



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

Prova 23	Femin., 400m Livres				ABSOLUTOS
28/06/2026 - 9:00					Startlist
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
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

Pista	Nome	Nível	Categ	Lic. FPN	Clube	Tempo	Marcas	Piscina
<u>Série 1 de 3</u>								
1	Maria Ines, GOMES		ABS	215676	Nucleo de Pombal	5:49.15	EXH	50m
2	Benedita Nunes, FELIX		ABS	215617	Pimpoes/Cimai	5:36.84	EXH	50m
3	Margarida Soares, MAIA		ABS	214515	Nautico Marinha Grande	5:10.30	EXH	25m
4	Sira Valentim, FALEIRO		ABS	209302	Lagoa Academico Clube	4:53.57	EXH	25m
5	Constanca Rolim, PEDRO		ABS	219612	Ba Leiria / Sk Coffee	5:07.43	EXH	50m
6	Matilde Monteiro, NEVES		ABS	143864	Nucleo de Pombal	5:28.24	EXH	25m
7	Mariana Silva, CONCEICAO		ABS	213211	Uniao Juncalense	6:27.92	EXH	25m

<u>Série 2 de 3</u>								
3	Maria Ines, BARROS		ABS	227025	Naval da Nazaré		NT	
4	Lara Sofia, MARCELINO		ABS	220304	Vieirense	5:40.12		25m
5	Kelly Simao, COSTA		ABS	219017	Óbidos	5:57.06		25m

<u>Série 3 de 3</u>								
1	Debora Silva, INACIO		ABS	209102	Pimpoes/Cimai	4:57.62		25m
2	Vida Sofia, VELEZ		ABS	209976	Ba Leiria / Sk Coffee	4:48.43		25m
3	Constanca Baptista, TOMAS		ABS	206496	Alcobaca	4:41.05		50m
4	Luana Ferreira, CRAVEIRO		ABS	144313	Nautico Marinha Grande	4:33.06		50m
5	Matilde Violante, VIANA		ABS	205552	CNLeiria - VOID	4:32.42		25m
6	Francisca Ramos, NUNES		ABS	204735	Naval de Peniche	4:43.18		25m
7	Anastasiya, PRYMACHENKO		ABS	209931	Nucleo de Pombal	4:53.56		25m
8	Margarida Lopes, RODRIGUES		ABS	211356	Uniao Juncalense	5:28.92		25m