Prova 2 | Femin., 400m Estilos | 15 anos e mais velhos
07/11/2026 - 16:23 | Resultados

Recordes Nacionais 25m Open	4:36.19	Victoria, KAMINSKAYA	POR	Copenhagen (DEN)	13/12/2017
Recordes Nacionais 25m Sen	4:36.19	Victoria, KAMINSKAYA	POR	Copenhagen (DEN)	13/12/2017
Recordes Nacionais 25m Jun 17	4:46.89	Ines Neto, ROCHA	CAP	Felgueiras	15/04/2018
Recordes Nacionais 25m Juv A	4:50.85	Diana Margarida, DURAES	FOCA	Silves	02/12/2011
Recordes Nacionais 25m Juv B	4:51.85	Ana Claudia, SANTOS	SFUAP	Setubal	21/11/2004
Recordes Regionais 25m Open	4:49.84	Ana Beatriz, PEREIRA	LDC	S. Antonio Cavaleiros	20/12/2009
Recordes Regionais 25m Sen	4:49.84	Ana Beatriz, PEREIRA	LDC	S. Antonio Cavaleiros	20/12/2009
Recordes Regionais 25m Jun 17	5:03.46	Marta Pereira, ABREU	CNFA	Tavira	22/11/2008
Recordes Regionais 25m Juv A	5:01.37	Marta Pereira, ABREU	LDC	Silves	22/12/2007
Recordes Regionais 25m Juv B	5:07.51	Constança Lourenço, AZEVEDO	LAGAC	Tavira	15/03/2025

