

Prova 3  
16/05/2026 - 14:14

Femin., 400m Livres

Open  
Resultados

Rec Nac Universitarios PL 4:23.71 Joana, CARDEAL IPV Porto 23/03/2025

Pontos: AQUA 2026

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	FINA	Pts
1.	Carolina, VIANA	04		FA do IPL	<b>4:23.93</b>	+0,73	698	
	50m: 31.08 31.08		150m: 1:37.68	33.63	250m: 2:44.77	33.79	350m: 3:51.51	33.42
	100m: 1:04.05 32.97		200m: 2:10.98	33.30	300m: 3:18.09	33.32	400m: 4:23.93	32.42
2.	Mafalda, ROSA	03		IPV	<b>4:26.77</b>		676	
	50m: 31.07 31.07		150m: 1:36.79	33.30	250m: 2:44.26	34.00	350m: 3:52.82	34.50
	100m: 1:03.49 32.42		200m: 2:10.26	33.47	300m: 3:18.32	34.06	400m: 4:26.77	33.95
3.	Helena, RODRIGUES	03		AAC	<b>4:35.36</b>	+0,73	615	
	50m: 32.23 32.23		150m: 1:41.20	34.66	250m: 2:51.09	34.62	350m: 4:01.15	34.79
	100m: 1:06.54 34.31		200m: 2:16.47	35.27	300m: 3:26.36	35.27	400m: 4:35.36	34.21
4.	Carolina, CABRAL	07		AA da UAV	<b>4:41.93</b>	+0,70	573	
	50m: 32.33 32.33		150m: 1:42.90	35.99	250m: 2:54.91	35.99	350m: 4:07.25	36.06
	100m: 1:06.91 34.58		200m: 2:18.92	36.02	300m: 3:31.19	36.28	400m: 4:41.93	34.68
5.	Rita, NUNES	05		Universidade do Porto	<b>5:14.93</b>	+0,82	411	
	50m: 34.30 34.30		150m: 1:50.32	39.10	250m: 3:11.61	41.33	350m: 4:34.79	41.91
	100m: 1:11.22 36.92		200m: 2:30.28	39.96	300m: 3:52.88	41.27	400m: 5:14.93	40.14
6.	Ines, MARTINS	04		Universidade do Porto	<b>5:19.64</b>		393	
	50m: 35.28 35.28		150m: 1:53.58	39.73	250m: 3:15.31	40.53	350m: 4:38.31	41.38
	100m: 1:13.85 38.57		200m: 2:34.78	41.20	300m: 3:56.93	41.62	400m: 5:19.64	41.33
7.	Joana, SILVA	05		Universidade do Porto	<b>5:36.16</b>	+0,75	338	
	50m: 36.87 36.87		150m: 1:58.14	41.74	250m: 3:24.20	43.66	350m: 4:52.52	44.53
	100m: 1:16.40 39.53		200m: 2:40.54	42.40	300m: 4:07.99	43.79	400m: 5:36.16	43.64

APOIOS INSTITUCIONAIS



MEMBRO

