



Campeonatos Regionais de Verão da ARNN e Torregri III
Vinhais, 27 - 28/6/2026



Prova 20

Femin., 400m Livres

Infantis

27/06/2026 - 17:15

Resultados

Recordes Regionais (25m) Open	4:32.90	Andreia Monteiro Barreira	CMNPR	Peso da Régua	04/11/2023
Recordes Regionais (25m) Inf A	4:51.53	Ana Margarida Guedes	GCVR	Vila Real	23/11/2014
Recordes Regionais (25m) Inf B	4:53.19	Ana Margarida Guedes	GCVR	Santa Marta	06/07/2014

Lugar	Nome	Licença	Idade	Clube	Tempo Final	Pts
1.	Leonor Afonso Matela	220723	14	Escola Natacao Braganca	5:22.72	5,00
	50m: 35.08 35.08	150m: 2:38.22		250m: 4:02.22	350m: 5:22.72	
	100m: 1:15.12 40.04	200m: 4:02.22		300m: 5:22.72	400m: 5:22.72	
2.	Susana Pedro Carvalhinha	214488	13	Gcvr	5:24.00	-
	50m: 36.53 36.53	150m: 2:39.68		250m: 4:03.72	350m: 5:24.00	
	100m: 1:17.18 40.65	200m: 4:03.72		300m: 5:24.00	400m: 5:24.00	
3.	Laura Jorge Alves	216844	13	Gcvr	5:24.94	-
	50m: 35.94 35.94	150m: 2:38.37		250m: 4:02.69	350m: 5:24.94	
	100m: 1:16.09 40.15	200m: 4:02.69		300m: 5:24.94	400m: 5:24.94	
4.	Ana Rita Teixeira	216143	13	Peso da Regua	5:42.22	4,00
	50m: 36.34 36.34	150m: 2:45.55		250m: 4:16.26	350m: 5:42.22	
	100m: 1:17.87 41.53	200m: 4:16.26		300m: 5:42.22	400m: 5:42.22	
5.	Benedita Martins Fernandes	214551	13	Gcvr	5:48.74	-
	50m: 38.96 38.96	150m: 2:53.17		250m: 4:22.34	350m: 5:48.74	
	100m: 1:23.14 44.18	200m: 4:22.34		300m: 5:48.74	400m: 5:48.74	
6.	Mara Daniela Rocha	222067	13	Peso da Regua	5:59.86	-
	50m: 39.93 39.93	150m: 2:56.93		250m: 4:31.50	350m: 5:59.86	
	100m: 1:24.20 44.27	200m: 4:31.50		300m: 5:59.86	400m: 5:59.86	
7.	Leonor Vaz Osório	216142	13	Peso da Regua	6:05.12	-
	50m: 38.31 38.31	150m: 2:54.31		250m: 4:29.46	350m: 6:05.12	
	100m: 1:22.37 44.06	200m: 4:29.46		300m: 6:05.12	400m: 6:05.12	
8.	Carlota Teiga Cruz	217390	13	Gcvr	6:11.65	-
	50m: 41.94 41.94	150m: 3:30.86		250m: 4:38.86	350m: 6:11.65	
	100m: 1:28.19 46.25	200m: 4:38.86		300m: 6:11.65	400m: 6:11.65	
9.	Catarina Alexandra Tralhao	220506	14	Durius Ac Pesqueira	6:23.33	-
	50m: 42.22 42.22	150m: 3:09.47		250m: 4:47.44	350m: 6:23.33	
	100m: 1:29.75 47.53	200m: 4:47.44		300m: 6:23.33	400m: 6:23.33	

Prova 20

Femin., 400m Livres

Juvenis

27/06/2026 - 17:15

Resultados

Recordes Regionais (25m) Open	4:32.90	Andreia Monteiro Barreira	CMNPR	Peso da Régua	04/11/2023
Recordes Regionais (25m) Juv A	4:39.75	Ana Sofia Leite	GCVR	Chaves	22/11/2008
Recordes Regionais (25m) Juv B	4:45.43	Maria Silva Pereira	GCVR	Peso da Régua	12/03/2023

