

CAMPEONATO REGIONAL INF, JUV, JUN E SEN 2026
Ponte da Barca, 3 - 5/7/2026

Prova 12
04/07/2026 - 10:15

Femin., 400m Livres

13 anos e mais velhos
Resultados

Pontos: AQUA 2026

Lugar	Ano	Tempo final	Pts
Infantis B			
1. Beatriz VilasBoas Machado	13 Braga	4:48.49	
50m: 32.21 32.21 200m: 2:20.28 1:13.26 400m: 4:48.49 1:13.10			
100m: 1:07.02 34.81 300m: 3:35.39 1:15.11			
2. Adelina Beatriz Junior	13 Amigos da Montanha	5:01.41	
50m: 33.41 33.41 100m: 1:11.24 37.83 300m: 3:47.15 2:35.91 400m: 5:01.41 1:14.26			
3. Eva Pinho Carvalho	13 Braga	5:02.47	
50m: 33.56 33.56 200m: 2:28.14 1:17.76 400m: 5:02.47 1:16.05			
100m: 1:10.38 36.82 300m: 3:46.42 1:18.28			
4. Matilde Sampaio Barros	13 Viana Natacao	5:14.70	
50m: 33.69 33.69 200m: 2:34.70 1:21.22 400m: 5:14.70 1:18.89			
100m: 1:13.48 39.79 300m: 3:55.81 1:21.11			
5. Matilde Fernandes Rocha	13 Atlanticos Ancora	5:17.12	
50m: 35.65 35.65 200m: 2:35.99 1:21.02 400m: 5:17.12 1:19.00			
100m: 1:14.97 39.32 300m: 3:58.12 1:22.13			
6. Mariana Sofia Cruz	13 Atlanticos Ancora	5:22.40	
50m: 36.52 36.52 200m: 2:39.70 1:23.05 400m: 5:22.40 1:20.39			
100m: 1:16.65 40.13 300m: 4:02.01 1:22.31			
7. Carmen Martinez Ozores	13 Atlanticos Ancora	5:22.62	
50m: 35.87 35.87 200m: 2:38.40 1:22.56 400m: 5:22.62 1:21.19			
100m: 1:15.84 39.97 300m: 4:01.43 1:23.03			
8. Sofia Alexandra Rodrigues	13 Escola Desportiva de Viana	5:22.75	
50m: 35.66 35.66 200m: 2:34.24 1:24.68 400m: 5:22.75 1:22.92			
100m: 1:09.56 33.90 300m: 3:59.83 1:25.59			

Infantis A

1. Ana Margarida Fernandes	12 Atlanticos Ancora	4:54.32	
50m: 33.03 33.03 200m: 2:25.90 1:15.67 400m: 4:54.32 1:13.04			
100m: 1:10.23 37.20 300m: 3:41.28 1:15.38			
2. Maria Soares Pereira	12 Atlanticos Ancora	5:12.15	
50m: 33.93 33.93 200m: 2:30.97 1:18.58 400m: 5:12.15 1:20.87			
100m: 1:12.39 38.46 300m: 3:51.28 1:20.31			
3. Margarida Faria Monteiro	12 Viana Natacao	5:12.71	
50m: 34.44 34.44 200m: 2:33.66 1:20.55 400m: 5:12.71 1:17.82			
100m: 1:13.11 38.67 300m: 3:54.89 1:21.23			
4. Carolina Cunha Gomes	12 Viana Natacao	5:14.19	
50m: 37.00 37.00 200m: 2:35.53 1:19.33 400m: 5:14.19 1:18.82			
100m: 1:16.20 39.20 300m: 3:55.37 1:19.84			
5. Beatriz Carvalhido Caridade	12 Viana Natacao	5:25.18	
50m: 34.75 34.75 200m: 2:35.53 1:21.57 400m: 5:25.18 1:24.75			
100m: 1:13.96 39.21 300m: 4:00.43 1:24.90			
6. Maria Ponte Pereira	12 Braga	5:28.90	
50m: 34.71 34.71 200m: 2:38.36 1:24.64 400m: 5:28.90 1:24.27			
100m: 1:13.72 39.01 300m: 4:04.63 1:26.27			
7. Catarina Grade Novais	12 Amigos da Montanha	6:09.66	
50m: 40.43 40.43 200m: 3:02.33 1:35.30 400m: 6:09.66 1:31.73			
100m: 1:27.03 46.60 300m: 4:37.93 1:35.60			

CAMPEONATO REGIONAL INF, JUV, JUN E SEN 2026
Ponte da Barca, 3 - 5/7/2026

Prova 12, Femin., 400m Livres

Juvenis B

1.	Valeria Koslova		11	Braga				5:12.05
	50m:	33.26	33.26	200m:	2:33.44	1:22.37	400m:	5:12.05 1:17.94
	100m:	1:11.07	37.81	300m:	3:54.11	1:20.67		

Juvenis A

1.	Jael Alves Rocha		10	Viana Natacao				5:04.30
	50m:	33.40	33.40	200m:	2:27.95	1:16.98	400m:	5:04.30 1:16.67
	100m:	1:10.97	37.57	300m:	3:47.63	1:19.68		

Juniores

1.	Diana Gomes Freitas		08	Amigos da Montanha				4:35.68
	50m:	31.93	31.93	200m:	2:15.40	1:09.76	400m:	4:35.68 1:10.22
	100m:	1:05.64	33.71	300m:	3:25.46	1:10.06		