

Campeonatos Regionais de Verão - Aquainstinct
Reguengos de Monsaraz, 3 - 5/7/2026

Prova 14

Femin., 400m Livres

13 anos e mais velhos

04/07/2026 - 10:05

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

TAC Infantil B 13 50m: 6:53.20 - 25m: 6:48.00 / TAC Infantil A 14 50m: 6:23.20 - 25m: 6:18.00 / TAC Juvenil B 15 50m: 6:14.00 - 25m: 6:08.80 / TAC Juvenil A 16 50m: 6:02.54 - 25m: 5:57.34 / TAC Juniores 17 - 18 50m: 5:57.54 - 25m: 5:52.34 / TAC Seniores 19 + 50m: 5:55.54 - 25m: 5:50.34

Pontos: AQUA 2026

Lugar	Nome	Idade	Clube	Tempo	Aqua	100m	200m	300m	400m
Infantis - AN Alentejo									
1.	Madalena Santos MACHADO	14	Ndco	5:19.77	392	1:15.68	1:22.94	1:23.26	1:17.89
	50m:		150m:	250m:		350m:			
	100m: 1:15.68		200m: 2:38.62	300m: 4:01.88		400m: 5:19.77			
2.	Ines Borges COSTA	14	Ndco	5:21.16	387	1:12.82	1:22.37	1:23.95	1:22.02
	50m:		150m:	250m:		350m:			
	100m: 1:12.82		200m: 2:35.19	300m: 3:59.14		400m: 5:21.16			
3.	Daniela Varela SILVA	14	Acmn	5:50.78	297	1:20.25	1:31.03	1:32.60	1:26.90
	50m:		150m:	250m:		350m:			
	100m: 1:20.25		200m: 2:51.28	300m: 4:23.88		400m: 5:50.78			
4.	Catia Mendes FIDALGO	14	GSC Grândola Sports Club	5:54.15	289	1:27.35	1:31.69	1:31.52	1:23.59
	50m:		150m:	250m:		350m:			
	100m: 1:27.35		200m: 2:59.04	300m: 4:30.56		400m: 5:54.15			
5.	Diana Domingos SANTOS	14	GSC Grândola Sports Club	5:54.61	288	1:20.89	1:29.65	1:32.96	1:31.11
	50m:		150m:	250m:		350m:			
	100m: 1:20.89		200m: 2:50.54	300m: 4:23.50		400m: 5:54.61			
6.	Lucia Cristina SEQUEIRA	14	Aminata	5:59.86	275	1:25.13	1:31.93	1:32.58	1:30.22
	50m:		150m:	250m:		350m:			
	100m: 1:25.13		200m: 2:57.06	300m: 4:29.64		400m: 5:59.86			
7.	Laura Gomes MESTRE	14	Aljustrelense	6:02.07	270	1:24.22	1:32.93	1:33.62	1:31.30
	50m:		150m:	250m:		350m:			
	100m: 1:24.22		200m: 2:57.15	300m: 4:30.77		400m: 6:02.07			
8.	Carolina Paixao CENICO	14	Acmn	6:03.23	267	1:24.77	1:33.74	1:33.46	1:31.26
	50m:		150m:	250m:		350m:			
	100m: 1:24.77		200m: 2:58.51	300m: 4:31.97		400m: 6:03.23			
9.	Ines Oliveira GOMES	14	Ndco	6:05.63	262	1:27.21	1:34.72	1:33.60	1:30.10
	50m:		150m:	250m:		350m:			
	100m: 1:27.21		200m: 3:01.93	300m: 4:35.53		400m: 6:05.63			
10.	Mariana Isabel BENTO	14	Aminata	6:08.78	256	1:27.01	1:35.26	1:35.05	1:31.46
	50m:		150m:	250m:		350m:			
	100m: 1:27.01		200m: 3:02.27	300m: 4:37.32		400m: 6:08.78			
11.	Sara Araujo SILVA	13	Ndco	6:10.80	251	1:28.39	1:36.33	1:35.90	1:30.18
	50m:		150m:	250m:		350m:			
	100m: 1:28.39		200m: 3:04.72	300m: 4:40.62		400m: 6:10.80			
12.	Alice Fortunato CORREIA	13	GSC Grândola Sports Club	6:13.44	246	1:34.24	1:37.76	1:34.10	1:27.34
	50m:		150m:	250m:		350m:			
	100m: 1:34.24		200m: 3:12.00	300m: 4:46.10		400m: 6:13.44			
13.	Teresa Filipe BANHA	14	Acmn	6:16.91	239	1:28.60	1:37.67	1:37.96	1:32.68
	50m:		150m:	250m:		350m:			
	100m: 1:28.60		200m: 3:06.27	300m: 4:44.23		400m: 6:16.91			
14.	Ines Ferreira BRAVO	13	Aminata	6:23.37	227	1:31.78	1:37.97	1:38.91	1:34.71
	50m:		150m:	250m:		350m:			
	100m: 1:31.78		200m: 3:09.75	300m: 4:48.66		400m: 6:23.37			
15.	Filipa Serrão ROSÁRIO	14	Litoral Alentejano	6:30.85	215	1:29.43	1:39.39	1:43.51	1:38.52
	50m:		150m:	250m:		350m:			
	100m: 1:29.43		200m: 3:08.82	300m: 4:52.33		400m: 6:30.85			
16.	Clarisse Alexandra NUNES	14	Litoral Alentejano	6:34.44	209	1:33.13	1:40.94	1:41.86	1:38.51
	50m:		150m:	250m:		350m:			
	100m: 1:33.13		200m: 3:14.07	300m: 4:55.93		400m: 6:34.44			