Lugar	Nome	Licença	Idade	Clube	Tempo Final	Pts
1.	Maria Ines Mesquita	214677	16	Gcvr	4:49.50	7,00
	50m: 32.97 32.97	150m: 2:21.22		250m: 3:35.15	350m: 4:49.50	
	100m: 1:08.72 35.75	200m: 3:35.15		300m: 4:49.50	400m: 4:49.50	
2.	Maria Silva Poeta	212032	16	Gcvr	4:53.93	-
	50m: 32.00 32.00	150m: 2:23.50		250m: 3:38.97	350m: 4:53.93	
	100m: 1:08.36 36.36	200m: 3:38.97		300m: 4:53.93	400m: 4:53.93	
3.	Ines Rua Fernandes	213137	15	Gcvr	5:08.15	-
	50m: 33.62 33.62	150m: 2:28.56		250m: 3:48.68	350m: 5:08.15	
	100m: 1:10.68 37.06	200m: 3:48.68		300m: 5:08.15	400m: 5:08.15	
4.	Renata Daniela Rangel	220398	15	Gcvr	5:09.48	-
	50m: 34.38 34.38	150m: 2:28.91		250m: 3:49.98	350m: 5:09.48	
	100m: 1:10.94 36.56	200m: 3:49.98		300m: 5:09.48	400m: 5:09.48	
5.	Matilde Pinto Teixeira	211225	15	Escola Natacao Braganca	5:43.93	-
	50m: 36.21 36.21	150m: 2:44.78		250m: 4:15.28	350m: 5:43.93	
	100m: 1:17.43 41.22	200m: 4:15.28		300m: 5:43.93	400m: 5:43.93	
6.	Ana Miguel Tuna	222998	16	Escola Natacao Braganca	5:52.78	-
	50m: 38.75 38.75	150m: 2:53.46		250m: 4:24.84	350m: 5:52.78	
	100m: 1:22.81 44.06	200m: 4:24.84		300m: 5:52.78	400m: 5:52.78	



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Prova 20, Femin., 400m Livres

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27/06/2026 - 17:15

Femin., 400m Livres

Juniores e Seniores

Resultados

Recordes Regionais (25m) Open	4:32.90	Andreia Monteiro Barreira	CMNPR	Peso da Régua	04/11/2023
Recordes Regionais (25m) 18 +	4:32.90	Andreia Monteiro Barreira	CMNPR	Peso da Régua	04/11/2023
Recordes Regionais (25m) 17	4:35.07	Joana Patricia Pinto	GCVR	Vila Real	25/06/2011

Lugar	Nome	Licença	Idade	Clube	Tempo Final	Pts
1.	Leonor Carnide Silva	151721	17	Gcvr	4:50.98	-
	50m: 30.20 30.20	150m: 35.68	200m: 2:20.09	250m: 3:35.41	350m: 4:50.98	
	100m: 1:05.88 35.68			300m: 3:35.41	400m: 4:50.98	
2.	Leonor Santos Silva	121982	23	Gcvr	4:57.34	-
	50m: 32.51 32.51	150m: 35.95	200m: 2:23.02	250m: 3:39.13	350m: 4:57.34	
	100m: 1:08.46 35.95			300m: 3:39.13	400m: 4:57.34	
3.	Mariana Jose Martins	220726	20	Escola Natacao Braganca	5:38.38	-
	50m: 37.88 37.88	150m: 43.35	200m: 2:46.38	250m: 4:14.56	350m: 5:38.38	
	100m: 1:21.23 43.35			300m: 4:14.56	400m: 5:38.38	
4.	Francisca Moreira Fonseca	209211	17	Peso da Regua	5:44.30	-
	50m: 36.47 36.47	150m: 42.47	200m: 2:46.22	250m: 4:15.96	350m: 5:44.30	
	100m: 1:18.94 42.47			300m: 4:15.96	400m: 5:44.30	
5.	Maria Julia Cardoso	220507	17	Durius Ac Pesqueira	6:05.12	3,00
	50m: 41.55 41.55	150m: 45.89	200m: 3:00.09	250m: 300m:	350m: 6:05.12	
	100m: 1:27.44 45.89			300m: 300m:	400m: 6:05.12	

