

Prova 33
26/07/2026 - 17:40

Femin., 400m Estilos

Absolutos
Resultados

RN 50m Open	4:40.11	KAMINSKAYA, Victoria	POR	Pontevedra (ESP)	09/04/2017
RN 50m Sen	4:40.11	KAMINSKAYA, Victoria	POR	Pontevedra (ESP)	09/04/2017
RN 50m Jun 18	4:49.60	KAMINSKAYA, Victoria	PIMP	Coimbra	26/05/2013
RN 50m Jun 17	4:52.12	KAMINSKAYA, Victoria	PIMP	Oeiras	27/07/2012
RN 50m Juv A	4:54.00	ROCHA, Ines Neto	SANNP	Gijón (ESP)	20/05/2017
RN 50m Juv B	4:58.08	DURAES, Diana Margarida	FOCA	Povoa de Varzim	05/08/2011

Pontos: AQUA 2026

Lugar Nome Ano Nac Clube TFinal TReac AQUA

Juvenis

1. KOSLOVA, Valeria	11	POR	Braga	5:13.73	+0,70	593
50m: 32.57 32.57	150m: 1:50.13 40.04	250m: 3:13.43 43.84	350m: 4:37.14 38.91			
100m: 1:10.09 37.52	200m: 2:29.59 39.46	300m: 3:58.23 44.80	400m: 5:13.73 36.59			
2. AZEVEDO, Constanca Lourenco	10	POR	Lagoa Academico Clube	5:20.32	+0,73	557
50m: 33.06 33.06	150m: 1:51.24 40.10	250m: 3:19.05 48.11	350m: 4:43.89 37.14			
100m: 1:11.14 38.08	200m: 2:30.94 39.70	300m: 4:06.75 47.70	400m: 5:20.32 36.43			
3. FELICIANO, Francisca Moreira	11	POR	Alcobaca	5:20.54	+0,56	556
50m: 32.01 32.01	150m: 1:50.87 40.88	250m: 3:18.12 46.32	350m: 4:43.29 37.80			
100m: 1:09.99 37.98	200m: 2:31.80 40.93	300m: 4:05.49 47.37	400m: 5:20.54 37.25			
4. SIMOES, Maria Neto	10	POR	Condeixa Aqua Clube	5:20.85	+0,76	554
50m: 32.65 32.65	150m: 1:54.25 41.56	250m: 3:20.97 45.10	350m: 4:44.15 36.81			
100m: 1:12.69 40.04	200m: 2:35.87 41.62	300m: 4:07.34 46.37	400m: 5:20.85 36.70			
5. BRANCO, Francisca Sousa	10	POR	Porto	5:21.05	+0,74	553
50m: 32.67 32.67	150m: 1:53.62 44.20	250m: 3:22.21 46.88	350m: 4:46.37 37.14			
100m: 1:09.42 36.75	200m: 2:35.33 41.71	300m: 4:09.23 47.02	400m: 5:21.05 34.68			
6. HOLUB, Sofia Hryhorivna	11	POR	Vitória Sport Clube	5:24.00	+0,85	538
50m: 32.38 32.38	150m: 1:53.14 42.31	250m: 3:24.02 48.92	350m: 4:49.27 34.94			
100m: 1:10.83 38.45	200m: 2:35.10 41.96	300m: 4:14.33 50.31	400m: 5:24.00 34.73			
7. PIMENTEL, Eduarda Dias	10	POR	Porto	5:25.98	+0,73	529
50m: 34.29 34.29	150m: 1:55.84 42.44	250m: 3:24.46 46.94	350m: 4:49.77 37.97			
100m: 1:13.40 39.11	200m: 2:37.52 41.68	300m: 4:11.80 47.34	400m: 5:25.98 36.21			
8. CUNHA, Maria Rita	10	POR	Colegio Efanor	5:27.33	+0,74	522
50m: 33.57 33.57	150m: 1:54.08 41.48	250m: 3:23.69 48.81	350m: 4:50.41 37.33			
100m: 1:12.60 39.03	200m: 2:34.88 40.80	300m: 4:13.08 49.39	400m: 5:27.33 36.92			
9. PRATA, Benedita Gomes	11	POR	Fluvial Portuense	5:28.62	+0,73	516
50m: 34.24 34.24	150m: 1:56.58 43.16	250m: 3:26.50 48.71	350m: 4:51.76 37.48			
100m: 1:13.42 39.18	200m: 2:37.79 41.21	300m: 4:14.28 47.78	400m: 5:28.62 36.86			
10. CUNHA, Mariana Fernandes	11	POR	FOCA Quinta Da Lixa - Cnf	5:29.86	+0,86	510
50m: 33.50 33.50	150m: 1:56.93 42.97	250m: 3:28.18 49.68	350m: 4:53.78 36.50			
100m: 1:13.96 40.46	200m: 2:38.50 41.57	300m: 4:17.28 49.10	400m: 5:29.86 36.08			
11. VELEZ, Vida Sofia	10	POR	Ba Leiria / Sk Coffee	5:30.35	+0,78	508
50m: 36.73 36.73	150m: 1:58.75 40.93	250m: 3:28.61 49.33	350m: 4:54.79 37.63			
100m: 1:17.82 41.09	200m: 2:39.28 40.53	300m: 4:17.16 48.55	400m: 5:30.35 35.56			
12. SERRA, Ana Filipa	11	POR	ADRCCI Monte Maior	5:30.83	+0,81	506
50m: 35.67 35.67	150m: 2:02.96 44.98	250m: 3:32.16 45.52	350m: 4:54.86 38.30			
100m: 1:17.98 42.31	200m: 2:46.64 43.68	300m: 4:16.56 44.40	400m: 5:30.83 35.97			

