Prova 18 | Femin., 400m Livres | OPEN
08/11/2026 - 16:00 | IMOVEIS+ | Resultados

Recordes Nacionais 25m Open	4:04.57	Francisca Soares, MARTINS	POR	Otopeni (ROU)	10/12/2023
Recordes Nacionais 25m 19 +	4:04.57	Francisca Soares, MARTINS	POR	Otopeni (ROU)	10/12/2023
Recordes Nacionais 25m 18	4:11.18	Francisca Soares, MARTINS	FOCA	Mealhada	14/11/2020
Recordes Nacionais 25m 17	4:10.52	Tamila Hryhorivna, HOLUB	SCB	Porto	12/12/2015
Recordes Nacionais 25m 16	4:13.53	Ana Reis, SOUSA	CNLA	Porto	09/12/2017
Recordes Nacionais 25m 15	4:18.39	Ana Claudia, SANTOS	SFUAP	Cantanhede	20/12/2004
Recordes Nacionais 25m 14	4:23.08	Susana Patricia, MIGUEL	SFUAP	Alhandra	15/05/2004
Recordes Nacionais 25m 13	4:25.30	Alexandra Maria, SILVA	FCP	Porto	19/07/1980
Rec. Torneio	4:16.22	Ema, CONCEIÇÃO		Leiria	08/11/2025

Tempo a Obter INF 13 - 14: 5:47.29 / Tempo a Obter JUV 15 - 16: 5:11.94 / Tempo a Obter JUN/ SEN 17 +: 4:42.00

Pontos: AQUA 2026

Lugar		Ano		Tempo final	Pts

OPEN

1. Ema Jeronimo, CONCEICAO — 03 — Sport Alges e Dafundo — 4:14.17 — 743

50m:	29.48	29.48	150m: 1:34.16	32.54	250m: 2:38.59	31.92	350m: 3:43.50	32.64
100m:	1:01.62	32.14	200m: 2:06.67	32.51	300m: 3:10.86	32.27	400m: 4:14.17	30.67

2. Beatriz Nunes, CARDEAL — 04 — Condeixa Aqua Clube — 4:24.30 — 661

50m:	30.24	30.24	150m: 1:35.74	32.94	250m: 2:43.13	33.73	350m: 3:50.98	34.08
100m:	1:02.80	32.56	200m: 2:09.40	33.66	300m: 3:16.90	33.77	400m: 4:24.30	33.32

3. Carolina Vizinho, CABRAL — 07 — Galitos / Bresimar — 4:31.65 — 608

50m:	30.31	30.31	150m: 1:38.07	34.32	250m: 2:47.58	34.47	350m: 3:57.69	35.18
100m:	1:03.75	33.44	200m: 2:13.11	35.04	300m: 3:22.51	34.93	400m: 4:31.65	33.96

4. Ana Carolina, MONTEIRO — 04 — Académica de Coimbra — 4:36.24 — 579

50m:	30.44	30.44	150m: 1:39.18	34.91	250m: 2:49.95	35.44	350m: 4:01.12	35.59
100m:	1:04.27	33.83	200m: 2:14.51	35.33	300m: 3:25.53	35.58	400m: 4:36.24	35.12

5. Maria Jardim, FIDALGO — 04 — Os Belenenses — 4:38.56 — 564

50m:	31.65	31.65	150m: 1:41.32	35.35	250m: 2:51.81	35.31	350m: 4:03.32	35.82
100m:	1:05.97	34.32	200m: 2:16.50	35.18	300m: 3:27.50	35.69	400m: 4:38.56	35.24

6. Sofia Monteiro, UVA — 09 — Sport Alges e Dafundo — 4:39.39 — 559

50m:	31.80	31.80	150m: 1:41.71	35.25	250m: 2:53.15	35.38	350m: 4:04.21	35.70
100m:	1:06.46	34.66	200m: 2:17.77	36.06	300m: 3:28.51	35.36	400m: 4:39.39	35.18

7. Sara Calisto, PIMENTEL — 05 — Académica de Coimbra — 4:44.74 — 528

50m:	32.11	32.11	150m: 1:43.55	35.94	250m: 2:56.61	36.32	350m: 4:09.08	36.12
100m:	1:07.61	35.50	200m: 2:20.29	36.74	300m: 3:32.96	36.35	400m: 4:44.74	35.66

