.38 34.54	200m: 2:18.78 36.79	300m: 3:32.39 36.73	400m: 4:45.60 36.45		
4.	NOGUEIRA, Maria Luisa	12	Academica de Coimbra	4:47.45	+0,84	540
	50m: 32.72 32.72	150m: 1:44.67 36.59	250m: 2:59.16 37.46	350m: 4:12.76 36.66		
	100m: 1:08.08 35.36	200m: 2:21.70 37.03	300m: 3:36.10 36.94	400m: 4:47.45 34.69		
5.	FONTINHA, Constanca Sousa	12	O Crasto	4:56.79	+0,88	491
	50m: 34.02 34.02	150m: 1:49.29 38.43	250m: 3:05.77 38.32	350m: 4:20.69 37.23		
	100m: 1:10.86 36.84	200m: 2:27.45 38.16	300m: 3:43.46 37.69	400m: 4:56.79 36.10		
6.	LOURA, Rita Maria	12	RIA Aqua Tavira	4:58.20	+0,87	484
	50m: 32.60 32.60	150m: 1:47.48 38.09	250m: 3:05.33 38.81	350m: 4:21.76 37.65		
	100m: 1:09.39 36.79	200m: 2:26.52 39.04	300m: 3:44.11 38.78	400m: 4:58.20 36.44		
7.	ALVES, Leonor Cunha	12	Famalicão	4:58.34	+0,82	483
	50m: 32.11 32.11	150m: 1:45.88 37.55	250m: 3:03.08 38.69	350m: 4:21.03 38.47		
	100m: 1:08.33 36.22	200m: 2:24.39 38.51	300m: 3:42.56 39.48	400m: 4:58.34 37.31		

Prova 23, Femin., 400m Livres, Infantis A

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
8.	FERNANDES, Ana Margarida	12	Atlanticos Ancora	4:59.96	+0,80	475
	50m: 33.70 33.70	150m: 1:49.64 38.70	250m: 3:07.19 38.72	350m: 4:24.42 38.44		
	100m: 1:10.94 37.24	200m: 2:28.47 38.83	300m: 3:45.98 38.79	400m: 4:59.96 35.54		
9.	ANTUNES, Maria Ines	12	Benfica	5:00.04	+0,98	475
	50m: 34.04 34.04	150m: 1:49.38 38.22	250m: 3:06.65 38.44	350m: 4:23.68 38.39		
	100m: 1:11.16 37.12	200m: 2:28.21 38.83	300m: 3:45.29 38.64	400m: 5:00.04 36.36		
10.	FERREIRA, Leonor Ribeiro	12	Columbofila Cantanhedense	5:03.46	+0,98	459
	50m: 34.69 34.69	150m: 1:51.21 38.55	250m: 3:08.72 38.88	350m: 4:26.15 38.44		
	100m: 1:12.66 37.97	200m: 2:29.84 38.63	300m: 3:47.71 38.99	400m: 5:03.46 37.31		
11.	VELOSO, Alice Mendes	12	União Piedense	5:03.82	+0,95	457
	50m: 33.69 33.69	150m: 1:50.85 38.74	250m: 3:08.88 39.31	350m: 4:26.83 39.12		
	100m: 1:12.11 38.42	200m: 2:29.57 38.72	300m: 3:47.71 38.83	400m: 5:03.82 36.99		
12.	SIMOES, Maria Luis	12	Porto	5:04.23	+0,98	456
	50m: 33.64 33.64	150m: 1:50.13 38.99	250m: 3:08.20 38.72	350m: 4:26.19 38.78		
	100m: 1:11.14 37.50	200m: 2:29.48 39.35	300m: 3:47.41 39.21	400m: 5:04.23 38.04		
13.	HOMEM, Carolina Melo	12	Galitos / Bresimar	5:05.70	+0,77	449
	50m: 34.52 34.52	150m: 1:51.61 39.07	250m: 3:09.78 39.09	350m: 4:28.08 39.02		
