Prova 9 — Femin., 400m Livres — Open
04/07/2026 - 9:30 — Resultados

Recordes Nacionais 50m Open	4:07.50	Francisca Soares, MARTINS	POR	Berlin (GER)	23/07/2025
Recordes Nacionais 50m Jun 18	4:17.80	Tamila Hryhorivna, HOLUB	POR	Pontevedra (ESP)	08/04/2017
Recordes Nacionais 50m Jun 17	4:14.67	Tamila Hryhorivna, HOLUB	SCB	Oeiras	23/07/2016
Recordes Nacionais 50m Juv A	4:20.37	Marta Andreia, FERREIRA	POR	Berlim (GER)	04/08/2002
Recordes Nacionais 50m Juv B	4:20.78	Tamila Hryhorivna, HOLUB	POR	Porto	07/06/2014
Recordes Nacionais 50m Inf A	4:26.20	Maria Francisca, CABRAL	FCP	Oeiras	26/07/2014
Recordes Nacionais 50m Inf B	4:31.53	Alexandra Maria, SILVA	POR	Skovde (SWE)	08/08/1980
Recordes Regionais (PL) Open	4:29.00	Anna, FOMINA	LDC	Oeiras	09/04/2022
Recordes Regionais (PL) Jun 18	4:34.24	Beatriz Silva, LOURO	LDC	Lisboa	04/04/2025
Recordes Regionais (PL) Jun 17	4:32.76	Catia Raquel, MARTINHEIRA	LDC	Coimbra	06/04/2012
Recordes Regionais (PL) Juv A	4:29.83	Miriam Filipe, MARCOS	CNOL	Coimbra	01/04/2017
Recordes Regionais (PL) Juv B	4:35.72	Catia Raquel, MARTINHEIRA	LDC	Coimbra	10/04/2010
Recordes Regionais (PL) Inf A	4:38.01	Catia Raquel, MARTINHEIRA	LDC	Loule	04/07/2009
Recordes Regionais (PL) Inf B	4:44.97	Miriam Filipe, MARCOS	CNOL	Loule	15/06/2014

Pontos: AQUA 2025

Lugar	Nome	Licença	Clube	Tempo Final	AQUA	Pts	
Juvenis B							
1.	Julia Laginha, BRAZ	216455	Lagoa Academico Clube	**5:12.64**	426	12,00	-
	100m: 1:13.51 1:13.51 200m: 2:33.01 1:19.50 300m: 3:53.00 1:19.99 400m: 5:12.64 1:19.64						
DNS	Eva, MAGIYEVA	210396	Lagoa Academico Clube			-	-
Juvenis A							
1.	Juliana Bushe, BARROSO	201862	FC Ferreiras/AlgarExperience	**4:44.74**	564	12,00	-
	100m: 1:08.59 1:08.59 200m: 2:21.41 1:12.82 300m: 3:33.40 1:11.99 400m: 4:44.74 1:11.34						
2.	Ines Filipa, MATEUS	212937	Lagoa Academico Clube	**4:57.60**	494	10,00	-
	100m: 1:07.44 1:07.44 200m: 2:21.65 1:14.21 300m: 3:39.00 1:17.35 400m: 4:57.60 1:18.60						
3.	Carolina Brito, SANTOS	212564	Louletano / Loule Aqui e Agora	**4:59.72**	484	9,00	-
	100m: 1:11.57 1:11.57 200m: 2:29.19 1:17.62 300m: 3:46.39 1:17.20 400m: 4:59.72 1:13.33						
4.	Lia Serena, JESUS	224419	Natacao Olhao	**5:11.38**	431	8,00	-
	100m: 1:11.12 1:11.12 200m: 2:30.87 1:19.75 300m: 3:52.03 1:21.16 400m: 5:11.38 1:19.35						
5.	Maria Ines, PONTE	212583	Portinado	**5:14.55**	419	7,00	-
	100m: 1:11.81 1:11.81 200m: 2:33.00 1:21.19 300m: 3:55.73 1:22.73 400m: 5:14.55 1:18.82						
Juniores							
1.	Margarida Maria, LUIZ	211814	FC Ferreiras/AlgarExperience	**4:49.16**	539	12,00	-
	100m: 1:06.84 1:06.84 200m: 2:19.85 1:13.01 300m: 3:34.70 1:14.85 400m: 4:49.16 1:14.46						
EXH	Beatriz Peguinho, SIMOES	218944	Rio Maior	**5:02.89**	469	-	-
	100m: 1:12.10 1:12.10 200m: 2:29.86 1:17.76 300m: 3:46.88 1:17.02 400m: 5:02.89 1:16.01						
EXH	Lara Paixao, SILVA	210801	Rio Maior	**5:14.85**	417	-	-
	100m: 1:12.78 1:12.78 200m: 2:33.51 1:20.73 300m: 3:55.66 1:22.15 400m: 5:14.85 1:19.19						
EXH	Lia Pereira, LOPES	221123	Rio Maior	**5:17.79**	406	-	-
	100m: 1:14.56 1:14.56 200m: 2:35.48 1:20.92 300m: 3:56.38 1:20.90 400m: 5:17.79 1:21.41						
EXH	Barbara Mar, FERREIRA	222128	RIA Aqua Tavira	**5:21.85**	391	-	-
	100m: 1:16.63 1:16.63 200m: 2:38.71 1:22.08 300m: 4:01.16 1:22.45 400m: 5:21.85 1:20.69						
EXH	Margarida Madeira, PIRES	218976	Rio Maior	**5:22.00**	390	-	-
	100m: 1:17.48 1:17.48 200m: 2:40.78 1:23.30 300m: 4:02.21 1:21.43 400m: 5:22.00 1:19.79						
EXH	Leonor Marques, CARVALHO	220238	Rio Maior	**5:23.06**	386	-	-
	100m: 1:15.60 1:15.60 200m: 2:39.04 1:23.44 300m: 4:02.23 1:23.19 400m: 5:23.06 1:20.83						
EXH	Ana Leonor, LOPES	220236	Rio Maior	**5:33.13**	352	-	-
	100m: 1:19.63 1:19.63 200m: 2:46.00 1:26.37 300m: 4:12.24 1:26.24 400m: 5:33.13 1:20.89						
EXH	Elisa Martins, PESCADA	217562	Natacao Olhao	**5:33.69**	350	-	-
	100m: 1:15.78 1:15.78 200m: 2:40.44 1:24.66 300m: 4:07.39 1:26.95 400m: 5:33.69 1:26.30						
EXH	Madalena Estevao, MADEIRA	222616	Tnc	**6:17.55**	242	-	-
	100m: 1:29.53 1:29.53 200m: 3:06.95 1:37.42 300m: 4:43.62 1:36.67 400m: 6:17.55 1:33.93						