

47º Torneio de S. João
Évora, 28/6/2026

Prova 13 Femin., 400m Livres 13 anos e mais velhos
28/06/2026 - 15:30 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 GRILLO	Ind ANALE	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 2026

Lugar	Nome	Idade	Clube	Tempo final	Aqua	Pontos
1.	Maria Ines ANTUNES	14	Benfica	5:02.95	461	12,00
	50m:	150m:	250m:	350m:		
	100m: 1:12.46	200m: 2:29.87	300m: 3:47.19	400m: 5:02.95		
2.	Mariana Rosado GOMES	16	Aminata	5:25.29	373	10,00
	50m:	150m:	250m:	350m:		
	100m: 1:15.44	200m: 2:37.70	300m: 4:03.26	400m: 5:25.29		
3.	Maria Brito PALMA	14	Zona Azul	5:34.50	343	9,00
	50m:	150m:	250m:	350m:		
	100m: 1:19.88	200m: 2:43.88	300m: 4:09.70	400m: 5:34.50		
4.	Rita Isabel OLIVEIRA	16	Estremoz	5:36.80	336	8,00
	50m:	150m:	250m:	350m:		
	100m: 1:22.12	200m: 2:48.37	300m: 4:13.10	400m: 5:36.80		
5.	Teresa Ribeiro ROCHA	15	Aminata	5:39.60	327	7,00
	50m:	150m:	250m:	350m:		
	100m: 1:20.24	200m: 2:48.71	300m: 4:15.43	400m: 5:39.60		
6.	Daniela Varela SILVA	14	Acmn	5:58.09	279	6,00
	50m:	150m:	250m:	350m:		
	100m: 1:21.66	200m: 2:54.25	300m: 4:28.78	400m: 5:58.09		
7.	Carolina Paixao CENICO	14	Acmn	6:00.04	275	5,00
	50m:	150m:	250m:	350m:		
	100m: 1:22.19	200m: 2:54.07	300m: 4:29.01	400m: 6:00.04		
8.	Alice Cardoso SILVA	13	Litoral Alentejano	6:00.65	273	4,00
	50m:	150m:	250m:	350m:		
	100m: 1:24.13	200m: 2:56.11	300m: 4:30.26	400m: 6:00.65		
9.	Rita Barroja RAFAEL	18	Clube do Pessoal da Siderurgia Na	6:17.65	238	3,00
	50m:	150m:	250m:	350m:		
	100m: 1:27.05	200m: 3:04.51	300m: 4:43.08	400m: 6:17.65		
10.	Clarisse Alexandra NUNES	14	Litoral Alentejano	6:21.24	231	2,00
	50m:	150m:	250m:	350m:		
	100m: 1:28.42	200m: 3:06.28	300m: 4:46.49	400m: 6:21.24		