	100m: 1:12.54 38.02	200m: 2:30.69 39.08	300m: 3:49.06 39.28	400m: 5:05.70 37.62		
14.	ALVES, Rita Balsa	12	BUZIOS - Coruche	5:07.39	+0,89	442
	50m: 34.22 34.22	150m: 1:51.01 39.32	250m: 3:10.67 39.69	350m: 4:29.32 38.77		
	100m: 1:11.69 37.47	200m: 2:30.98 39.97	300m: 3:50.55 39.88	400m: 5:07.39 38.07		
15.	RAIMUNDO, Maria Chenrim	12	Sporting	5:08.25	+0,97	438
	50m: 34.70 34.70	150m: 1:51.95 38.93	250m: 3:10.70 39.08	350m: 4:30.17 39.46		
	100m: 1:13.02 38.32	200m: 2:31.62 39.67	300m: 3:50.71 40.01	400m: 5:08.25 38.08		
16.	BARATA, Margarida Afonso	12	ADRCCI Monte Maior	5:08.42	+0,86	437
	50m: 34.28 34.28	150m: 1:53.02 39.61	250m: 3:12.27 39.14	350m: 4:30.20 38.29		
	100m: 1:13.41 39.13	200m: 2:33.13 40.11	300m: 3:51.91 39.64	400m: 5:08.42 38.22		
17.	CARVALHO, Isabella Andrea	12	ADRCCI Monte Maior	5:08.79	+0,98	436
	50m: 34.69 34.69	150m: 1:53.22 39.52	250m: 3:13.33 40.15	350m: 4:31.13 38.72		
	100m: 1:13.70 39.01	200m: 2:33.18 39.96	300m: 3:52.41 39.08	400m: 5:08.79 37.66		
18.	LOPES, Maria Miguel	12	Academico Viseu Futebol Clube	5:09.08	+0,79	434
	50m: 33.30 33.30	150m: 1:51.83 39.68	250m: 3:11.28 39.33	350m: 4:31.37 39.90		
	100m: 1:12.15 38.85	200m: 2:31.95 40.12	300m: 3:51.47 40.19	400m: 5:09.08 37.71		
19.	DIAS, Filipa Carneiro	12	Academico Viseu Futebol Clube	5:10.77	+0,95	427
	50m: 35.23 35.23	150m: 1:54.25 40.08	250m: 3:14.61 40.42	350m: 4:34.07 39.48		
	100m: 1:14.17 38.94	200m: 2:34.19 39.94	300m: 3:54.59 39.98	400m: 5:10.77 36.70		
20.	REBELO, Mariana Vidal	12	Galitos / Bresimar	5:13.22	+0,89	417
	50m: 33.82 33.82	150m: 1:53.95 40.40	250m: 3:14.46 40.22	350m: 4:35.16 39.86		
	100m: 1:13.55 39.73	200m: 2:34.24 40.29	300m: 3:55.30 40.84	400m: 5:13.22 38.06		
21.	CORREIA, Margarida Sanches	12	Alges	5:13.62	+0,72	416
	50m: 34.10 34.10	150m: 1:51.74 40.22	250m: 3:13.60 40.83	350m: 4:35.04 39.96		
	100m: 1:11.52 37.42	200m: 2:32.77 41.03	300m: 3:55.08 41.48	400m: 5:13.62 38.58		
22.	PEREIRA, Luna Francisco	12	Nucleo de Pombal	5:14.06	+0,90	414
	50m: 34.68 34.68	150m: 1:53.50 40.19	250m: 3:15.02 41.08	350m: 4:35.39 39.93		
	100m: 1:13.31 38.63	200m: 2:33.94 40.44	300m: 3:55.46 40.44	400m: 5:14.06 38.67		
23.	PILEIRA, Laura Beatriz	12	Cnol	5:14.50	+0,74	412
	50m: 34.28 34.28	150m: 1:55.61 40.44	250m: 3:16.96 40.70	350m: 4:36.60 38.91		
	100m: 1:15.17 40.89	200m: 2:36.26 40.65	300m: 3:57.69 40.73	400m: 5:14.50 37.90		

