

Prova 12
24/07/2026 - 18:05

Femin., 400m Livres

Absolutos
Resultados

RN 50m Open	4:07.50	MARTINS, Francisca Soares	POR	Berlin (GER)	23/07/2025
RN 50m Sen	4:07.50	MARTINS, Francisca Soares	POR	Berlin (GER)	23/07/2025
RN 50m Jun 18	4:17.80	HOLUB, Tamila Hryhorivna	POR	Pontevedra (ESP)	08/04/2017
RN 50m Jun 17	4:14.67	HOLUB, Tamila Hryhorivna	SCB	Oeiras	23/07/2016
RN 50m Juv A	4:20.37	FERREIRA, Marta Andreia	POR	Berlin (GER)	04/08/2002
RN 50m Juv B	4:20.78	HOLUB, Tamila Hryhorivna	POR	Porto	07/06/2014

Pontos: AQUA 2026

Lugar	Nome	Ano	Nac	Clube	TFinal	TReac	AQUA
Juvenis							
1.	HOLUB, Sofia Hryhorivna	11	POR	Vitória Sport Clube	4:31.65	+0,70	640
	50m: 30.72 30.72	150m: 1:37.93	34.21	250m: 2:47.71	34.97	350m: 3:58.02	35.15
	100m: 1:03.72 33.00	200m: 2:12.74	34.81	300m: 3:22.87	35.16	400m: 4:31.65	33.63
2.	FERREIRA, Margarida Almeida	11	POR	Sporting	4:36.00	+0,71	610
	50m: 32.19 32.19	150m: 1:42.01	35.22	250m: 2:52.30	34.90	350m: 4:01.85	34.39
	100m: 1:06.79 34.60	200m: 2:17.40	35.39	300m: 3:27.46	35.16	400m: 4:36.00	34.15
3.	RHARROUCH, Malak Dias	10	POR	Aquatico Pacense	4:39.87	+0,84	585
	50m: 31.57 31.57	150m: 1:40.87	34.83	250m: 2:53.04	36.04	350m: 4:05.55	35.57
	100m: 1:06.04 34.47	200m: 2:17.00	36.13	300m: 3:29.98	36.94	400m: 4:39.87	34.32
4.	CARDEAL, Leonor Nunes	10	POR	Condeixa Aqua Clube	4:41.16	+0,88	577
	50m: 30.52 30.52	150m: 1:40.27	35.53	250m: 2:53.15	36.41	350m: 4:06.39	36.52
	100m: 1:04.74 34.22	200m: 2:16.74	36.47	300m: 3:29.87	36.72	400m: 4:41.16	34.77
5.	CUNHA, Mariana Fernandes	11	POR	FOCA Quinta Da Lixa - Cnf	4:41.58	+0,81	575
	50m: 31.84 31.84	150m: 1:41.48	35.14	250m: 2:52.98	35.98	350m: 4:05.67	36.31