Pontos: AQUA 2026

Lugar	Nome	Ano	Licença	Clube	Tempo Final	AQUA	Pts
Juvenis B							
1.	Mariana Canarias, JESUS	12	213801	Lagoa Academico Clube	**5:12.44**	546	-
	50m: 32.64 (32.64) 150m: 1:48.45 (38.82) 250m: 3:13.13 (45.52) 350m: 4:36.86 (37.23)						
	100m: 1:09.63 (36.99) 200m: 2:27.61 (39.16) 300m: 3:59.63 (46.50) 400m: 5:12.44 (35.58)						
2.	Rita Maria, LOURA	12	213759	RIA Aqua Tavira	**5:24.12**	489	-
	50m: 33.51 (33.51) 150m: 1:55.69 (42.10) 250m: 3:22.65 (46.47) 350m: 4:47.45 (36.75)						
	100m: 1:13.59 (40.08) 200m: 2:36.18 (40.49) 300m: 4:10.70 (48.05) 400m: 5:24.12 (36.67)						
3.	Bruna Filipa, BORRALHO	12	216451	Lagoa Academico Clube	**5:30.18**	463	-
	50m: 34.97 (34.97) 150m: 2:00.99 (44.13) 250m: 3:28.75 (47.41) 350m: 4:53.62 (37.30)						
	100m: 1:16.86 (41.89) 200m: 2:41.34 (40.35) 300m: 4:16.32 (47.57) 400m: 5:30.18 (36.56)						
4.	Barbara Mar, FERREIRA	12	222128	RIA Aqua Tavira	**5:39.66**	425	-
	50m: 36.74 (36.74) 150m: 2:07.18 (46.81) 250m: 3:37.82 (46.23) 350m: 5:03.03 (39.13)						
	100m: 1:20.37 (43.63) 200m: 2:51.59 (44.41) 300m: 4:23.90 (46.08) 400m: 5:39.66 (36.63)						
5.	Sara Marques, MADEIRA	12	217693	Louletano / Loule Aqui e Agora	**5:49.16**	391	-
	50m: 36.71 (36.71) 150m: 2:03.96 (44.62) 250m: 3:38.29 (50.51) 350m: 5:10.21 (40.30)						
	100m: 1:19.34 (42.63) 200m: 2:47.78 (43.82) 300m: 4:29.91 (51.62) 400m: 5:49.16 (38.95)						
6.	Leonor Melo, LOPES	12	217426	Portinado	**5:49.78**	389	-
	50m: 37.53 (37.53) 150m: 2:04.52 (43.03) 250m: 3:37.88 (52.02) 350m: 5:09.62 (41.21)						
	100m: 1:21.49 (43.96) 200m: 2:45.86 (41.34) 300m: 4:28.41 (50.53) 400m: 5:49.78 (40.16)						
7.	Bianca Cori, RODRIGUES	12	214583	Portinado	**5:51.23**	384	-
	50m: 35.48 (35.48) 150m: 2:04.87 (45.44) 250m: 3:36.43 (48.20) 350m: 5:09.18 (42.05)						
	100m: 1:19.43 (43.95) 200m: 2:48.23 (43.36) 300m: 4:27.13 (50.70) 400m: 5:51.23 (42.05)						
8.	Ionelia Cristiana, FILAT	12	214584	Portinado	**5:58.47**	362	-
	50m: 35.77 (35.77) 150m: 2:04.14 (45.74) 250m: 3:42.96 (54.47) 350m: 5:19.11 (41.41)						
	100m: 1:18.40 (42.63) 200m: 2:48.49 (44.35) 300m: 4:37.70 (54.74) 400m: 5:58.47 (39.36)						
9.	Beatriz Lopes, SILVA	12	217430	Portinado	**5:59.27**	359	-
	50m: 35.70 (35.70) 150m: 2:05.31 (48.69) 250m: 3:43.10 (52.15) 350m: 5:20.02 (42.70)						
	100m: 1:16.62 (40.92) 200m: 2:50.95 (45.64) 300m: 4:37.32 (54.22) 400m: 5:59.27 (39.25)						
10.	Benedita Fernandes, RAIMUNDO	12	216579	Aquatico Silves	**6:10.27**	328	-
	50m: 40.49 (40.49) 150m: 2:22.95 (47.96) 250m: 3:58.06 (49.30) 350m: 5:31.56 (43.90)						
	100m: 1:34.99 (54.50) 200m: 3:08.76 (45.81) 300m: 4:47.66 (49.60) 400m: 6:10.27 (38.71)						
11.	Andresa Beatriz, MARTINS	12	216622	Aquatico Silves	**6:13.42**	320	-
	50m: 39.09 (39.09) 150m: 2:15.61 (48.20) 250m: 3:54.89 (54.24) 350m: 5:32.37 (41.93)						
	100m: 1:27.41 (48.32) 200m: 3:00.65 (45.04) 300m: 4:50.44 (55.55) 400m: 6:13.42 (41.05)						
12.	Anna Saint, SARDOS	12	219510	Aquatico Silves	**6:17.99**	308	-
	50m: 40.63 (40.63) 150m: 2:16.62 (45.46) 250m: 3:57.71 (55.26) 350m: 5:36.56 (42.54)						
	100m: 1:31.16 (50.53) 200m: 3:02.45 (45.83) 300m: 4:54.02 (56.31) 400m: 6:17.99 (41.43)						
13.	Laura Alves, DUARTE	12	214036	Natação de Lagos	**6:24.58**	293	-
	50m: 42.26 (42.26) 150m: 2:19.41 (48.58) 250m: 4:05.19 (58.57) 350m: 5:44.55 (41.96)						
	100m: 1:30.83 (48.57) 200m: 3:06.62 (47.21) 300m: 5:02.59 (57.40) 400m: 6:24.58 (40.03)						
14.	Laura Sofia, CABRAL	12	218807	Portinado	**6:40.28**	260	-
	50m: 41.52 (41.52) 150m: 2:25.02 (54.13) 250m: 4:10.90 (56.44) 350m: 5:54.12 (47.29)						
	100m: 1:30.89 (49.37) 200m: 3:14.46 (49.44) 300m: 5:06.83 (55.93) 400m: 6:40.28 (46.16)						
DNS	Ines Sofia, OLIVEIRA	12	222707	Lagoa Academico Clube			-
DNF	Maria Paulo, ALEIXO	12	220054	Portinado			-

