

Prova 46

Femin., 400m Livres

Infantis

09/03/2025 - 10:50

Resultados

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 Braganca	5:39.78	315
	50m: 36.61 36.61	200m: 2:47.28 1:28.17		400m: 5:39.78 1:23.75		
	100m: 1:19.11 42.50	300m: 4:16.03 1:28.75				
2.	Laura Jorge Alves	216844	13	Gcvr	5:40.93	312
	50m: 48.57 48.57	200m: 2:46.93 1:26.50		400m: 5:40.93 1:26.65		
	100m: 1:20.43 31.86	300m: 4:14.28 1:27.35				
3.	Susana Pedro Carvalhinha	214488	13	Gcvr	5:48.52	292
	50m: 40.81 40.81	200m: 2:55.52 1:28.92		400m: 5:48.52 1:26.10		
	100m: 1:26.60 45.79	300m: 4:22.42 1:26.90				
4.	Ana Rita Teixeira	216143	13	CMN Peso da Regua	5:49.00	291
	50m: 39.40 39.40	200m: 2:52.90 1:29.43		400m: 5:49.00 1:26.25		
	100m: 1:23.47 44.07	300m: 4:22.75 1:29.85				
5.	Benedita Martins Fernandes	214551	13	Gcvr	6:09.44	245
	50m: 40.02 40.02	200m: 3:04.02 1:36.18		400m: 6:09.44 1:30.97		
	100m: 1:27.84 47.82	300m: 4:38.47 1:34.45				
6.	Naima Francisco Ferreira	218420	13	EN Braganca	6:14.23	236
	50m: 41.20 41.20	200m: 3:04.53 1:36.15		400m: 6:14.23 1:33.35		
	100m: 1:28.38 47.18	300m: 4:40.88 1:36.35				
7.	Carlota Teiga Cruz	217390	13	Gcvr	6:22.50	221
	50m: 43.25 43.25	200m: 3:10.87 1:39.54		400m: 6:22.50 1:33.06		
	100m: 1:31.33 48.08	300m: 4:49.44 1:38.57				
8.	Maria Joao Gomes	216332	13	Gcvr	6:30.66	207
	50m: 44.03 44.03	200m: 3:14.06 1:40.72		400m: 6:30.66 1:36.82		
	100m: 1:33.34 49.31	300m: 4:53.84 1:39.78				
9.	Matilde Ribeiro Sales	220142	13	CMN Peso da Regua	6:31.42	206
	50m: 42.92 42.92	200m: 3:12.70 1:40.54		400m: 6:31.42 1:32.16		
	100m: 1:32.16 49.24	300m: 4:59.26 1:46.56				
10.	Leonor Ferreira Sousa	222428	12	Flavitus	6:42.08	190
	50m: 46.77 46.77	200m: 3:17.86 1:41.09		400m: 6:42.08 1:40.50		
	100m: 1:36.77 50.00	300m: 5:01.58 1:43.72				
11.	Leonor Vaz Osorio	216142	13	CMN Peso da Regua	6:42.23	190
	50m: 47.45 47.45	200m: 3:19.13 1:41.75		400m: 6:42.23 1:43.85		
	100m: 1:37.38 49.93	300m: 4:58.38 1:39.25				
12.	Lorena Sofia Ribeiro	223766	12	Gcvr	6:49.41	180
	50m: 46.97 46.97	200m: 3:27.26 1:47.57		400m: 6:49.41 1:37.15		
	100m: 1:39.69 52.72	300m: 5:12.26 1:45.00				
13.	Alice Silva Costa	224051	12	Gcvr	6:51.82	177
	50m: 46.20 46.20	150m: 3:21.60		250m: 5:08.07 350m: 6:51.82		
	100m: 1:37.29 51.09	200m: 3:21.60		300m: 5:08.07 400m: 6:51.82		
14.	Joana Margarida Soares	146116	12	CMN Peso da Regua	6:55.43	172
	50m: 45.68 45.68	200m: 3:25.21 1:48.03		400m: 6:55.43 1:41.32		
	100m: 1:37.18 51.50	300m: 5:14.11 1:48.90				
15.	Magda Jorge Nascimento	220734	13	Emnv/Fcv	6:56.43	171
	50m: 49.39 49.39	200m: 3:27.50 1:46.11		400m: 6:56.43 1:42.90		
	100m: 1:41.39 52.00	300m: 5:13.53 1:46.03				
16.	Maria Costa Pinto	220735	12	Emnv/Fcv	7:03.60	162
	50m: 47.67 47.67	200m: 3:31.10 1:49.97		400m: 7:03.60 1:43.40		
	100m: 1:41.13 53.46	300m: 5:20.20 1:49.10				
17.	Mara Daniela Rocha	222067	13	CMN Peso da Regua	7:06.67	159
	50m: 49.20 49.20	200m: 3:29.38 1:47.35		400m: 7:06.67 1:48.64		
	100m: 1:42.03 52.83	300m: 5:18.03 1:48.65				
18.	Mariana Lopes Carvalho	214486	13	Gcvr	7:07.12	158
	50m: 49.19 49.19	200m: 3:36.51 1:52.92		400m: 7:07.12 1:40.43		
	100m: 1:43.59 54.40	300m: 5:26.69 1:50.18				
19.	Alice Guedes Pinto	217401	13	CMN Peso da Regua	7:07.41	158
	50m: 48.09 48.09	150m: 3:32.16		250m: 5:22.02 350m: 7:07.41		
	100m: 1:41.91 53.82	200m: 3:32.16		300m: 5:22.02 400m: 7:07.41		
DNS	Diana Ribeiro Nogueira	217385	12	Gcvr		
DNS	Amália Jose Quintelas	223398	13	Gcvr		

