

Campeonato Regional Juvenis, Juniores e Seniores PC
Cantanhede, 23 - 24/11/2024

| Prova 26 24/11/2024 - 9:50 | Femin., 400m Livres | | | | Absolutos Resultados |
|-------------------------------|---------------------|---------------------------|--------|------------------|-------------------------|
| Rec Nacional Open | 4:04.61 | Diana Margarida, DURAES | POR | Copenhagen (DEN) | 17/12/2017 |
| Rec Nacional Sen | 4:04.61 | Diana Margarida, DURAES | POR | Copenhagen (DEN) | 17/12/2017 |
| Rec Nacional 18 | 4:11.18 | Francisca Soares, MARTINS | FOCA | Mealhada | 14/11/2020 |
| Rec Nacional Jun17 | 4:10.52 | Tamila Hryhorivna, HOLUB | SCB | Porto | 12/12/2015 |
| Rec Nacional Jun16 | 4:13.53 | Ana Reis, SOUSA | CNLA | Porto | 09/12/2017 |
| Rec Nacional Juv A | 4:18.39 | Ana Claudia, SANTOS | SFUAP | Cantanhede | 20/12/2004 |
| Rec Nacional Juv B | 4:23.08 | Susana Patricia, MIGUEL | SFUAP | Alhandra | 15/05/2004 |
| Rec Nac NA | 4:52.97 | Susana Pereira, VEIGA | CNCVG | Leiria | 10/12/2022 |
| Rec Regional Open | 4:15.70 | Camila Rodrigues, REBELO | ALN | | 01/01/2023 |
| Rec Regional Sen | 4:15.70 | Camila Rodrigues, REBELO | ALN | | 01/01/2023 |
| Rec Regional 18 | 4:42.00 | Leonor Mil, MANO | CNAC | Coimbra | 03/11/2024 |
| Rec Regional Jun17 | 4:18.48 | Maria Miguel, VELOSO | CNAC | | 01/01/2009 |
| Rec Regional Jun16 | 4:22.18 | Alexandra Couto, FRAZAO | CASPAE | | 01/01/2018 |
| Rec Regional Juv A | 4:25.30 | Alexandra Couto, FRAZAO | IND | | 01/01/2017 |
| Rec Regional Juv B | 4:28.96 | Mariana, ROSA | ALN | | 01/01/2019 |

Pontos: AQUA 2024

| Lugar | Ano | | Tempo final | | | | Pts |
|------------------------------|---------------|---------------------------|----------------|-------|---------------|-------|-----|
| Juvenis B | | | | | | | |
| 1. Filipa Ferreira, LOISAS | 11 | Columbofila Cantanhedense | 4:51.80 | | | | 498 |
| 50m: 34.20 34.20 | 150m: 1:46.57 | 36.14 | 250m: 2:58.77 | 36.36 | 350m: 4:14.65 | 38.07 | |
| 100m: 1:10.43 36.23 | 200m: 2:22.41 | 35.84 | 300m: 3:36.58 | 37.81 | 400m: 4:51.80 | 37.15 | |
| 2. Eva Miranda, ALMEIDA | 11 | Columbofila Cantanhedense | 4:55.93 | | | | 477 |
| 50m: 33.77 33.77 | 150m: 1:47.06 | 37.13 | 250m: 3:02.77 | 37.80 | 350m: 4:19.11 | 38.05 | |
| 100m: 1:09.93 36.16 | 200m: 2:24.97 | 37.91 | 300m: 3:41.06 | 38.29 | 400m: 4:55.93 | 36.82 | |
| 3. Carolina Damas, PITA | 11 | Nautico Academico | 5:06.19 | | | | 431 |
| 50m: 35.89 35.89 | 150m: 1:52.69 | 38.86 | 250m: 3:10.84 | 38.77 | 350m: 4:29.02 | 38.87 | |
| 100m: 1:13.83 37.94 | 200m: 2:32.07 | 39.38 | 300m: 3:50.15 | 39.31 | 400m: 5:06.19 | 37.17 | |
| 4. Matilde Conde, FIGUEIREDO | 11 | Condeixa Clube | 5:16.83 | | | | 389 |
| 50m: 37.47 37.47 | 150m: 1:58.51 | 41.08 | 250m: 3:19.70 | 40.22 | 350m: 4:40.32 | 40.21 | |
| 100m: 1:17.43 39.96 | 200m: 2:39.48 | 40.97 | 300m: 4:00.11 | 40.41 | 400m: 5:16.83 | 36.51 | |

