Prova 38 — Femin., 400m Livres — Infantis
18/10/2026 - 17:50 — Resultados

Recorde Regional (25m) Open	4:32.90	Andreia Monteiro Barreira	CMNPR	Peso da Régua	04/11/2023
Recorde Regional (25m) Inf A	4:51.53	Ana Margarida Guedes	GCVR	Vila Real	23/11/2014
Recorde Regional (25m) Inf B	4:53.19	Ana Margarida Guedes	GCVR	Santa Marta	06/07/2014

Pontos: AQUA 2026

Lugar	Nome	Licença	Idade	Clube	Tempo Final	PtsObs
1.	Susana Pedro Carvalhinha	214488	14	Gcvr	**5:20.04**	372
	50m: 37.03 37.03 150m: 250m: 350m:					
	100m: 1:17.81 40.78 200m: 2:41.21 300m: 4:02.61 400m: 5:20.04					
2.	Ines Carnide Silva	217393	13	Gcvr	**5:29.63**	340
	50m: 37.87 37.87 150m: 250m: 350m:					
	100m: 1:18.85 40.98 200m: 2:43.10 300m: 4:07.27 400m: 5:29.63					
3.	Benedita Martins Fernandes	214551	14	Gcvr	**5:48.22**	289
	50m: 39.37 39.37 150m: 250m: 350m:					
	100m: 1:22.65 43.28 200m: 2:50.97 300m: 4:19.47 400m: 5:48.22					
4.	Maria Joao Gomes	216332	14	Gcvr	**5:52.60**	278
	50m: 39.20 39.20 150m: 250m: 350m:					
	100m: 1:22.92 43.72 200m: 2:52.52 300m: 4:22.56 400m: 5:52.60					
5.	Carlota Teiga Cruz	217390	14	Gcvr	**6:13.90**	233
	50m: 41.87 41.87 150m: 250m: 350m:					
	100m: 1:29.03 47.16 200m: 3:04.50 300m: 4:40.90 400m: 6:13.90					
6.	Vitoria Almeida Saraiva	220909	14	Gcvr	**6:22.18**	218
	50m: 41.03 41.03 150m: 250m: 350m:					
	100m: 1:27.65 46.62 200m: 3:05.43 300m: 4:45.61 400m: 6:22.18					
7.	Amalia Jose Quintelas	223398	14	Gcvr	**6:23.14**	217
	50m: 42.24 42.24 150m: 250m: 350m:					
	100m: 1:29.49 47.25 200m: 3:08.81 300m: 4:48.74 400m: 6:23.14					
8.	Ariana Goncalves Cruz	222969	13	Durius Ac Pesqueira	**6:40.44**	190
	50m: 41.76 41.76 150m: 250m: 350m:					
	100m: 1:29.34 47.58 200m: 3:09.34 300m: 4:54.51 400m: 6:40.44					

Prova 38 — Femin., 400m Livres — Juvenis
18/10/2026 - 17:50 — Resultados

Recorde Regional (25m) Open	4:32.90	Andreia Monteiro Barreira	CMNPR	Peso da Régua	04/11/2023
Recorde Regional (25m) Juv A	4:39.75	Ana Sofia Leite	GCVR	Chaves	22/11/2008
Recorde Regional (25m) Juv B	4:45.43	Maria Silva Pereira	GCVR	Peso da Régua	12/03/2023