	100m: 1:06.34 34.50	200m: 2:17.00	35.52	300m: 3:29.36	36.38	400m: 4:41.58	35.91
6.	TAVEIRA, Carolina Ratola	10	POR	Galitos / Bresimar	4:43.79	+0,70	561
	50m: 31.56 31.56	150m: 1:41.84	35.69	250m: 2:53.86	36.42	350m: 4:07.78	37.19
	100m: 1:06.15 34.59	200m: 2:17.44	35.60	300m: 3:30.59	36.73	400m: 4:43.79	36.01
7.	HASSAMO, Maria Rita	11	POR	Benfica	4:44.45	+0,69	557
	50m: 31.84 31.84	150m: 1:42.79	35.75	250m: 2:55.79	36.73	350m: 4:09.06	36.41
	100m: 1:07.04 35.20	200m: 2:19.06	36.27	300m: 3:32.65	36.86	400m: 4:44.45	35.39
8.	CARDOSO, Matilde Paiva	11	POR	Fluvial Portuense	4:45.49	+0,72	551
	50m: 32.24 32.24	150m: 1:44.61	36.17	250m: 2:57.28	36.03	350m: 4:09.98	36.22
	100m: 1:08.44 36.20	200m: 2:21.25	36.64	300m: 3:33.76	36.48	400m: 4:45.49	35.51
9.	GREGORIO, Bruna Bacelar	10	POR	Vilacondense	4:47.25	+0,77	541
	50m: 32.88 32.88	150m: 1:45.70	36.32	250m: 2:59.96	37.18	350m: 4:12.57	36.49
	100m: 1:09.38 36.50	200m: 2:22.78	37.08	300m: 3:36.08	36.12	400m: 4:47.25	34.68
10.	MARTINS, Leonor Sombreiro	10	POR	BUZIOS - Coruche	4:49.86	+0,76	527
	50m: 32.04 32.04	150m: 1:43.39	36.49	250m: 2:57.87	37.41	350m: 4:13.65	37.52
	100m: 1:06.90 34.86	200m: 2:20.46	37.07	300m: 3:36.13	38.26	400m: 4:49.86	36.21
11.	MONTEIRO, Francisca Cunha	11	POR	Benfica	4:51.97	+0,65	515
	50m: 33.48 33.48	150m: 1:46.80	37.08	250m: 3:01.56	37.70	350m: 4:16.05	37.37
	100m: 1:09.72 36.24	200m: 2:23.86	37.06	300m: 3:38.68	37.12	400m: 4:51.97	35.92
12.	CORREIA, Maria Rendeiro	11	POR	Sport Alges e Dafundo	4:53.16	+0,65	509
	50m: 32.67 32.67	150m: 1:45.96	37.17	250m: 3:01.59	37.86	350m: 4:16.44	37.78
	100m: 1:08.79 36.12	200m: 2:23.73	37.77	300m: 3:38.66	37.07	400m: 4:53.16	36.72

