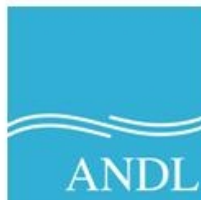


Taça ANDL "João da Silva Abreu" - CDClubes 2026
Leiria, 27 - 28/6/2026

Prova 13	Femin., 400m Estilos				ABSOLUTOS
27/06/2026 - 15:25					Resultados
Rec Nac Open	4:36.19	Victoria, KAMINSKAYA	POR	Copenhagen (DEN)	13/12/2017
Rec Nac SEN	4:36.19	Victoria, KAMINSKAYA	POR	Copenhagen (DEN)	13/12/2017
Rec Nac 18	4:41.02	Victoria, KAMINSKAYA	PIMP	Porto	07/12/2012
Rec Nac 17	4:46.89	Ines Neto, ROCHA	CAP	Felgueiras	15/04/2018
Rec Nac JUV A	4:50.85	Diana Margarida, DURAES	FOCA	Silves	02/12/2011
Rec Nac JUV B	4:51.85	Ana Claudia, SANTOS	SFUAP	Setubal	21/11/2004
Rec Nac INF A	4:56.53	Mariana Pacheco, CUNHA	CFP	Porto	05/05/2018
Rec Nac INF B	5:03.94	Carolina Miranda, FERNANDES	CGA	Condeixa	12/05/2018
Rec Dist SEN	4:39.03	Victoria, KAMINSKAYA	PIMP/CIMAI		21/12/2014
Rec Dist 18	4:41.02	Victoria, KAMINSKAYA	PIMP/Cimai		07/12/2013
Rec Dist 17	4:48.80	Victoria, KAMINSKAYA	PIMP/Cimai		04/12/2011
Rec Dist JUV A	4:53.26	Victoria, KAMINSKAYA	PIMP/ Cima		05/12/2010
Rec Dist JUV B	4:58.17	Filipa, RUIVO	DNMG		04/12/2011
Rec Dist INF A	5:02.87	Filipa, RUIVO	DNMG		12/12/2010
Rec Dist INF B	5:05.68	Filipa, RUIVO	DNMG		12/06/2010
Rec Dist ABS	4:39.03	Victoria, KAMINSKAYA	PIMP/Cimai		21/12/2014

Pontos: AQUA 2025

Lugar	Ano				Tempo final	Pts
1. Luana Ferreira, CRAVEIRO	09	Nautico Marinha Grande			5:06.05	581
50m: 32.56 32.56	150m: 1:50.93	40.41	250m: 3:12.26	42.59	350m: 4:31.11	35.08
100m: 1:10.52 37.96	200m: 2:29.67	38.74	300m: 3:56.03	43.77	400m: 5:06.05	34.94
2. Francisca Moreira, FELICIANO	11	Alcobaca			5:13.31	542
50m: 31.37 31.37	150m: 1:47.71	40.10	250m: 3:12.96	46.76	350m: 4:36.64	37.47
100m: 1:07.61 36.24	200m: 2:26.20	38.49	300m: 3:59.17	46.21	400m: 5:13.31	36.67
3. Francisca Ramos, NUNES	09	Naval de Peniche			5:22.07	499
50m: 32.98 32.98	150m: 1:53.48	41.44	250m: 3:21.48	47.14	350m: 4:46.93	37.17
100m: 1:12.04 39.06	200m: 2:34.34	40.86	300m: 4:09.76	48.28	400m: 5:22.07	35.14
4. Joana Rosa, FERREIRA	05	CNLeiria - VOID			5:25.29	484
50m: 33.02 33.02	150m: 1:56.24	43.24	250m: 3:25.09	45.87	350m: 4:49.28	37.15
100m: 1:13.00 39.98	200m: 2:39.22	42.98	300m: 4:12.13	47.04	400m: 5:25.29	36.01
5. Vida Sofia, VELEZ	10	Ba Leiria / Sk Coffee			5:30.77	460
50m: 31.25 31.25	150m: 2:00.66	47.83	250m: 3:26.05	50.90	350m: 4:55.46	38.33
100m: 1:12.83 41.58	200m: 2:35.15	34.49	300m: 4:17.13	51.08	400m: 5:30.77	35.31
6. Ines Pinto, MARTINS	12	Pimpoes/Cimai			5:35.08	443
50m: 35.88 35.88	150m: 1:59.76	43.10	250m: 3:29.98	47.90	350m: 4:57.75	38.67
100m: 1:16.66 40.78	200m: 2:42.08	42.32	300m: 4:19.08	49.10	400m: 5:35.08	37.33
7. Carlota Sa, SANTOS	11	Nucleo de Pombal			5:41.22	419
50m: 34.84 34.84	150m: 1:59.43	43.49	250m: 3:31.87	50.19	350m: 5:03.33	40.26
100m: 1:15.94 41.10	200m: 2:41.68	42.25	300m: 4:23.07	51.20	400m: 5:41.22	37.89
8. Emiliana Arruda, SARAIVA	12	Vieirense			6:05.33	341
50m: 39.39 39.39	150m: 2:15.00	48.52	250m: 3:56.72	53.31	350m: 5:28.01	38.05
100m: 1:26.48 47.09	200m: 3:03.41	48.41	300m: 4:49.96	53.24	400m: 6:05.33	37.32



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Prova 13, Femin., 400m Estilos, ABSOLUTOS

Lugar				Ano						Tempo final		Pts
9.	Erica Felix, RODRIGUES				11	Uniao Juncalense				6:25.02		292
	50m:	39.15	39.15	150m:	2:17.40	50.24	250m:	4:02.00	55.23	350m:	5:42.60	44.23
	100m:	1:27.16	48.01	200m:	3:06.77	49.37	300m:	4:58.37	56.37	400m:	6:25.02	42.42
EXH	Matilde Monteiro, NEVES				08	Nucleo de Pombal				6:17.01		311
	50m:	38.92	38.92	150m:	2:15.08	48.97	250m:	3:54.37	52.12	350m:	5:33.27	45.19
	100m:	1:26.11	47.19	200m:	3:02.25	47.17	300m:	4:48.08	53.71	400m:	6:17.01	43.74