

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

Prova 23	Femin., 400m Livres				ABSOLUTOS
28/06/2026 - 9:00					Resultados
Rec Nac Open	4:04.57	Francisca Soares, MARTINS	POR	Otopeni (ROU)	10/12/2023
Rec Nac SEN	4:04.57	Francisca Soares, MARTINS	POR	Otopeni (ROU)	10/12/2023
Rec Nac 18	4:11.18	Francisca Soares, MARTINS	FOCA	Mealhada	14/11/2020
Rec Nac 17	4:10.52	Tamila Hryhorivna, HOLUB	SCB	Porto	12/12/2015
Rec Nac JUV A	4:13.53	Ana Reis, SOUSA	CNLA	Porto	09/12/2017
Rec Nac JUV B	4:18.39	Ana Claudia, SANTOS	SFUAP	Cantanhede	20/12/2004
Rec Nac INF A	4:23.08	Susana Patricia, MIGUEL	SFUAP	Alhandra	15/05/2004
Rec Nac INF B	4:25.30	Alexandra Maria, SILVA	FCP	Porto	19/07/1980
Rec Dist SEN	4:18.70	Victoria, KAMINSKAYA	PIMP/ Cima		08/11/2014
Rec Dist 18	4:16.64	Filipa, RUIVO	ADBA		23/11/2014
Rec Dist 17	4:16.74	Inês, HENRIQUES	PIMP/ Cima		22/04/2017
Rec Dist JUV A	4:24.38	Inês, HENRIQUES	PIMP/ Cima		12/12/2015
Rec Dist JUV B	4:21.69	Filipa, RUIVO	DNMG		03/12/2011
Rec Dist INF A	4:31.03	Filipa, RUIVO	DNMG		20/11/2010
Rec Dist INF B	4:37.93	Filipa, RUIVO	SANDL		10/04/2010
Rec Dist ABS	4:16.64	Filipa, RUIVO	ADBA		23/11/2014

Pontos: AQUA 2025

Lugar	Ano				Tempo final	Pts
1. Constanca Baptista, TOMAS	09	Alcobaca			4:32.31	604
50m: 30.88 30.88	150m: 1:39.84 34.63	250m: 2:49.56 34.87	350m: 3:59.40 34.82	400m: 4:32.31 32.91		
100m: 1:05.21 34.33	200m: 2:14.69 34.85	300m: 3:24.58 35.02				
2. Luana Ferreira, CRAVEIRO	09	Nautico Marinha Grande			4:33.85	594
50m: 30.82 30.82	150m: 1:41.32 35.67	250m: 2:50.64 34.55	350m: 4:00.22 34.03	400m: 4:33.85 33.63		
100m: 1:05.65 34.83	200m: 2:16.09 34.77	300m: 3:26.19 35.55				
3. Francisca Ramos, NUNES	09	Naval de Peniche			4:44.21	531
50m: 30.54 30.54	150m: 1:39.99 35.00	250m: 2:52.83 36.68	350m: 4:08.09 37.76	400m: 4:44.21 36.12		
100m: 1:04.99 34.45	200m: 2:16.15 36.16	300m: 3:30.33 37.50				
4. Vida Sofia, VELEZ	10	Ba Leiria / Sk Coffee			4:50.26	499
50m: 32.88 32.88	150m: 1:45.93 37.32	250m: 3:01.06 37.18	350m: 4:14.55 36.88	400m: 4:50.26 35.71		
100m: 1:08.61 35.73	200m: 2:23.88 37.95	300m: 3:37.67 36.61				
5. Matilde Violante, VIANA	07	CNLeiria - VOID			4:53.03	485
50m: 31.86 31.86	150m: 1:43.72 36.50	250m: 2:59.28 37.89	350m: 4:15.52 38.23	400m: 4:53.03 37.51		
100m: 1:07.22 35.36	200m: 2:21.39 37.67	300m: 3:37.29 38.01				
6. Anastasiya, PRYMACHENKO	11	Nucleo de Pombal			4:53.88	480
50m: 31.57 31.57	150m: 1:44.58 37.52	250m: 3:00.13 37.37	350m: 4:16.72 38.43	400m: 4:53.88 37.16		
100m: 1:07.06 35.49	200m: 2:22.76 38.18	300m: 3:38.29 38.16				
7. Debora Silva, INACIO	10	Pimpoes/Cimai			5:02.92	439
50m: 33.78 33.78	150m: 1:49.45 38.71	250m: 3:07.20 39.14	350m: 4:25.68 39.02	400m: 5:02.92 37.24		
100m: 1:10.74 36.96	200m: 2:28.06 38.61	300m: 3:46.66 39.46				
8. Margarida Lopes, RODRIGUES	11	Uniao Juncalense			5:29.16	342
50m: 35.01 35.01	150m: 1:57.99 42.55	250m: 3:23.49 42.69	350m: 4:47.93 41.45	400m: 5:29.16 41.23		
100m: 1:15.44 40.43	200m: 2:40.80 42.81	300m: 4:06.48 42.99				