Prova 46, Femin., 400m Livres

Prova 46 Femin., 400m Livres Juvénis
09/03/2025 - 10:50 Resultados

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 Ines Mesquita	214677	10	Gcvr	5:08.11	423
	50m: 35.78 35.78	200m: 2:33.56 1:18.60		400m: 5:08.11 1:16.36		
	100m: 1:14.96 39.18	300m: 3:51.75 1:18.19				
2.	Maria Silva Poeta	212032	10	Gcvr	5:13.19	402
	50m: 35.72 35.72	200m: 2:36.51 1:20.32		400m: 5:13.19 1:17.40		
	100m: 1:16.19 40.47	300m: 3:55.79 1:19.28				
3.	Ines Rua Fernandes	213137	11	Gcvr	5:16.26	391
	50m: 36.29 36.29	200m: 2:35.65 1:19.96		400m: 5:16.26 1:20.54		
	100m: 1:15.69 39.40	300m: 3:55.72 1:20.07				
4.	Renata Daniela Rangel	220398	11	Gcvr	5:38.30	319
	50m: 37.75 37.75	200m: 2:44.62 1:26.00		400m: 5:38.30 1:27.25		
	100m: 1:18.62 40.87	300m: 4:11.05 1:26.43				
5.	Matilde Pinto Teixeira	211225	11	EN Braganca	5:40.65	313
	50m: 36.82 36.82	200m: 2:44.68 1:27.61		400m: 5:40.65 1:27.15		
	100m: 1:17.07 40.25	300m: 4:13.50 1:28.82				
6.	Mariana Veiga Silva	212702	10	Emnv/Fcv	7:02.20	164
	50m: 46.67 46.67	200m: 3:25.85 1:47.08		400m: 7:02.20 1:45.39		
	100m: 1:38.77 52.10	300m: 5:16.81 1:50.96				
DNS	Ana Magno Fontes	210267	10	Emnv/Fcv		
WDR	Lara Filipa Ferreira	212703	10	Emnv/Fcv		

Prova 46 Femin., 400m Livres Juniiores e Seniores
09/03/2025 - 10:50 Resultados

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.	Francisca Moreira Fonseca	209211	09	CMN Peso da Regua	5:39.76	315
	50m: 35.48 35.48	200m: 2:45.07 1:28.71		400m: 5:39.76 1:26.60		
	100m: 1:16.36 40.88	300m: 4:13.16 1:28.09				

Prova 46 Femin., 400m Livres Absoluto
09/03/2025 - 10:50 Resultados

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
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 Ines Mesquita	214677	10	Gcvr	5:08.11	423
	50m: 35.78 35.78	200m: 2:33.56 1:18.60		400m: 5:08.11 1:16.36		
	100m: 1:14.96 39.18	300m: 3:51.75 1:18.19				
2.	Maria Silva Poeta	212032	10	Gcvr	5:13.19	402
	50m: 35.72 35.72	200m: 2:36.51 1:20.32		400m: 5:13.19 1:17.40		
	100m: 1:16.19 40.47	300m: 3:55.79 1:19.28				
3.	Ines Rua Fernandes	213137	11	Gcvr	5:16.26	391
	50m: 36.29 36.29	200m: 2:35.65 1:19.96		400m: 5:16.26 1:20.54		
	100m: 1:15.69 39.40	300m: 3:55.72 1:20.07				
4.	Renata Daniela Rangel	220398	11	Gcvr	5:38.30	319
	50m: 37.75 37.75	200m: 2:44.62 1:26.00		400m: 5:38.30 1:27.25		
	100m: 1:18.62 40.87	300m: 4:11.05 1:26.43				
5.	Francisca Moreira Fonseca	209211	09	CMN Peso da Regua	5:39.76	315
	50m: 35.48 35.48	200m: 2:45.07 1:28.71		400m: 5:39.76 1:26.60		
	100m: 1:16.36 40.88	300m: 4:13.16 1:28.09				
6.	Matilde Pinto Teixeira	211225	11	EN Braganca	5:40.65	313
	50m: 36.82 36.82	200m: 2:44.68 1:27.61		400m: 5:40.65 1:27.15		
	100m: 1:17.07 40.25	300m: 4:13.50 1:28.82				

Prova 46, Femin., 400m Livres, Absoluto

Lugar	Nome	Licença	Ano	Clube	Tempo Final	PtsObs
7.	Mariana Veiga Silva	212702	10	Emnv/Fcv	7:02.20	164
	50m: 46.67	46.67	200m: 3:25.85	1:47.08	400m: 7:02.20	1:45.39
	100m: 1:38.77	52.10	300m: 5:16.81	1:50.96		
DNS	Ana Magno Fontes	210267	10	Emnv/Fcv		
WDR	Lara Filipa Ferreira	212703	10	Emnv/Fcv		