Prova 19 | Femin., 400m Livres | Inf A e B
25/10/2026 - 15:40 | Resultados

Rec Nac Open	4:04.57	Francisca Soares, MARTINS	POR	Otopeni (ROU)	10/12/2023
Rec Nac Inf A	4:23.08	Susana Patricia, MIGUEL	SFUAP	Alhandra	15/05/2004
Rec Nac Inf B	4:25.30	Alexandra Maria, SILVA	FCP	Porto	19/07/1980

Pontos: AQUA 2026

Lugar		Idade		Tempo final	Pts

Inf B

1.	Eva Almeida, ANTUNES	13	Louzan Natacao/EFAPEL	**5:24.20**	358

50m:	36.34	36.34	150m:	1:59.66	41.82	250m:	3:22.67	41.77	350m:	4:45.82	40.92
100m:	1:17.84	41.50	200m:	2:40.90	41.24	300m:	4:04.90	42.23	400m:	5:24.20	38.38

2.	Sara Duarte, SANTOS	13	Louzan Natacao/EFAPEL	**5:38.44**	314

50m:	38.58	38.58	150m:	2:07.11	44.54	250m:	3:33.57	43.10	350m:	4:59.60	42.52
100m:	1:22.57	43.99	200m:	2:50.47	43.36	300m:	4:17.08	43.51	400m:	5:38.44	38.84

3.	Filipa Diogo, ABRANTES	13	Columbofila Cantanhedense	**5:50.20**	284

50m:	40.34	40.34	150m:	2:10.93	45.34	250m:	3:40.23	44.52	350m:	5:08.09	43.42
100m:	1:25.59	45.25	200m:	2:55.71	44.78	300m:	4:24.67	44.44	400m:	5:50.20	42.11

4.	Ines Maria, SILVA	13	Academica de Coimbra	**5:52.69**	278

50m:	39.10	39.10	150m:	2:08.04	44.72	250m:	3:40.68	46.44	350m:	5:11.63	44.87
100m:	1:23.32	44.22	200m:	2:54.24	46.20	300m:	4:26.76	46.08	400m:	5:52.69	41.06

5.	Leonor Simoes, RODRIGUES	13	Condeixa Clube	**5:55.21**	272

50m:	42.03	42.03	150m:	2:11.61	45.15	250m:	3:43.19	45.11	350m:	5:13.63	43.71
100m:	1:26.46	44.43	200m:	2:58.08	46.47	300m:	4:29.92	46.73	400m:	5:55.21	41.58

6.	Matilde Correia, PEREIRA	13	Louzan Natacao/EFAPEL	**6:15.42**	230

50m:	44.07	44.07	150m:	2:20.44	47.91	250m:	3:56.03	47.66	350m:	5:30.12	46.26
100m:	1:32.53	48.46	200m:	3:08.37	47.93	300m:	4:43.86	47.83	400m:	6:15.42	45.30

Inf A

1.	Sofia Cioga, MOREIRA	14	Condeixa Clube	**5:05.54**	427

50m:	35.87	35.87	150m:	1:52.85	38.86	250m:	3:10.21	38.91	350m:	4:28.61	38.89
100m:	1:13.99	38.12	200m:	2:31.30	38.45	300m:	3:49.72	39.51	400m:	5:05.54	36.93

2.	Leonor Matias, ROSA	14	Louzan Natacao/EFAPEL	**5:07.64**	419

50m:	35.12	35.12	150m:	1:52.94	38.87	250m:	3:11.11	39.38	350m:	4:30.12	39.57
100m:	1:14.07	38.95	200m:	2:31.73	38.79	300m:	3:50.55	39.44	400m:	5:07.64	37.52

3.	Maria Mar, JESUS	14	Columbofila Cantanhedense	**5:13.27**	397

50m:	35.08	35.08	150m:	1:53.28	39.42	250m:	3:13.52	40.13	350m:	4:34.60	40.51
100m:	1:13.86	38.78	200m:	2:33.39	40.11	300m:	3:54.09	40.57	400m:	5:13.27	38.67

4.	Matilde Goncalves, SILVA	14	Condeixa Clube	**5:19.97**	372

50m:	35.85	35.85	150m:	1:56.03	40.90	250m:	3:18.44	40.87	350m:	4:40.48	41.00
100m:	1:15.13	39.28	200m:	2:37.57	41.54	300m:	3:59.48	41.04	400m:	5:19.97	39.49

5.	Maria Costa, VIEGAS	14	Condeixa Clube	**5:23.01**	362

50m:	36.62	36.62	150m:	1:56.82	40.72	250m:	3:19.37	41.60	350m:	4:43.62	42.16
100m:	1:16.10	39.48	200m:	2:37.77	40.95	300m:	4:01.46	42.09	400m:	5:23.01	39.39

6.	Benedita Goncalves, SILVA	14	Academica de Coimbra	**5:56.18**	270

50m:	39.34	39.34	150m:	2:08.03	45.09	250m:	3:39.63	46.55	350m:	5:11.64	45.83
100m:	1:22.94	43.60	200m:	2:53.08	45.05	300m:	4:25.81	46.18	400m:	5:56.18	44.54