Juvenis A

| | | | | | | | |
|------------------------------|---------------|---------------------------|----------------|-------|---------------|-------|-----|
| 1. Camila Duarte, MARCELO | 10 | Condeixa Clube | 4:34.09 | | | | 600 |
| 50m: 32.02 32.02 | 150m: 1:40.83 | 34.60 | 250m: 2:50.26 | 34.68 | 350m: 4:00.05 | 35.06 | |
| 100m: 1:06.23 34.21 | 200m: 2:15.58 | 34.75 | 300m: 3:24.99 | 34.73 | 400m: 4:34.09 | 34.04 | |
| 2. Maria Ines, GANTE | 10 | Nautico Academico | 4:50.45 | | | | 505 |
| 50m: 34.26 34.26 | 150m: 1:48.88 | 37.46 | 250m: 3:02.11 | 35.61 | 350m: 4:15.17 | 36.68 | |
| 100m: 1:11.42 37.16 | 200m: 2:26.50 | 37.62 | 300m: 3:38.49 | 36.38 | 400m: 4:50.45 | 35.28 | |
| 3. Rita Lucas, SANTOS | 10 | Condeixa Clube | 4:52.28 | | | | 495 |
| 50m: 33.52 33.52 | 150m: 1:46.81 | 37.16 | 250m: 3:01.78 | 37.82 | 350m: 4:15.83 | 37.10 | |
| 100m: 1:09.65 36.13 | 200m: 2:23.96 | 37.15 | 300m: 3:38.73 | 36.95 | 400m: 4:52.28 | 36.45 | |
| 4. Leonor Mosca, SILVA | 10 | Columbofila Cantanhedense | 4:57.51 | | | | 469 |
| 50m: 34.33 34.33 | 150m: 1:48.12 | 37.25 | 250m: 3:03.56 | 37.66 | 350m: 4:19.89 | 38.14 | |
| 100m: 1:10.87 36.54 | 200m: 2:25.90 | 37.78 | 300m: 3:41.75 | 38.19 | 400m: 4:57.51 | 37.62 | |
| 5. Mariana Bagagem, CARVALHO | 10 | Miranda do Corvo | 5:08.73 | | | | 420 |
| 50m: 34.59 34.59 | 150m: 1:51.31 | 38.97 | 250m: 3:10.91 | 39.81 | 350m: 4:30.06 | 39.45 | |
| 100m: 1:12.34 37.75 | 200m: 2:31.10 | 39.79 | 300m: 3:50.61 | 39.70 | 400m: 5:08.73 | 38.67 | |
| 6. Beatriz Ribeiro, VELOSO | 10 | Vigor da Mocidade | 5:16.45 | | | | 390 |
| 50m: 35.98 35.98 | 150m: 1:55.50 | 40.28 | 250m: 3:17.05 | 40.50 | 350m: 4:37.83 | 39.65 | |
| 100m: 1:15.22 39.24 | 200m: 2:36.55 | 41.05 | 300m: 3:58.18 | 41.13 | 400m: 5:16.45 | 38.62 | |
| 7. Isabella Scavone, LOPES | 10 | Miranda do Corvo | 5:17.73 | | | | 385 |
| 50m: 34.95 34.95 | 150m: 1:52.88 | 39.74 | 250m: 3:14.36 | 40.82 | 350m: 4:37.94 | 42.10 | |
| 100m: 1:13.14 38.19 | 200m: 2:33.54 | 40.66 | 300m: 3:55.84 | 41.48 | 400m: 5:17.73 | 39.79 | |

