

Campeonato Interdistrital Juvenis, Juniores, Seniores de Verão
Coimbra, 9 - 12/7/2026

Prova 12 Femin., 400m Livres 15 anos e mais velhos
10/07/2026 - 9:55 Resultados Elimin

Rec Nac Open	4:07.50	Francisca Soares, MARTINS	POR	Berlin (GER)	23/07/2025
Rec Nac SEN/OPEN	4:07.50	Francisca Soares, MARTINS	POR	Berlin (GER)	23/07/2025
Rec Nac Jun A	4:17.80	Tamila Hryhorivna, HOLUB	POR	Pontevedra (ESP)	08/04/2017
Rec Nac Jun B	4:14.67	Tamila Hryhorivna, HOLUB	SCB	Oeiras	23/07/2016
Rec Nac Juv A	4:20.37	Marta Andreia, FERREIRA	POR	Berlim (GER)	04/08/2002
Rec Nac Juv B	4:20.78	Tamila Hryhorivna, HOLUB	POR	Porto	07/06/2014
Rec Nac NA S1	59:00.00	start,			01/01/1800
Rec Nac NA S2	59:00.00	start,			01/01/1800
Rec Nac NA S3	59:00.00	,			01/01/1800
Rec Nac NA S4	59:00.00	,			01/01/1800
Rec Nac NA S5	59:00.00	,			01/01/1800
Rec Nac NA S6	10:57.53	Diana Goncalves, MENDES	CNG	Rio Maior	31/05/2025
Rec Nac NA S7	8:23.13	Carlota Girao, FERREIRA	ADADA	Porto	09/03/2025
Rec Nac NA S8	5:36.96	Ana Filipa, CASTRO	FCP	Barcelona (ESP)	23/03/2025
Rec Nac NA S9	4:58.23	Susana Pereira, VEIGA	CFB	Coimbra	29/03/2026
Rec Nac NA S10	5:18.60	Teresa Lamego, NEVES	POR	Eindhoven (NED)	07/08/2014
Rec Nac NA S11	59:00.00	start,			01/01/1800
Rec Nac NA S12	59:00.00	start,			01/01/1800
Rec Nac NA S13	59:00.00	start,			01/01/1800
Rec Nac NA S14	6:25.10	Sonia Castanheiro, RESENDE	SCA	Vila Franca de Xira	05/03/2016
Rec Nac NA S15	5:50.21	Susana Maria, LOURENCO	SCP	Coimbra	13/08/2011
Rec Nac NA S16	7:18.70	Maria Joao, TABORDA	FCP	Povoa de Varzim	07/04/2019
Rec Nac NA S17	5:21.21	Joana Lopes, SALGUEIRO	RIAACT	Loulé	04/07/2025
Rec Nac NA S21	7:01.22	Matilde Lucia, GASPAR	APCC	Coimbra	15/06/2025
Rec Nac NA M	7:09.11	Sofia Luz, FONSECA	CAFBDP	Vila Franca de Xira	14/03/2026

