

Troféu A.N. Alentejo - Águas do Alentejo
Aljustrel, 6/6/2026

Prova 3 Femin., 400m Livres 13 anos e mais velhos
06/06/2026 - 10:10 Resultados

Recordes Regionais PL Open	4:21.26	Ana Reis SOUSA	CNLA	Funchal	24/03/2018
Recordes Regionais PL 18 +	4:55.03	Sofia Oliveira SILVA	CNLA	Reguengos de Monsaraz	02/07/2022
Recordes Regionais PL 17	4:47.47	Sofia Cristina GRILO	Ind ANALEP	Coimbra	01/06/2014
Recordes Regionais PL 16	4:21.26	Ana Reis SOUSA	CNLA	Funchal	24/03/2018
Recordes Regionais PL 15	4:27.96	Ana Reis SOUSA	CNLA	Oeiras	22/07/2017
Recordes Regionais PL 14	4:42.83	Ana Reis SOUSA	CNLA	Reguengos de Monsaraz	02/07/2016
Recordes Regionais PL 13	4:44.26	Ana Reis SOUSA	CNLA	Oeiras	19/07/2015

Pontos: AQUA 2025

Lugar Idade Tempo final Pts 100m 200m 300m 400m

Infantis

1. Lara Amorim PEREIRA	13	Litoral Alentejano	5:19.26	400	1:14.49	1:21.32	1:23.29	1:20.16
50m:		150m:	250m:		350m:			
100m:	1:14.49	200m:	300m:	3:59.10	400m:	5:19.26		
2. Beatriz Matos ROSA	13	Lagoa Academico Clube	5:27.31	371	1:17.44	1:24.72	1:24.45	1:20.70
50m:		150m:	250m:		350m:			
100m:	1:17.44	200m:	300m:	4:06.61	400m:	5:27.31		
3. Ines Oliveira GOMES	14	Ndco	5:56.07	288	1:21.49	1:32.61	1:31.39	1:30.58
50m:		150m:	250m:		350m:			
100m:	1:21.49	200m:	300m:	4:25.49	400m:	5:56.07		
4. Laura Gomes MESTRE	14	Aljustrelense	5:57.00	286	1:21.01	1:31.86	1:32.94	1:31.19
50m:		150m:	250m:		350m:			
100m:	1:21.01	200m:	300m:	4:25.81	400m:	5:57.00		
5. Ines Sofia OLIVEIRA	14	Lagoa Academico Clube	6:01.61	275	1:24.93	1:33.41	1:33.58	1:29.69
50m:		150m:	250m:		350m:			
100m:	1:24.93	200m:	300m:	4:31.92	400m:	6:01.61		
6. Rita Quadros SOUSA	14	Bombeiros de Ponta Delga	6:02.42	273	1:26.76	1:32.27	1:31.65	1:31.74
50m:		150m:	250m:		350m:			
100m:	1:26.76	200m:	300m:	4:30.68	400m:	6:02.42		
7. Leonor Branco PIRES	13	Lagoa Academico Clube	6:02.88	272	1:24.25	1:34.18	1:33.71	1:30.74
50m:		150m:	250m:		350m:			
100m:	1:24.25	200m:	300m:	4:32.14	400m:	6:02.88		
8. Alice Cardoso SILVA	13	Litoral Alentejano	6:07.37	263	1:22.68	1:33.42	1:36.43	1:34.84
50m:		150m:	250m:		350m:			
100m:	1:22.68	200m:	300m:	4:32.53	400m:	6:07.37		
9. Sara Araujo SILVA	13	Ndco	6:11.36	254	1:27.74	1:33.50	1:35.98	1:34.14
50m:		150m:	250m:		350m:			
100m:	1:27.74	200m:	300m:	4:37.22	400m:	6:11.36		
10. Lucia Cristina SEQUEIRA	14	Aminata	6:13.76	249	1:22.27	1:34.22	1:38.82	1:38.45
50m:		150m:	250m:		350m:			
100m:	1:22.27	200m:	300m:	4:35.31	400m:	6:13.76		
11. Janine Ganso PERDIGAO	13	Lagoa Academico Clube	6:14.03	249	1:25.13	1:36.13	1:37.02	1:35.75
50m:		150m:	250m:		350m:			
100m:	1:25.13	200m:	300m:	4:38.28	400m:	6:14.03		
12. L. REBOCHO	14	Zona Azul	6:23.84	230	1:28.23	1:39.70	1:39.39	1:36.52
50m:		150m:	250m:		350m:			
100m:	1:28.23	200m:	300m:	4:47.32	400m:	6:23.84		
13. Renata Nunes NOBRE	13	Ndco	6:44.32	197	1:38.37	1:45.18	1:44.29	1:36.48
50m:		150m:	250m:		350m:			
100m:	1:38.37	200m:	300m:	5:07.84	400m:	6:44.32		
14. Alice Amareleja LOBO	14	Estremoz	6:46.02	194	1:31.68	1:44.32	1:48.65	1:41.37
50m:		150m:	250m:		350m:			
100m:	1:31.68	200m:	300m:	5:04.65	400m:	6:46.02		

Absolutos

1. Ines Filipa MATEUS	16	Lagoa Academico Clube	5:02.21	472	1:08.26	1:17.28	1:19.24	1:17.43
50m:		150m:	250m:		350m:			
100m:	1:08.26	200m:	300m:	3:44.78	400m:	5:02.21		
2. Julia Laginha BRAZ	15	Lagoa Academico Clube	5:10.92	433	1:13.90	1:19.80	1:19.73	1:17.49
50m:		150m:	250m:		350m:			
100m:	1:13.90	200m:	300m:	3:53.43	400m:	5:10.92		

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Prova 3, Femin., 400m Livres, Absolutos

Lugar	Idade		Tempo final	Pts	100m	200m	300m	400m
3. Maria Ines LUIS	15	Aljustrelense	5:10.97	433	1:10.48	1:20.16	1:22.44	1:17.89
50m:		150m:	250m:			350m:		
100m: 1:10.48		200m: 2:30.64	300m: 3:53.08			400m: 5:10.97		
4. Joana Afonso BANZA	17	Aljustrelense	5:23.91	383	1:15.52	1:22.22	1:23.39	1:22.78
50m:		150m:	250m:			350m:		
100m: 1:15.52		200m: 2:37.74	300m: 4:01.13			400m: 5:23.91		
5. Isabel Lourenco SILVA	15	Bombeiros de Ponta Delga	5:26.34	375	1:14.86	1:24.13	1:25.80	1:21.55
50m:		150m:	250m:			350m:		
100m: 1:14.86		200m: 2:38.99	300m: 4:04.79			400m: 5:26.34		
6. Leonor Revez MARTINS	15	Portinado	5:35.03	346	1:16.39	1:27.25	1:27.60	1:23.79
50m:		150m:	250m:			350m:		
100m: 1:16.39		200m: 2:43.64	300m: 4:11.24			400m: 5:35.03		
7. Rita Isabel OLIVEIRA	16	Estremoz	5:42.01	325	1:21.81	1:28.59	1:26.92	1:24.69
50m:		150m:	250m:			350m:		
100m: 1:21.81		200m: 2:50.40	300m: 4:17.32			400m: 5:42.01		
8. R. GUERREIRO	15	GSC Grândola Sports Club	6:15.12	247	1:25.20	1:36.15	1:36.96	1:36.81
50m:		150m:	250m:			350m:		
100m: 1:25.20		200m: 3:01.35	300m: 4:38.31			400m: 6:15.12		