Event 46 | Women, 400m Freestyle | 13 years and older

22/11/2026 - 15:45 | Entry list

Recorde Regional (25m) Open	4:32.90	Andreia Monteiro Barreira	CMNPR	Peso da Régua	04/11/2023
Recorde Regional (25m) 18 +	4:32.90	Andreia Monteiro Barreira	CMNPR	Peso da Régua	04/11/2023
Recorde Regional (25m) 17	4:35.07	Joana Patricia Pinto	GCVR	Vila Real	25/06/2011
Recorde Regional (25m) Juv A	4:39.75	Ana Sofia Leite	GCVR	Chaves	22/11/2008
Recorde Regional (25m) Juv B	4:45.43	Maria Silva Pereira	GCVR	Peso da Régua	12/03/2023
Recorde Regional (25m) Inf A	4:51.53	Ana Margarida Guedes	GCVR	Vila Real	23/11/2014
Recorde Regional (25m) Inf B	4:53.19	Ana Margarida Guedes	GCVR	Santa Marta	06/07/2014

Rank	Nome	Cat.	Idade	Licença	Clube	Tp Incr		Data
1	Maria Manuel Braz	Jun	18	209417	Gcvr	4:45.28	25m	18/10/2026
2	Maria Ines Mesquita	Jun	17	214677	Gcvr	4:49.50	25m	27/06/2026
3	Maria Silva Poeta	Jun	17	212032	Gcvr	4:53.93	25m	27/06/2026
4	Leonor Santos Silva	Sen	24	121982	Gcvr	4:57.34	25m	27/06/2026
5	Ines Rua Fernandes	Juv.	16	213137	Gcvr	5:08.15	25m	27/06/2026
6	Renata Daniela Rangel	Juv.	16	220398	Gcvr	5:09.48	25m	27/06/2026
7	Susana Pedro Carvalhinha	Inf.	14	214488	Gcvr	5:18.17	25m	25/04/2026
8	Ines Carnide Silva	Inf.	13	217393	Gcvr	5:29.63	25m	18/10/2026
9	Francisca Moreira Fonseca	Jun	18	209211	Peso da Regua	5:32.92	25m	07/03/2026
10	Maria Ines Salgado, Maria Ines	Inf.	13	217400	Peso da Regua	5:37.95	25m	18/10/2026
11	Ana Rita Teixeira, Ana Rita	Inf.	14	216143	Peso da Regua	5:38.50	25m	23/11/2025
12	Leonor Ferreira Sousa	Juv.	15	222428	Fnc	5:44.12		
13	Matilde Vieira Carvalho, Matilde Vieira	Inf.	13	216141	Peso da Regua	5:45.85	25m	08/03/2026
14	Benedita Martins Fernandes	Inf.	14	214551	Gcvr	5:48.22	25m	18/10/2026
15	Ana Miguel Ana Miguel Tuna	Jun	17	222998	Enb	5:52.78	25m	27/06/2026
16	M. Ribeiro, Matilde Gorgulho	Inf.	13	216144	Peso da Regua	5:56.81	25m	08/03/2026
17	Leonor Vaz Osorio, Leonor Vaz	Inf.	14	216142	Peso da Regua	5:59.71	25m	07/03/2026
18	Mara Daniela Rocha, Mara Daniela	Inf.	14	222067	Peso da Regua	5:59.86	25m	27/06/2026
19	Carlota Teiga Cruz	Inf.	14	217390	Gcvr	6:07.54	25m	07/03/2026
20	Catarina Alexandra Tralhao	Juv.	15	220506	Durius Ac Pesqueira	6:07.81	25m	25/04/2026
21	Vitoria Almeida Saraiva	Inf.	14	220909	Gcvr	6:22.18	25m	18/10/2026
22	M. Ribeiro, Margarida Gorgulho	Inf.	13	216146	Peso da Regua	6:28.99	25m	08/03/2026
23	C. Cigarro, Carlota Nogueira	Inf.	13	223231	Peso da Regua	6:30.48	25m	08/03/2026
24	Ariana Goncalves Cruz	Inf.	13	222969	Durius Ac Pesqueira	6:40.44	25m	18/10/2026
WDR	Amalia Jose Quintelas	Inf.	14	223398	Gcvr	NT		