TA JUN-FEM Jun A/B: 5:16.90 / TA JUVA-FEM Juv A: 5:24.59 / TA JUVB-FEM Juv B: 5:32.29 / TA SEN-FEM SEN/OPEN: 5:09.21

Pontos: AQUA 2025

Lugar					Ano					Tempo final	Pts	
Juvenis A/B												
1.	Ana Teresa, ROLDAO				11	Academico de Viseu				4:55.21	506	Q
	50m:	33.31	33.31	150m:	1:47.72	37.70	250m:	3:04.09	38.44	350m:	4:18.78	36.92
	100m:	1:10.02	36.71	200m:	2:25.65	37.93	300m:	3:41.86	37.77	400m:	4:55.21	36.43
2.	Maria Miguel, FERNANDES				10	Cumbobifila Cantanhedense				4:57.53	495	Q
	50m:	33.61	33.61	150m:	1:48.18	37.56	250m:	3:03.56	37.52	350m:	4:19.65	37.67
	100m:	1:10.62	37.01	200m:	2:26.04	37.86	300m:	3:41.98	38.42	400m:	4:57.53	37.88
3.	Beatriz Ribeiro, VELOSO				10	CASPAE				5:02.27	472	Q
	50m:	34.76	34.76	150m:	1:50.26	37.97	250m:	3:07.56	38.70	350m:	4:24.94	38.56
	100m:	1:12.29	37.53	200m:	2:28.86	38.60	300m:	3:46.38	38.82	400m:	5:02.27	37.33
4.	Matilde Conde, FIGUEIREDO				11	Condeixa Clube				5:03.19	467	Q
	50m:	34.80	34.80	150m:	1:52.14	39.18	250m:	3:10.17	39.09	350m:	4:26.95	37.95
	100m:	1:12.96	38.16	200m:	2:31.08	38.94	300m:	3:49.00	38.83	400m:	5:03.19	36.24
5.	Filipa Ferreira, LOISAS				11	Cumbobifila Cantanhedense				5:03.74	465	Q
	50m:	34.75	34.75	150m:	1:51.32	38.47	250m:	3:09.03	38.87	350m:	4:26.01	38.80
	100m:	1:12.85	38.10	200m:	2:30.16	38.84	300m:	3:47.21	38.18	400m:	5:03.74	37.73
6.	Alice Maria, RODRIGUES				11	Academico de Viseu				5:05.05	459	Q
	50m:	35.15	35.15	150m:	1:52.23	38.52	250m:	3:09.98	39.07	350m:	4:27.56	38.93
	100m:	1:13.71	38.56	200m:	2:30.91	38.68	300m:	3:48.63	38.65	400m:	5:05.05	37.49
7.	Frederica Vinhas, VIEIRA				11	Campinho				5:10.61	435	Q
	50m:	33.59	33.59	150m:	1:50.00	38.76	250m:	3:09.85	40.31	350m:	4:30.84	40.32
	100m:	1:11.24	37.65	200m:	2:29.54	39.54	300m:	3:50.52	40.67	400m:	5:10.61	39.77
8.	Leonor Mosca, SILVA				10	Cumbobifila Cantanhedense				5:11.86	429	Q
	50m:	35.64	35.64	150m:	1:53.68	39.21	250m:	3:12.39	39.50	350m:	4:32.39	40.27
	100m:	1:14.47	38.83	200m:	2:32.89	39.21	300m:	3:52.12	39.73	400m:	5:11.86	39.47
9.	Francisca Coelho, LUCENA				11	O Crasto				5:13.28	424	Q
	50m:	35.14	35.14	150m:	1:54.47	39.83	250m:	3:14.89	40.67	350m:	4:35.65	40.60
	100m:	1:14.64	39.50	200m:	2:34.22	39.75	300m:	3:55.05	40.16	400m:	5:13.28	37.63
10.	Mariana Bagagem, CARVALHO				10	Miranda do Corvo				5:14.36	419	Q
	50m:	35.17	35.17	150m:	1:54.15	39.98	250m:	3:15.07	40.42	350m:	4:35.53	40.08
	100m:	1:14.17	39.00	200m:	2:34.65	40.50	300m:	3:55.45	40.38	400m:	5:14.36	38.83

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Prova 12, Femin., 400m Livres, Elimin, Juvenis A/B

Lugar					Ano					Tempo final	Pts	
11.	Isabella Scavone, LOPES				10	Miranda do Corvo				5:17.76	406	R
	50m:	35.09	35.09	150m:	1:54.71	39.71	250m:	3:15.66	40.14	350m:	4:37.51	40.82
	100m:	1:15.00	39.91	200m:	2:35.52	40.81	300m:	3:56.69	41.03	400m:	5:17.76	40.25
12.	Ana Leonor, CARRETO				11	Nautico Academico				5:19.22	400	R
	50m:	36.04	36.04	150m:	1:56.77	41.23	250m:	3:18.72	41.06	350m:	4:40.71	40.46
	100m:	1:15.54	39.50	200m:	2:37.66	40.89	300m:	4:00.25	41.53	400m:	5:19.22	38.51
13.	Mariana Moreira, LOPES				11	Feirense				5:19.70	399	
	50m:	34.75	34.75	150m:	1:54.11	40.64	250m:	3:17.22	41.90	350m:	4:40.25	40.89
	100m:	1:13.47	38.72	200m:	2:35.32	41.21	300m:	3:59.36	42.14	400m:	5:19.70	39.45
14.	Ines Sousa, RIBEIRO				11	Feirense				5:21.56	392	
	50m:	33.28	33.28	150m:	1:51.05	39.64	250m:	3:13.60	41.64	350m:	4:39.63	42.56
	100m:	1:11.41	38.13	200m:	2:31.96	40.91	300m:	3:57.07	43.47	400m:	5:21.56	41.93
15.	Beatriz Ribeiro, MOREIRA				10	Sporting de Espinho				5:23.93	383	
	50m:	35.88	35.88	150m:	1:56.22	41.37	250m:	3:19.90	42.35	350m:	4:43.52	42.24
	100m:	1:14.85	38.97	200m:	2:37.55	41.33	300m:	4:01.28	41.38	400m:	5:23.93	40.41
16.	Mariana Pina, MACEDO				10	Estamos Juntos				5:26.70	373	
	FTL											
	50m:	34.68	34.68	150m:	1:58.36	42.30	250m:	3:23.06	42.22	350m:	4:46.43	41.46
	100m:	1:16.06	41.38	200m:	2:40.84	42.48	300m:	4:04.97	41.91	400m:	5:26.70	40.27
17.	Maria Lino, PADUA				10	Sporting de Espinho				5:32.42	355	
	FTL											
	50m:	35.93	35.93	150m:	1:56.96	41.41	250m:	3:22.35	43.59	350m:	4:49.92	43.80
	100m:	1:15.55	39.62	200m:	2:38.76	41.80	300m:	4:06.12	43.77	400m:	5:32.42	42.50
18.	Margarida Soares, MAIA				11	Nautico Marinha Grande				5:35.57	345	
	FTL											
	50m:	34.96	34.96	150m:	2:00.05	43.63	250m:	3:27.49	43.87	350m:	4:54.18	43.46
	100m:	1:16.42	41.46	200m:	2:43.62	43.57	300m:	4:10.72	43.23	400m:	5:35.57	41.39