Event 26 — Women, 400m Medley — 13 years and older

21/11/2026 - 17:15 — 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
Recorde Regional (25m) Inf A	5:12.70	Ana Margarida Guedes	GCVR	Vila Real	22/11/2014
Recorde Regional (25m) Inf B	5:25.80	Ana Margarida Guedes	GCVR	Mirandela	30/11/2013

Rank	Nome	Cat.	Idade	Licença	Clube	Tp Incr		Data
1	Leonor Carnide Silva	Jun	18	151721	Gcvr	5:18.28	25m	28/06/2026
2	Maria Silva Poeta	Jun	17	212032	Gcvr	5:21.47	25m	28/06/2026
3	Maria Ines Mesquita	Jun	17	214677	Gcvr	5:44.31	25m	28/06/2026
4	Ines Rua Fernandes	Juv.	16	213137	Gcvr	5:49.18	25m	28/06/2026
5	Susana Pedro Carvalhinha	Inf.	14	214488	Gcvr	6:28.41	25m	15/11/2025
6	Ana Miguel Ana Miguel Tuna	Jun	17	222998	Enb	6:46.06	25m	28/06/2026
7	Ines Carnide Silva	Inf.	13	217393	Gcvr	NT		
WDR	Maria Joao Gomes	Inf.	14	216332	Gcvr	6:37.65	25m	15/11/2025