

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

Prova 33
12/07/2026 - 16:50

Femin., 400m Estilos

15 anos e mais velhos

Resultados Final

Rec Nac Open	4:40.11	Victoria, KAMINSKAYA	POR	Pontevedra (ESP)	09/04/2017
Rec Nac SEN/OPEN	4:40.11	Victoria, KAMINSKAYA	POR	Pontevedra (ESP)	09/04/2017
Rec Nac Jun A	4:49.60	Victoria, KAMINSKAYA	PIMP	Coimbra	26/05/2013
Rec Nac Jun B	4:52.12	Victoria, KAMINSKAYA	PIMP	Oeiras	27/07/2012
Rec Nac Juv A	4:54.00	Ines Neto, ROCHA	SANNP	Gijón (ESP)	20/05/2017
Rec Nac Juv B	4:58.08	Diana Margarida, DURAES	FOCA	Povoa de Varzim	05/08/2011

TA JUN-FEM Jun A/B: 6:04.22 / TA JUVA-FEM Juv A: 6:13.06 / TA JUVB-FEM Juv B: 6:21.91 / TA SEN-FEM SEN/OPEN: 5:55.39

Pontos: AOQA 2025

Lugar	Ano	Tempo final	Pts
Juvenis A/B			

1.	Maria Neto, SIMOES	10	Condeixa Clube							5:17.31	578
	50m: 33.14 33.14	150m: 1:53.73	41.39	250m: 3:19.07	43.97	350m: 4:41.16	37.19				
	100m: 1:12.34 39.20	200m: 2:35.10	41.37	300m: 4:03.97	44.90	400m: 5:17.31	36.15				
2.	Vida Sofia, VELEZ	10	Ba Leiria / Sk Coffee							5:28.75	520
	50m: 35.66 35.66	150m: 1:57.38	41.37	250m: 3:26.52	47.66	350m: 4:52.05	38.44				
	100m: 1:16.01 40.35	200m: 2:38.86	41.48	300m: 4:13.61	47.09	400m: 5:28.75	36.70				
3.	Eva Miranda, ALMEIDA	11	Cumbofilaf Cantanhedense							5:36.82	483
	50m: 34.83 34.83	150m: 1:59.95	44.34	250m: 3:32.74	48.68	350m: 5:00.13	37.80				
	100m: 1:15.61 40.78	200m: 2:44.06	44.11	300m: 4:22.33	49.59	400m: 5:36.82	36.69				
4.	Filipa Ferreira, LOISAS	11	Cumbofilaf Cantanhedense							5:45.59	447
	50m: 35.55 35.55	150m: 2:04.07	47.00	250m: 3:40.53	50.89	350m: 5:09.58	37.74				
	100m: 1:17.07 41.52	200m: 2:49.64	45.57	300m: 4:31.84	51.31	400m: 5:45.59	36.01				
5.	Leonor Mosca, SILVA	10	Cumbofilaf Cantanhedense							5:46.68	443
	50m: 36.07 36.07	150m: 2:04.45	46.95	250m: 3:38.37	48.78	350m: 5:08.72	39.99				
	100m: 1:17.50 41.43	200m: 2:49.59	45.14	300m: 4:28.73	50.36	400m: 5:46.68	37.96				
6.	Constanca Rolim, PEDRO	10	Ba Leiria / Sk Coffee							5:53.20	419
	50m: 36.82 36.82	150m: 2:06.10	46.45	250m: 3:42.62	51.11	350m: 5:13.96	39.99				
	100m: 1:19.65 42.83	200m: 2:51.51	45.41	300m: 4:33.97	51.35	400m: 5:53.20	39.24				
7.	Joana Cura, NEVES	11	Condeixa Clube							5:55.81	410
	50m: 37.58 37.58	150m: 2:10.22	48.55	250m: 3:47.85	51.38	350m: 5:19.39	38.59				
	100m: 1:21.67 44.09	200m: 2:56.47	46.25	300m: 4:40.80	52.95	400m: 5:55.81	36.42				
8.	Lia Tome, MATEUS	11	Natagao de Vagos							6:13.80	353
	50m: 38.50 38.50	150m: 2:13.53	48.40	250m: 3:56.67	55.41	350m: 5:34.69	41.33				
	100m: 1:25.13 46.63	200m: 3:01.26	47.73	300m: 4:53.36	56.69	400m: 6:13.80	39.11				

