

Prova 19
14/12/2025 - 18:35

Femin., 400m Estilos

Absolutos
Resultados

RN25m Open	4:36.19	Victoria, KAMINSKAYA	POR	Copenhagen (DEN)	13/12/2017
RN25m Sen	4:36.19	Victoria, KAMINSKAYA	POR	Copenhagen (DEN)	13/12/2017
RN25m Jun18	4:41.02	Victoria, KAMINSKAYA	PIMP	Porto	07/12/2012
RN25m Jun17	4:46.89	Ines Neto, ROCHA	CAP	Felgueiras	15/04/2018

Pontos: AQUA 2025

Lugar	Nome	Ano	Clube	Tempo Final	TReac	AQUA
-------	------	-----	-------	-------------	-------	------

Juniores

1. Catarina Soares, ARAUJO	09	Aquatico Pacense	5:02.41	602
50m: 30.79 30.79	150m: 1:45.79	39.14 250m: 3:07.74	43.80 350m: 4:27.50	35.57
100m: 1:06.65 35.86	200m: 2:23.94	38.15 300m: 3:51.93	44.19 400m: 5:02.41	34.91
2. Beatriz Alves, AMBRUS	09	Porto	5:06.06	581
50m: 32.04 32.04	150m: 1:47.29	38.66 250m: 3:10.11	44.78 350m: 4:31.03	35.57
100m: 1:08.63 36.59	200m: 2:25.33	38.04 300m: 3:55.46	45.35 400m: 5:06.06	35.03
3. Constanca Baptista, TOMAS	09	Alcobaca	5:09.24	563
50m: 31.90 31.90	150m: 1:50.75	42.20 250m: 3:16.48	44.57 350m: 4:35.62	34.68
100m: 1:08.55 36.65	200m: 2:31.91	41.16 300m: 4:00.94	44.46 400m: 5:09.24	33.62
4. Luana Ferreira, CRAVEIRO	09	Nautico Marinha Grande	5:09.47	562
50m: 32.52 32.52	150m: 1:51.26	40.28 250m: 3:15.33	43.95 350m: 4:34.78	35.09
100m: 1:10.98 38.46	200m: 2:31.38	40.12 300m: 3:59.69	44.36 400m: 5:09.47	34.69
5. Raquel Sofia, BRAS	09	Os Belenenses	5:12.23	547
50m: 32.65 32.65	150m: 1:52.16	41.46 250m: 3:17.42	44.26 350m: 4:36.74	36.19
100m: 1:10.70 38.05	200m: 2:33.16	41.00 300m: 4:00.55	43.13 400m: 5:12.23	35.49

Seniores

1. Camila Rodrigues, REBELO	03	Louzan Natacao/EFAPEL	4:40.19	758
50m: 29.70 29.70	150m: 1:37.66	34.48 250m: 2:52.49	41.08 350m: 4:08.05	33.18
100m: 1:03.18 33.48	200m: 2:11.41	33.75 300m: 3:34.87	42.38 400m: 4:40.19	32.14
2. Angelica Maria, ANDRE	94	Porto	4:44.97	720
50m: 30.58 30.58	150m: 1:41.77	36.99 250m: 2:59.48	41.07 350m: 4:14.15	33.71
100m: 1:04.78 34.20	200m: 2:18.41	36.64 300m: 3:40.44	40.96 400m: 4:44.97	30.82
3. Ines Jacinto, HENRIQUES	00	Louzan Natacao/EFAPEL	4:45.61	715
50m: 29.35 29.35	150m: 1:40.41	37.70 250m: 2:59.44	42.02 350m: 4:13.94	33.36
100m: 1:02.71 33.36	200m: 2:17.42	37.01 300m: 3:40.58	41.14 400m: 4:45.61	31.67
4. Diana Margarida, DURAES	96	Benfica	4:50.66	679
50m: 31.62 31.62	150m: 1:44.97	37.76 250m: 3:03.41	41.50 350m: 4:19.32	33.59
100m: 1:07.21 35.59	200m: 2:21.91	36.94 300m: 3:45.73	42.32 400m: 4:50.66	31.34
5. Mariana Amaral, MENDES	02	Sporting	4:50.84	677
50m: 31.44 31.44	150m: 1:45.79	39.50 250m: 3:05.19	40.71 350m: 4:19.46	33.55
100m: 1:06.29 34.85	200m: 2:24.48	38.69 300m: 3:45.91	40.72 400m: 4:50.84	31.38
6. Margarida Vieira, PINTO	07	Braga	4:57.34	634
50m: 30.93 30.93	150m: 1:45.58	38.53 250m: 3:06.55	43.11 350m: 4:23.98	34.41
100m: 1:07.05 36.12	200m: 2:23.44	37.86 300m: 3:49.57	43.02 400m: 4:57.34	33.36
7. Marta Joao, PIRES	05	Sport Alges e Dafundo	4:58.87	624
50m: 30.27 30.27	150m: 1:43.27	38.85 250m: 3:05.13	42.60 350m: 4:24.35	34.88
100m: 1:04.42 34.15	200m: 2:22.53	39.26 300m: 3:49.47	44.34 400m: 4:58.87	34.52

Prova 19, Femin., 400m Estilos, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	AQUA
8.	Beatriz Nunes, CARDEAL	04	Condeixa Aqua Clube	5:01.88		606
	50m: 30.22 30.22	150m: 1:45.06	39.59	250m: 3:07.25	44.40	350m: 4:27.48 35.35
	100m: 1:05.47 35.25	200m: 2:22.85	37.79	300m: 3:52.13	44.88	400m: 5:01.88 34.40
9.	Leonor Filipa, PINTO	06	Natacao da Maia	5:04.37		591
	50m: 32.85 32.85	150m: 1:48.54	38.36	250m: 3:09.43	42.83	350m: 4:29.01 36.11
	100m: 1:10.18 37.33	200m: 2:26.60	38.06	300m: 3:52.90	43.47	400m: 5:04.37 35.36
10.	Catarina Alexandra, ALVES	07	Gesloures	5:10.96		554
	50m: 32.07 32.07	150m: 1:49.89	41.04	250m: 3:14.57	44.91	350m: 4:35.77 35.90
	100m: 1:08.85 36.78	200m: 2:29.66	39.77	300m: 3:59.87	45.30	400m: 5:10.96 35.19
11.	Matilde Nunes, LOPES	06	Benfica	5:14.23		537
	50m: 32.24 32.24	150m: 1:48.15	39.39	250m: 3:12.74	44.53	350m: 4:36.71 37.94
	100m: 1:08.76 36.52	200m: 2:28.21	40.06	300m: 3:58.77	46.03	400m: 5:14.23 37.52
EXH	Li, TONGGUER	08	Sport Alges e Dafundo	5:02.03		605
	50m: 31.60 31.60	150m: 1:45.63	38.49	250m: 3:10.44	47.51	350m: 4:30.60 32.39
	100m: 1:07.14 35.54	200m: 2:22.93	37.30	300m: 3:58.21	47.77	400m: 5:02.03 31.43