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

15/11/2026 - 10:45 — Startlist

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

Pista	Nome	Sexo	Licença	Cat	Idade	Clube	Tempo Incs.	Tempo
Heat 1 of 2, 10:45								
3	Carolina Pereira Vila	F	224224	Juv B	15	Durius Ac Pesqueira	NT	___:___.___
4	Alice Silva Costa	F	224051	Juv B	15	Gcvr	7:18.03	___:___.___
5	Lorena Sofia Ribeiro	F	223766	Juv B	15	Gcvr	6:55.12	___:___.___
6	Renata Daniela Rangel	F	220398	Juv A	16	Gcvr	7:15.28	___:___.___
7	Catarina Alexandra Tralhao	F	220506	Juv B	15	Durius Ac Pesqueira	7:42.13	___:___.___
8	Margarida Nunes Maio	F	225717	Juv A	16	Gcvr	NT	___:___.___
Heat 2 of 2, 10:50								
3	Leonor Ferreira Sousa	F	222428	Juv B	15	Fnc	6:27.94	___:___.___
4	Maria Silva Poeta	F	212032	Jun	17	Gcvr	5:21.47	___:___.___
5	Leonor Carnide Silva	F	151721	Jun	18	Gcvr	5:18.28	___:___.___
6	Maria Manuel Braz	F	209417	Jun	18	Gcvr	5:21.20	___:___.___
7	Ines Rua Fernandes	F	213137	Juv A	16	Gcvr	5:49.18	___:___.___
8	Ana Miguel Ana Miguel Tuna	F	222998	Jun	17	Enb	6:46.06	___:___.___