

Torneio de Abertura de Categorias
Coimbra, 18 - 19/10/2025

Prova 16 Femin., 400m Livres 13 anos e mais velhos
19/10/2025 - 9:40 Resultados

Rec Nac Open	4:04.57	Francisca Soares, MARTINS	POR	Otopeni (ROU)	10/12/2023
Rec Nac Sen	4:04.57	Francisca Soares, MARTINS	POR	Otopeni (ROU)	10/12/2023
Rec Nac Jun A	4:11.18	Francisca Soares, MARTINS	FOCA	Mealhada	14/11/2020
Rec Nac Jun B	4:10.52	Tamila Hryhorivna, HOLUB	SCB	Porto	12/12/2015
Rec Nac Juv A	4:13.53	Ana Reis, SOUSA	CNLA	Porto	09/12/2017
Rec Nac Juv B	4:18.39	Ana Claudia, SANTOS	SFUAP	Cantanhede	20/12/2004
Rec Nac Inf A	4:23.08	Susana Patricia, MIGUEL	SFUAP	Alhandra	15/05/2004
Rec Nac Inf B	4:25.30	Alexandra Maria, SILVA	FCP	Porto	19/07/1980
S21 - 25m	6:45.56	Matilde Lucia, GASPAS	APCC	Guarda	07/12/2024
S9 - 25m	4:52.97	Susana Pereira, VEIGA	CNCVG	Leiria	10/12/2022

Pontos: AQUA 2024

Lugar	Ano		Tempo final				Pts	
Juv B								
1.	Filipa Ferreira, LOISAS	11	Columbofila Cantanhedense				4:52.35	495
	50m: 33.90 33.90	150m: 1:47.45	37.06	250m: 3:02.16	37.05	350m: 4:16.32	37.29	
	100m: 1:10.39 36.49	200m: 2:25.11	37.66	300m: 3:39.03	36.87	400m: 4:52.35	36.03	
2.	Eva Miranda, ALMEIDA	11	Columbofila Cantanhedense				4:58.10	467
	50m: 34.63 34.63	150m: 1:49.75	37.48	250m: 3:05.17	37.84	350m: 4:21.18	37.85	
	100m: 1:12.27 37.64	200m: 2:27.33	37.58	300m: 3:43.33	38.16	400m: 4:58.10	36.92	
3.	Matilde Conde, FIGUEIREDO	11	Condeixa Clube				5:00.63	455
	50m: 35.40 35.40	150m: 1:50.89	37.79	250m: 3:07.42	38.15	350m: 4:23.90	38.09	
	100m: 1:13.10 37.70	200m: 2:29.27	38.38	300m: 3:45.81	38.39	400m: 5:00.63	36.73	
4.	Ana Leonor, CARRETO	11	Náutico Académico				5:15.02	395
	50m: 35.46 35.46	150m: 1:54.87	40.58	250m: 3:15.17	38.86	350m: 4:36.57	40.84	
	100m: 1:14.29 38.83	200m: 2:36.31	41.44	300m: 3:55.73	40.56	400m: 5:15.02	38.45	

Juv A

1.	Leonor Nunes, CARDEAL	10	Condeixa Clube				4:31.57	617
	50m: 30.03 30.03	150m: 1:36.61	33.76	250m: 2:46.91	35.56	350m: 3:57.42	35.35	
	100m: 1:02.85 32.82	200m: 2:11.35	34.74	300m: 3:22.07	35.16	400m: 4:31.57	34.15	
2.	Camila Duarte, MARCELO	10	Condeixa Clube				4:32.49	611
	50m: 31.76 31.76	150m: 1:39.98	34.42	250m: 2:49.38	35.01	350m: 3:58.62	34.54	
	100m: 1:05.56 33.80	200m: 2:14.37	34.39	300m: 3:24.08	34.70	400m: 4:32.49	33.87	
3.	Leonor Mosca, SILVA	10	Columbofila Cantanhedense				4:58.57	464
	50m: 34.23 34.23	150m: 1:49.31	37.72	250m: 3:05.46	38.14	350m: 4:21.25	37.73	
	100m: 1:11.59 37.36	200m: 2:27.32	38.01	300m: 3:43.52	38.06	400m: 4:58.57	37.32	
4.	Leonor Antunes, PAIVA	10	Náutico Académico				5:00.73	454
	50m: 33.42 33.42	150m: 1:49.17	38.57	250m: 3:06.41	38.62	350m: 4:23.75	38.39	
	100m: 1:10.60 37.18	200m: 2:27.79	38.62	300m: 3:45.36	38.95	400m: 5:00.73	36.98	
5.	Maria Ines, GANTE	10	Náutico Académico				5:02.24	448
	50m: 34.86 34.86	150m: 1:51.65	38.84	250m: 3:08.73	37.75	350m: 4:25.56	38.62	
	100m: 1:12.81 37.95	200m: 2:30.98	39.33	300m: 3:46.94	38.21	400m: 5:02.24	36.68	
6.	Laura Nobre, MONTEIRO	10	Columbofila Cantanhedense				5:11.29	410
	50m: 35.16 35.16	150m: 1:53.52	39.53	250m: 3:12.89	40.11	350m: 4:32.48	39.68	
	100m: 1:13.99 38.83	200m: 2:32.78	39.26	300m: 3:52.80	39.91	400m: 5:11.29	38.81	
7.	Mariana Bagagem, CARVALHO	10	Miranda do Corvo				5:11.74	408
	50m: 35.44 35.44	150m: 1:53.91	39.52	250m: 3:13.24	39.88	350m: 4:33.02	39.88	
	100m: 1:14.39 38.95	200m: 2:33.36	39.45	300m: 3:53.14	39.90	400m: 5:11.74	38.72	
8.	Isabella Scavone, LOPES	10	Miranda do Corvo				5:23.44	365
	50m: 36.05 36.05	150m: 1:56.23	40.52	250m: 3:18.29	40.78	350m: 4:41.97	41.93	
	100m: 1:15.71 39.66	200m: 2:37.51	41.28	300m: 4:00.04	41.75	400m: 5:23.44	41.47	
9.	Ines Ferreira, SANTOS	10	Louzan Natacao/EFAPEL				5:26.90	354
	50m: 37.79 37.79	150m: 1:59.81	41.68	250m: 3:23.93	41.82	350m: 4:47.09	41.84	
	100m: 1:18.13 40.34	200m: 2:42.11	42.30	300m: 4:05.25	41.32	400m: 5:26.90	39.81	