Prova 12, Femin., 400m Livres, Juvenis

Lugar	Nome	Ano	Nac	Clube	TFinal	TReac	AQUA
13.	PEREIRA, Sofia Barroca	11	POR	BUZIOS - Coruche	4:53.96	+0,76	505
	50m: 32.55 32.55	150m: 1:45.92	37.09	250m: 3:01.74	38.17	350m: 4:18.22	37.97
	100m: 1:08.83 36.28	200m: 2:23.57	37.65	300m: 3:40.25	38.51	400m: 4:53.96	35.74
14.	CAMEJO, Carolina Melo	11	POR	Sporting	4:54.40	+0,81	503
	50m: 33.23 33.23	150m: 1:47.28	37.81	250m: 3:03.30	38.09	350m: 4:17.99	36.78
	100m: 1:09.47 36.24	200m: 2:25.21	37.93	300m: 3:41.21	37.91	400m: 4:54.40	36.41
15.	LOISAS, Filipa Ferreira	11	POR	Columbofila Cantanhedense	4:54.53	+0,79	502
	50m: 33.39 33.39	150m: 1:46.16	36.40	250m: 3:01.98	38.09	350m: 4:18.31	37.65
	100m: 1:09.76 36.37	200m: 2:23.89	37.73	300m: 3:40.66	38.68	400m: 4:54.53	36.22
16.	SYTNYK, Sofia	11	POR	Braga	4:54.79	+0,74	501
	50m: 33.13 33.13	150m: 1:46.31	37.05	250m: 3:01.75	37.91	350m: 4:17.61	37.89
	100m: 1:09.26 36.13	200m: 2:23.84	37.53	300m: 3:39.72	37.97	400m: 4:54.79	37.18
17.	ROLDAO, Ana Teresa	11	POR	Academico Viseu Futebol Clube	4:55.00	+0,84	500
	50m: 32.97 32.97	150m: 1:46.70	37.35	250m: 3:03.55	38.93	350m: 4:19.99	38.30
	100m: 1:09.35 36.38	200m: 2:24.62	37.92	300m: 3:41.69	38.14	400m: 4:55.00	35.01
18.	MADEIRA, Carmo Rosa	11	POR	Laranjeiro	4:55.02	+0,80	500
	50m: 33.20 33.20	150m: 1:46.00	36.99	250m: 3:01.13	37.85	350m: 4:17.70	38.49
	100m: 1:09.01 35.81	200m: 2:23.28	37.28	300m: 3:39.21	38.08	400m: 4:55.02	37.32
19.	RODRIGUES, Alice Maria	11	POR	Academico Viseu Futebol Clube	4:55.20	+0,79	499
	50m: 33.43 33.43	150m: 1:48.65	38.28	250m: 3:04.42	38.16	350m: 4:19.88	37.52
	100m: 1:10.37 36.94	200m: 2:26.26	37.61	300m: 3:42.36	37.94	400m: 4:55.20	35.32
20.	JESUS, Vera Franca	11	POR	Naval Do Funchal	4:55.55	+0,69	497
	50m: 32.24 32.24	150m: 1:44.78	36.93	250m: 3:00.66	38.70	350m: 4:18.36	39.13
	100m: 1:07.85 35.61	200m: 2:21.96	37.18	300m: 3:39.23	38.57	400m: 4:55.55	37.19
21.	MATEUS, Ines Filipa	10	POR	Lagoa Academico Clube	4:57.13	+0,79	489
	50m: 32.72 32.72	150m: 1:46.45	37.15	250m: 3:02.12	37.98	350m: 4:18.80	38.45
	100m: 1:09.30 36.58	200m: 2:24.14	37.69	300m: 3:40.35	38.23	400m: 4:57.13	38.33
22.	FORMIGO, Margarida Pinho	11	POR	Torres Novas	4:57.20	+0,79	489
	50m: 33.93 33.93	150m: 1:49.74	38.04	250m: 3:06.59	38.46	350m: 4:23.09	37.96
	100m: 1:11.70 37.77	200m: 2:28.13	38.39	300m: 3:45.13	38.54	400m: 4:57.20	34.11
23.	PIRES, Carlota Gaspar	11	POR	Porto	4:57.29	+0,68	488
	50m: 33.71 33.71	150m: 1:48.79	37.94	250m: 3:04.53	37.73	350m: 4:20.45	37.83
	100m: 1:10.85 37.14	200m: 2:26.80	38.01	300m: 3:42.62	38.09	400m: 4:57.29	36.84
24.	PEREIRA, Matilde Sofia	11	POR	Condeixa Aqua Clube	4:58.57	+0,72	482
	50m: 34.29 34.29	150m: 1:49.59	38.38	250m: 3:05.92	38.11	350m: 4:22.78	38.33
	100m: 1:11.21 36.92	200m: 2:27.81	38.22	300m: 3:44.45	38.53	400m: 4:58.57	35.79
25.	FIGUEIREDO, Matilde Conde	11	POR	Condeixa Aqua Clube	5:02.54	+0,79	463
	50m: 35.24 35.24	150m: 1:52.06	38.75	250m: 3:09.20	38.52	350m: 4:25.88	38.13
	100m: 1:13.31 38.07	200m: 2:30.68	38.62	300m: 3:47.75	38.55	400m: 5:02.54	36.66
26.	PORTULEZ, Beatriz Oliveira	11	POR	Columbofila Cantanhedense	5:03.37	+0,84	459
	50m: 33.77 33.77	150m: 1:49.37	37.93	250m: 3:06.99	39.12	350m: 4:25.68	39.27
	100m: 1:11.44 37.67	200m: 2:27.87	38.50	300m: 3:46.41	39.42	400m: 5:03.37	37.69

