Prova 15 — Femin., 400m Estilos — Juvenis B
15/11/2026 - 10:45 — Resultados

Recorde Regional (25m) Open	5:11.34	Andreia Monteiro Barreira	CMNPR	Peso da Régua	05/11/2023
Recorde Regional (25m) Juv B	5:15.46	Ana Margarida Guedes	GCVR	Vila Real	21/11/2015

Pontos: AQUA 2026

Lugar	Nome	Licença	Ano	Clube	Tempo Final	Pts
1.	Leonor Ferreira Sousa	222428	15	Fnc	**6:14.74**	316
	50m: 38.70 38.70 — 150m: — 250m: — 350m:					
	100m: 1:25.60 46.90 — 200m: 3:01.06 — 300m: 4:46.31 — 400m: 6:14.74					
2.	Lorena Sofia Ribeiro	223766	15	Gcvr	**6:35.74**	269
	50m: 39.16 39.16 — 150m: — 250m: — 350m:					
	100m: 1:27.88 48.72 — 200m: 3:08.48 — 300m: 5:03.94 — 400m: 6:35.74					
3.	Alice Silva Costa	224051	15	Gcvr	**6:44.16**	252
	50m: 42.22 42.22 — 150m: — 250m: — 350m:					
	100m: 1:34.94 52.72 — 200m: 3:16.40 — 300m: 5:07.69 — 400m: 6:44.16					
4.	Carolina Pereira Vila	224224	15	Durius Ac Pesqueira	**7:26.05**	187
	50m: 46.72 46.72 — 150m: — 250m: — 350m:					
	100m: 1:45.64 58.92 — 200m: 3:36.69 — 300m: 5:46.59 — 400m: 7:26.05					
5.	Catarina Alexandra Tralhao	220506	15	Durius Ac Pesqueira	**7:41.86**	169
	50m: 51.53 51.53 — 150m: — 250m: — 350m:					
	100m: 1:54.86 1:03.33 — 200m: 3:51.75 — 300m: 6:04.00 — 400m: 7:41.86					

Prova 15 — Femin., 400m Estilos — Juvenis A
15/11/2026 - 10:45 — Resultados

Recorde Regional (25m) Open	5:11.34	Andreia Monteiro Barreira	CMNPR	Peso da Régua	05/11/2023
Recorde Regional (25m) Juv A	5:21.47	Maria Silva Poeta	GCVR	Vinhais	28/06/2026

Pontos: AQUA 2026

Lugar	Nome	Licença	Ano	Clube	Tempo Final	Pts
1.	Ines Rua Fernandes	213137	16	Gcvr	**5:53.38**	377
	50m: 37.16 37.16 — 150m: — 250m: — 350m:					
	100m: 1:20.88 43.72 — 200m: 2:46.23 — 300m: 4:31.63 — 400m: 5:53.38					
2.	Margarida Nunes Maio	225717	16	Gcvr	**5:57.71**	364
	50m: 35.57 35.57 — 150m: — 250m: — 350m:					
	100m: 1:19.96 44.39 — 200m: 2:56.07 — 300m: 4:32.57 — 400m: 5:57.71					
3.	Renata Daniela Rangel	220398	16	Gcvr	**6:06.18**	339
	50m: 37.34 37.34 — 150m: — 250m: — 350m:					
	100m: 1:21.31 43.97 — 200m: 2:55.93 — 300m: 4:40.43 — 400m: 6:06.18					

Prova 15 — Femin., 400m Estilos — Juniores
15/11/2026 - 10:45 — Resultados

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

Pontos: AQUA 2026

Lugar	Nome	Licença	Ano	Clube	Tempo Final	Pts
1.	Leonor Carnide Silva	151721	18	Gcvr	**5:19.60**	510
	50m: 34.27 34.27 — 150m: — 250m: — 350m:					
	100m: 1:13.78 39.51 — 200m: 2:36.38 — 300m: 4:05.54 — 400m: 5:19.60					
2.	Maria Manuel Braz	209417	18	Gcvr	**5:22.21**	498
	50m: 34.15 34.15 — 150m: — 250m: — 350m:					
	100m: 1:15.71 41.56 — 200m: 2:41.68 — 300m: 4:05.93 — 400m: 5:22.21					
3.	Maria Silva Poeta	212032	17	Gcvr	**5:24.08**	489
	50m: 34.36 34.36 — 150m: — 250m: — 350m:					
	100m: 1:14.75 40.39 — 200m: 2:35.71 — 300m: 4:09.50 — 400m: 5:24.08					
4.	Ana Miguel Tuna	222998	17	Enb	**6:59.37**	226
	50m: 45.44 45.44 — 150m: — 250m: — 350m:					
	100m: 1:39.84 54.40 — 200m: 3:28.51 — 300m: 5:27.59 — 400m: 6:59.37					