Prova 3 | Femin., 400m Livres | 15 anos e mais velhos
24/10/2026 - 16:20 | Resultados

Rec Nac Open	4:04.57	Francisca Soares, MARTINS	POR	Otopeni (ROU)	10/12/2023
Rec Nac Sen	4:04.57	Francisca Soares, MARTINS	POR	Otopeni (ROU)	10/12/2023
Rec Nac Jun A	4:11.18	Francisca Soares, MARTINS	FOCA	Mealhada	14/11/2020
Rec Nac Jun B	4:10.52	Tamila Hryhorivna, HOLUB	SCB	Porto	12/12/2015
Rec Nac Juv A	4:13.53	Ana Reis, SOUSA	CNLA	Porto	09/12/2017
Rec Nac Juv B	4:18.39	Ana Claudia, SANTOS	SFUAP	Cantanhede	20/12/2004
Rec Nac NA	4:51.08	Susana Pereira, VEIGA	CFB	Cantanhede	23/11/2025

Pontos: AQUA 2026

Lugar		Idade		Tempo final	Pts

Juv B

1.	Leonor Simoes, SOUSA				15	Academica de Coimbra						**4:55.68**	472
	50m:	33.68	33.68	150m:	1:48.89	37.61	250m:	3:04.13	37.38	350m:	4:19.50		37.44
	100m:	1:11.28	37.60	200m:	2:26.75	37.86	300m:	3:42.06	37.93	400m:	4:55.68		36.18
2.	Leonor Ribeiro, FERREIRA				15	Columbofila Cantanhedense						**5:00.39**	450
	50m:	35.22	35.22	150m:	1:50.37	37.30	250m:	3:05.68	37.30	350m:	4:23.21		38.73
	100m:	1:13.07	37.85	200m:	2:28.38	38.01	300m:	3:44.48	38.80	400m:	5:00.39		37.18
3.	Maria Leonor, LOBO				15	Condeixa Clube						**5:04.60**	431
	50m:	34.35	34.35	150m:	1:49.91	37.99	250m:	3:07.68	39.03	350m:	4:26.23		39.24
	100m:	1:11.92	37.57	200m:	2:28.65	38.74	300m:	3:46.99	39.31	400m:	5:04.60		38.37
4.	Maria Costa, RIBEIRO				15	Columbofila Cantanhedense						**5:10.41**	408
	50m:	35.72	35.72	150m:	1:52.81	38.75	250m:	3:11.20	38.67	350m:	4:31.28		39.71
	100m:	1:14.06	38.34	200m:	2:32.53	39.72	300m:	3:51.57	40.37	400m:	5:10.41		39.13
5.	Emilia Matilde, GADANHA				15	Náutico Academico						**5:12.32**	400
	50m:	35.80	35.80	150m:	1:55.64	40.19	250m:	3:15.96	40.30	350m:	4:34.22		39.24
	100m:	1:15.45	39.65	200m:	2:35.66	40.02	300m:	3:54.98	39.02	400m:	5:12.32		38.10
6.	Maria Filipa, GOMES				15	Náutico Academico						**5:12.55**	399
	50m:	37.86	37.86	150m:	1:58.65	40.18	250m:	3:17.90	39.66	350m:	4:35.71		38.82
	100m:	1:18.47	40.61	200m:	2:38.24	39.59	300m:	3:56.89	38.99	400m:	5:12.55		36.84
7.	Alice Silva, SENNA				15	Condeixa Clube						**5:13.95**	394
	50m:	35.75	35.75	150m:	1:53.84	39.43	250m:	3:13.98	40.22	350m:	4:34.81		40.25
	100m:	1:14.41	38.66	200m:	2:33.76	39.92	300m:	3:54.56	40.58	400m:	5:13.95		39.14
8.	Clara Lopes, FERNANDES				15	Louzan Natacao/EFAPEL						**5:23.27**	361
	50m:	36.34	36.34	150m:	1:55.95	40.16	250m:	3:18.06	41.32	350m:	4:42.56		42.60
	100m:	1:15.79	39.45	200m:	2:36.74	40.79	300m:	3:59.96	41.90	400m:	5:23.27		40.71
9.	Carolina Almeida, ABRANTES				15	Academica de Coimbra						**6:30.54**	204
	50m:	41.57	41.57	150m:	2:21.95	50.95	250m:	4:03.79	50.95	350m:	5:43.80		49.66
	100m:	1:31.00	49.43	200m:	3:12.84	50.89	300m:	4:54.14	50.35	400m:	6:30.54		46.74