Prova 33, Femin., 400m Estilos, Juvenis

Lugar	Nome	Ano	Nac	Clube	TFinal	TReac	AQUA
13.	FERREIRA, Violeta Bernardo	11	POR	Fluvial Portuense	5:34.13	+0,83	491
	50m: 34.07 34.07	150m: 2:00.19	44.95	250m: 3:30.87	47.49	350m: 4:57.49	38.43
	100m: 1:15.24 41.17	200m: 2:43.38	43.19	300m: 4:19.06	48.19	400m: 5:34.13	36.64
14.	ALMEIDA, Eva Miranda	11	POR	Columbofila Cantanhedense	5:37.41	+0,70	477
	50m: 35.15 35.15	150m: 1:59.96	43.66	250m: 3:32.58	50.15	350m: 5:00.34	37.88
	100m: 1:16.30 41.15	200m: 2:42.43	42.47	300m: 4:22.46	49.88	400m: 5:37.41	37.07
15.	VALA, Maria Joao	11	POR	Pimpoes/Cimai	5:37.46	+0,80	476
	50m: 34.82 34.82	150m: 1:59.87	44.03	250m: 3:30.87	48.99	350m: 4:59.59	40.04
	100m: 1:15.84 41.02	200m: 2:41.88	42.01	300m: 4:19.55	48.68	400m: 5:37.46	37.87
16.	MARTINS, Leonor Sombreiro	10	POR	BUZIOS - Coruche	5:41.31	+0,76	460
	50m: 33.82 33.82	150m: 1:59.21	44.81	250m: 3:36.31	51.01	350m: 5:05.84	37.72
	100m: 1:14.40 40.58	200m: 2:45.30	46.09	300m: 4:28.12	51.81	400m: 5:41.31	35.47
17.	FRISCHKNECHT, Luisa Anjos	10	POR	Naval Setubalense	5:41.43	+0,67	460
	50m: 33.53 33.53	150m: 1:58.08	45.16	250m: 3:31.62	50.17	350m: 5:02.34	41.93
	100m: 1:12.92 39.39	200m: 2:41.45	43.37	300m: 4:20.41	48.79	400m: 5:41.43	39.09
18.	ALVES, Leonor Mota	11	POR	Nautico Marinha Grande	5:45.67	+0,77	443
	50m: 34.86 34.86	150m: 2:01.28	45.52	250m: 3:35.87	49.72	350m: 5:05.87	39.88
	100m: 1:15.76 40.90	200m: 2:46.15	44.87	300m: 4:25.99	50.12	400m: 5:45.67	39.80
19.	ARROJADO, Maria Abreu	11	POR	Naval Praia da Vitoria	5:46.76	+0,68	439
	50m: 33.07 33.07	150m: 1:56.51	44.36	250m: 3:33.80	51.39	350m: 5:06.66	40.41
	100m: 1:12.15 39.08	200m: 2:42.41	45.90	300m: 4:26.25	52.45	400m: 5:46.76	40.10
20.	FERREIRA, Carolina Morao	11	POR	Ada	5:47.55	+0,77	436
	50m: 34.23 34.23	150m: 1:58.32	43.90	250m: 3:34.58	53.85	350m: 5:09.81	40.83
	100m: 1:14.42 40.19	200m: 2:40.73	42.41	300m: 4:28.98	54.40	400m: 5:47.55	37.74
21.	NEVES, Joana Cura	11	POR	Condeixa Aqua Clube	5:59.40	+0,83	394
	50m: 37.18 37.18	150m: 2:08.73	49.40	250m: 3:46.98	51.54	350m: 5:20.91	40.42
	100m: 1:19.33 42.15	200m: 2:55.44	46.71	300m: 4:40.49	53.51	400m: 5:59.40	38.49

