Event 38 — Women, 400m Freestyle — Absoluto

18/10/2026 - 17:50 — Startlist

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
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
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

Pista	Nome	Sexo	Licença	Cat	Idade	Clube	Tempo Incs.	Tempo
Heat 1 of 5, 17:50								
2	Amalia Jose Quintelas	F	223398	Inf	14	Gcvr	NT	___:___.___
3	Ariana Goncalves Cruz	F	222969	Inf	13	Durius Ac Pesqueira	7:20.53	___:___.___
4	Vitoria Almeida Saraiva	F	220909	Inf	14	Gcvr	7:52.33	___:___.___
Heat 2 of 5, 18:00								
2	Alice Silva Costa	F	224051	Juv	15	Gcvr	6:45.13	___:___.___
3	Lorena Sofia Ribeiro	F	223766	Juv	15	Gcvr	6:08.59	___:___.___
4	Carolina Pereira Vila	F	224224	Juv	15	Durius Ac Pesqueira	6:09.26	___:___.___
Heat 3 of 5, 18:10								
1	Catarina Alexandra Tralhao	F	220506	Juv	15	Durius Ac Pesqueira	6:07.81	___:___.___
2	Maria Joao Gomes	F	216332	Inf	14	Gcvr	5:57.51	___:___.___
3	Benedita Martins Fernandes	F	214551	Inf	14	Gcvr	5:48.35	___:___.___
4	Ines Carnide Silva	F	217393	Inf	13	Gcvr	5:51.66	___:___.___
5	Carlota Teiga Cruz	F	217390	Inf	14	Gcvr	6:07.54	___:___.___
Heat 4 of 5, 18:15								
1	Francisca Moreira Fonseca	F	209211	Abs	18	Peso da Regua	5:32.92	___:___.___
2	Susana Pedro Carvalhinha	F	214488	Inf	14	Gcvr	5:18.17	___:___.___
3	Ines Rua Fernandes	F	213137	Juv	16	Gcvr	5:08.15	___:___.___
4	Renata Daniela Rangel	F	220398	Juv	16	Gcvr	5:09.48	___:___.___
5	Margarida Nunes Maio	F	225717	Juv	16	Gcvr	5:32.25	___:___.___
Heat 5 of 5, 18:25								
1	Leonor Santos Silva	F	121982	Abs	24	Gcvr	4:57.34	___:___.___
2	Leonor Carnide Silva	F	151721	Abs	18	Gcvr	4:50.98	___:___.___
3	Ines Esteves Carvalho	F	214490	Inf	14	Individual ANNP	EXH	___:___.___
4	Maria Manuel Braz	F	209417	Abs	18	Gcvr	4:47.57	___:___.___
5	Maria Silva Poeta	F	212032	Abs	17	Gcvr	4:53.93	___:___.___