Campeonato Regional Juvenis, Juniores e Seniores PC
Cantanhede, 23 - 24/11/2024

Prova 26, Femin., 400m Livres

Juniores

| | | | | | |
|----|-----------------------------|---------------|---------------------------|---------------------|-------|
| 1. | Alana Costa, MATIAS | 09 | Nautico Academico | 4:37.45 | 579 |
| | 50m: 31.25 31.25 | 150m: 1:39.79 | 34.75 250m: 2:50.32 | 35.61 350m: 4:02.19 | 36.00 |
| | 100m: 1:05.04 33.79 | 200m: 2:14.71 | 34.92 300m: 3:26.19 | 35.87 400m: 4:37.45 | 35.26 |
| 2. | Marta Andre, AGUILAR | 07 | Nautico Academico | 4:43.24 | 544 |
| | 50m: 32.43 32.43 | 150m: 1:42.40 | 35.38 250m: 2:53.98 | 35.93 350m: 4:07.52 | 37.39 |
| | 100m: 1:07.02 34.59 | 200m: 2:18.05 | 35.65 300m: 3:30.13 | 36.15 400m: 4:43.24 | 35.72 |
| 3. | Maria Manuel, CORTESAO | 08 | Nautico Academico | 4:53.84 | 487 |
| | 50m: 32.75 32.75 | 150m: 1:46.19 | 37.32 250m: 3:01.21 | 37.62 350m: 4:16.93 | 37.91 |
| | 100m: 1:08.87 36.12 | 200m: 2:23.59 | 37.40 300m: 3:39.02 | 37.81 400m: 4:53.84 | 36.91 |
| 4. | Gabriela Maria, SILVA | 09 | Columbofila Cantanhedense | 5:21.98 | 370 |
| | 50m: 36.00 36.00 | 150m: 1:55.47 | 40.55 250m: 3:17.97 | 41.29 350m: 4:40.87 | 41.45 |
| | 100m: 1:14.92 38.92 | 200m: 2:36.68 | 41.21 300m: 3:59.42 | 41.45 400m: 5:21.98 | 41.11 |
| 5. | Juliana Rodrigues, NOGUEIRA | 08 | S. Pedro Alva | 5:56.84 | 272 |
| | 50m: 37.11 37.11 | 150m: 2:03.75 | 44.43 250m: 3:38.17 | 47.82 350m: 5:12.00 | 46.86 |
| | 100m: 1:19.32 42.21 | 200m: 2:50.35 | 46.60 300m: 4:25.14 | 46.97 400m: 5:56.84 | 44.84 |

Seniores

| | | | | | |
|-----|--------------------------|---------------|---------------------|---------------------|-------|
| 1. | Camila Rodrigues, REBELO | 03 | Louzan Nataçao | 4:24.82 | 666 |
| | 50m: 30.23 30.23 | 150m: 1:36.72 | 33.57 250m: 2:43.89 | 33.23 350m: 3:51.50 | 34.09 |
| | 100m: 1:03.15 32.92 | 200m: 2:10.66 | 33.94 300m: 3:17.41 | 33.52 400m: 4:24.82 | 33.32 |
| EXH | Susana Pereira, VEIGA | 00 | Belenenses | 5:01.33 | 452 |
| | 50m: 33.79 33.79 | 150m: 1:46.71 | 36.98 250m: 3:03.33 | 38.67 350m: 4:22.34 | 39.76 |
| | 100m: 1:09.73 35.94 | 200m: 2:24.66 | 37.95 300m: 3:42.58 | 39.25 400m: 5:01.33 | 38.99 |