Campeonatos Regionais de Verão - Aquainstinct
Reguengos de Monsaraz, 3 - 5/7/2026

Prova 14, Femin., 400m Livres, Infantis - AN Alentejo

Lugar	Nome	Idade	Clube	Tempo	Aqua	100m	200m	300m	400m
17.	Renata Nunes NOBRE	13	Ndco	6:41.36	198	1:36.56	1:45.22	1:43.49	1:36.09
	50m:	150m:	250m:			350m:			
	100m: 1:36.56	200m: 3:21.78	300m: 5:05.27			400m: 6:41.36			

Infantis - AN Interior Centro

1.	Ines Barata HENRIQUE	14	AN Albicastrense	5:40.33	325	1:19.15	1:27.51	1:27.89	1:25.78
	50m:	150m:	250m:			350m:			
	100m: 1:19.15	200m: 2:46.66	300m: 4:14.55			400m: 5:40.33			
2.	Leonor Santos SILVA	13	CCDSerta	5:40.44	325	1:19.91	1:27.94	1:28.47	1:24.12
	50m:	150m:	250m:			350m:			
	100m: 1:19.91	200m: 2:47.85	300m: 4:16.32			400m: 5:40.44			
3.	Rita Vidigal CALDEIRA	13	Elvense	5:50.44	298	1:21.79	1:28.41	1:30.90	1:29.34
	50m:	150m:	250m:			350m:			
	100m: 1:21.79	200m: 2:50.20	300m: 4:21.10			400m: 5:50.44			
4.	Maria Leonor MAFRA	13	Portalegre	5:54.13	289	1:24.50	1:31.51	1:32.60	1:25.52
	50m:	150m:	250m:			350m:			
	100m: 1:24.50	200m: 2:56.01	300m: 4:28.61			400m: 5:54.13			
5.	Maria Beatriz MESTRE	14	Elétrico	5:55.39	286	1:20.58	1:33.55	1:34.13	1:27.13
	50m:	150m:	250m:			350m:			
	100m: 1:20.58	200m: 2:54.13	300m: 4:28.26			400m: 5:55.39			
6.	Leonor Casalta FERREIRA	14	Natacao Guarda	6:01.24	272	1:28.26	1:34.14	1:33.07	1:25.77
	50m:	150m:	250m:			350m:			
	100m: 1:28.26	200m: 3:02.40	300m: 4:35.47			400m: 6:01.24			
7.	Maria Benedita RIBEIRO	14	CCDSerta	6:03.88	266	1:23.28	1:34.55	1:35.00	1:31.05
	50m:	150m:	250m:			350m:			
	100m: 1:23.28	200m: 2:57.83	300m: 4:32.83			400m: 6:03.88			
8.	Ines Batista PASSADINHAS	13	Portalegre	6:17.03	239	1:26.72	1:37.78	1:37.09	1:35.44
	50m:	150m:	250m:			350m:			
	100m: 1:26.72	200m: 3:04.50	300m: 4:41.59			400m: 6:17.03			
9.	Ana Carolina JANEIRO	14	Portalegre	6:20.84	232	1:30.61	1:38.36	1:38.92	1:32.95
	50m:	150m:	250m:			350m:			
	100m: 1:30.61	200m: 3:08.97	300m: 4:47.89			400m: 6:20.84			
10.	Margarida Amaral MESQUITA	14	Elétrico	6:37.99	203	1:28.95	1:44.21	1:45.15	1:39.68
	50m:	150m:	250m:			350m:			
	100m: 1:28.95	200m: 3:13.16	300m: 4:58.31			400m: 6:37.99			
11.	Carolina Campos SILVA	14	Natacao Guarda	6:45.84	192	1:34.97	1:44.28	1:44.30	1:42.29
	50m:	150m:	250m:			350m:			
	100m: 1:34.97	200m: 3:19.25	300m: 5:03.55			400m: 6:45.84			