Prova 20

27/06/2026 - 17:15

Femin., 400m Livres

Absoluto

Resultados

Recordes Regionais (25m) Open	4:32.90	Andreia Monteiro Barreira	CMNPR	Peso da Régua	04/11/2023
Recordes Regionais (25m) 18 +	4:32.90	Andreia Monteiro Barreira	CMNPR	Peso da Régua	04/11/2023
Recordes Regionais (25m) 17	4:35.07	Joana Patricia Pinto	GCVR	Vila Real	25/06/2011
Recordes Regionais (25m) Juv A	4:39.75	Ana Sofia Leite	GCVR	Chaves	22/11/2008
Recordes Regionais (25m) Juv B	4:45.43	Maria Silva Pereira	GCVR	Peso da Régua	12/03/2023
Recordes Regionais (25m) Inf A	4:51.53	Ana Margarida Guedes	GCVR	Vila Real	23/11/2014
Recordes Regionais (25m) Inf B	4:53.19	Ana Margarida Guedes	GCVR	Santa Marta	06/07/2014

Lugar	Nome	Licença	Idade	Clube	Tempo Final	Pts
1.	Maria Ines Mesquita	214677	16	Gcvr	4:49.50	7,00
	50m: 32.97 32.97	150m: 35.75	200m: 2:21.22	250m: 3:35.15	350m: 4:49.50	
	100m: 1:08.72 35.75			300m: 3:35.15	400m: 4:49.50	
2.	Leonor Carnide Silva	151721	17	Gcvr	4:50.98	-
	50m: 30.20 30.20	150m: 35.68	200m: 2:20.09	250m: 3:35.41	350m: 4:50.98	
	100m: 1:05.88 35.68			300m: 3:35.41	400m: 4:50.98	
3.	Maria Silva Poeta	212032	16	Gcvr	4:53.93	-
	50m: 32.00 32.00	150m: 36.36	200m: 2:23.50	250m: 3:38.97	350m: 4:53.93	
	100m: 1:08.36 36.36			300m: 3:38.97	400m: 4:53.93	
4.	Leonor Santos Silva	121982	23	Gcvr	4:57.34	-
	50m: 32.51 32.51	150m: 35.95	200m: 2:23.02	250m: 3:39.13	350m: 4:57.34	
	100m: 1:08.46 35.95			300m: 3:39.13	400m: 4:57.34	
5.	Ines Rua Fernandes	213137	15	Gcvr	5:08.15	-
	50m: 33.62 33.62	150m: 37.06	200m: 2:28.56	250m: 3:48.68	350m: 5:08.15	
	100m: 1:10.68 37.06			300m: 3:48.68	400m: 5:08.15	
6.	Renata Daniela Rangel	220398	15	Gcvr	5:09.48	-
	50m: 34.38 34.38	150m: 36.56	200m: 2:28.91	250m: 3:49.98	350m: 5:09.48	
	100m: 1:10.94 36.56			300m: 3:49.98	400m: 5:09.48	
7.	Leonor Afonso Matela	220723	14	Escola Natacao Braganca	5:22.72	5,00
	50m: 35.08 35.08	150m: 40.04	200m: 2:38.22	250m: 4:02.22	350m: 5:22.72	
	100m: 1:15.12 40.04			300m: 4:02.22	400m: 5:22.72	
8.	Susana Pedro Carvalhinha	214488	13	Gcvr	5:24.00	-
	50m: 36.53 36.53	150m: 40.65	200m: 2:39.68	250m: 4:03.72	350m: 5:24.00	
	100m: 1:17.18 40.65			300m: 4:03.72	400m: 5:24.00	
9.	Laura Jorge Alves	216844	13	Gcvr	5:24.94	-
	50m: 35.94 35.94	150m: 40.15	200m: 2:38.37	250m: 4:02.69	350m: 5:24.94	
	100m: 1:16.09 40.15			300m: 4:02.69	400m: 5:24.94	
10.	Mariana Jose Martins	220726	20	Escola Natacao Braganca	5:38.38	-
	50m: 37.88 37.88	150m: 43.35	200m: 2:46.38	250m: 4:14.56	350m: 5:38.38	
	100m: 1:21.23 43.35			300m: 4:14.56	400m: 5:38.38	
11.	Ana Rita Teixeira	216143	13	Peso da Regua	5:42.22	4,00
	50m: 36.34 36.34	150m: 41.53	200m: 2:45.55	250m: 4:16.26	350m: 5:42.22	
	100m: 1:17.87 41.53			300m: 4:16.26	400m: 5:42.22	



