

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 - 16:45 **Resultados Final**

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. Filipa Ferreira, LOISAS	11	Cumbobifila Cantanhedense	4:48.30 544
50m: 33.49 33.49	150m: 1:46.50 36.96	250m: 2:59.83 36.73	350m: 4:12.67 36.42
100m: 1:09.54 36.05	200m: 2:23.10 36.60	300m: 3:36.25 36.42	400m: 4:48.30 35.63
2. Ana Teresa, ROLDAO	11	Academico de Viseu	4:49.14 539
50m: 33.06 33.06	150m: 1:45.67 36.71	250m: 2:59.51 37.16	350m: 4:13.72 36.75
100m: 1:08.96 35.90	200m: 2:22.35 36.68	300m: 3:36.97 37.46	400m: 4:49.14 35.42
3. Maria Miguel, FERNANDES	10	Cumbobifila Cantanhedense	4:49.85 535
50m: 32.89 32.89	150m: 1:45.08 36.53	250m: 2:59.63 37.13	350m: 4:14.15 37.07
100m: 1:08.55 35.66	200m: 2:22.50 37.42	300m: 3:37.08 37.45	400m: 4:49.85 35.70
4. Alice Maria, RODRIGUES	11	Academico de Viseu	4:53.48 515
50m: 34.60 34.60	150m: 1:49.81 37.57	250m: 3:04.53 37.03	350m: 4:18.64 36.54
100m: 1:12.24 37.64	200m: 2:27.50 37.69	300m: 3:42.10 37.57	400m: 4:53.48 34.84
5. Matilde Conde, FIGUEIREDO	11	Condeixa Clube	4:59.33 486
50m: 34.62 34.62	150m: 1:50.50 38.42	250m: 3:06.96 38.38	350m: 4:22.91 37.84
100m: 1:12.08 37.46	200m: 2:28.58 38.08	300m: 3:45.07 38.11	400m: 4:59.33 36.42
6. Beatriz Ribeiro, VELOSO	10	CASPAE	5:00.99 478
50m: 33.86 33.86	150m: 1:48.76 38.03	250m: 3:06.62 38.92	350m: 4:24.38 38.94
100m: 1:10.73 36.87	200m: 2:27.70 38.94	300m: 3:45.44 38.82	400m: 5:00.99 36.61
7. Leonor Mosca, SILVA	10	Cumbobifila Cantanhedense	5:07.63 447
50m: 34.94 34.94	150m: 1:51.39 38.54	250m: 3:09.36 39.09	350m: 4:28.33 38.84
100m: 1:12.85 37.91	200m: 2:30.27 38.88	300m: 3:49.49 40.13	400m: 5:07.63 39.30
8. Mariana Bagagem, CARVALHO	10	Miranda do Corvo	5:09.29 440
50m: 35.26 35.26	150m: 1:53.07 39.41	250m: 3:12.08 39.75	350m: 4:31.19 39.91
100m: 1:13.66 38.40	200m: 2:32.33 39.26	300m: 3:51.28 39.20	400m: 5:09.29 38.10
9. Isabella Scavone, LOPES	10	Miranda do Corvo	5:09.69 439
50m: 34.67 34.67	150m: 1:53.72 39.47	250m: 3:12.41 38.87	350m: 4:31.45 38.87
100m: 1:14.25 39.58	200m: 2:33.54 39.82	300m: 3:52.58 40.17	400m: 5:09.69 38.24
10. Francisca Coelho, LUCENA	11	O Crasto	5:16.37 411
50m: 34.84 34.84	150m: 1:54.10 39.73	250m: 3:14.63 40.49	350m: 4:37.11 40.99
100m: 1:14.37 39.53	200m: 2:34.14 40.04	300m: 3:56.12 41.49	400m: 5:16.37 39.26

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Juniores A/B

1.	Alana Costa, MATIAS	09	Louzan Natacao/EFAPEL	4:39.57	596
	50m: 32.89 32.89	150m: 1:43.85 35.76	250m: 2:55.32 35.48	350m: 4:05.56 34.94	
	100m: 1:08.09 35.20	200m: 2:19.84 35.99	300m: 3:30.62 35.30	400m: 4:39.57 34.01	
2.	Luana Ferreira, CRAVEIRO	09	Nautico Marinha Grande	4:40.92	588
	50m: 31.93 31.93	150m: 1:42.16 35.62	250m: 2:54.45 35.64	350m: 4:05.95 35.35	
	100m: 1:06.54 34.61	200m: 2:18.81 36.65	300m: 3:30.60 36.15	400m: 4:40.92 34.97	
3.	Francisca Ramos, NUNES	09	Naval de Peniche	4:52.16	522
	50m: 33.23 33.23	150m: 1:47.20 37.69	250m: 3:02.23 37.29	350m: 4:16.37 36.95	
	100m: 1:09.51 36.28	200m: 2:24.94 37.74	300m: 3:39.42 37.19	400m: 4:52.16 35.79	
4.	Teresa Maria, LOPES	09	Benedita	5:08.04	446
	50m: 34.37 34.37	150m: 1:49.98 38.46	250m: 3:08.42 39.24	350m: 4:27.83 39.77	
	100m: 1:11.52 37.15	200m: 2:29.18 39.20	300m: 3:48.06 39.64	400m: 5:08.04 40.21	
5.	Leonor Pereira, ROCHA	08	Sporting de Espinho	5:16.64	410
	50m: 33.98 33.98	150m: 1:52.69 40.19	250m: 3:14.97 41.26	350m: 4:37.07 41.14	
	100m: 1:12.50 38.52	200m: 2:33.71 41.02	300m: 3:55.93 40.96	400m: 5:16.64 39.57	
6.	Gabriela Lopes, FERNANDES FTL	09	O Crasto	5:19.81	398
	50m: 34.86 34.86	150m: 1:55.32 41.06	250m: 3:18.47 41.60	350m: 4:41.05 41.00	
	100m: 1:14.26 39.40	200m: 2:36.87 41.55	300m: 4:00.05 41.58	400m: 5:19.81 38.76	

