

Prova 1 20/12/2025 - 9:30	Femin., 400m Livres				1ª Divisão FEM Resultados
RN 25m Open	4:04.57	Francisca Soares, MARTINS	POR	Otopeni (ROU)	10/12/2023
RN 25m Sen	4:04.57	Francisca Soares, MARTINS	POR	Otopeni (ROU)	10/12/2023
RN 25m Jun 18	4:11.18	Francisca Soares, MARTINS	FOCA	Mealhada	14/11/2020
RN 25m Jun17	4:10.52	Tamila Hryhorivna, HOLUB	SCB	Porto	12/12/2015
RN 25m Juv A	4:13.53	Ana Reis, SOUSA	CNLA	Porto	09/12/2017
RN 25m Juv B	4:18.39	Ana Claudia, SANTOS	SFUAP	Cantanhede	20/12/2004
RN 25m Inf A	4:23.08	Susana Patricia, MIGUEL	SFUAP	Alhandra	15/05/2004
RN 25m Inf B	4:25.30	Alexandra Maria, SILVA	FCP	Porto	19/07/1980

Lugar	Nome	Ano	Licença	Clube	Tempo Final	Pts
1.	Anna, FOMINA	02	208146	Sporting	4:09.34	17,00 -
	50m: 29.03 29.03	150m: 1:31.65 31.32	250m: 2:34.97 31.80	350m: 3:38.61 31.63		
	100m: 1:00.33 31.30	200m: 2:03.17 31.52	300m: 3:06.98 32.01	400m: 4:09.34 30.73		
2.	Paula Otero, FERNANDEZ	04	226297	Porto	4:12.39	15,00 -
	50m: 29.40 29.40	150m: 1:31.38 31.11	250m: 2:34.99 31.92	350m: 3:39.75 32.42		
	100m: 1:00.27 30.87	200m: 2:03.07 31.69	300m: 3:07.33 32.34	400m: 4:12.39 32.64		
3.	Francisca Soares, MARTINS	03	126504	FOCA Quinta Da Lixa - Cnf	4:12.50	14,00 -
	50m: 28.51 28.51	150m: 1:30.57 31.37	250m: 2:34.36 32.11	350m: 3:40.12 33.08		
	100m: 59.20 30.69	200m: 2:02.25 31.68	300m: 3:07.04 32.68	400m: 4:12.50 32.38		
4.	Diana Margarida, DURAES	96	102992	Benfica	4:14.47	13,00 -
	50m: 29.75 29.75	150m: 1:33.50 32.08	250m: 2:37.81 32.07	350m: 3:42.36 32.40		
	100m: 1:01.42 31.67	200m: 2:05.74 32.24	300m: 3:09.96 32.15	400m: 4:14.47 32.11		
5.	Li, TONGGUER	08	225381	Sport Alges e Dafundo	4:18.60	12,00 -
	50m: 30.94 30.94	150m: 1:35.13 32.17	250m: 2:40.23 32.55	350m: 3:45.74 32.72		
	100m: 1:02.96 32.02	200m: 2:07.68 32.55	300m: 3:13.02 32.79	400m: 4:18.60 32.86		
6.	Carolina Vizinho, CABRAL	07	206307	Galitos / Bresimar	4:26.90	11,00 -
	50m: 29.07 29.07	150m: 1:34.98 33.38	250m: 2:42.79 34.09	350m: 3:52.55 34.95		
	100m: 1:01.60 32.53	200m: 2:08.70 33.72	300m: 3:17.60 34.81	400m: 4:26.90 34.35		
7.	Camila Duarte, MARCELO	10	208416	Condeixa Aqua Clube	4:31.19	10,00 -
	50m: 30.89 30.89	150m: 1:38.75 34.28	250m: 2:47.42 34.37	350m: 3:57.09 34.94		
	100m: 1:04.47 33.58	200m: 2:13.05 34.30	300m: 3:22.15 34.73	400m: 4:31.19 34.10		
8.	Maria Luis, SA	06	131836	Clube Fluvial Portuense	4:32.63	9,00 -
	50m: 29.80 29.80	150m: 1:37.25 34.48	250m: 2:46.59 34.67	350m: 3:57.44 35.59		
	100m: 1:02.77 32.97	200m: 2:11.92 34.67	300m: 3:21.85 35.26	400m: 4:32.63 35.19		
9.	Carolina Esteves, PEIXOTO	06	133308	Sporting Clube de Braga	4:33.24	8,00 -
	50m: 31.18 31.18	150m: 1:38.69 34.24	250m: 2:48.47 35.05	350m: 3:58.95 35.18		
	100m: 1:04.45 33.27	200m: 2:13.42 34.73	300m: 3:23.77 35.30	400m: 4:33.24 34.29		
10.	Ana Rita, MATOS	02	127501	Os Belenenses	4:33.53	7,00 -
	50m: 31.63 31.63	150m: 1:39.85 34.49	250m: 2:49.72 35.00	350m: 3:59.66 35.08		
	100m: 1:05.36 33.73	200m: 2:14.72 34.87	300m: 3:24.58 34.86	400m: 4:33.53 33.87		
11.	Beatriz Paulo, RANITO	99	116593	Gesloures	4:34.38	6,00 -
	50m: 31.12 31.12	150m: 1:39.34 34.53	250m: 2:49.44 35.08	350m: 3:59.75 35.21		
	100m: 1:04.81 33.69	200m: 2:14.36 35.02	300m: 3:24.54 35.10	400m: 4:34.38 34.63		
12.	Carolina Mendes, NUNES	08	205710	Clube Desportivo de Estarreja	4:40.99	5,00 -
	50m: 31.12 31.12	150m: 1:39.27 34.55	250m: 2:49.92 35.40	350m: 4:03.43 37.27		
	100m: 1:04.72 33.60	200m: 2:14.52 35.25	300m: 3:26.16 36.24	400m: 4:40.99 37.56		
13.	Madalena Valente, MOREIRA	09	207969	Colegio Efanor	4:43.55	4,00 -
	50m: 30.94 30.94	150m: 1:40.41 35.53	250m: 2:53.39 36.75	350m: 4:07.31 37.00		
	100m: 1:04.88 33.94	200m: 2:16.64 36.23	300m: 3:30.31 36.92	400m: 4:43.55 36.24		
14.	Ines Martins, SILVA	04	127134	Vilacondense	4:46.29	3,00 -
	50m: 30.87 30.87	150m: 1:40.17 35.46	250m: 2:53.89 37.16	350m: 4:08.82 37.63		
	100m: 1:04.71 33.84	200m: 2:16.73 36.56	300m: 3:31.19 37.30	400m: 4:46.29 37.47		
15.	Raquel Alexandra, CANCELA	09	144935	Louzan Natacao/EFAPEL	4:56.40	2,00 -
	50m: 32.59 32.59	150m: 1:45.75 37.63	250m: 3:02.57 38.26	350m: 4:19.39 37.77		
	100m: 1:08.12 35.53	200m: 2:24.31 38.56	300m: 3:41.62 39.05	400m: 4:56.40 37.01		

Prova 1, Femin., 400m Livres, 1ª Divisão FEM

Lugar	Nome	Ano	Licença	Clube	Tempo Final	Pts						
16.	Maria Ines, MESQUITA	10	214677	Gcwr	5:11.64	1,00 -						
	50m:	35.32	35.32	150m:	1:53.14	39.68	250m:	3:13.33	40.05	350m:	4:32.94	39.67
	100m:	1:13.46	38.14	200m:	2:33.28	40.14	300m:	3:53.27	39.94	400m:	5:11.64	38.70