Juv A

1.	Filipa Ferreira, LOISAS				16	Columbofila Cantanhedense						**4:41.23**	548
	50m:	32.39	32.39	150m:	1:41.42	34.42	250m:	2:52.18	35.16	350m:	4:04.69		36.35
	100m:	1:07.00	34.61	200m:	2:17.02	35.60	300m:	3:28.34	36.16	400m:	4:41.23		36.54
2.	Laura Duarte, NEVES				16	Louzan Natacao/EFAPEL						**4:47.91**	511
	50m:	32.83	32.83	150m:	1:44.17	36.30	250m:	2:57.85	36.92	350m:	4:12.65		37.45
	100m:	1:07.87	35.04	200m:	2:20.93	36.76	300m:	3:35.20	37.35	400m:	4:47.91		35.26
3.	Matilde Sofia, PEREIRA				16	Columbofila Cantanhedense						**4:50.79**	496
	50m:	32.99	32.99	150m:	1:46.24	36.90	250m:	3:00.53	37.04	350m:	4:15.41		37.06
	100m:	1:09.34	36.35	200m:	2:23.49	37.25	300m:	3:38.35	37.82	400m:	4:50.79		35.38
4.	Matilde Conde, FIGUEIREDO				16	Condeixa Clube						**4:58.77**	457
	50m:	34.79	34.79	150m:	1:49.60	37.83	250m:	3:05.60	38.29	350m:	4:21.82		37.94
	100m:	1:11.77	36.98	200m:	2:27.31	37.71	300m:	3:43.88	38.28	400m:	4:58.77		36.95

Prova 3, Femin., 400m Livres

Jun A/B

1.	Alana Costa, MATIAS				18	Louzan Natacao/EFAPEL					**4:36.38**	578
	50m:	32.56	32.56	150m:	1:41.07	34.22	250m:	2:50.35	34.59	350m:	4:01.95	36.35
	100m:	1:06.85	34.29	200m:	2:15.76	34.69	300m:	3:25.60	35.25	400m:	4:36.38	34.43
2.	Maria Neto, SIMOES				17	Condeixa Clube					**4:37.57**	570
	50m:	30.32	30.32	150m:	1:39.38	34.88	250m:	2:50.31	35.29	350m:	4:02.54	36.22
	100m:	1:04.50	34.18	200m:	2:15.02	35.64	300m:	3:26.32	36.01	400m:	4:37.57	35.03
3.	Raquel Alexandra, CANCELA				18	Louzan Natacao/EFAPEL					**4:55.98**	470
	50m:	33.72	33.72	150m:	1:48.64	38.22	250m:	3:05.54	37.91	350m:	4:20.53	37.34
	100m:	1:10.42	36.70	200m:	2:27.63	38.99	300m:	3:43.19	37.65	400m:	4:55.98	35.45
4.	Ines Ferreira, SANTOS				17	Louzan Natacao/EFAPEL					**5:16.97**	383
	50m:	34.96	34.96	150m:	1:54.46	40.53	250m:	3:15.82	40.85	350m:	4:37.90	40.86
	100m:	1:13.93	38.97	200m:	2:34.97	40.51	300m:	3:57.04	41.22	400m:	5:16.97	39.07

Sen

1.	Camila Rodrigues, REBELO				24	Benfica					**4:12.89**	754
	50m:	29.04	29.04	150m:	1:32.76	31.96	250m:	2:37.22	31.96	350m:	3:41.42	32.32
	100m:	1:00.80	31.76	200m:	2:05.26	32.50	300m:	3:09.10	31.88	400m:	4:12.89	31.47
2.	Joana Nunes, CARDEAL				25	Condeixa Clube					**4:14.31**	742
	50m:	29.14	29.14	150m:	1:33.04	32.03	250m:	2:37.67	32.17	350m:	3:42.60	32.64
	100m:	1:01.01	31.87	200m:	2:05.50	32.46	300m:	3:09.96	32.29	400m:	4:14.31	31.71
3.	Rafaela Ferreira, MENDES				19	Torres Novas					**4:30.42**	617
	50m:	30.66	30.66	150m:	1:37.48	33.67	250m:	2:46.94	34.99	350m:	3:56.45	34.84
	100m:	1:03.81	33.15	200m:	2:11.95	34.47	300m:	3:21.61	34.67	400m:	4:30.42	33.97
4.	Helena Nunes, RODRIGUES				24	Condeixa Clube					**4:31.79**	607
	50m:	30.70	30.70	150m:	1:38.32	34.36	250m:	2:47.53	34.50	350m:	3:57.79	35.11
	100m:	1:03.96	33.26	200m:	2:13.03	34.71	300m:	3:22.68	35.15	400m:	4:31.79	34.00
5.	Ana Carolina, MONTEIRO				23	Academica de Coimbra					**4:36.76**	575
	50m:	31.74	31.74	150m:	1:40.85	34.98	250m:	2:51.03	35.01	350m:	4:01.99	35.35
	100m:	1:05.87	34.13	200m:	2:16.02	35.17	300m:	3:26.64	35.61	400m:	4:36.76	34.77
6.	Susana Pereira, VEIGA				27	Belenenses					**4:51.27**	493
	50m:	33.03	33.03	150m:	1:44.97	36.52	250m:	2:59.11	37.29	350m:	4:14.60	37.68
	100m:	1:08.45	35.42	200m:	2:21.82	36.85	300m:	3:36.92	37.81	400m:	4:51.27	36.67
7.	Rita Isabel, NEVES				19	Condeixa Clube					**4:53.69**	481
	50m:	33.39	33.39	150m:	1:46.38	36.84	250m:	3:01.56	37.83	350m:	4:16.56	37.43
	100m:	1:09.54	36.15	200m:	2:23.73	37.35	300m:	3:39.13	37.57	400m:	4:53.69	37.13
DNS	Ines Jacinto, HENRIQUES				27	Louzan Natacao/EFAPEL						