Juniores

1.	DIAS, Beatriz Costa	08	POR	Aquatico Pacense	5:10.31	+0,74	613
	50m: 30.54 30.54	150m: 1:47.05	41.13	250m: 3:12.88	46.01	350m: 4:35.12	36.32
	100m: 1:05.92 35.38	200m: 2:26.87	39.82	300m: 3:58.80	45.92	400m: 5:10.31	35.19
2.	AMBRUS, Beatriz Alves	09	POR	Porto	5:10.76	+0,70	610
	50m: 32.13 32.13	150m: 1:48.62	39.85	250m: 3:14.63	46.36	350m: 4:36.21	35.23
	100m: 1:08.77 36.64	200m: 2:28.27	39.65	300m: 4:00.98	46.35	400m: 5:10.76	34.55
3.	ARAUJO, Catarina Soares	09	POR	Aquatico Pacense	5:10.90	+0,70	609
	50m: 31.34 31.34	150m: 1:48.32	40.50	250m: 3:13.00	45.21	350m: 4:34.79	36.44
	100m: 1:07.82 36.48	200m: 2:27.79	39.47	300m: 3:58.35	45.35	400m: 5:10.90	36.11
4.	BRAS, Raquel Sofia	09	POR	Os Belenenses	5:19.57	+0,75	561
	50m: 33.51 33.51	150m: 1:54.82	42.87	250m: 3:21.94	44.80	350m: 4:43.88	36.13
	100m: 1:11.95 38.44	200m: 2:37.14	42.32	300m: 4:07.75	45.81	400m: 5:19.57	35.69
5.	TOMAS, Constanca Baptista	09	POR	Alcobaca	5:24.16	+0,73	538
	50m: 32.37 32.37	150m: 1:54.61	44.01	250m: 3:25.38	47.43	350m: 4:49.20	36.47
	100m: 1:10.60 38.23	200m: 2:37.95	43.34	300m: 4:12.73	47.35	400m: 5:24.16	34.96

Prova 33, Femin., 400m Estilos, Juniores

Lugar	Nome	Ano	Nac	Clube	TFinal	TReac	AQUA
6.	CRAVEIRO, Luana Ferreira	09	POR	Nautico Marinha Grande	5:26.09	+0,75	528
	50m: 33.44 33.44	150m: 1:56.93	42.59	250m: 3:25.98	46.42	350m: 4:49.70	37.94
	100m: 1:14.34 40.90	200m: 2:39.56	42.63	300m: 4:11.76	45.78	400m: 5:26.09	36.39
7.	RODRIGUES, Teresa Isabel	09	POR	FOCA Quinta Da Lixa - Cnf	5:31.14	+0,76	504
	50m: 34.51 34.51	150m: 1:57.95	42.93	250m: 3:27.71	47.81	350m: 4:54.08	38.57
	100m: 1:15.02 40.51	200m: 2:39.90	41.95	300m: 4:15.51	47.80	400m: 5:31.14	37.06

Seniores

1.	HENRIQUES, Ines Jacinto	00	POR	Louzan Natacao/EFAPEL	5:01.27	+0,68	670
	50m: 30.15 30.15	150m: 1:43.59	39.32	250m: 3:07.22	44.54	350m: 4:26.96	35.42
	100m: 1:04.27 34.12	200m: 2:22.68	39.09	300m: 3:51.54	44.32	400m: 5:01.27	34.31
2.	MENDES, Mariana Amaral	02	POR	Sporting	5:02.53	+0,79	661
	50m: 32.18 32.18	150m: 1:49.76	41.56	250m: 3:13.58	42.91	350m: 4:30.10	34.29
	100m: 1:08.20 36.02	200m: 2:30.67	40.91	300m: 3:55.81	42.23	400m: 5:02.53	32.43
3.	CARDEAL, Beatriz Nunes	04	POR	Condeixa Aqua Clube	5:07.93	+0,56	627
	50m: 30.92 30.92	150m: 1:47.64	41.79	250m: 3:12.35	44.57	350m: 4:33.44	35.63
	100m: 1:05.85 34.93	200m: 2:27.78	40.14	300m: 3:57.81	45.46	400m: 5:07.93	34.49
4.	RODRIGUES, Helena Nunes	03	POR	Condeixa Aqua Clube	5:11.88	+0,71	604
	50m: 32.04 32.04	150m: 1:49.69	40.81	250m: 3:16.17	46.33	350m: 4:37.69	34.40
	100m: 1:08.88 36.84	200m: 2:29.84	40.15	300m: 4:03.29	47.12	400m: 5:11.88	34.19
5.	LOPES, Francisca Macedo	05	POR	Fluvial Portuense	5:13.57	+0,76	594
	50m: 33.12 33.12	150m: 1:53.52	41.80	250m: 3:18.89	44.64	350m: 4:39.68	35.38
	100m: 1:11.72 38.60	200m: 2:34.25	40.73	300m: 4:04.30	45.41	400m: 5:13.57	33.89
6.	ALVES, Catarina Alexandra	07	POR	Geslours	5:32.76	+0,71	497
	50m: 32.98 32.98	150m: 1:56.62	44.59	250m: 3:27.01	47.14	350m: 4:54.62	39.53
	100m: 1:12.03 39.05	200m: 2:39.87	43.25	300m: 4:15.09	48.08	400m: 5:32.76	38.14