

Campeonatos Distritais de Verão de Infantis, Juvenis e Absolutos- Rio Maior
Rio Maior, 04, 05, 06 de Julho de 2025

Prova 2 **Femin., 400m Livres**
10/07/2026 - 17:25 **Infantil A**
Resultados

Recordes Nacionais 50m Open	4:07.50	Francisca Soares Martins	POR	Berlin (GER)	23/07/2025
Recordes Nacionais 50m Inf A	4:26.20	Maria Francisca Cabral	FCP	Oeiras	26/07/2014

Pontos: AQUA 2026

Lugar	Nome	Ano	Clube	Tempo Final	Pts
1.	Matilde Casimiro Bibi	12	BUZIOS-Coruche	4:58.11	484
	50m: 33.08 150m: 1:49.67 250m: 3:06.85 350m: 4:22.50				
	100m: 1:11.02 200m: 2:28.44 300m: 3:44.83 400m: 4:58.11				
2.	Rita Balsa Alves	12	BUZIOS-Coruche	5:07.51	441
	50m: 34.35 150m: 1:51.32 250m: 3:10.77 350m: 4:29.68				
	100m: 1:12.10 200m: 2:31.02 300m: 3:50.95 400m: 5:07.51				
3.	Alicia Lopes Deep	12	BUZIOS-Coruche	5:11.26	425
	50m: 35.20 150m: 1:54.25 250m: 3:14.45 350m: 4:33.76				
	100m: 1:13.94 200m: 2:34.03 300m: 3:53.95 400m: 5:11.26				
4.	Rita Gomes Valentim	12	Torres Novas	5:13.39	417
	50m: 35.52 150m: 1:55.19 250m: 3:15.15 350m: 4:34.79				
	100m: 1:14.79 200m: 2:35.15 300m: 3:54.76 400m: 5:13.39				
5.	Margarida Madeira Pires	12	Rio Maior	5:19.88	392
	50m: 36.15 150m: 1:56.90 250m: 3:18.86 350m: 4:40.21				
	100m: 1:15.88 200m: 2:37.75 300m: 3:59.29 400m: 5:19.88				
6.	Ana Leonor Lopes	12	Rio Maior	5:31.63	352
	50m: 35.83 150m: 2:00.50 250m: 3:26.94 350m: 4:53.66				
	100m: 1:16.73 200m: 2:43.63 300m: 4:10.95 400m: 5:31.63				
7.	Maria Pais Santos	12	BUZIOS-Coruche	5:38.58	330
	50m: 37.64 150m: 2:02.14 250m: 3:28.88 350m: 4:56.51				
	100m: 1:18.93 200m: 2:44.98 300m: 4:12.54 400m: 5:38.58				
8.	Maria Vitoria Martinho	12	Gualdim Pais	5:40.95	324
	50m: 37.12 150m: 2:00.81 250m: 3:28.04 350m: 4:57.46				
	100m: 1:18.55 200m: 2:44.60 300m: 4:12.61 400m: 5:40.95				
9.	Matilde Abelho Vaz	12	CLAC-Entroncamento	5:51.72	295
	50m: 38.71 150m: 2:07.84 250m: 3:39.02 350m: 5:09.78				
	100m: 1:22.76 200m: 2:53.42 300m: 4:25.13 400m: 5:51.72				
10.	Lara Alberto Januario	12	Viver Santarem	6:07.68	258
	50m: 38.22 150m: 2:07.28 250m: 3:43.61 350m: 5:21.16				
	100m: 1:21.45 200m: 2:55.09 300m: 4:33.38 400m: 6:07.68				
11.	Joana Verissimo Tavares	12	CLAC-Entroncamento	6:09.35	254
	50m: 39.14 100m: 1:24.72 150m: 2:12.49 200m: 3:00.09 300m: 4:36.16 400m: 6:09.35				

Prova 2 **Femin., 400m Livres**
10/07/2026 - 17:25 **Infantil B**
Resultados

Recordes Nacionais 50m Open	4:07.50	Francisca Soares Martins	POR	Berlin (GER)	23/07/2025
Recordes Nacionais 50m Inf B	4:31.53	Alexandra Maria Silva	POR	Skovde (SWE)	08/08/1980