Campeonatos Regionais de Verão da ARNN e Torregri III
Vinhais, 27 - 28/6/2026



Prova 20, Femin., 400m Livres, Absoluto

Lugar	Nome	Licença	Idade	Clube	Tempo Final	Pts
12.	Matilde Pinto Teixeira	211225	15	Escola Natacao Braganca	5:43.93	-
	50m: 36.21 36.21	150m:		250m:	350m:	
	100m: 1:17.43 41.22	200m: 2:44.78		300m: 4:15.28	400m: 5:43.93	
13.	Francisca Moreira Fonseca	209211	17	Peso da Regua	5:44.30	-
	50m: 36.47 36.47	150m:		250m:	350m:	
	100m: 1:18.94 42.47	200m: 2:46.22		300m: 4:15.96	400m: 5:44.30	
14.	Benedita Martins Fernandes	214551	13	Gcvr	5:48.74	-
	50m: 38.96 38.96	150m:		250m:	350m:	
	100m: 1:23.14 44.18	200m: 2:53.17		300m: 4:22.34	400m: 5:48.74	
15.	Ana Miguel Tuna	222998	16	Escola Natacao Braganca	5:52.78	-
	50m: 38.75 38.75	150m:		250m:	350m:	
	100m: 1:22.81 44.06	200m: 2:53.46		300m: 4:24.84	400m: 5:52.78	
16.	Mara Daniela Rocha	222067	13	Peso da Regua	5:59.86	-
	50m: 39.93 39.93	150m:		250m:	350m:	
	100m: 1:24.20 44.27	200m: 2:56.93		300m: 4:31.50	400m: 5:59.86	
17.	Maria Julia Cardoso	220507	17	Durius Ac Pesqueira	6:05.12	3,00
	50m: 41.55 41.55	150m:		250m:	350m:	
	100m: 1:27.44 45.89	200m: 3:00.09		300m:	400m: 6:05.12	
	Leonor Vaz Osório	216142	13	Peso da Regua	6:05.12	-
	50m: 38.31 38.31	150m:		250m:	350m:	
	100m: 1:22.37 44.06	200m: 2:54.31		300m: 4:29.46	400m: 6:05.12	
19.	Carlota Teiga Cruz	217390	13	Gcvr	6:11.65	-
	50m: 41.94 41.94	150m:		250m:	350m:	
	100m: 1:28.19 46.25	200m: 3:30.86		300m: 4:38.86	400m: 6:11.65	
20.	Catarina Alexandra Tralhao	220506	14	Durius Ac Pesqueira	6:23.33	-
	50m: 42.22 42.22	150m:		250m:	350m:	
	100m: 1:29.75 47.53	200m: 3:09.47		300m: 4:47.44	400m: 6:23.33	