

Prova 15
19/10/2025 - 9:36

Femin., 400m Estilos

Open
Resultados

Recorde Nacional Open	4:36.19	Victoria, KAMINSKAYA	POR	Copenhagen (DEN)	13/12/2017
Recorde Nacional Sen	4:36.19	Victoria, KAMINSKAYA	POR	Copenhagen (DEN)	13/12/2017
Recorde Nacional Jun 18	4:41.02	Victoria, KAMINSKAYA	PIMP	Porto	07/12/2012
Recorde Nacional Jun 17	4:46.89	Ines Neto, ROCHA	CAP	Felgueiras	15/04/2018
Recorde Nacional Juv A	4:50.85	Diana Margarida, DURAES	FOCA	Silves	02/12/2011
Recorde Nacional Juv B	4:51.85	Ana Claudia, SANTOS	SFUAP	Setubal	21/11/2004
Recorde Nacional Inf A	4:56.53	Mariana Pacheco, CUNHA	CFP	Porto	05/05/2018
Recorde Nacional Inf B	5:03.94	Carolina Miranda, FERNANDES	CGA	Condeixa	12/05/2018
Recorde Regional Open	4:49.84	Ana Beatriz, PEREIRA	LDC	S. Antonio Cavaleiros	20/12/2009
Recorde Regional Sen	4:49.84	Ana Beatriz, PEREIRA	LDC	S. Antonio Cavaleiros	20/12/2009
Recorde Regional Jun 18	5:47.79	Ines Filipe, ANTUNES	RIA	Tavira	15/03/2025
Recorde Regional Jun 17	5:03.46	Marta Pereira, ABREU	CNFA	Tavira	22/11/2008
Recorde Regional Juv A	5:01.37	Marta Pereira, ABREU	LDC	Silves	22/12/2007
Recorde Regional Juv B	5:07.51	Constança Lourenço, AZEVEDO	LAGAC	Tavira	15/03/2025
Recorde Regional Inf A	5:11.38	Laura Fabiana, ESTEVENS	CNOL	Silves	16/03/2019
Recorde Regional Inf B	5:23.83	Laura Fabiana, ESTEVENS	CNOL	Albufeira	05/05/2018
Recorde Regional Cad A	5:41.75	Carolina Maeiro, AUGUSTO	CNOL	Sto António Cavaleiros	16/03/2012

Pontos: AQUA 2024

Lugar Nome Licença Clube Tempo Final DSV Pts

Juvenis B

1. Eva, MAGIYEVA	210396	Lagoa Academico Clube	5:51.91	398	-						
50m:	38.31	38.31	150m:	2:08.44	46.78	250m:	3:42.51	49.03	350m:	5:14.05	41.20
100m:	1:21.66	43.35	200m:	2:53.48	45.04	300m:	4:32.85	50.34	400m:	5:51.91	37.86

Juvenis A

1. Constanca Lourenco, AZEVEDO	213367	Lagoa Academico Clube	5:12.81	567	-						
50m:	33.34	33.34	150m:	1:50.38	39.49	250m:	3:15.10	45.37	350m:	4:37.68	36.74
100m:	1:10.89	37.55	200m:	2:29.73	39.35	300m:	4:00.94	45.84	400m:	5:12.81	35.13
2. Sira Valentim, FALEIRO	209302	Lagoa Academico Clube	5:39.61	443	-						
50m:	36.41	36.41	150m:	2:03.30	43.91	250m:	3:33.28	46.90	350m:	5:00.74	39.61
100m:	1:19.39	42.98	200m:	2:46.38	43.08	300m:	4:21.13	47.85	400m:	5:39.61	38.87

Juniores

1. Margarida Santos, JESUS	139324	Clube Natacao Olhao	5:38.65	447	-						
50m:	35.99	35.99	150m:	1:59.57	43.18	250m:	3:30.45	49.25	350m:	5:00.13	39.23
100m:	1:16.39	40.40	200m:	2:41.20	41.63	300m:	4:20.90	50.45	400m:	5:38.65	38.52