



Associa  o de Nata  o do Algarve
Campeonato Regional de Juvenis, Juniores, Seniores e Nata  o Adaptada
Loul , 03 - 05/07/2026



Prova 19
04/07/2026 - 17:25

Femin., 400m Estilos

Open
Resultados

Recordes Nacionais 50m Open	4:40.11	Victoria, KAMINSKAYA	POR	Pontevedra (ESP)	09/04/2017
Recordes Nacionais 50m Sen	4:40.11	Victoria, KAMINSKAYA	POR	Pontevedra (ESP)	09/04/2017
Recordes Nacionais 50m Juv A	4:54.00	Ines Neto, ROCHA	SANNP	Gij�n (ESP)	20/05/2017
Recordes Nacionais 50m Inf A	5:01.00	Ines Neto, ROCHA	CAP	Coimbra	24/07/2015
Recordes Nacionais 50m Inf B	5:11.29	Diana Ramos, ROCHA	EDV	Faro	20/07/2007
Recordes Regionais (PL) Open	4:58.78	Marta Pereira, ABREU	CNFA	Coimbra	30/07/2010
Recordes Regionais (PL) Sen	4:58.78	Marta Pereira, ABREU	CNFA	Coimbra	30/07/2010
Recordes Regionais (PL) Juv A	5:11.90	Laura Fabiana, ESTEVENS	GCNF	Rio Maior	20/12/2014
Recordes Regionais (PL) Inf A	5:20.21	Marta Pereira, ABREU	LDC	Coimbra	28/07/2006
Recordes Regionais (PL) Inf B	5:35.53	Marta Pereira, ABREU	LDC	Coimbra	22/07/2005

Pontos: AQUA 2025

Lugar	Nome	Licen�a	Clube	Tempo Final	AQUA	Pts
1.	Constanca Lourenco, AZEVEDO	213367	Lagoa Academico Clube	5:15.94	585	12,00
	100m: 1:10.36 1:10.36	200m: 2:30.02 1:19.66	300m: 4:04.06 1:34.04	400m: 5:15.94 1:11.88		-

Seniores

1.	Angelina Bermejo, JONES	203392	Portinado	5:46.77	443	12,00
	100m: 1:12.07 1:12.07	200m: 2:45.02 1:32.95	300m: 4:27.87 1:42.85	400m: 5:46.77 1:18.90		-

DSQ Barbara Barros, SILVA 216871 Louletano / Loule Aqu e Agora - -
8.8 - O(A) nadador(a) executou movimento n o simult neo de pernas durante o percurso - SW 8.3,
mariposa

EXH	Bruna Filipa, BORRALHO	216451	Lagoa Academico Clube	5:36.99	482	-
	100m: 1:16.86 1:16.86	200m: 2:44.81 1:27.95	300m: 4:24.26 1:39.45	400m: 5:36.99 1:12.73		-
EXH	Rita Maria, LOURA	213759	RIA Aqua Tavira	5:46.93	442	-
	100m: 1:19.60 1:19.60	200m: 2:49.09 1:29.49	300m: 4:31.92 1:42.83	400m: 5:46.93 1:15.01		-
EXH	Luiza Marchette, MAIA	221244	Louletano / Loule Aqu e Agora	5:54.13	416	-
	100m: 1:17.45 1:17.45	200m: 2:50.54 1:33.09	300m: 4:31.01 1:40.47	400m: 5:54.13 1:23.12		-
EXH	Sara Marques, MADEIRA	217693	Louletano / Loule Aqu e Agora	5:56.49	407	-
	100m: 1:19.25 1:19.25	200m: 2:52.93 1:33.68	300m: 4:35.61 1:42.68	400m: 5:56.49 1:20.88		-
EXH	Margarida Madeira, PIRES	218976	Rio Maior	6:09.57	366	-
	100m: 1:34.51 1:34.51	200m: 3:07.04 1:32.53	300m: 4:49.42 1:42.38	400m: 6:09.57 1:20.15		-
EXH	Barbara Mar, FERREIRA	222128	RIA Aqua Tavira	6:14.94	350	-
	100m: 1:29.63 1:29.63	200m: 3:07.63 1:38.00	300m: 4:49.04 1:41.41	400m: 6:14.94 1:25.90		-