8. Iris Pereira, CARRAO — 05 — Palmela Desporto — 4:45.23 — 526

50m:	31.89	31.89	150m: 1:43.55	36.19	250m: 2:56.26	36.30	350m: 4:09.02	36.35
100m:	1:07.36	35.47	200m: 2:19.96	36.41	300m: 3:32.67	36.41	400m: 4:45.23	36.21

Prova 18, Femin., 400m Livres, OPEN

Lugar		Ano		Tempo final	Pts
9.	Joana Rosa, FERREIRA	05	CNLeiria - VOID	4:51.67	491
	50m: 32.01 (32.01) 150m: 1:43.58 (36.47) 250m: 2:58.58 (37.66) 350m: 4:15.05 (38.34)				
	100m: 1:07.11 (35.10) 200m: 2:20.92 (37.34) 300m: 3:36.71 (38.13) 400m: 4:51.67 (36.62)				
10.	Francisca Cunha, MONTEIRO	11	Benfica	4:55.27	474
	50m: 33.20 (33.20) 150m: 1:46.95 (37.23) 250m: 3:02.59 (37.93) 350m: 4:18.62 (37.78)				
	100m: 1:09.72 (36.52) 200m: 2:24.66 (37.71) 300m: 3:40.84 (38.25) 400m: 4:55.27 (36.65)				
11.	Carlota Sa, SANTOS	11	Nucleo de Pombal	4:59.70	453
	50m: 34.32 (34.32) 150m: 1:49.40 (38.00) 250m: 3:05.00 (43.91) 350m: 4:22.21 (38.53)				
	100m: 1:11.40 (37.08) 200m: 2:21.09 (31.69) 300m: 3:43.68 (38.68) 400m: 4:59.70 (37.49)				
12.	Mariana Bagagem, CARVALHO	10	Miranda do Corvo	5:03.03	438
	50m: 33.97 (33.97) 150m: 1:49.98 (38.75) 250m: 3:07.41 (38.91) 350m: 4:24.76 (38.60)				
	100m: 1:11.23 (37.26) 200m: 2:28.50 (38.52) 300m: 3:46.16 (38.75) 400m: 5:03.03 (38.27)				
13.	Isabella Scavone, LOPES	10	Miranda do Corvo	5:09.28	412
	50m: 34.25 (34.25) 150m: 1:51.51 (39.02) 250m: 3:10.96 (39.86) 350m: 4:31.05 (40.20)				
	100m: 1:12.49 (38.24) 200m: 2:31.10 (39.59) 300m: 3:50.85 (39.89) 400m: 5:09.28 (38.23)				
14.	Raquel Silva, DELGADINHO	11	Palmela Desporto	5:09.70	410
	50m: 34.01 (34.01) 150m: 1:51.52 (39.51) 250m: 3:11.11 (40.02) 350m: 4:31.88 (40.28)				
	100m: 1:12.01 (38.00) 200m: 2:31.09 (39.57) 300m: 3:51.60 (40.49) 400m: 5:09.70 (37.82)				

13 - 16 anos

1.	Francisca Cunha, MONTEIRO	11	Benfica	4:55.27	474
	50m: 33.20 (33.20) 150m: 1:46.95 (37.23) 250m: 3:02.59 (37.93) 350m: 4:18.62 (37.78)				
	100m: 1:09.72 (36.52) 200m: 2:24.66 (37.71) 300m: 3:40.84 (38.25) 400m: 4:55.27 (36.65)				
2.	Carlota Sa, SANTOS	11	Nucleo de Pombal	4:59.70	453
	50m: 34.32 (34.32) 150m: 1:49.40 (38.00) 250m: 3:05.00 (43.91) 350m: 4:22.21 (38.53)				
	100m: 1:11.40 (37.08) 200m: 2:21.09 (31.69) 300m: 3:43.68 (38.68) 400m: 4:59.70 (37.49)				
3.	Raquel Silva, DELGADINHO	11	Palmela Desporto	5:09.70	410
	50m: 34.01 (34.01) 150m: 1:51.52 (39.51) 250m: 3:11.11 (40.02) 350m: 4:31.88 (40.28)				
	100m: 1:12.01 (38.00) 200m: 2:31.09 (39.57) 300m: 3:51.60 (40.49) 400m: 5:09.70 (37.82)				