Prova 23, Femin., 400m Livres, Infantis A

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
24.	MARTINS, Ines Pinto	12	Pimpoes/Cimai	5:15.00	+0,95	410
	50m: 34.84 34.84	150m: 1:52.36 39.27	250m: 3:13.51 40.77	350m: 4:34.97 40.82		
	100m: 1:13.09 38.25	200m: 2:32.74 40.38	300m: 3:54.15 40.64	400m: 5:15.00 40.03		
25.	DUARTE, Petra Rodrigues	12	Cnol	5:17.09	+0,84	402
	50m: 35.04 35.04	150m: 1:55.38 40.27	250m: 3:15.77 40.42	350m: 4:37.50 40.67		
	100m: 1:15.11 40.07	200m: 2:35.35 39.97	300m: 3:56.83 41.06	400m: 5:17.09 39.59		
26.	BEXIGAS, Jade Duarte	12	Sporting	5:17.60	+0,53	400
	50m: 34.96 34.96	150m: 1:55.22 40.48	250m: 3:16.49 40.55	350m: 4:38.00 40.46		
	100m: 1:14.74 39.78	200m: 2:35.94 40.72	300m: 3:57.54 41.05	400m: 5:17.60 39.60		
27.	SILVA, Leonor Martins	12	Aej	5:17.61	+0,78	400
	50m: 35.16 35.16	150m: 1:55.62 40.86	250m: 3:17.53 40.50	350m: 4:39.25 40.28		
	100m: 1:14.76 39.60	200m: 2:37.03 41.41	300m: 3:58.97 41.44	400m: 5:17.61 38.36		
28.	FERREIRA, Sofia Dias	12	Palmela Desporto	5:17.94	+0,93	399
	50m: 35.76 35.76	150m: 1:56.13 40.72	250m: 3:18.61 41.21	350m: 4:40.75 40.59		
	100m: 1:15.41 39.65	200m: 2:37.40 41.27	300m: 4:00.16 41.55	400m: 5:17.94 37.19		
29.	MADEIRA, Sara Marques	12	Louletano / Loule Aqui e Agora	5:18.91	+0,93	395
	50m: 34.12 34.12	150m: 1:53.54 41.07	250m: 3:16.27 41.75	350m: 4:38.82 40.75		
	100m: 1:12.47 38.35	200m: 2:34.52 40.98	300m: 3:58.07 41.80	400m: 5:18.91 40.09		
30.	BERNARDINO, Mafalda Varela	12	Alcobaca	5:19.02	+0,88	395
	50m: 35.40 35.40	150m: 1:53.35 39.91	250m: 3:15.80 41.51	350m: 4:38.31 41.49		
	100m: 1:13.44 38.04	200m: 2:34.29 40.94	300m: 3:56.82 41.02	400m: 5:19.02 40.71		
31.	COSTA, Ines Borges	12	Ndco	5:25.28	+0,83	373
	50m: 33.42 33.42	150m: 1:51.86 40.43	250m: 3:15.83 42.42	350m: 4:44.37 44.53		
	100m: 1:11.43 38.01	200m: 2:33.41 41.55	300m: 3:59.84 44.01	400m: 5:25.28 40.91		
32.	DOMINGUES, Maria Pereira	12	Leixões Sport Clube	5:27.97	+0,87	364
	50m: 36.06 36.06	150m: 1:59.82 42.79	250m: 3:23.85 42.23	350m: 4:48.78 41.80		
	100m: 1:17.03 40.97	200m: 2:41.62 41.80	300m: 4:06.98 43.13	400m: 5:27.97 39.19		
33.	SENNA, Alice Silva	12	Condeixa Aqua Clube	5:29.33	+0,82	359
	50m: 36.98 36.98	150m: 1:59.19 41.48	250m: 3:23.67 42.22	350m: 4:47.96 42.17		
	100m: 1:17.71 40.73	200m: 2:41.45 42.26	300m: 4:05.79 42.12	400m: 5:29.33 41.37		
EXH	CROUS, Rylie Ann	12	Condeixa Aqua Clube	4:52.67	+0,86	512
	50m: 32.90 32.90	150m: 1:45.66 37.10	250m: 3:00.03 37.20	350m: 4:15.44 37.50		
	100m: 1:08.56 35.66	200m: 2:22.83 37.17	300m: 3:37.94 37.91	400m: 4:52.67 37.23		
EXH	ZABELINA, Polina	13	Fluvial Portuense	5:02.34	+0,72	464
	50m: 33.58 33.58	150m: 1:49.64 38.51	250m: 3:07.10 38.88	350m: 4:24.66 38.52		
	100m: 1:11.13 37.55	200m: 2:28.22 38.58	300m: 3:46.14 39.04	400m: 5:02.34 37.68		
EXH	SERRANO, Juliana Pereyra	12	Clube Naval Povoense	5:09.88	+0,93	431
	50m: 34.81 34.81	150m: 1:53.38 39.91	250m: 3:13.69 40.00	350m: 4:33.20 39.55		
	100m: 1:13.47 38.66	200m: 2:33.69 40.31	300m: 3:53.65 39.96	400m: 5:09.88 36.68		
EXH	CASTILLO, Maria Luisa	13	Nautico Marinha Grande	5:11.92	+0,90	423
	50m: 34.60 34.60	150m: 1:51.96 39.32	250m: 3:11.89 40.43	350m: 4:33.16 40.37		
	100m: 1:12.64 38.04	200m: 2:31.46 39.50	300m: 3:52.79 40.90	400m: 5:11.92 38.76		
EXH	BISCAIA, Manuela Souza	13	Porto	5:20.05	+0,95	391
	50m: 35.27 35.27	150m: 1:56.64 41.12	250m: 3:19.01 40.75	350m: 4:41.32 40.66		
	100m: 1:15.52 40.25	200m: 2:38.26 41.62	300m: 4:00.66 41.65	400m: 5:20.05 38.73		
EXH	FRITSCHKE, Kara	13	Natacao de Valongo	5:22.78	+0,83	381
	50m: 36.32 36.32	150m: 1:56.40 40.13	250m: 3:18.80 41.07	350m: 4:41.86 41.45		
	100m: 1:16.27 39.95	200m: 2:37.73 41.33	300m: 4:00.41 41.61	400m: 5:22.78 40.92		



Campeonato Nacional de Infantis
Setúbal, 17 - 19/7/2026

Prova 23, Femin., 400m Livres

Lugar	Nome	Ano	Clube	Tempo Final		TReac	Pts	
EXH	JULIO, Sofia Rodriguez	13	Associacao Tubaroes de Gaia	5:25.13		+0,86	373	
	50m: 35.95 35.95	150m: 1:57.17 41.71	250m: 3:21.30 42.45	350m: 4:45.11 41.79				
	100m: 1:15.46 39.51	200m: 2:38.85 41.68	300m: 4:03.32 42.02	400m: 5:25.13 40.02				