

Prova 36 Femin., 400m Livres 13 anos e mais velhos  
16/03/2025 Resultados

Recordes Regionais Open	4:19.78	Sara Alexandra, MADEIRA	LDC	Sines	20/12/2008
Recordes Regionais 18	4:23.29	Beatriz Silva, LOURO	LDC	Santo Ant Cavaleiros	30/11/2024
Recordes Regionais 18 +	4:19.78	Sara Alexandra, MADEIRA	LDC	Sines	20/12/2008
Recordes Regionais Jun. 2	4:27.66	Beatriz Silva, LOURO	LDC	Leiria	09/12/2023
Recordes Regionais Jun. 1	4:21.68	Catia Raquel, MARTINHEIRA	LDC	Porto	04/12/2010
Recordes Regionais Juv. A	4:31.47	Catia Raquel, MARTINHEIRA	LDC	Quarteira	21/11/2009
Recordes Regionais Juv. B	4:35.17	Catia Raquel, MARTINHEIRA	LDC	Sines	21/12/2008
Recordes Regionais Inf. A	4:41.06	Catia Raquel, MARTINHEIRA	SALG	Abrantes	05/04/2008

Pontos: AQUA 2024

Lugar Nome do nadador Ano Classe Cod Exc Clube Tempo final IPC Pts

Juvenis B

1. Marta Gak, GUERREIRO	11			Louletano / Loule Aqui e Agora	<b>5:00.89</b>	454
50m: 34.47 34.47	150m: 1:50.51 37.79	250m: 3:06.80 38.30	350m: 4:24.07 38.64			
100m: 1:12.72 38.25	200m: 2:28.50 37.99	300m: 3:45.43 38.63	400m: 5:00.89 36.82			
2. Eva, MAGIYEVA	11			Lagoa Academico Clube	<b>5:01.20</b>	452
50m: 34.48 34.48	150m: 1:50.69 38.77	250m: 3:08.14 38.60	350m: 4:25.18 38.41			
100m: 1:11.92 37.44	200m: 2:29.54 38.85	300m: 3:46.77 38.63	400m: 5:01.20 36.02			
3. Julia Laginha, BRAZ	11			Lagoa Academico Clube	<b>5:01.56</b>	451
50m: 34.33 34.33	150m: 1:50.50 38.53	250m: 3:07.68 38.18	350m: 4:24.50 38.39			
100m: 1:11.97 37.64	200m: 2:29.50 39.00	300m: 3:46.11 38.43	400m: 5:01.56 37.06			
4. Leonor Revez, MARTINS	11			Portinado	<b>5:42.74</b>	307
50m: 38.87 38.87	150m: 2:06.93 44.41	250m: 3:37.06 45.81	350m: 5:03.67 42.90			
100m: 1:22.52 43.65	200m: 2:51.25 44.32	300m: 4:20.77 43.71	400m: 5:42.74 39.07			
5. Rita Silva, SOARES	11			Portinado	<b>5:53.17</b>	280
50m: 39.32 39.32	150m: 2:07.45 44.50	250m: 3:38.57 45.96	350m: 5:09.45 45.35			
100m: 1:22.95 43.63	200m: 2:52.61 45.16	300m: 4:24.10 45.53	400m: 5:53.17 43.72			
6. Isaura, TOFEI	11			Louletano / Loule Aqui e Agora	<b>5:55.36</b>	275
50m: 39.79 39.79	150m: 2:08.19 44.57	250m: 3:39.43 45.93	350m: 5:11.73 46.76			
100m: 1:23.62 43.83	200m: 2:53.50 45.31	300m: 4:24.97 45.54	400m: 5:55.36 43.63			
7. Carolina Maria, MEIRELES	11			Tnc	<b>6:43.06</b>	188
50m: 42.27 42.27	150m: 2:21.35 51.53	250m: 4:06.79 53.10	350m: 5:51.89 51.62			
100m: 1:29.82 47.55	200m: 3:13.69 52.34	300m: 5:00.27 53.48	400m: 6:43.06 51.17			

Juvenis A

1. Carolina Brito, SANTOS	10			Naval de Faro	<b>4:50.13</b>	506
50m: 32.74 32.74	150m: 1:44.56 36.33	250m: 2:58.03 36.81	350m: 4:12.97 37.52			
100m: 1:08.23 35.49	200m: 2:21.22 36.66	300m: 3:35.45 37.42	400m: 4:50.13 37.16			
2. Ines Filipa, MATEUS	10			Lagoa Academico Clube	<b>4:59.84</b>	459
50m: 33.69 33.69	150m: 1:47.89 37.52	250m: 3:04.81 38.64	350m: 4:23.03 38.82			
100m: 1:10.37 36.68	200m: 2:26.17 38.28	300m: 3:44.21 39.40	400m: 4:59.84 36.81			
3. Sonya Antonova, SINYAKOVA	10			Náutico do Guadiana	<b>5:30.80</b>	341
50m: 35.30 35.30	150m: 1:58.17 42.20	250m: 3:24.68 43.39	350m: 4:50.19 42.50			
100m: 1:15.97 40.67	200m: 2:41.29 43.12	300m: 4:07.69 43.01	400m: 5:30.80 40.61			
4. Adriana, MINYAYLO	10			Tnc	<b>6:49.58</b>	180
50m: 43.57 43.57	150m: 2:24.32 51.64	250m: 4:11.90 53.98	350m: 5:59.79 53.95			
100m: 1:32.68 49.11	200m: 3:17.92 53.60	300m: 5:05.84 53.94	400m: 6:49.58 49.79			

