

Prova 23
10/10/2026 - 16:50

Femin., 400m Livres

Absolutos
Resultados

Pontos: AQUA 2026

Lugar	Nome	Idade	Licença	Clube	Tempo Final	AQUA
1.	Ines Barata, Henrique	15	216103	AN Albicastrense	5:37.22	318
	50m: 36.15 36.15	150m: 2:00.17 42.86	250m: 3:26.88 43.61	350m: 4:54.96 44.14		
	100m: 1:17.31 41.16	200m: 2:43.27 43.10	300m: 4:10.82 43.94	400m: 5:37.22 42.26		
2.	Maria Beatriz, Mestre	15	210855	Electrico	5:47.97	289
	50m: 39.01 39.01	150m: 2:07.85 45.06	250m: 3:37.24 44.46	350m: 5:06.64 44.70		
	100m: 1:22.79 43.78	200m: 2:52.78 44.93	300m: 4:21.94 44.70	400m: 5:47.97 41.33		
3.	Carlota Maria, Pereira	14	215071	Natacao do Fundao / YesEnergy	5:52.20	279
	50m: 37.88 37.88	150m: 2:05.34 44.73	250m: 3:36.61 45.54	350m: 5:08.26 44.72		
	100m: 1:20.61 42.73	200m: 2:51.07 45.73	300m: 4:23.54 46.93	400m: 5:52.20 43.94		
4.	Madalena Santos, Rolo	16	214555	CCDSerta	5:59.70	262
	50m: 41.83 41.83	150m: 2:12.41 45.88	250m: 3:44.44 45.73	350m: 5:15.99 45.66		
	100m: 1:26.53 44.70	200m: 2:58.71 46.30	300m: 4:30.33 45.89	400m: 5:59.70 43.71		
5.	Vitoria Morao, Almeida	18	206749	AN Albicastrense	6:06.85	247
	50m: 38.49 38.49	150m: 2:07.74 45.86	250m: 3:43.32 48.02	350m: 5:21.10 48.96		
	100m: 1:21.88 43.39	200m: 2:55.30 47.56	300m: 4:32.14 48.82	400m: 6:06.85 45.75		
6.	Margarida Amaral, Mesquita	15	210852	Electrico	6:07.12	246
	50m: 40.21 40.21	150m: 2:13.24 47.80	250m: 3:49.47 48.25	350m: 5:25.23 46.56		
	100m: 1:25.44 45.23	200m: 3:01.22 47.98	300m: 4:38.67 49.20	400m: 6:07.12 41.89		
7.	Maria Francisca, Fernandes	14	223801	AN Albicastrense	6:09.75	241
	50m: 41.65 41.65	150m: 2:16.18 47.78	250m: 3:53.77 48.77	350m: 5:27.57 44.85		
	100m: 1:28.40 46.75	200m: 3:05.00 48.82	300m: 4:42.72 48.95	400m: 6:09.75 42.18		
8.	Margarida Salavessa, Cacilhas	14	216125	AN Albicastrense	6:10.13	240
	50m: 44.26 44.26	150m: 2:20.24 48.20	250m: 3:54.74 46.19	350m: 5:25.23 44.87		
	100m: 1:32.04 47.78	200m: 3:08.55 48.31	300m: 4:40.36 45.62	400m: 6:10.13 44.90		
9.	Ines Batista, Passadinhas	14	219243	Portalegre	6:10.65	239
	50m: 38.97 38.97	150m: 2:09.58 46.28	250m: 3:44.61 47.77	350m: 5:23.45 50.19		
	100m: 1:23.30 44.33	200m: 2:56.84 47.26	300m: 4:33.26 48.65	400m: 6:10.65 47.20		
10.	Carolina Barradas, Oliveira	15	227197	AN Albicastrense	6:18.52	225
	50m: 42.01 42.01	150m: 2:15.95 47.74	250m: 3:52.16 48.09	350m: 5:31.05 49.54		
	100m: 1:28.21 46.20	200m: 3:04.07 48.12	300m: 4:41.51 49.35	400m: 6:18.52 47.47		
11.	Maria Leonor, Matias	13	223554	Electrico	6:32.88	201
	50m: 43.29 43.29	150m: 2:22.34 50.22	250m: 4:03.56 50.25	350m: 5:47.29 51.93		
	100m: 1:32.12 48.83	200m: 3:13.31 50.97	300m: 4:55.36 51.80	400m: 6:32.88 45.59		
12.	Mariana Isabel, Rodrigues	14	216116	Natacao do Fundao / YesEnergy	6:39.24	191
	50m: 44.61 44.61	150m: 2:27.95 52.15	250m: 4:12.07 53.06	350m: 5:53.46 49.43		
	100m: 1:35.80 51.19	200m: 3:19.01 51.06	300m: 5:04.03 51.96	400m: 6:39.24 45.78		