Pontos: AQUA 2026

Lugar	Nome	Licença	Idade	Clube	Tempo Final	PtsObs
1.	Margarida Nunes Maio	225717	16	Gcvr	**5:13.15**	397
	50m: 33.96 33.96 150m: 250m: 350m:					
	100m: 1:12.53 38.57 200m: 2:33.71 300m: 3:54.59 400m: 5:13.15					
2.	Ines Rua Fernandes	213137	16	Gcvr	**5:19.79**	373
	50m: 36.37 36.37 150m: 250m: 350m:					
	100m: 1:15.79 39.42 200m: 2:35.87 300m: 3:57.91 400m: 5:19.79					
3.	Renata Daniela Rangel	220398	16	Gcvr	**5:34.00**	327
	50m: 36.93 36.93 150m: 250m: 350m:					
	100m: 1:17.65 40.72 200m: 2:42.18 300m: 4:08.28 400m: 5:34.00					
4.	Lorena Sofia Ribeiro	223766	15	Gcvr	**6:04.24**	252
	50m: 40.21 40.21 150m: 300m: 4:34.74					
	55m: 200m: 3:00.14 350m:					
	100m: 1:26.31 250m: 400m: 6:04.24					
5.	Alice Silva Costa	224051	15	Gcvr	**6:24.93**	214
	50m: 41.16 41.16 150m: 250m: 350m:					
	100m: 1:29.33 48.17 200m: 3:07.37 300m: 4:47.05 400m: 6:24.93					
6.	Carolina Pereira Vila	224224	15	Durius Ac Pesqueira	**6:27.50**	209
	50m: 41.28 41.28 150m: 250m: 350m:					
	100m: 1:29.11 47.83 200m: 3:08.28 300m: 4:44.78 400m: 6:27.50					
7.	Catarina Alexandra Tralhao	220506	15	Durius Ac Pesqueira	**6:32.71**	201
	50m: 42.78 42.78 150m: 250m: 350m:					
	100m: 1:31.71 48.93 200m: 3:13.86 300m: 4:55.03 400m: 6:32.71					

Prova 38, Femin., 400m Livres

Prova 38 — Femin., 400m Livres — Absolutos
18/10/2026 - 17:50 — Resultados

Recorde Regional (25m) Open	4:32.90	Andreia Monteiro Barreira	CMNPR	Peso da Régua	04/11/2023
Recorde Regional (25m) 18 +	4:32.90	Andreia Monteiro Barreira	CMNPR	Peso da Régua	04/11/2023
Recorde Regional (25m) 17	4:35.07	Joana Patricia Pinto	GCVR	Vila Real	25/06/2011

Pontos: AQUA 2026

Lugar	Nome	Licença	Idade	Clube	Tempo Final	PtsObs
1.	Maria Manuel Braz	209417	18	Gcvr	**4:45.28**	525
	50m: 31.88 31.88 — 150m: — 250m: — 350m:					
	100m: 1:07.23 35.35 — 200m: 2:20.48 — 300m: 3:33.03 — 400m: 4:45.28					
2.	Leonor Carnide Silva	151721	18	Gcvr	**4:57.78**	462
	50m: 33.12 33.12 — 150m: — 250m: — 350m:					
	100m: 1:09.94 36.82 — 200m: 2:26.16 — 300m: 3:42.47 — 400m: 4:57.78					
3.	Maria Silva Poeta	212032	17	Gcvr	**4:58.91**	457
	50m: 33.43 33.43 — 150m: — 250m: — 350m:					
	100m: 1:10.28 36.85 — 200m: 2:26.09 — 300m: 3:42.31 — 400m: 4:58.91					
4.	Leonor Santos Silva	121982	24	Gcvr	**5:04.91**	430
	50m: 33.84 33.84 — 150m: — 250m: — 350m:					
	100m: 1:10.91 37.07 — 200m: 2:27.87 — 300m: 3:45.37 — 400m: 5:04.91					
5.	Francisca Moreira Fonseca	209211	18	Peso da Regua	**5:47.62**	290
	50m: 37.60 37.60 — 150m: — 250m: — 350m:					
	100m: 1:19.63 42.03 — 200m: 2:49.52 — 300m: 4:17.38 — 400m: 5:47.62					
EXH	Inês Esteves Carvalho	214490	14	Individual ANNP	**4:51.49**	492
	50m: 31.87 31.87 — 150m: — 250m: — 350m:					
	100m: 1:07.77 35.90 — 200m: 2:21.10 — 300m: 3:35.67 — 400m: 4:51.49					