Juniores A/B

1.	Constanca Baptista, TOMAS				09	Alcobaca					5:19.79	565
	50m:	33.10	33.10	150m:	1:55.20	43.65	250m:	3:24.14	45.67	350m:	4:45.78	35.35
	100m:	1:11.55	38.45	200m:	2:38.47	43.27	300m:	4:10.43	46.29	400m:	5:19.79	34.01
2.	Luana Ferreira, CRAVEIRO				09	Nautico Marinha Grande					5:24.85	539
	50m:	34.47	34.47	150m:	1:59.73	43.98	250m:	3:27.32	45.73	350m:	4:49.18	36.61
	100m:	1:15.75	41.28	200m:	2:41.59	41.86	300m:	4:12.57	45.25	400m:	5:24.85	35.67
3.	Leonor Mercês, CAVALEIRO				09	Columbofila Cantanhedense					5:32.49	502
	50m:	33.62	33.62	150m:	1:57.19	43.47	250m:	3:27.03	47.88	350m:	4:54.24	38.44
	100m:	1:13.72	40.10	200m:	2:39.15	41.96	300m:	4:15.80	48.77	400m:	5:32.49	38.25
4.	Rita Rocha, SILVA				08	Alcobaca					5:34.59	493
	50m:	34.19	34.19	150m:	2:01.11	46.39	250m:	3:30.50	44.38	350m:	4:56.42	40.44
	100m:	1:14.72	40.53	200m:	2:46.12	45.01	300m:	4:15.98	45.48	400m:	5:34.59	38.17
5.	Carolina Mendes, NUNES				08	Estarreja					5:34.60	493
	50m:	33.65	33.65	150m:	1:58.12	44.96	250m:	3:30.69	49.70	350m:	4:58.57	37.99
	100m:	1:13.16	39.51	200m:	2:40.99	42.87	300m:	4:20.58	49.89	400m:	5:34.60	36.03

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Prova 33, Femin., 400m Estilos, Final

SEN/OPEN

1.	Ines Jacinto, HENRIQUES	00	Louzan Natacao/EFAPEL	5:06.67	640
	50m: 30.20 30.20	150m: 1:44.81 41.04	250m: 3:10.62 45.51	350m: 4:32.26 35.84	
	100m: 1:03.77 33.57	200m: 2:25.11 40.30	300m: 3:56.42 45.80	400m: 5:06.67 34.41	
2.	Helena Nunes, RODRIGUES	03	Condeixa Clube	5:16.46	583
	50m: 32.59 32.59	150m: 1:51.77 41.71	250m: 3:19.50 47.73	350m: 4:41.55 34.93	
	100m: 1:10.06 37.47	200m: 2:31.77 40.00	300m: 4:06.62 47.12	400m: 5:16.46 34.91	
3.	Maria Emilia, ALMEIDA	07	Galitos / Bresimar	5:19.82	564
	50m: 32.87 32.87	150m: 1:52.01 41.01	250m: 3:19.69 46.22	350m: 4:43.86 36.99	
	100m: 1:11.00 38.13	200m: 2:33.47 41.46	300m: 4:06.87 47.18	400m: 5:19.82 35.96	
4.	Ana Carolina, MONTEIRO	04	Academica de Coimbra	5:25.48	535
	50m: 32.06 32.06	150m: 1:53.70 44.68	250m: 3:24.67 47.32	350m: 4:50.01 36.87	
	100m: 1:09.02 36.96	200m: 2:37.35 43.65	300m: 4:13.14 48.47	400m: 5:25.48 35.47	
5.	Sara Calisto, PIMENTEL	05	Academica de Coimbra	5:25.73	534
	50m: 32.68 32.68	150m: 1:55.95 46.14	250m: 3:26.02 45.11	350m: 4:49.58 37.29	
	100m: 1:09.81 37.13	200m: 2:40.91 44.96	300m: 4:12.29 46.27	400m: 5:25.73 36.15	