

Event 13

Girls, 400m Medley

Juvenis

12/01/2025 - 9:30

Results

Recorde Regional (25m) Open	5:11.34	Andreia Monteiro Barreira	CMNPR	Peso da Régua	05/11/2023
Recorde Regional (25m) Juv A	5:15.46	Ana Margarida Guedes	GCVR	Vila Real	21/11/2015
Recorde Regional (25m) Juv B	5:12.70	Ana Margarida Guedes	GCVR	Vila Real	22/11/2014

Points: FINA 2023

Lugar	Nome	Licença	Ano	Clube	Tempo Final	PtsObs
1.	Maria Ines Mesquita	214677	10	Gcvr	6:02.59	364
	50m: 44.09	44.09	150m: 3:05.44	250m: 4:43.56	350m: 6:02.59	
	100m: 1:33.38	49.29	200m: 3:05.44	300m: 4:43.56	400m: 6:02.59	
2.	Ines Filipa Guerra	209832	11	Flavitus	6:38.15	275
	50m: 41.46	41.46	150m: 3:12.18	250m: 5:03.37	350m: 6:38.15	
	100m: 1:29.90	48.44	200m: 3:12.18	300m: 5:03.37	400m: 6:38.15	

Event 13

Women, 400m Medley

Absolutos

12/01/2025 - 9:30

Results

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) 16	5:26.28	Andreia Monteiro Barreira	CMNPR	Peso da Régua	06/03/2022

Points: FINA 2023

Lugar	Nome	Licença	Ano	Clube	Tempo Final	PtsObs
1.	Iara Beatriz Matela	201729	09	EN Braganca	6:41.43	268
	50m: 43.36	43.36	150m: 3:13.75	250m: 5:03.75	350m: 6:41.43	
	100m: 1:33.50	50.14	200m: 3:13.75	300m: 5:03.75	400m: 6:41.43	
DNS	Maria Manuel Braz	209417	09	Gcvr		
DNS	Leonor Carnide Silva	151721	09	Gcvr		