Juniores

1. Margarida Maria, LUIZ	08			Lagoa Academico Clube	<b>4:41.11</b>	557
50m: 32.09 32.09	150m: 1:41.93 35.18	250m: 2:52.98 35.96	350m: 4:05.69 36.55			
100m: 1:06.75 34.66	200m: 2:17.02 35.09	300m: 3:29.14 36.16	400m: 4:41.11 35.42			

Prova 36, Femin., 400m Livres, Juniores

Lugar	Nome do nadador	Ano	Classe	Cod Exc	Clube	Tempo final	IPC	Pts
2.	Mia Alena, WERUM	07			Lagoa Academico Clube	<b>4:42.74</b>	547	
	50m: 32.19 32.19	150m: 1:42.59	35.66	250m: 2:55.04	36.32	350m: 4:08.14	36.61	
	100m: 1:06.93 34.74	200m: 2:18.72	36.13	300m: 3:31.53	36.49	400m: 4:42.74	34.60	
3.	Clara Alexandra, VICENTE	09			Lagoa Academico Clube	<b>4:52.88</b>	492	
	50m: 33.46 33.46	150m: 1:47.49	37.29	250m: 3:02.63	37.02	350m: 4:16.94	37.14	
	100m: 1:10.20 36.74	200m: 2:25.61	38.12	300m: 3:39.80	37.17	400m: 4:52.88	35.94	
4.	Mariana Martins, TARECO	07			N�utico do Guadiana	<b>5:23.21</b>	366	
	50m: 36.41 36.41	150m: 1:57.51	41.01	250m: 3:20.69	41.52	350m: 4:43.26	41.08	
	100m: 1:16.50 40.09	200m: 2:39.17	41.66	300m: 4:02.18	41.49	400m: 5:23.21	39.95	
5.	Barbara Ribeiro, LOUREIRO	07			Portinado	<b>5:30.31</b>	343	
	50m: 37.15 37.15	150m: 1:59.84	41.76	250m: 3:24.43	42.05	350m: 4:50.25	42.91	
	100m: 1:18.08 40.93	200m: 2:42.38	42.54	300m: 4:07.34	42.91	400m: 5:30.31	40.06	

Absoluto

1.	Margarida Maria, LUIZ	08			Lagoa Academico Clube	<b>4:41.11</b>	557	
	50m: 32.09 32.09	150m: 1:41.93	35.18	250m: 2:52.98	35.96	350m: 4:05.69	36.55	
	100m: 1:06.75 34.66	200m: 2:17.02	35.09	300m: 3:29.14	36.16	400m: 4:41.11	35.42	
2.	Mia Alena, WERUM	07			Lagoa Academico Clube	<b>4:42.74</b>	547	
	50m: 32.19 32.19	150m: 1:42.59	35.66	250m: 2:55.04	36.32	350m: 4:08.14	36.61	
	100m: 1:06.93 34.74	200m: 2:18.72	36.13	300m: 3:31.53	36.49	400m: 4:42.74	34.60	
3.	Clara Alexandra, VICENTE	09			Lagoa Academico Clube	<b>4:52.88</b>	492	
	50m: 33.46 33.46	150m: 1:47.49	37.29	250m: 3:02.63	37.02	350m: 4:16.94	37.14	
	100m: 1:10.20 36.74	200m: 2:25.61	38.12	300m: 3:39.80	37.17	400m: 4:52.88	35.94	
4.	Mariana Martins, TARECO	07			N�utico do Guadiana	<b>5:23.21</b>	366	
	50m: 36.41 36.41	150m: 1:57.51	41.01	250m: 3:20.69	41.52	350m: 4:43.26	41.08	
	100m: 1:16.50 40.09	200m: 2:39.17	41.66	300m: 4:02.18	41.49	400m: 5:23.21	39.95	
5.	Barbara Ribeiro, LOUREIRO	07			Portinado	<b>5:30.31</b>	343	
	50m: 37.15 37.15	150m: 1:59.84	41.76	250m: 3:24.43	42.05	350m: 4:50.25	42.91	
	100m: 1:18.08 40.93	200m: 2:42.38	42.54	300m: 4:07.34	42.91	400m: 5:30.31	40.06	