Juvenis - AN Alentejo

1.	Maria Ines LUIS	15	Aljustrelense	5:06.76	444	1:11.86	1:18.78	1:18.62	1:17.50
	50m:	150m:	250m:			350m:			
	100m: 1:11.86	200m: 2:30.64	300m: 3:49.26			400m: 5:06.76			
2.	Leonor Duarte GONCALVES	16	Ndco	5:21.96	384	1:15.66	1:22.14	1:23.61	1:20.55
	50m:	150m:	250m:			350m:			
	100m: 1:15.66	200m: 2:37.80	300m: 4:01.41			400m: 5:21.96			
3.	Ines Sofia LOPES	16	Aljustrelense	5:29.41	359	1:15.59	1:22.60	1:25.08	1:26.14
	50m:	150m:	250m:			350m:			
	100m: 1:15.59	200m: 2:38.19	300m: 4:03.27			400m: 5:29.41			
4.	Teresa Ribeiro ROCHA	15	Aminata	5:31.50	352	1:18.65	1:24.06	1:25.91	1:22.88
	50m:	150m:	250m:			350m:			
	100m: 1:18.65	200m: 2:42.71	300m: 4:08.62			400m: 5:31.50			
5.	Rita Isabel OLIVEIRA	16	Estremoz	5:35.79	339	1:20.94	1:25.50	1:25.73	1:23.62
	50m:	150m:	250m:			350m:			
	100m: 1:20.94	200m: 2:46.44	300m: 4:12.17			400m: 5:35.79			
6.	Raquel Trejeira GUERREIRO	15	GSC Grândola Sports Club	6:22.62	229	1:29.67	1:37.02	1:38.96	1:36.97
	50m:	150m:	250m:			350m:			
	100m: 1:29.67	200m: 3:06.69	300m: 4:45.65			400m: 6:22.62			

Campeonatos Regionais de Verão - Aquainstinct
Reguengos de Monsaraz, 3 - 5/7/2026

Prova 14, Femin., 400m Livres

Juvenis - AN Interior Centro

1. Matilde Nogueira LOURENCO	15	CCDSerta	5:18.88	396	1:14.09	1:21.51	1:22.75	1:20.53
50m:		150m:	250m:		350m:			
100m: 1:14.09		200m: 2:35.60	300m: 3:58.35		400m: 5:18.88			
2. Joana Nobre JESUS	15	Natacao Guarda	5:30.58	355	1:19.56	1:26.30	1:25.93	1:18.79
50m:		150m:	250m:		350m:			
100m: 1:19.56		200m: 2:45.86	300m: 4:11.79		400m: 5:30.58			
3. Georgiana Mariana CHIRILA	15	Natacao Guarda	5:39.12	329	1:19.11	1:29.65	1:28.39	1:21.97
50m:		150m:	250m:		350m:			
100m: 1:19.11		200m: 2:48.76	300m: 4:17.15		400m: 5:39.12			
4. Matilde Trigueiros PAULO	15	AN Albicastrense	6:10.12	253	1:25.90	1:36.32	1:35.47	1:32.43
50m:		150m:	250m:		350m:			
100m: 1:25.90		200m: 3:02.22	300m: 4:37.69		400m: 6:10.12			

Juniores/Seniores - AN Alentejo

1. Joana Afonso BANZA	17	Aljustrelense	5:28.42	362	1:16.10	1:23.60	1:24.69	1:24.03
50m:		150m:	250m:		350m:			
100m: 1:16.10		200m: 2:39.70	300m: 4:04.39		400m: 5:28.42			
2. Madalena Miguens PUCARINHAS	17	Estremoz	5:40.19	326	1:20.54	1:26.59	1:28.44	1:24.62
50m:		150m:	250m:		350m:			
100m: 1:20.54		200m: 2:47.13	300m: 4:15.57		400m: 5:40.19			

Juniores/Seniores - AN Interior Centro

1. Ines Maria ESCARDUCA	18	Elvense	5:21.98	384	1:14.47	1:22.36	1:23.50	1:21.65
50m:		150m:	250m:		350m:			
100m: 1:14.47		200m: 2:36.83	300m: 4:00.33		400m: 5:21.98			
2. Rita Lobo PIRES	17	Natacao do Fundao / YesEr	5:24.21	376	1:13.23	1:22.46	1:24.42	1:24.10
50m:		150m:	250m:		350m:			
100m: 1:13.23		200m: 2:35.69	300m: 4:00.11		400m: 5:24.21			
3. Clara Sofia MARCAL	17	CCDSerta	6:22.14	230	1:26.23	1:39.07	1:39.17	1:37.67
50m:		150m:	250m:		350m:			
100m: 1:26.23		200m: 3:05.30	300m: 4:44.47		400m: 6:22.14			