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Lugar		Ano						Tempo final	Pts
9.	Lara Sofia, MARCELINO	13	Vieirense					5:39.24	312
	50m: 36.54 36.54	150m: 2:02.35	43.41	250m: 3:30.16	43.72	350m: 4:57.76	43.75		
	100m: 1:18.94 42.40	200m: 2:46.44	44.09	300m: 4:14.01	43.85	400m: 5:39.24	41.48		
10.	Kelly Simao, COSTA	11	Óbidos					5:53.47	276
	50m: 37.43 37.43	150m: 2:04.54	44.48	250m: 3:34.27	45.19	350m: 5:07.88	46.62		
	100m: 1:20.06 42.63	200m: 2:49.08	44.54	300m: 4:21.26	46.99	400m: 5:53.47	45.59		
11.	Maria Ines, BARROS	10	Naval da Nazaré					6:43.91	185
	50m: 44.74 44.74	150m: 2:28.08	52.63	250m: 4:15.00	53.69	350m: 5:57.56	51.05		
	100m: 1:35.45 50.71	200m: 3:21.31	53.23	300m: 5:06.51	51.51	400m: 6:43.91	46.35		
EXH	Sira Valentim, FALEIRO	10	Lagoa Academico Clube					4:49.16	504
	50m: 32.11 32.11	150m: 1:43.33	36.08	250m: 2:58.05	37.85	350m: 4:12.60	36.96		
	100m: 1:07.25 35.14	200m: 2:20.20	36.87	300m: 3:35.64	37.59	400m: 4:49.16	36.56		
EXH	Constanca Rolim, PEDRO	10	Ba Leiria / Sk Coffee					5:05.94	426
	50m: 33.20 33.20	150m: 1:49.68	39.04	250m: 3:08.45	39.37	350m: 4:27.51	39.17		
	100m: 1:10.64 37.44	200m: 2:29.08	39.40	300m: 3:48.34	39.89	400m: 5:05.94	38.43		
EXH	Benedita Nunes, FELIX	12	Pimpoes/Cimai					5:10.61	407
	50m: 32.28 32.28	150m: 1:53.95	39.65	250m: 3:13.87	40.12	350m: 4:33.26	39.90		
	100m: 1:14.30 42.02	200m: 2:33.75	39.80	300m: 3:53.36	39.49	400m: 5:10.61	37.35		
EXH	Margarida Soares, MAIA	11	Nautico Marinha Grande					5:22.75	363
	50m: 34.47 34.47	150m: 1:55.60	41.31	250m: 3:18.91	41.51	350m: 4:43.16	41.60		
	100m: 1:14.29 39.82	200m: 2:37.40	41.80	300m: 4:01.56	42.65	400m: 5:22.75	39.59		
EXH	Matilde Monteiro, NEVES	08	Nucleo de Pombal					5:34.11	327
	50m: 37.69 37.69	150m: 2:01.90	42.95	250m: 3:27.81	42.71	350m: 4:52.50	42.25		
	100m: 1:18.95 41.26	200m: 2:45.10	43.20	300m: 4:10.25	42.44	400m: 5:34.11	41.61		
EXH	Mariana Silva, CONCEICAO	11	Uniao Juncalense					6:27.28	210
	50m: 40.87 40.87	150m: 2:21.70	52.11	250m: 4:02.14	50.01	350m: 5:39.74	49.12		
	100m: 1:29.59 48.72	200m: 3:12.13	50.43	300m: 4:50.62	48.48	400m: 6:27.28	47.54		