Pontos: AQUA 2026

Lugar	Nome	Ano	Clube	Tempo Final	Pts
1.	Maria Amelia Torres	13	Viver Santarem	5:13.54	416
	50m: 35.46 150m: 1:55.81 250m: 3:17.18 350m: 4:36.38				
	100m: 1:14.93 200m: 2:36.74 300m: 3:57.60 400m: 5:13.54				
2.	Laura Conde Correia	13	Torres Novas	5:21.67	385
	50m: 36.32 150m: 1:56.92 250m: 3:19.30 350m: 4:42.22				
	100m: 1:16.27 200m: 2:38.30 300m: 4:00.79 400m: 5:21.67				
3.	Carolina Marques Ribeiro	13	Rio Maior	5:48.37	303
	50m: 37.96 150m: 2:06.63 250m: 3:35.47 350m: 5:05.66				
	100m: 1:20.86 200m: 2:50.50 300m: 4:19.93 400m: 5:48.37				

Campeonatos Distritais de Verão de Infantis, Juvenis e Absolutos- Rio Maior
Rio Maior, 04, 05, 06 de Julho de 2025

Prova 2, Femin., 400m Livres, Infantil B

Lugar	Nome	Ano	Clube	Tempo Final	Pts
4.	Leonor Chambel Santos	13	Nautico Abrantes	5:49.76	300
	50m: 39.25 150m: 2:08.05 250m: 3:37.67 350m: 5:08.90				
	100m: 1:23.01 200m: 2:52.40 300m: 4:22.82 400m: 5:49.76				
5.	Mafalda Ines Martinho	13	CLAC-Entroncamento	6:20.17	233
	50m: 42.98 150m: 2:18.63 250m: 3:55.58 350m: 5:32.47				
	100m: 1:30.22 200m: 3:07.06 300m: 4:43.61 400m: 6:20.17				
WDR	Carolina Rodrigues Ferreira	13	Torres Novas		

Prova 2 **Femin., 400m Livres** **Juvenil**
10/07/2026 - 17:25 **Resultados**

Recordes Nacionais 50m Open	4:07.50	Francisca Soares Martins	POR	Berlin (GER)	23/07/2025
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

Pontos: AQUA 2026

Lugar	Nome	Ano	Clube	Tempo Final	Pts
1.	Sofia Barroca Pereira	11	BUZIOS-Coruche	4:49.57	528
	50m: 32.00 150m: 1:43.51 250m: 2:58.03 350m: 4:13.03				
	100m: 1:07.01 200m: 2:20.79 300m: 3:35.70 400m: 4:49.57				
2.	Leonor Sombreireiro Martins	10	BUZIOS-Coruche	4:52.81	511
	50m: 32.39 150m: 1:44.58 250m: 3:00.28 350m: 4:16.42				
	100m: 1:07.81 200m: 2:22.22 300m: 3:38.10 400m: 4:52.81				
3.	Margarida Pinho Formigo	11	Torres Novas	4:59.09	480
	50m: 34.46 150m: 1:50.02 250m: 3:07.38 350m: 4:23.40				
	100m: 1:12.08 200m: 2:28.72 300m: 3:45.72 400m: 4:59.09				
4.	Maria Leonor Lopes	10	Torres Novas	5:04.76	453
	50m: 34.57 150m: 1:52.56 250m: 3:10.10 350m: 4:27.19				
	100m: 1:13.34 200m: 2:31.60 300m: 3:48.82 400m: 5:04.76				
5.	Angela Maria Pereira	10	Nautico Salvaterra Magos	5:33.24	347
	50m: 37.15 150m: 2:00.93 250m: 3:27.78 350m: 4:52.75				
	100m: 1:18.23 200m: 2:43.59 300m: 4:10.75 400m: 5:33.24				

Prova 2 **Femin., 400m Livres** **ABS**
10/07/2026 - 17:25 **Resultados**

Recordes Nacionais 50m Open	4:07.50	Francisca Soares Martins	POR	Berlin (GER)	23/07/2025
Recordes Nacionais 50m Sen	4:07.50	Francisca Soares Martins	POR	Berlin (GER)	23/07/2025
Recordes Nacionais 50m 18	4:17.80	Tamila Hryhorivna Holub	POR	Pontevedra (ESP)	08/04/2017
Recordes Nacionais 50m 17	4:14.67	Tamila Hryhorivna Holub	SCB	Oeiras	23/07/2016

Pontos: AQUA 2026

Lugar	Nome	Ano	Clube	Tempo Final	Pts
1.	Maria Madalena Monteiro	08	Torres Novas	5:35.42	340
	50m: 35.02 150m: 1:57.43 250m: 3:24.71 350m: 4:53.21				
	100m: 1:14.39 200m: 2:40.70 300m: 4:08.86 400m: 5:35.42				

WDR Catarina Isabel Carlota 05 BUZIOS-Coruche