

Prova 5 Femin., 400m Livres Infantis
Resultados

11/01/2025 - 16:05					
Recorde Regional (25m) Open	4:32.90	Andreia Monteiro Barreira	CMNPR	Peso da Régua	04/11/2023
Recorde Regional (25m) Inf A	4:53.19	Ana Margarida Guedes	GCVR	Santa Marta	06/07/2014
Recorde Regional (25m) Inf B	4:55.62	Ana Margarida Guedes	GCVR	Espinho	26/05/2013

Pontos: FINA 2023

Lugar	Nome	Licença	Ano	Clube	Tempo Final	PtsObs
1.	Leonor Afonso Matela	220723	12	EN Bragança	6:19.42	226
	50m: 42.45 42.45	150m: 3:05.82		250m: 4:45.10	350m: 6:19.42	
	100m: 1:29.95 47.50	200m: 3:05.82		300m: 4:45.10	400m: 6:19.42	
2.	Joana Margarida Soares	146116	12	CMN Peso da Regua	6:23.85	218
	50m: 40.80 40.80	150m: 3:08.98		250m: 4:48.47	350m: 6:23.85	
	100m: 1:28.52 47.72	200m: 3:08.98		300m: 4:48.47	400m: 6:23.85	
3.	Matilde Ribeiro Sales	220142	13	CMN Peso da Regua	6:45.18	186
	50m: 46.37 46.37	150m: 3:23.45		250m: 5:09.02	350m: 6:45.18	
	100m: 1:38.59 52.22	200m: 3:23.45		300m: 5:09.02	400m: 6:45.18	
4.	Maria Martins Oliveira	220504	12	Durius Ac Pesqueira	6:54.73	173
	50m: 43.76 43.76	150m: 3:21.07		250m: 5:10.42	350m: 6:54.73	
	100m: 1:33.39 49.63	200m: 3:21.07		300m: 5:10.42	400m: 6:54.73	
5.	Mara Daniela Rocha	222067	13	CMN Peso da Regua	6:58.34	169
	50m: 47.09 47.09	150m: 3:26.28		250m: 5:14.07	350m: 6:58.34	
	100m: 1:39.84 52.75	200m: 3:26.28		300m: 5:14.07	400m: 6:58.34	
6.	Alice Guedes Pinto	217401	13	CMN Peso da Regua	7:38.84	128
	50m: 50.10 50.10	150m: 3:49.13		250m: 5:47.13	350m: 7:38.84	
	100m: 1:48.92 58.82	200m: 3:49.13		300m: 5:47.13	400m: 7:38.84	

Prova 5 Femin., 400m Livres Juvénis
Resultados

11/01/2025 - 16:05					
Recorde Regional (25m) Open	4:32.90	Andreia Monteiro Barreira	CMNPR	Peso da Régua	04/11/2023
Recorde Regional (25m) Juv A	4:45.43	Maria Silva Pereira	GCVR	Peso da Régua	12/03/2023
Recorde Regional (25m) Juv B	4:51.53	Ana Margarida Guedes	GCVR	Vila Real	23/11/2014

Pontos: FINA 2023

Lugar	Nome	Licença	Ano	Clube	Tempo Final	PtsObs
1.	Maria Silva Poeta	212032	10	Gcivr	5:15.81	392
	50m: 35.99 35.99	150m: 2:36.56		250m: 3:56.92	350m: 5:15.81	
	100m: 1:15.42 39.43	200m: 2:36.56		300m: 3:56.92	400m: 5:15.81	
2.	Anita Santos Goncalves	210494	10	EN Bragança	5:29.89	344
	50m: 36.20 36.20	150m: 2:39.58		250m: 4:03.14	350m: 5:29.89	
	100m: 1:16.36 40.16	200m: 2:39.58		300m: 4:03.14	400m: 5:29.89	
3.	Ines Frederico Santos	217397	10	Durius Ac Pesqueira	6:26.77	213
	50m: 41.96 41.96	150m: 3:08.32		250m: 4:50.75	350m: 6:26.77	
	100m: 1:29.42 47.46	200m: 3:08.32		300m: 4:50.75	400m: 6:26.77	
WDR	Diana Costa Fernandes	218005	10	Durius Ac Pesqueira		

Prova 5 Femin., 400m Livres Absolutos
Resultados

11/01/2025 - 16:05					
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) 16	4:39.75	Ana Sofia Leite	GCVR	Chaves	22/11/2008

Pontos: FINA 2023

Lugar	Nome	Licença	Ano	Clube	Tempo Final	PtsObs
1.	Maria Manuel Braz	209417	09	Gcivr	4:47.57	520
	50m: 31.63 31.63	150m: 2:19.49		250m: 3:33.99	350m: 4:47.57	
	100m: 1:06.41 34.78	200m: 2:19.49		300m: 3:33.99	400m: 4:47.57	
2.	Francisca Moreira Fonseca	209211	09	CMN Peso da Regua	5:40.66	313
	50m: 37.26 37.26	150m: 2:43.69		250m: 4:11.48	350m: 5:40.66	
	100m: 1:18.41 41.15	200m: 2:43.69		300m: 4:11.48	400m: 5:40.66	
3.	Bruna Filipa Costa	220503	09	Durius Ac Pesqueira	6:35.10	200
	50m: 42.35 42.35	150m: 3:10.85		250m: 4:54.35	350m: 6:35.10	
	100m: 1:29.60 47.25	200m: 3:10.85		300m: 4:54.35	400m: 6:35.10	