SEN/OPEN

1.	Camila Rodrigues, REBELO	03	Louzan Natacao/EFAPEL	4:22.87	717
	50m: 30.01 30.01	150m: 1:35.33 32.96	250m: 2:41.96 33.42	350m: 3:49.60 33.51	
	100m: 1:02.37 32.36	200m: 2:08.54 33.21	300m: 3:16.09 34.13	400m: 4:22.87 33.27	
2.	Ines Jacinto, HENRIQUES	00	Louzan Natacao/EFAPEL	4:26.67	687
	50m: 30.55 30.55	150m: 1:37.30 33.85	250m: 2:45.30 34.28	350m: 3:53.38 34.06	
	100m: 1:03.45 32.90	200m: 2:11.02 33.72	300m: 3:19.32 34.02	400m: 4:26.67 33.29	
3.	Carolina Vizinho, CABRAL	07	Galitos / Bresimar	4:36.53	616
	50m: 31.70 31.70	150m: 1:40.97 35.16	250m: 2:51.98 35.55	350m: 4:02.95 35.53	
	100m: 1:05.81 34.11	200m: 2:16.43 35.46	300m: 3:27.42 35.44	400m: 4:36.53 33.58	
4.	Leonor Mil, MANO	07	Nautico Academico	4:43.81	570
	50m: 31.82 31.82	150m: 1:43.38 36.30	250m: 2:56.13 36.44	350m: 4:08.81 36.47	
	100m: 1:07.08 35.26	200m: 2:19.69 36.31	300m: 3:32.34 36.21	400m: 4:43.81 35.00	
5.	Sara Calisto, PIMENTEL	05	Academica de Coimbra	4:49.80	535
	50m: 32.82 32.82	150m: 1:44.99 36.80	250m: 2:59.47 37.13	350m: 4:14.03 37.06	
	100m: 1:08.19 35.37	200m: 2:22.34 37.35	300m: 3:36.97 37.50	400m: 4:49.80 35.77	
6.	Susana Pereira, VEIGA		Belenenses	5:00.52	480
	50m: 32.51 32.51	150m: 1:45.27 37.15	250m: 3:02.95 38.87	350m: 4:21.74 39.68	
	100m: 1:08.12 35.61	200m: 2:24.08 38.81	300m: 3:42.06 39.11	400m: 5:00.52 38.78	
EXH	Ana Leonor, CARRETO	11	Nautico Academico	5:16.16	412
	50m: 35.04 35.04	150m: 1:55.64 40.60	250m: 3:17.18 40.65	350m: 4:38.66 39.85	
	100m: 1:15.04 40.00	200m: 2:36.53 40.89	300m: 3:58.81 41.63	400m: 5:16.16 37.50	
EXH	Ines Sousa, RIBEIRO	11	Feirense	5:16.25	412
	50m: 33.50 33.50	150m: 1:52.04 40.56	250m: 3:13.83 41.28	350m: 4:36.69 41.60	
	100m: 1:11.48 37.98	200m: 2:32.55 40.51	300m: 3:55.09 41.26	400m: 5:16.25 39.56	
EXH	Mariana Moreira, LOPES	11	Feirense	5:21.38	392
	50m: 33.69 33.69	150m: 1:54.40 41.20	250m: 3:17.80 41.71	350m: 4:41.95 41.47	
	100m: 1:13.20 39.51	200m: 2:36.09 41.69	300m: 4:00.48 42.68	400m: 5:21.38 39.43	
EXH	Beatriz Ribeiro, MOREIRA	10	Sporting de Espinho	5:22.90	387
	50m: 35.81 35.81	150m: 1:56.65 40.80	250m: 3:19.12 41.01	350m: 4:42.91 41.39	
	100m: 1:15.85 40.04	200m: 2:38.11 41.46	300m: 4:01.52 42.40	400m: 5:22.90 39.99	

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Prova 12, Femin., 400m Livres, Final

Lugar	Ano								Tempo final		Pts	
EXH	Margarida Soares, MAIA				11	Nautico Marinha Grande				5:29.68	363	
	50m:	35.74	35.74	150m:	1:59.09	42.56	250m:	3:23.89	42.06	350m:	4:48.47	42.17
	100m:	1:16.53	40.79	200m:	2:41.83	42.74	300m:	4:06.30	42.41	400m:	5:29.68	41.21
EXH	Maria Lino, PADUA				10	Sporting de Espinho				5:35.33	345	
	FTL											
	50m:	35.23	35.23	150m:	1:58.66	42.25	250m:	3:25.36	43.01	350m:	4:52.57	43.20
	100m:	1:16.41	41.18	200m:	2:42.35	43.69	300m:	4:09.37	44.01	400m:	5:35.33	42.76