Prova 12, Femin., 400m Livres, Juvenis

Lugar	Nome	Ano	Nac	Clube	TFinal	TReac	AQUA
27.	ANDRADE, Luisa Goncalves	11	POR	Porto	5:03.43	+0,75	459
	50m: 33.53 33.53	150m: 1:49.39	38.33	250m: 3:06.33	38.21	350m: 4:24.05	38.65
	100m: 1:11.06 37.53	200m: 2:28.12	38.73	300m: 3:45.40	39.07	400m: 5:03.43	39.38
28.	SEMIAO, Lara Nobre	11	POR	Fundacao Salesianos	5:03.63	+0,67	458
	50m: 35.31 35.31	150m: 1:52.75	39.56	250m: 3:10.32	38.54	350m: 4:27.51	38.34
	100m: 1:13.19 37.88	200m: 2:31.78	39.03	300m: 3:49.17	38.85	400m: 5:03.63	36.12
29.	FERREIRA, Carolina Morao	11	POR	Ada	5:04.55	+0,76	454
	50m: 33.56 33.56	150m: 1:48.07	37.84	250m: 3:05.42	39.01	350m: 4:25.61	40.22
	100m: 1:10.23 36.67	200m: 2:26.41	38.34	300m: 3:45.39	39.97	400m: 5:04.55	38.94
30.	SERRA, Ana Filipa	11	POR	ADRCCI Monte Maior	5:06.07	+0,80	447
	50m: 34.09 34.09	150m: 1:50.29	38.68	250m: 3:09.06	38.94	350m: 4:27.25	38.95
	100m: 1:11.61 37.52	200m: 2:30.12	39.83	300m: 3:48.30	39.24	400m: 5:06.07	38.82

Juniores

1.	PINTO, Maria Carvalho	09	POR	Viana Natacao	4:30.48	+0,84	648
	50m: 30.73 30.73	150m: 1:38.19	34.22	250m: 2:47.65	34.46	350m: 3:57.15	34.84
	100m: 1:03.97 33.24	200m: 2:13.19	35.00	300m: 3:22.31	34.66	400m: 4:30.48	33.33
2.	MENDES, Rafaela Ferreira	08	POR	Torres Novas	4:31.60	+0,83	641
	50m: 30.75 30.75	150m: 1:38.78	34.51	250m: 2:48.73	35.01	350m: 3:58.46	34.54
	100m: 1:04.27 33.52	200m: 2:13.72	34.94	300m: 3:23.92	35.19	400m: 4:31.60	33.14
3.	AMBRUS, Beatriz Alves	09	POR	Porto	4:39.19	+0,83	590
	50m: 32.28 32.28	150m: 1:42.13	35.08	250m: 2:52.76	35.44	350m: 4:04.19	35.72
	100m: 1:07.05 34.77	200m: 2:17.32	35.19	300m: 3:28.47	35.71	400m: 4:39.19	35.00
4.	MATIAS, Alana Costa	09	POR	Louzan Natacao/EFAPEL	4:40.17	+0,77	583
	50m: 32.24 32.24	150m: 1:43.82	35.73	250m: 2:55.40	35.43	350m: 4:06.54	35.46
	100m: 1:08.09 35.85	200m: 2:19.97	36.15	300m: 3:31.08	35.68	400m: 4:40.17	33.63
5.	BOLEIXA, Carlota Costa	08	POR	Sport Alges e Dafundo	4:41.34	+0,70	576
	50m: 31.14 31.14	150m: 1:42.06	35.88	250m: 2:54.53	36.15	350m: 4:06.45	35.82
	100m: 1:06.18 35.04	200m: 2:18.38	36.32	300m: 3:30.63	36.10	400m: 4:41.34	34.89
6.	CRAVEIRO, Luana Ferreira	09	POR	Nautico Marinha Grande	4:41.36	+0,71	576
	50m: 31.45 31.45	150m: 1:41.74	35.53	250m: 2:54.01	35.71	350m: 4:06.03	35.94
	100m: 1:06.21 34.76	200m: 2:18.30	36.56	300m: 3:30.09	36.08	400m: 4:41.36	35.33
7.	TOMAS, Constanca Baptista	09	POR	Alcobaca	4:49.25	+0,70	530
	50m: 32.17 32.17	150m: 1:45.24	37.45	250m: 2:59.64	37.34	350m: 4:13.06	36.35
	100m: 1:07.79 35.62	200m: 2:22.30	37.06	300m: 3:36.71	37.07	400m: 4:49.25	36.19