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Prova 16, Femin., 400m Livres

Sen

1.	Camila Rodrigues, REBELO	03	Louzan Natacao/EFAPEL	4:15.62	740
	50m: 29.86 29.86	150m: 1:33.26	32.09 250m: 2:37.99 32.54	350m: 3:43.02 32.78	
	100m: 1:01.17 31.31	200m: 2:05.45	32.19 300m: 3:10.24 32.25	400m: 4:15.62 32.60	
2.	Ines Jacinto, HENRIQUES	00	Louzan Natacao/EFAPEL	4:16.80	730
	50m: 29.72 29.72	150m: 1:34.36	32.67 250m: 2:40.30 32.79	350m: 3:45.28 32.35	
	100m: 1:01.69 31.97	200m: 2:07.51	33.15 300m: 3:12.93 32.63	400m: 4:16.80 31.52	
3.	Joana Nunes, CARDEAL	02	Condeixa Clube	4:18.32	717
	50m: 28.90 28.90	150m: 1:32.68	32.30 250m: 2:38.54 33.06	350m: 3:45.50 33.57	
	100m: 1:00.38 31.48	200m: 2:05.48	32.80 300m: 3:11.93 33.39	400m: 4:18.32 32.82	
4.	Beatriz Nunes, CARDEAL	04	Condeixa Clube	4:24.10	671
	50m: 30.77 30.77	150m: 1:36.37	32.91 250m: 2:43.12 33.43	350m: 3:50.88 34.07	
	100m: 1:03.46 32.69	200m: 2:09.69	33.32 300m: 3:16.81 33.69	400m: 4:24.10 33.22	
5.	Ana Carolina, MONTEIRO	04	Academica de Coimbra	4:41.33	555
	50m: 32.12 32.12	150m: 1:42.16	35.48 250m: 2:53.49 35.65	350m: 4:05.59 36.13	
	100m: 1:06.68 34.56	200m: 2:17.84	35.68 300m: 3:29.46 35.97	400m: 4:41.33 35.74	
6.	Sara Calisto, PIMENTEL	05	Academica de Coimbra	4:43.96	540
	50m: 32.79 32.79	150m: 1:44.63	36.13 250m: 2:56.54 35.67	350m: 4:08.41 35.70	
	100m: 1:08.50 35.71	200m: 2:20.87	36.24 300m: 3:32.71 36.17	400m: 4:43.96 35.55	
7.	Cristiana Sofia, DUARTE	07	Academica de Coimbra	4:51.45	499
	50m: 32.27 32.27	150m: 1:45.04	36.66 250m: 2:58.95 36.64	350m: 4:14.04 37.27	
	100m: 1:08.38 36.11	200m: 2:22.31	37.27 300m: 3:36.77 37.82	400m: 4:51.45 37.41	
8.	Susana Pereira, VEIGA <i>Rec Nac NA</i>	00	Os Belenenses	4:52.55	494
	50m: 34.07 34.07	150m: 1:45.65	36.19 250m: 2:59.50 36.94	350m: 4:15.04 38.13	
	100m: 1:09.46 35.39	200m: 2:22.56	36.91 300m: 3:36.91 37.41	400m: 4:52.55 37.51	
9.	Kateryna, DZYAKANAVA	05	Louzan Natacao/EFAPEL	5:07.24	426
	50m: 34.58 34.58	150m: 1:51.58	38.55 250m: 3:08.74 38.98	350m: 4:28.36 40.09	
	100m: 1:13.03 38.45	200m: 2:29.76	38.18 300m: 3:48.27 39.53	400m: 5:07.24 38.88	