Event 15 | Women, 400m Medley | 15 years and older

15/11/2026 | Entry list

Recorde Regional (25m) Open	5:11.34	Andreia Monteiro Barreira	CMNPR	Peso da Régua	05/11/2023
Recorde Regional (25m) 18 +	5:11.34	Andreia Monteiro Barreira	CMNPR	Peso da Régua	05/11/2023
Recorde Regional (25m) 17	5:15.65	Andreia Monteiro Barreira	CMNPR	Santa Marta de Penaguião	08/07/2023
Recorde Regional (25m) Juv A	5:21.47	Maria Silva Poeta	GCVR	Vinhais	28/06/2026
Recorde Regional (25m) Juv B	5:15.46	Ana Margarida Guedes	GCVR	Vila Real	21/11/2015

Rank	Nome		Idade	Licença	Clube	Tp Incr		Data
1	Leonor Carnide Silva	Jun	18	151721	Gcvr	5:18.28	25m	28/06/2026
2	Maria Manuel Braz	Jun	18	209417	Gcvr	5:21.20	25m	08/03/2026
3	Maria Silva Poeta	Jun	17	212032	Gcvr	5:21.47	25m	28/06/2026
4	Ines Rua Fernandes	Juv A	16	213137	Gcvr	5:49.18	25m	28/06/2026
5	Leonor Ferreira Sousa	Juv B	15	222428	Fnc	6:27.94		
6	Ana Miguel Ana Miguel Tuna	Jun	17	222998	Enb	6:46.06	25m	28/06/2026
7	Lorena Sofia Ribeiro	Juv B	15	223766	Gcvr	6:55.12	25m	15/11/2025
8	Renata Daniela Rangel	Juv A	16	220398	Gcvr	7:15.28	25m	
9	Alice Silva Costa	Juv B	15	224051	Gcvr	7:18.03	25m	15/11/2025
10	Catarina Alexandra Tralhao	Juv B	15	220506	Durius Ac Pesqueira	7:42.13	25m	15/11/2025
11	Carolina Pereira Vila	Juv B	15	224224	Durius Ac Pesqueira	NT		
12	Margarida Nunes Maio	Juv A	16	225717	Gcvr	NT		