10.1 - O(A) nadador(a) não completou o percurso - SW 10.2, desistiu

Prova 2, Femin., 400m Estilos

Juvenis A

1.	Angelina, LUTSIV	11	216449	Lagoa Academico Clube	**5:39.91**	424	-
	50m: 33.60 33.60	150m: 1:58.09 44.26	250m: 3:31.58 50.59	350m: 5:02.05 39.35			
	100m: 1:13.83 40.23	200m: 2:40.99 42.90	300m: 4:22.70 51.12	400m: 5:39.91 37.86			
2.	Beatriz Marques, TEIXEIRA	11	216450	Lagoa Academico Clube	**5:42.26**	415	-
	50m: 38.58 38.58	150m: 2:10.23 45.06	250m: 3:40.49 46.76	350m: 5:06.47 38.06			
	100m: 1:25.17 46.59	200m: 2:53.73 43.50	300m: 4:28.41 47.92	400m: 5:42.26 35.79			
3.	Julia Laginha, BRAZ	11	216455	Lagoa Academico Clube	**5:45.11**	405	-
	50m: 36.96 36.96	150m: 2:03.89 43.76	250m: 3:37.30 50.78	350m: 5:07.25 38.63			
	100m: 1:20.13 43.17	200m: 2:46.52 42.63	300m: 4:28.62 51.32	400m: 5:45.11 37.86			
4.	Maria Francisca, SIMOES	11	216456	Aquatico Silves	**5:48.54**	393	-
	50m: 38.14 38.14	150m: 2:10.49 46.00	250m: 3:42.36 49.39	350m: 5:10.60 39.03			
	100m: 1:24.49 46.35	200m: 2:52.97 42.48	300m: 4:31.57 49.21	400m: 5:48.54 37.94			
5.	Leonor Rebelo, MARTINS	11	213653	Portinado	**5:54.82**	373	-
	50m: 35.91 35.91	150m: 2:06.51 47.35	250m: 3:42.20 50.73	350m: 5:15.37 42.62			
	100m: 1:19.16 43.25	200m: 2:51.47 44.96	300m: 4:32.75 50.55	400m: 5:54.82 39.45			
6.	Leonor Revez, MARTINS	11	220362	Portinado	**6:06.85**	337	-
	50m: 39.37 39.37	150m: 2:16.08 47.82	250m: 3:52.67 51.15	350m: 5:27.57 42.19			
	100m: 1:28.26 48.89	200m: 3:01.52 45.44	300m: 4:45.38 52.71	400m: 6:06.85 39.28			
7.	Gabriela Pereira, LOUZEIRO	11	216453	Aquatico Silves	**6:10.46**	327	-
	50m: 38.20 38.20	150m: 2:16.10 50.00	250m: 3:55.68 53.29	350m: 5:31.48 41.23			
	100m: 1:26.10 47.90	200m: 3:02.39 46.29	300m: 4:50.25 54.57	400m: 6:10.46 38.98			
8.	Leonor Vieira, PEREIRA	11	216448	Aquatico Silves	**6:11.46**	325	-
	50m: 39.27 39.27	150m: 2:16.55 47.82	250m: 3:54.54 52.01	350m: 5:30.93 43.26			
	100m: 1:28.73 49.46	200m: 3:02.53 45.98	300m: 4:47.67 53.13	400m: 6:11.46 40.53			
9.	Leonor Henrique, FERNANDES	11	214692	Portinado	**6:27.93**	285	-
	50m: 39.43 39.43	150m: 2:17.96 48.14	250m: 4:03.08 56.74	350m: 5:50.17 47.99			
	100m: 1:29.82 50.39	200m: 3:06.34 48.38	300m: 5:02.18 59.10	400m: 6:27.93 37.76			
DSQ	Maite Trzan, ARAUJO	11	215569	Portinado			-

9.4 - O(A) nadador(a) não executou a viragem dos 300 metros de acordo com as regras aplicadas para esse estilo em particular - SW 9.4, bruços,toque alternado

DSQ	Victoria Taturevici, GAIBU	11	211545	Portinado			-

6.10 - Após a viragem dos 175 metros, o(a) nadador(a) não retomou a posição dorsal - SW 6.4

Juniores

DNS	Ines Filipa, MATEUS	10	212937	Lagoa Academico Clube			-

Seniores

1.	Mia Alena, WERUM	07	207009	Lagoa Academico Clube	**5:37.93**	432	-
	50m: 35.38 35.38	150m: 2:01.45 43.51	250m: 3:33.79 49.16	350m: 5:01.84 38.14			
	100m: 1:17.94 42.56	200m: 2:44.63 43.18	300m: 4:23.70 49.91	400m: 5:37.93 36.09			