Seniores

1.	CARDEAL, Joana Nunes	02	POR	Condeixa Aqua Clube	4:21.47	+0,77	718
	50m: 29.76 29.76	150m: 1:35.26	33.26	250m: 2:42.25	33.38	350m: 3:48.84	33.23
	100m: 1:02.00 32.24	200m: 2:08.87	33.61	300m: 3:15.61	33.36	400m: 4:21.47	32.63
2.	VIANA, Carolina Pereira	04	POR	Sporting	4:23.65	+0,69	700
	50m: 30.20 30.20	150m: 1:35.61	33.11	250m: 2:42.87	33.77	350m: 3:50.55	33.84
	100m: 1:02.50 32.30	200m: 2:09.10	33.49	300m: 3:16.71	33.84	400m: 4:23.65	33.10

Prova 12, Femin., 400m Livres, Seniores

Lugar	Nome	Ano	Nac	Clube	TFinal	TReac	AQUA
3.	LOPES, Francisca Macedo	05	POR	Fluvial Portuense	4:29.07		659
	50m: 30.48 30.48	150m: 1:37.81	33.96	250m: 2:46.22	34.04	350m: 3:54.83	34.28
	100m: 1:03.85 33.37	200m: 2:12.18	34.37	300m: 3:20.55	34.33	400m: 4:29.07	34.24
4.	MENDES, Mariana Amaral	02	POR	Sporting	4:29.93	+0,58	652
	50m: 31.72 31.72	150m: 1:39.26	33.93	250m: 2:47.95	34.52	350m: 3:56.84	34.41
	100m: 1:05.33 33.61	200m: 2:13.43	34.17	300m: 3:22.43	34.48	400m: 4:29.93	33.09
5.	CABRAL, Carolina Vizinho	07	POR	Galitos / Bresimar	4:35.31	+0,69	615
	50m: 31.04 31.04	150m: 1:38.86	34.47	250m: 2:48.77	35.03	350m: 3:59.84	35.74
	100m: 1:04.39 33.35	200m: 2:13.74	34.88	300m: 3:24.10	35.33	400m: 4:35.31	35.47
6.	LOURO, Beatriz Silva	07	POR	Sporting	4:39.21	+0,68	590
	50m: 31.46 31.46	150m: 1:40.68	35.08	250m: 2:51.47	35.48	350m: 4:03.42	36.14
	100m: 1:05.60 34.14	200m: 2:15.99	35.31	300m: 3:27.28	35.81	400m: 4:39.21	35.79
7.	SANTOS, Leonor Castanho	07	POR	Sporting	4:52.41	+0,75	513
	50m: 32.71 32.71	150m: 1:45.43	36.83	250m: 3:00.03	37.41	350m: 4:15.44	37.76
	100m: 1:08.60 35.89	200m: 2:22.62	37.19	300m: 3:37.68	37.65	400m: 4:52.41	36.97
EXH	VEIGA, Susana Pereira	00	POR	Os Belenenses	5:03.10	+0,84	461
	50m: 32.89 32.89	150m: 1:46.25	37.49	250m: 3:04.02	39.52	350m: 4:24.09	40.21
	100m: 1:08.76 35.87	200m: 2:24.50	38.25	300m: 3:43.88	39.86	400m: 5:03.10	39.01